

AFRICAN AMERICANS REACH AND TEACH HEALTH MINISTRY

AARTH Team

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African Americans Reach and Teach Health Ministry (AARTH) supports people of African descent through capacity building and technical assistance for prevention and care training, access to resources, self-advocacy and practical ministry services. AARTH seeks to bring the faith and health communities closer together. AARTH promotes collaborative partnerships with churches, faith and community-based organizations, health and social service providers, and government agencies.

People of African descent face some very difficult health issues that often test our faith. African Americans Reach and Teach Health Ministry believes that God has given us everything we need pertaining to life and godliness through our knowledge of him who has called us by his own glory and goodness. We have the authority, gifts and abilities to change practices and situations that create negative health impacts and develop relationships, systems, and environments that nurture and sustain good health. 2 Peter 1:3

One way of increasing our knowledge and improving our health is to act in faith by sharing the valuable knowledge, experiences and skills that we possess to **do** the work of ministry. Many of us have health and healing gifts, talents, life experiences and professional skills that can help equip others with the information needed to make wise decisions about their health. This is also called *ministry*.

AARTH Ministry/Collaboration Opportunities:

- Basic prevention/care small-group workshops about health issues that predominately and disproportionately impact people of African descent.
- Community-based pastoral counseling courses for clergy who wish to improve their skills and better serve their congregation/community.
- Pastoral counseling to individuals and families experiencing health issues.
- Develop health care teams in local churches.
- AARTH's Access to Wellness web site
- Become a member of the Speaker's Bureau

Benefits:

- Individuals gain and apply their gifts, calling, and experiences through practical ministry
- Trainers located in each church better equipped to educate and train the congregation
- Online resources located in each church providing greater access
- Churches better equipped to minister to the whole person
- Healthier and more informed congregations and communities
- Opportunities to demonstrate the love, grace, compassion and word of God

AFRICAN AMERICANS REACH AND TEACH HEALTH (AARTH) is a faith-based nonprofit organization established to respond to HIV/AIDS and other major health issues affecting people of African descent.

AARTH BELIEVES that God has given us everything we need pertaining to life and godliness through our knowledge of him who has called us by his own glory and goodness. We have the authority, gifts and ability to change practices and situations that negatively impact our health and to develop relationships, systems, and environments that nurture and sustain good health. 2 Peter 1:3

WE VALUE health education and practices that empower African Americans to make wise decisions for maintaining natural and spiritual wellness. 3 John 1:2

IN OUR VISION WE SEE African Americans living healthier and longer lives supported by thriving self-sustaining and culturally centered community-based health networks. We see adults and youth making informed decisions about their health and sexual practices. We see individuals using their abilities to serve each other and participate in legislative processes that determine health care policies and funding.

AARTH'S MISSION is to build the capacity of churches and faith-based institutions that serve people of African descent through education, compassionate service, access to resources and self-advocacy for better health care systems.

AARTH'S GOALS

- Increase health care awareness and knowledge among people of African descent
- Promote responsible health choices and practices
- Build the capacity of health ministries and collaborations

WHY AARTH?

- 1. Major diseases and illnesses disproportionately affect African Americans.**
- 2. Disease morbidity and mortality is staggering in African American communities across America.**
 - HIV/AIDS: African Americans represent 12% of the U.S. population and 54% of all HIV cases and 47% of all new AIDS cases.
 - Heart Disease: African Americans rank 2nd in the state and nation to White Americans.
 - Diabetes: The prevalence of diabetes among African Americans is about 70% higher than among White Americans.
 - Cancer: The five-year survival rate for cancer among African Americans diagnosed for the period 198- to 1992 was about 44% compared with 59% for White Americans.
 - Lung Disease: 24% of all asthma deaths are in African Americans – 31 % higher than Whites. More than 45,000 African Americans die from smoking-related diseases.
 - Infant mortality rates: Twice as high for African Americans as for White Americans.
 - Life expectancy: At birth, the average life expectancy for African Americans is 71.8 years, compared to 77.4 years for White Americans.

