



# Well Connected Communities Master Volunteer Program Online Curriculum

2018



# The Well Connected Communities (WCC) Master Volunteer is a Valuable Extension Partnership

- Designed for youth and adults desiring deeper engagement in WCC and credentialing
- Representative of the Cooperative Extension System
- Use lesson plans and materials available from Cooperative Extension
- Work with and through County Extension Agent on program preparation to ensure material is reliable

# Examples of What WCC Master Volunteers Can Do



- Carry out survey distribution and tabulation for community needs assessment
- Teach workshops around content important to the Community Health Issue
- Organize a Health Fair or other implementation event
- For Planner Communities, coordinate the Community Health Council
- Manage a web site or other marketing on behalf of the community project



# Youth-Adult Partnerships Are Essential

- Youth Adult Partnership is not a program! It is Positive Youth Development in action!
- The Youth-Adult relationships can vary
- Foundational concepts of the online curriculum are the same for both youth and adults

# Wave 1 Curriculum and Expectations

- 40 hours of training
  - Face-to-face
  - Online
  - Self-study

Face-to-face training may be at different times and in different venues for youth and adults because of scheduling around work and school

- In addition to training, complete 40 hours of volunteer service in the first year
- Volunteer hours and other metrics will be recorded on the Project dashboard
- A template for name badges and a completion certificate for certified WCC Master Volunteers will be provided in the communications toolkit

# Suggested Timeline for Implementation

- Summer and Early Fall: Recruit potential teens and adults-
  - Back-to-school nights and school systems
  - Student organizations
  - Nursing program students who need a practicum experience
  - Retired teachers, social workers, health care workers, etc.
  - Faith-based and community organizations
- Online curriculum available September 15, 2018.
- Fall and Winter: Conduct training and plan volunteer project(s)
- Spring, 2019: Implement volunteer project(s)

