

Traditional Health Workers

We're on your Team!

Who are Traditional Health Workers?

Traditional Health Workers (THWs) have similar lived experiences as the people they serve. They help SilverSummit Members reach their health and wellness goals. They also help Members understand their benefits and connect to culturally responsive care. THWs may provide support with finding resources for food, housing, rides, and more.

SilverSummit covers access to Traditional Health Workers. There is no cost to Members for working with THWs.



COMMUNITY RESOURCES AND SERVICES

- **Community Health Workers (CHWs)** CHWs are frontline public health workers. They have similar lived experience as the Members they support. They may share ethnicity or language with members. CHWs have a close understanding of the community they serve. They help members access and understand their healthcare benefits. CHWs provide support to members in self-managing chronic conditions like diabetes and asthma. They assist with scheduling and getting to appointments. They connect members to resources for food, housing, wellness items, and more.



MENTAL AND BEHAVIORAL HEALTH

- **Youth Support Specialists** are age 25 or younger and can help Members ages 12-17. They may have lived experience with addiction or mental health conditions. They may have lived experience with the foster care or juvenile justice systems. They may have been unhoused or had barriers to education. Youth Support Specialists support youth in their recovery or with facing other barriers.
- **Family Support Specialists** have lived experience caring for children who have faced challenges such as living in foster care or being unhoused. They may have cared for children with disabilities, addiction or mental health conditions. Family Support Specialists help families who have youth under the age of 21 with complex needs.
- **Peer Support Specialists** have lived experience with a psychiatric condition(s) or addictions. Peer Specialists are part of a Member's care team. They may help Members over the age of 18 connect to and navigate behavioral health services or other resources to aid in recovery.



SUPPORT BEFORE, DURING, AND AFTER GIVING BIRTH

- **Doulas** Doulas provide support to pregnant people and their families. They help Members make a birth plan. They also help Members connect to community resources. Doulas assist Members before, during, and after delivery.



Questions on how
to access services?

Call

1- 844-366-2880

*Member Services
can help*