AARTH'S ORGANIZATION AND PROGRAM SERVICE STRATEGIES

- **CULTURALLY APPROPRIATE RESOURCES:** Develop and coordinate culturally appropriate education and training materials and resources.

- **EDUCATION AND TRAINING:** Conduct “train the trainer” sessions for health ministries, educational training, non-clinical/ministerial counseling, HIV/AIDS and other health related workshops, forums and conferences.

- **SUPPORT SYSTEMS:** Provide technical assistance services for strengthening and building infrastructure and skills within faith-based health ministries, collaborations and coalitions.

- **ADVOCACY:** Develop and implement strategies for engaging people of African descent in the legislative process to advocate for their health care needs, issues, resources and funding at the city, state and federal level.

- **ACCESSIBLE RESOURCES:** Facilitate referrals, linkages and connections to culturally appropriate social and health care resources, including traditional/alternative care and online services.

AARTH OFFERS OPPORTUNITIES FOR MINISTRY AND COLLABORATION:

CULTURALLY RELEVANT EDUCATION AND TRAINING

- **African American HIV/AIDS Prevention/Early Intervention Train-The-Trainer workshops:** A partnership between AARTH and the American Red Cross aimed at building capacity in faith-based organizations by equipping clergy and ministry leaders with information and skills for delivering HIV/AIDS prevention training to their congregations and communities. The course qualifies trainers to teach this workshop in State certified classes and faith community settings.
- **Affirming A Future With Hope:** A comprehensive instructional program that emphasizes a personal relationship with God and addresses HIV prevention through the use of faith-based narrative, spiritual principles, and individual experiences. Participants who complete this course are qualified to teach in faith and community settings.
- **African American HIV/AIDS Health Care Training:** A project funded by the Northwest AIDS Education Training Center, University of Washington for the purpose of identifying and/or developing and implementing culturally relevant health care curriculum/workshops and training materials for faith-based organizations located in western Washington.
- **HIV/AIDS AIDS Care Team:** A collaboration with local African American churches and AARTH develop care teams and provide compassionate practical support and care to individuals and families living with AIDS. Each church would commit 4-6 people to work as a team and adopt a care partner. Each team shall receive support through initial training, monthly team meetings and regular group training sessions provided by the project coordinators.

ACCESS TO RESOURCES

- **Access to the Wellness Network:** A project funded by the National Network of Libraries of Medicine. The project partners include African Americans Reach and Teach Health Ministry, Mars Hills Graduate School and seven western Washington churches and faith-based organizations. The project will also rely upon resources provided by the Northwest Regional Branch of the National Network of Libraries of Medicine, Community Resource Department at the University of Washington. The Project will equip churches with training and online access to health information and resources that can be used for educating congregations and communities.

OUTREACH AND COMMUNITY MOBILIZATION

- **African American HIV/AIDS Awareness Campaign Initiative:** A collaboration involving the Seattle-King County Public Health Department, King County Executive Ron Sims, The Seattle Treatment and Education Program. The Campaign's goals are to increase community awareness of impact of HIV/AIDS on King County's African American community, increase HIV counseling and testing in King County's African American community, increase condom use among at risk individuals in King County's African American community.