# Foundational Curriculum Elements



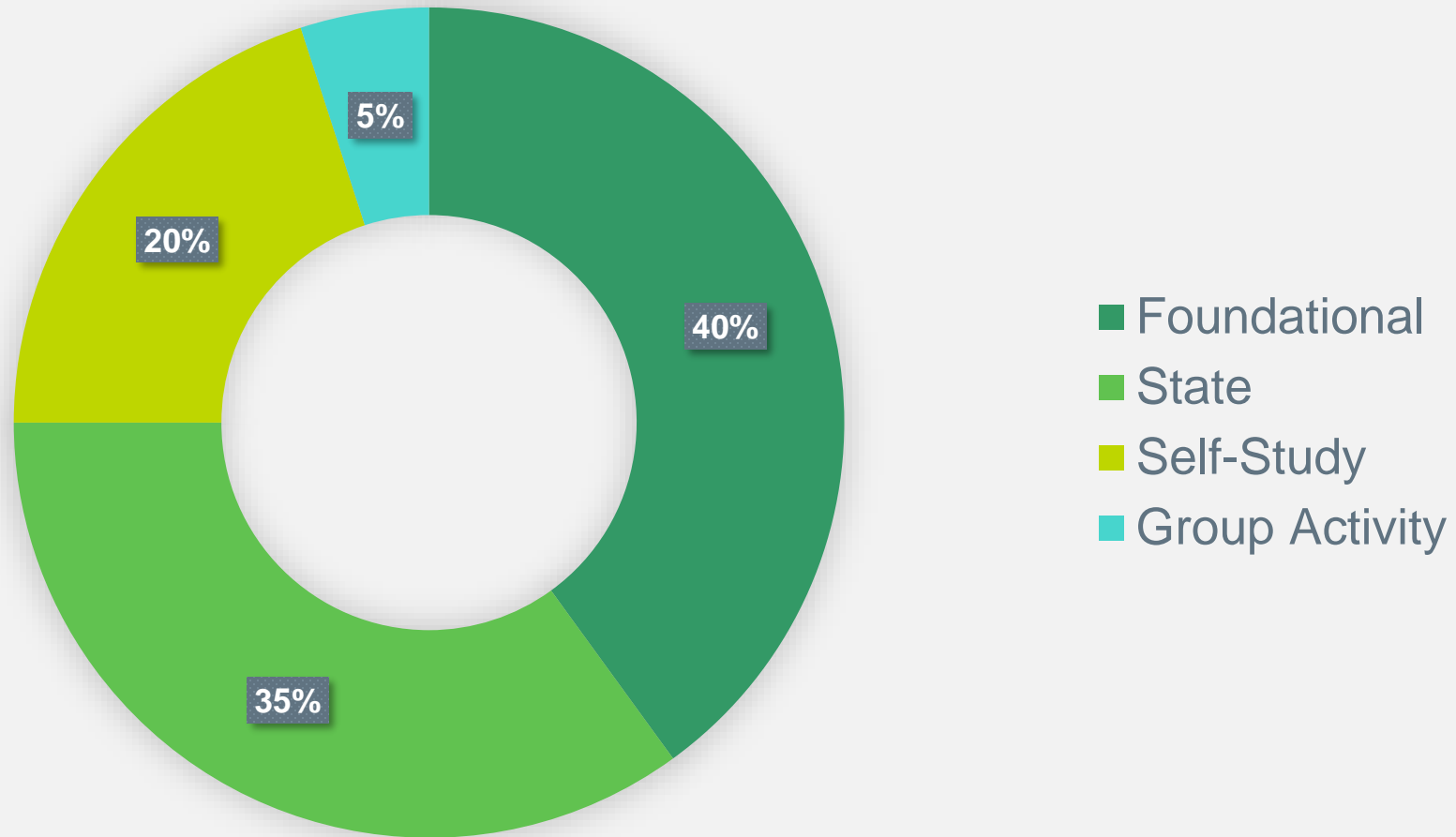
## Knowledge to be Gained

- History of Extension and Program Overview
- Health Behavior Theory
- What is a Culture of Health
- Principles of Adult Learning
- Principles of Youth Learning (Essential Elements)
- Social Determinants of Health
- Adult Behavior Change
- Chronic Disease

## Skills to Develop

- Understanding and Using Data for Needs Assessment/Decision-Making
- Finding Reliable Information on the Internet
- Public speaking/Demonstration Skills
- Diversity/Cultural Competency
- Youth-Adult Partnerships
- Marketing/Branding
- Exercise/Nutritional Eating

# WCC Master Volunteer Curriculum – The BIG Picture





# Face-to-Face versus Online

## Face-to-Face

- Can use online curriculum with face-to-face or as online assignment
- Allows socialization and bonding among volunteers and with County Extension agent
- May group several counties together to have large enough cohort to be effective

## Online

- On demand
- Eliminates travel expenses
- Can use ZOOM to make it more personal
- May work well for volunteers who have school and work in the daytime



## Master Wellness Volunteer Program Implementation Menu for County Extension Agents

County Extension Agents (CEA) will have the opportunity to implement a hybrid version of the Master Wellness Volunteer (MWV) training. The menu below will help identify sessions that are available as a stand-alone online course, a complete video presentation you can show in lieu of instruction (internet access required), or a traditional face-to-face educational session.

Component of Master Wellness Volunteer Program	Online Course	Online Video	Face-to-Face Educational Session
<b>Pre-Requisite Training</b>			
MWV Program Overview	✓		
<b>Face-to-Face Training – First Day</b>			
Welcome & Introduction (30 min)			✓
Tour County Office (20 min)			✓
Accessing Online Courses (30 min)			✓
History of Extension & MWV Overview Discussion (30 min)			✓
Lunch & Introduce Dinner Tonight (60 min)			✓
Walk Across Texas Overview & Kick-off (30 min)			✓
Better Living for Texans Overview & Diversity (30 min)			✓
Post-Evaluation Assignment for Online Learning & Wrap-up (30 min)			✓
Take home assignment (150 min)			
<b>Nutrition Trainings</b>			
Principles of Adult Learning & Working with Groups (60 min)	✓	✓	
MyPlate Suite (90 Min)	✓	✓	✓

