



## WHAT IS THE COMMUNITY CARE NETWORK?

Marshall's Community Care Network (CCN) was developed to help people stabilize and improve their health even after they are discharged from the hospital. Wellness Companions work closely with a team of medical professionals that help people achieve their health goals. The CCN is designed to support and inspire people to take an active and meaningful role in their own health. Participation is voluntary.

## WHAT IS A WELLNESS COMPANION?

A Wellness Companion is a dedicated volunteer from the community who can promote positive health-related behavior changes in others. At Marshall, a Wellness Companion becomes an integral member of the Community Care Network Team. The purpose of the CCN Team is to evaluate and coordinate the care of people enrolled in the CCN, in order to help them optimize their health.

## IS THERE TRAINING?

Prior to a 4-hour course, you will be expected to have an interview with the Clinical Manager, and complete on-line learning modules. You will get extensive 1:1 experience with the CCN Team Members to learn the role of the Wellness Companion. Monthly, there will be learning opportunities at the Wellness Companion Volunteer meetings. The emphasis of training will be on developing your active listening and motivational interviewing skills to help you be an effective Wellness Companion. Contact CCN for upcoming dates.

## WHAT DOES IT TAKE TO BE A WELLNESS COMPANION?

Volunteer Wellness Companions must exude positive supportive energy, be able to connect with people on a personal level and be comfortable and relaxed while practicing active listening. Wellness Companions receive specific education and training provided by the CCN Team and other professionals and are then paired with people from the community that have identified health risks. Together, they define desired health goals through positive behavior change promoted and coordinated by the Wellness Companion.

## WHAT CAN I EXPECT TO DO AS A WELLNESS COMPANION?

Marshall's Wellness Companions are asked to volunteer several hours per month. They are matched with clients to help support them and meet their health goals. Wellness Companions are NOT expected to provide any medical advice or administer medication or other therapies.

## WHO CAN BE A WELLNESS COMPANION?

- People with a passion for helping others achieve better health
- Retirees looking to put their wealth of knowledge to use in the community while giving back to others
- Students hoping to enter the medical field that are looking to develop their active listening skills

*The mission of the Community Care Network is to provide high quality, compassionate, patient centered health care coordination that is based on improved outcomes for people in our community.*

**For more information, call the Community Care Network office at 530-626-2793.**