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List of Accomplishments

- September 2002 – Incorporated in Washington State
- February 2003 – Participated in collaboration with Public Health Seattle King County to sponsor a Breakfast for Clergy about HIV/AIDS as part of King County Executive Ron Sims HIV/AIDS Awareness Initiative
- March 2003 – Received funding from the National Network of Libraries of Medicine through the University of Washington Pacific Northwest Region to develop AARTH's web site and Access to Wellness Network online services
- March 2003 – Received a technical assistance grant from the Nonprofit Assistance Center to develop AARTH's strategic plan
- March 2003 – AARTH provided technical assistance to Walker Chapel AME Church to assist in organizing its Health Fair.
- May 2003 - Participated in collaboration with Public Health Seattle King County to sponsor a Leadership Summit about HIV/AIDS as part of King County Executive Ron Sims HIV/AIDS Awareness Initiative
- May 2003 – Conducted our first HIV/AIDS Prevention Instructor training in partnership with the American Red Cross and certified eight individuals from four churches.
- June 2003 – Invited by the White House to participate on a panel discussion in its Pacific Northwest Faith-Based Initiative Conference
- July 2003 – Received subcontract award from Health Resources and Services Administration, US Department of Health and Human Services through the University of Washington's Northwest AIDS Education Training Center to develop HIV/AIDS early intervention and care educational program services
- July 2003 – Received technical assistance grant from CAEAR to develop AARTH's MIS, accounting and fundraising strategies
- July 2003 – Received capacity building mini-grant from US Department of Health and Human Services to conduct HIV/AIDS training
- July 2003 conducted our first board and staff retreat to begin the process of developing our strategic plan.
- August 2003 - Traveled to Zimbabwe South Africa with Dr. Robert Scott as part of a medical mission team to support the Mother of Peace Community Orphanage (MOPC).
- September 2003 – AARTH sponsored its first Health Fair in partnership with Outreach Christian Center.
- September 2003 – AARTH participated in the Healing Arts Clinic Health Fair.
- October 2003 - AARTH Ministry sponsored an HIV/AIDS awareness workshop for African American clergy, that featured international speaker and AIDS physician, Dr. Robert Scott. This event kicked-off a series of educational activities about HIV/AIDS that we are conducting for the clergy.
- October 2003 - AARTH Ministry trained and certified seven individuals to be HIV/AIDS Prevention/Early Intervention Instructors. The class included individuals from Sudanese, Zimbabwean, Kenyan and African Americans churches and ministries in King County. Our goal is to equip as many churches that are interested

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with at least two certified Instructors who will serve as resources to their congregations and communities.

- November 2003 – AARTH participated on a panel as part of World Vision’s HIV/AIDS Awareness Campaign for clergy in King County.
- Coming up in December, AARTH Ministry will participate in the local World AIDS Day Vigil and March sponsored by Puget Sound Global AIDS Action Coalition on Monday, December 1, 2003. This event will begin at 6:00 PM at the Seattle University Campus and convene at 7 PM at Town Hall. On December 7, 2003 we will travel to Oakland, CA on to participate in a citywide World AIDS Day event and fundraiser for Mother of Peace Community Orphanage.

CULTURALLY RELEVANT HIV/AIDS TRAINING CONTINUUM FOR AFRICAN AMERICANS

Overview

Fundamental awareness and education concerning HIV/AIDS was cited as a major factor for helping to decrease the fear and stigma associated with HIV/AIDS in African American faith communities. An HIV/AIDS needs and capacities assessment conducted among African American churches in Western Washington identified the barriers of fear, ignorance, guilt, shame, and religious beliefs as the driving forces for governing decisions and behaviors about HIV/AIDS and treatment towards those impacted by the disease. The results of this assessment and the 2003 Seattle RARE Project findings conducted by the Public Health – Seattle/King County support the strategy of establishing comprehensive culturally relevant capacity building training for African American churches and faith based organizations. A successful and sustainable program requires prevention and care training in order to decrease these barriers and ultimately better prepare participants for ministry service.

Purpose: To establish AARTH’s comprehensive culturally relevant HIV/AIDS prevention/early intervention and care training for clergy and ministry leaders. To build AARTH’s staff capacity to delivery education and training services. To equip clergy and ministry leaders with the knowledge and skills necessary for providing prevention/early intervention and care services.

Goals:

- To increase AARTH’s capacity to provide prevention/early intervention and care ministry services
- To increase the accessible resources in the community
- To decrease fears/barriers/stigmas caused by a lack of education and training
- To influence behavioral changes, and ultimately decrease the spread of HIV/AIDS in the African American community

Objective:

- A continuum of culturally relevant prevention/early intervention and care courses
- AARTH’s staff trained to provide prevention/early intervention and care training
- Prevention/early intervention trainers placed in churches and faith-based organizations

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- AIDS care programs and teams placed in churches and faith-based organizations

Process: AARTH's staff and volunteers implement train-the-trainer strategies and certification processes. These strategies will enable AARTH's instructors to gain the knowledge and skills necessary to implement culturally relevant HIV/AIDS prevention/early intervention and care training for clergy, ministry leaders and lay members.

