

# Health Messenger training

Inclusive Health and Advocacy

***Special Olympics***



# Agenda



1. Health Messenger training resources
2. Training standards
3. Coming up on Health Messenger program

# Health Messenger training resources



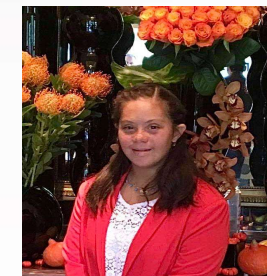
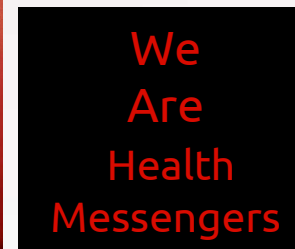
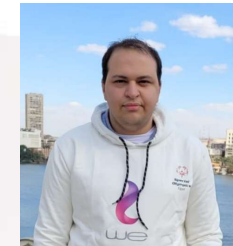
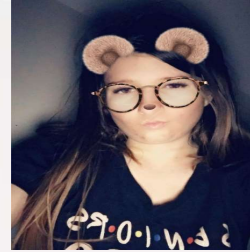
- Virtual and face-to-face training resources
- Translation to other languages
- Resource website design

The screenshot shows the Special Olympics Resources website. The header includes the Special Olympics logo, the word "RESOURCES", and navigation links for "CATEGORIES", "GENERAL", and "PROTECTIVE BEHAVIORS". A search icon and a red "DONATE" button are also visible. The main content area features a section titled "Health Messenger" with a definition: "A Health Messenger is a Special Olympics athlete who has been trained to serve as a health and wellness leader, educator, advocate and role model within their Special Olympics communities and the community at large." Below this, there is an "Accessibility" button and four image thumbnails with captions: "Health Messenger Basics", "Becoming a Health Messenger Training", "Becoming a Mentor", and "Health Messengers in Action".

# Training standards

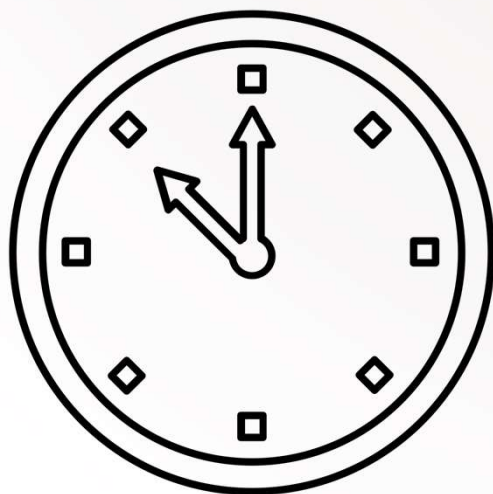


- Challenges with previous training
- “Becoming a Health Messenger” curriculum
- New minimum standards



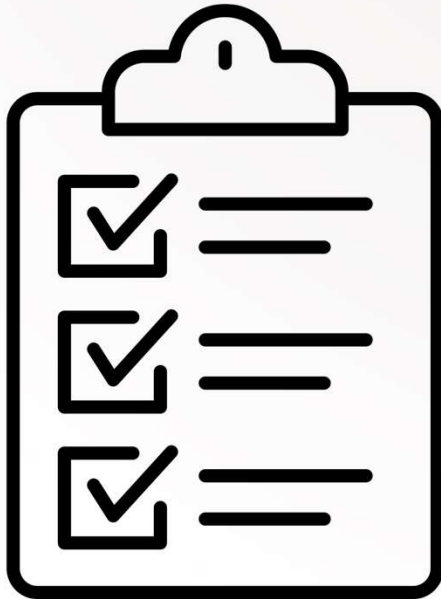


# 1. Training hours



- Minimum 8 hours of active training
- Training can be in one event
- Training can be extended over weeks