Component of Master Wellness Volunteer Program	Online Course	Online Video	Face-to-Face Educational Session
<b>Nutrition Trainings</b>			
Getting the Skinny on Fad Diets & Portion Distortion (60 min)	✓	✓	✓
Getting Started with Food Demonstrations (60 min)	✓		
A Fresh Start to a Healthier You (90 min)	✓		
Take home assignment (150 min)			
<b>Food Safety Trainings</b>			
Food Safety at Home Suite (60 min)	✓	✓	✓
Cooking is a Matter of Degrees (30 min)		✓	✓
Cooking Foods Safely Outdoors (30 min)	✓	✓	✓
Keeping Food Safe for You and Your Family (60 min)		✓	✓
Take home assignment (150 min)			
<b>Health Trainings</b>			
Lifestyle Choices and Your Health (60 min)	✓	✓	✓
Finding Reliable Information on the Internet (60 min)	✓	✓	✓
Medication Management (60 min)	✓	✓	✓
Talking with Your Doctor (60 min)	✓	✓	✓
Health Talk Express (60 min)	✓	✓	✓
Fall Risk Reduction (60 min)	✓		
Take home assignment (150 min)			
<b>Face-to-Face Training – Final Day (Approximately 3-5 weeks after day 1)</b>			
Step Up & Scale Down (60 min)		✓	✓
Principles of Adult Learning & Working with Groups (60 min) *Note: only if not done online previously		✓	✓
A Fresh Start to a Healthier You (90 min) *Note: only if not done online previously		✓	
Development of Stairwell Speeches and Public Speaking: How to Effectively Convey Your Message (90 min)			✓
Review and Reflection (60 minutes)			✓
Volunteer Panel & Preview Volunteer Opportunities & Next Steps (60 min)			✓
Paper Certification Exam or Online Certification Exam			✓





#### Day 1

9:00 Welcome and Introductions  
 9:30 Pre-Questionnaire  
 9:45 History of Extension  
 10:15 Overview of County Healthy Living Programs  
 10:45 Break  
 11:00 Nutrition Basics  
 Noon Lunch  
 12:30 Extension Wellness Ambassador Program Overview  
 1:00 Physical Activity Break: Balance & Stretching  
 1:40 Nutrition, Cont'd - Reading Food Labels  
 2:40 Project Planning  
 3:30 Wrap-up, Adjourn

#### Day 2

8:00 Screenings – glucose, cholesterol, blood pressure; Senior Fitness Test  
 9:00 Welcome & Review of previous session & homework  
 9:45 Portion Distortion  
 10:30 Break  
 10:45 Fitness Basics  
 11:15 Exercise Recommendations  
 Noon Lunch  
 12:30 Overview of Extension Get Fit Programs  
 1:00 Physical Activity Break: Aerobics  
 1:45 Exercise: Benefits beyond Weight Control  
 2:45 Review next week's homework assignment – County Health Stats Project Planning  
 3:30 Wrap-up, Adjourn

#### Day 3

9:00 Welcome & Review of previous session and homework  
 9:30 Staying Healthy – Living Longer  
 10:00 Break  
 10:15 Chronic Disease: Common Causes, Simple Strategies  
 11:00 The Personal Journey OR elective topic  
 Noon Lunch  
 12:30 The Personal Journey OR elective topic  
 2:20 Physical Activity Break: Strength Training  
 2:50 Project Planning  
 3:30 Wrap-up, Adjourn



#### Day 4

9:00 Welcome & Review of previous session  
 9:30 Intro to Kinesiology & Functional Fitness  
 11:00 Break  
 11:15 Principles of Strength Training – Formatting an exercise session  
 Noon Lunch  
 12:30 Exercise & Considerations for Chronic Diseases  
 1:00 Health Behavior Change: Stages of Change & Health Belief Model  
 2:00 Volunteer Hours Forms, What to Expect Next Week, Knowledge Check Review  
 2:45 Project Planning  
 3:30 Wrap-up, Adjourn

#### Day 5

9:00 Welcome & Review for knowledge check  
 9:30 Certification Knowledge Check  
 10:15 Affordable Care Act or elective topic  
 11:15 Finding Reliable Health Resources on the Web  
 Noon Lunch  
 1:00 Presentation of Program Plans  
 1:45 Graduation!  
 2:30 What's Next? Agent – Ambassador Meeting  
 3:30 Wrap-up, Adjourn



# **Topics Included as Foundational Concepts Are Rooted in the Best Practices and Successful Implementation of the Texas and Arkansas Programs, Supported by Research.**

Training should start with Module 1- Overview of Extension History and Module 2- What Is A Culture of Health? These will establish a base to start from. After that, modules can be viewed in any order.