Strategies:

A. PREVENTION/EARLY INTERVENTION EDUCATION

101 – African American HIV/AIDS Fundamentals

102 - Washington State Health Department HIV Rapid Test Workshop

Proposed 2004-2005 Topics:

103 – HIV Rapid Testing Instructor Certification Training

104 – Healthy Brown Bag Series

B. CARE TRAINING

201 - HIV/AIDS Circle of Care Teams

202 – CPR, First Aide, Home Health Care

203 - Grief and Loss, Self-Care

204 – Developing HIV/AIDS Ministries

C. SPIRITUAL CARE

301 – Introduction to HIV/AIDS for Clergy

302 – HIV/AIDS & Pastoral Counseling

303 – Support Groups

A. PREVENTION/EARLY INTERVENTION EDUCATION

101 – African American HIV/AIDS Fundamentals

AARTH teams up with the American Red Cross to offer comprehensive culturally relevant HIV/AIDS training for clergy, health leaders, women, men, elder and youth/teen ministries. These courses are designed to equip AARTH's staff with the knowledge and skills necessary to become HIV/AIDS trainers. Through this training AARTH's staff will be able to educate ministry leaders, their congregations and local communities. Participating churches and faith-based organizations must complete the all prevention/early intervention training in to qualify for instructor certification.

1. **HIV/AIDS Education** – A prerequisite session designed to provide fundamental knowledge about HIV/AIDS and prepare individuals for the train-the-trainer sessions.

A 7 hour curriculum driven training, which includes material from the Washington State KNOW Manual and the American Red Cross Fundamentals Manual. This course meets state certification requirements and includes culturally specific resources and materials, which relate directly to the impact of HIV/AIDS in African American communities. In addition, the classes can be tailored to meet group needs by adding peer education components.

2. **Train the Trainer** – Course designed to provide those who have completed HIV/AIDS Education with the knowledge and techniques for being a HIV/AIDS trainer sessions.

The instructor curricula: African American HIV/AIDS Fundamentals addresses the impact of HIV/AIDS in the African American community and the social-cultural factors. The course uses many culturally appropriate group interaction techniques, presentation models, videos, and handouts to deliver the messages. The course qualifies AARTH trainers to teach this workshop in churches and community settings as well the HIV/AIDS Education State certified classes. The courses can be adapted to meet the needs of the community and AARTH.

3. **How to receive training**

- Training is offered at no cost to churches and faith-based organizations that commit to completing AARTH's comprehensive capacity building model.
- Each church and faith-based organization must have in existence at least one of the following ministries: health, women, men, teen, and/or elder.
- At least two ministry leaders from each church and faith-based organization are required to participate in the training (health ministries are given priority).
- Participating churches and faith-based organizations **must deliver three (3) training events within 90 days completing the training.** (AARTH will provide necessary technical assistance to support the training.)

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4. **Training Costs - FREE OF CHARGE** to churches and faith-based organizations that qualify. (See 'How To Receive Training' section)
 - The standard American Red Cross fee of **\$295.00** for churches that wish to take the training with no obligations to fulfilling AARTH's training requirements.
 - **CANCELLATION FEE:** a 5-day notification is requested to avoid a \$165 cancellation fee.

5. Course Outline

Part One: Fundamentals of Instructor Training (F.I.T.)

Pre-requisites: Must be at least 17 years of age

Length of Course: 4 hours

Prepare instructors to:

1. Facilitate the African American Fundamentals Instructor Course using appropriate teaching methodology.
2. **Understand how to facilitate group sessions with a variety of age groups in a culturally sensitive manner and**

Part Two: HIV/AIDS FACTS

Pre-requisites: F.I.T.: 17 years of age

Length of Course: 1 day

Upon completion of this course, participants will be certified as American Red Cross-African American HIV/AIDS Education and Prevention instructors.