## 2. Topics

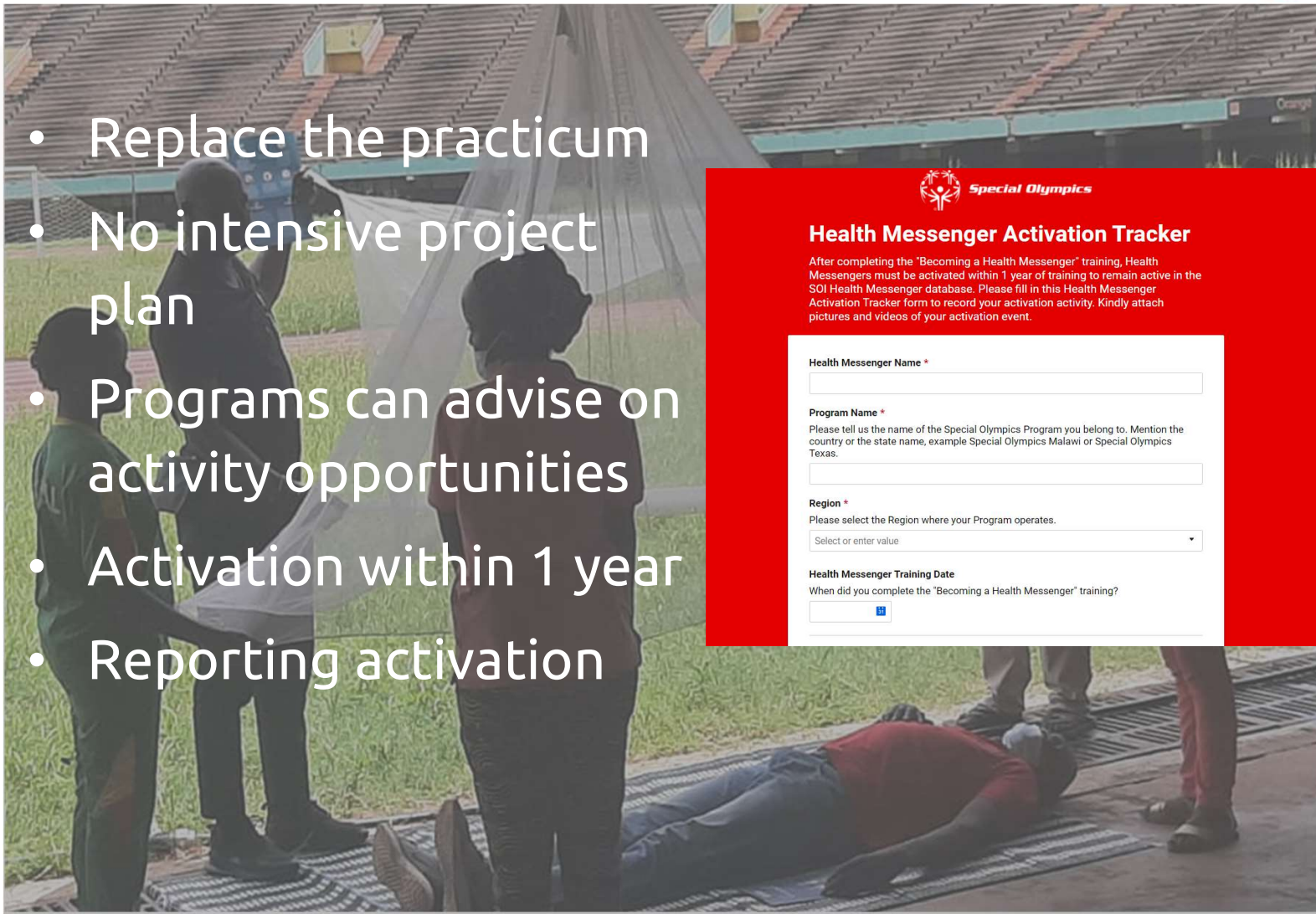


- Discussion of health issues affecting athletes locally.
- Introduction to Special Olympics health
- The role of Health Messenger
- Health disparities
- Physical activity
- Nutrition
- Emotional Wellness
- Communication
- Advocacy



## 3. Activation

- Replace the practicum
- No intensive project plan
- Programs can advise on activity opportunities
- Activation within 1 year
- Reporting activation





## 4. Health Messenger Database



- Registration on Health Messenger database
- Use Health Messenger information form
- Database informs SOI activation
- Database must match HIG report



# Coming up on Health Messenger program



## Health Messenger Specialized Roles

- Specific to Health Messenger's interest
  1. **Healthy Habits Leader (HHL)** - implements health behavior change education and individualized/small group coaching.
  2. **Healthy Athletes Aid (HAA)** - helps the Special Olympics Program with Healthy Athletes events, supports athletes when attending the screening, and encourages athletes to attend follow-up care.
  3. **Health Provider Educator (HPE)** - educates healthcare professionals/health students.
  4. **Policy Advocate (PA)** - advocates for policy change.
  5. **Media Spokesperson (MS)** - speaks or writes to the media about health issues from the perspective of a person with intellectual disabilities.



# Questions



Thank  
you.