# Module 1: A Brief History of Extension & Volunteer Program Overview

**Volunteers will learn how the Cooperative Extension System is rooted in community-led change through the application of research-based information, providing practical, personal solutions.**

- Identify Extension as a function of federal, state and local cooperation
- Describe Extension as an agent for practical, personal solutions and change
- Describe volunteer-delivered programming as a way to leverage Extension outreach and education
- Describe elements of the volunteer training program

## Module 2: What Is A Culture of Health?

**Volunteers will learn about what constitutes a Culture of Health and how their work will contribute to the Well Connected Communities initiative led by Cooperative Extension System with support from the Robert Wood Johnson Foundation**

- Develop awareness that health should permeate every aspect of life, enabling people to be their best and thrive
- Learn the difference between equitable and equal health opportunities
- See how volunteers are important in the delivery of Well Connected Communities

## Module 3: Social Determinants of Health

**Volunteers will learn how conditions in places where people live, work, learn, and play affect health outcomes.**

- Identify root causes of common health issues
- Describe examples of interventions/programs addressing social determinants of health
- Using social determinants of health to determine priorities for WCC Master Volunteer work.



# Module 4: Google Goggles – Finding Reliable Information on the Internet



**Volunteers will learn to distinguish information rooted in research and best practices as opposed to unreliable information that should not be used in WCC programming and projects.**

- Discuss sources of information online, from least reliable to most reliable
- Identify information on websites to evaluate reliability
- Apply evaluative framework on an Internet search



## Module 5: Youth-Adult Partnerships

**Youth will be equal partners with adults in discussions, program planning, implementation and evaluation, with adults serving as mentors and role models.**

- Learn about the unique assets youth and adults bring to the table
- Appreciate that youth have fresh ideas, unique skills and energy to be engaged as current leaders, not future ones.
- See that adults have life experiences and perspectives to assist youth in learning
- Understand that YAP relationships are based in mutual trust

# Module 6: Health Behavior Theory

**Volunteers will learn about common behavioral theories underpinning health programs/interventions.**

- Define 'theory' and why it is important in program planning and implementation
- Use behavior change theory to understand health behavior at individual, interpersonal, and community levels of the social ecological model
- Apply health behavior theories to WCC Master Volunteer work

# Modules Under Construction to Be Introduced Later This Summer.



## Knowledge Based

- Chronic Disease
- Principles of Adult Learning
- Principles of Youth Learning
- Exercise Recommendations

## Skills Based

- Marketing/Branding
- Public Speaking/Demonstrations
- Cultural Competency/Diversity

# Additional Resources in the Chat Box

- Frequently Asked Questions for the Well Connected Communities Master Volunteer Program. Link: <https://learn.extension.org/events/3470>
- Sample Training Agendas from Texas Wellness Volunteers and Arkansas Wellness Ambassador Programs. Link: <https://learn.extension.org/events/3470>
- Ongoing Training Resources (from the February Training: links to videos, PowerPoints, Curricula, additional online resources, etc.) Link: <https://learn.extension.org/events/3470>

# Upcoming Events

- ZOOM Office Hours on June 28 at 10:00-11:00 AM and 2:00-3:00 PM Eastern
- Register here: <https://goo.gl/forms/SmDzYszfdg9vfjOH2>
- You will be provided with Zoom meeting information once you register
- Stay tuned for when the rest of Online Curriculum will be introduced
- Look for an announcement late summer or early fall for when the Online curriculum available on eXtension

**Thank You.**