Prepare instructors to:

1. Develop a knowledge base about HIV/AIDS, and skills in separating fact from misinformation and opinions. Starter Facts participants also learn how to use the American Red Cross HIV/AIDS Facts Book effectively.
2. The goal of the Facts Practice course is to prepare participants for entry into Red Cross HIV/AIDS African American Fundamentals Instructor courses. In addition to providing practice for answering HIV/AIDS facts questions, this course introduces participants to the skills of demonstrating cultural sensitivity and a nonjudgmental perspective during community HIV/AIDS education sessions.

Part Three: African American Fundamentals Instructor Course

Pre-requisites: F.I.T.: 17 years of age

Length of Course: Three days (participants must complete all 3 days)

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1. Share facts about HIV and AIDS accurately, non-judgmentally, and in culturally sensitive and culturally specific ways with African American and multicultural community groups.
2. Discuss facts related to sensitive issues such as sex and sexuality, drugs and drug use. Encourage people to apply the facts about HIV and AIDS to their own behavior.
3. Serve as resources in the community for information about HIV/AIDS and make referrals to appropriate services. Instructors are expected to be knowledgeable about services that can contribute to a holistic approach to HIV prevention in their communities.

102 - Washington State Health Department HIV Test Counseling Workshop

This workshop will equip AARTH's staff and health ministry workers with the skills necessary to provide pre- and post-test HIV prevention counseling for individuals requesting HIV testing, as required by the Washington State Omnibus AIDS law.

Objectives

- Assist individuals to recognize their personal HIV risk.
- Motivate clients toward behavior change.
- Discuss serologic testing for antibodies to HIV.
- Counsel individuals with seronegative and seropositive test results using the presented guides.
- Discuss and arrange for the notification of sex and/or needle sharing partner of individuals with seropositive test results.

Format

Lectures, audio-visuials, role plays, discussions, and demonstrations. Up-to-date manual and reference guides are provided.

Fees

\$125 for 2-day WA State HIV Test Counseling Workshop.

\$175 for 3-day WA State HIV Prevention Counseling Workshop.

Fee is payable when enrollment is confirmed.

Cancellations must be made 5 days prior to the scheduled course for which you are confirmed.

Refunds will not be made for less than 5 days notice of cancellation or for "no shows".

Location

HIV/AIDS Program

Yesler Building, 400 Yesler Way

3rd floor, Bill Ford Conference Room

Seattle, WA 98104

B. CARE TRAINING

In the Christian faith caring for others expresses the love and compassion of God and exemplifies the teachings and work of Christ. Care in the church is carried out through various ministries based on theological beliefs, doctrines, denominations, leadership guidelines, and capacity of church members. The most traditional form of care service is the responsibility of the church's health ministry, which is performed by individuals whose care skills may include the non-clinician, the professional health clinician and physician. The ministry services may range from the most basic care such as practical/personal comfort during a church service to hospice and pastoral care.

The purpose, approach and focus of care education for the African American church must be culturally based encompassing ethnicity, faith/religion, position, gender and age. The goal of any education and training from a faith/religion perspective must always be about applying what's learned in service to others.

Care education in a faith/ministry environment provides services that would typically come under the health ministry and/or pastoral care. This service includes counseling, emotional support; personal care, nutrition and practical home care ministry. The following two approaches are recommended for two different populations:

201 AIDS Care Teams:

Pre-requisite: Prevention/Early Intervention 101 – HIV/AIDS Fundamentals for African Americans

AIDS Care Teams education and training would provide health ministers and other ministry leaders (teens, women, men) with the knowledge and skills to support individuals, their families and congregation through care services.

Model and collaboration:

AARTH Care Team Circle - A curriculum driven course for developing care team leaders and care teams originally developed by "The Care Team Network, careteam@uab.edu, www.careteam.org, 877-614-9129." The curriculum is a national model and was modified by AARTH to serve as the foundation for care team development in the African American faith community. The curriculum is culturally centered and flexible, allowing for adapting to needs of the group.

