

# AGENDA

- Welcome and grounding (15-20 min)
- Education session (30 min)
- Discussion on module experience (30 min)
- Next steps and questions (10 min)



**Prevention Research Center**

UNIVERSITY OF WISCONSIN-MADISON

ACTION  
LEARNING  
COMMUNITY  
(ALC)

What is the ALC?

Purpose

Frequency of meeting

Flow of the meeting

Data that will be collected

## Hyper-Arousal

Emotional overwhelm, panic, feeling unsafe, angry, racing thoughts, anxiety, etc.

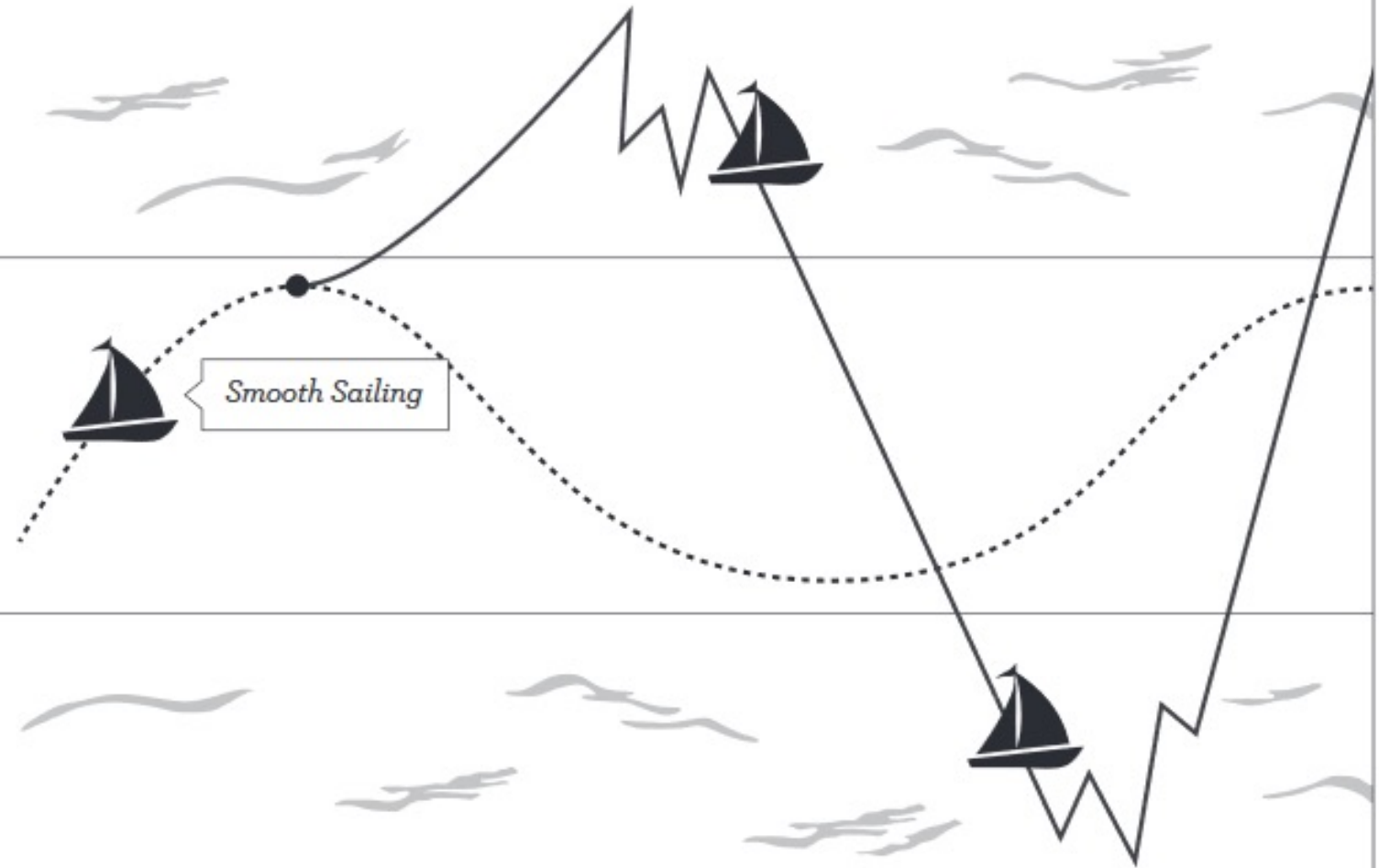
## Window of Tolerance

OPTIMAL AROUSAL ZONE

Carrying on with daily life in the river of well-being

## Hypo-Arousal

Numb, no feelings or energy, can't think, shut down, ashamed, disconnected, depression, etc.





# EDUCATION SESSION

PRESENTER



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# MODULE EXPERIENCE

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Where did you insert the CHW COVID-19 module into your regular visit/discussion with families?

Were there topics/elements of the COVID-19 module that you were not able to get to during your visit(s)?

# MODULE EXPERIENCE (CONT.)

Were there topics you normally cover during your visits that suffered/were lost for you to fit the COVID-19 module in?

Were there specific elements of the module that you used most often or found most valuable to support your COVID-19 discussions with families?

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# MODULE EXPERIENCE (CONT.)

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Were there questions/needs related to COVID-19 that you could not address?

Was there anything that hindered you from going through the module with families?



NEXT STEPS  
AND  
QUESTIONS