Supplemental capacity building training for care teams - The following training would be offered to care teams as part of ongoing capacity building support.

202 – CPR, First Aid and Home Health Care

203 – Grief and Loss, Self-Care

204 – Developing HIV/AIDS Ministries

C. SPIRITUAL CARE

301 - Introduction to HIV/AIDS for Clergy – A modified version of the 101 – HIV/AIDS Fundamentals for African Americans

302 - Pastoral Counseling

Models: Clinical Pastoral Education (CPE) for chaplains, clergy and ministers administered through area hospitals and universities. Components of CPE assembled in a workshop curriculum-based format.

303 - Support groups

A. Prevention/Early Intervention and Care Training Timeline

Course	Topic	Primary Audience	Timeline	Cost
101	Part One: Fundamentals of Instructor Training (F.I.T.)	AARTH Health/other ministry leaders	Feb– Sept 2003	FREE or \$150.00 per person for a class of 8 students plus \$15.00 for a self- study and review of Fundamentals of Instructor Training.
	Part Two: HIV/AIDS FACTS			
	Part Three: African American Fundamentals Instructor Course			
102	Washington State Health Department HIV Testing & Counseling Workshop	AARTH Health/other ministry leaders	2004	\$125 = 2 day \$175 = 3 day
103	HIV Rapid Instructor Certification Training	AARTH Health/other ministry leaders		
104	Healthy Brown Bag Series	Black health care professionals		

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B. Care

Course	Topic	Primary Audience	Timeline	Cost
201	The Care Team Network AIDS Care Circle	AARTH Care Team members	Nov 2003	\$50 to \$250.00 per church
202	CPR	AARTH Care Team members		
	First Aide			
	Home Health Care			
203	Self Care and Grief and Loss	Care Team members		
204	Developing HIV/AIDS Ministries	Health/other ministry leaders		

C. Spiritual Care

301	Introduction to HIV/AIDS for Clergy	Clergy	Oct. 2003	\$25 per clergy
302	HIV/AIDS & Pastoral Counseling	Clergy & ministry leaders	Jan 2004	
303	Facilitating Support groups	Clergy & ministry leaders	Feb 2004	

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Prevention/Early Intervention and Care Training Profile

Course	Training Course	Format	Focus	Flexibility	Cultural Relevancy
101	ARC Fundamentals of Instructor Training (F.I.T.)	Curriculum driven	Prevention/Early Intervention Skill training	Standards/principles based	N/A
	ARC HIV/AIDS FACTS	Curriculum driven	Prevention/Early Intervention Skill training	Facts based	N/A
	ARC African American Fundamentals Instructor Course	Curriculum driven	Prevention/Early Intervention Skill training Cultural emphasis	Customize to culture	Yes
102	Washington State Health Department HIV Test Counseling Workshop	Curriculum driven	Early intervention Counseling Clinical testing	Facts based	
201	The Care Team Network	Curriculum driven	Care team development	Customize to culture	Yes
201	Multifaithworks AIDS Care Teams	Instructor driven	Care team development	mainstream	
202	CPR	Curriculum driven	Early intervention/care	Facts based	N/A
	First Aide	Curriculum driven	Early intervention/care	Facts based	N/A
	Home Health Care	Curriculum driven	Care	Customize to culture	Yes
203	Self Care and Grief and Loss	Curriculum driven	Care	Customize to culture	Yes
204	Developing HIV/AIDS Ministry	Curriculum driven	Care	Customize to culture	Yes

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301	Introduction to HIV/AIDS for Clergy	Curriculum driven	Emotional & spiritual Care	Facts based	N/A
302	HIV/AIDS & Pastoral Counseling	Curriculum driven	“	Customize to culture	Yes
303	Facilitating Support Groups	Curriculum driven	“	“	Yes

Care Training Profile

Training Course	Format	Focus	Flexibility	Content	Gaps
The Care Team Network	Curriculum driven	Care team development	Customize to culture and needs of specific groups	Care team development	HIV/AIDS Home care First aide CPR (Grief and Loss)