

CHE DESCRIPTION - THE BASIC ELEMENTS OF CHE MINISTRY

Date: Rev 4/11

(1 HOUR)

- OBJECTIVES:**
1. Participants will understand the goals of a CHE program.
 2. Participants will be able to explain the key elements of a CHE program.

OVERVIEW FOR TRAINERS: This is the second hour in explaining a CHE program. This begins to get into the details of the CHE process. This lesson should be followed by the lessons on the role of the CHE, Committee, and Training Team.

METHOD	TIME	KNOWLEDGE
<p>Role Play: Two people talking:</p> <p>1st I believe God wants us to minister in meaningful ways to the poor. I want a ministry that brings people to faith in Christ, and lifts communities out of poverty. I have no idea how to structure such a thing.</p> <p>2nd I'm not sure either. The task seems so big and complex.</p> <p>1st I know how to witness to people and how to feed people for a day. But, I have no idea how to structure a ministry that helps people out of poverty.</p>		

----SHO questions----

S = What do you See?
H = What is Happening?
O = Does this happen in Our place?

<p>I. Hand out the attached CHE Case Study. Divide into small groups and have each group read the case study and identify the following:</p> <p>A. What are the three main groups of people in a CHE program, and what are their jobs?</p>	30"	<p>I. <u>Basic Elements of a CHE Program</u></p> <p>A. Three groups of people with a job:</p> <ol style="list-style-type: none"> 1. <u>Training team</u>: Believers who initiate the CHE process and train the committee and the CHEs. 2. <u>Committee</u>: Volunteers elected by the community to manage the program, choose and supervise the CHEs. 3. <u>CHEs</u>: Volunteers who visit homes, teach physical and spiritual topics, and facilitate behavior change.
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CHE PROGRAM DESCRIPTION - THE BASIC ELEMENTS OF A CHE PROGRAM

METHOD	TIME	KNOWLEDGE
B. What are three goals of CHE ministry?		B. Three goals of CHE ministry: <ol style="list-style-type: none"> 1. Health promotion 2. Poverty alleviation 3. Making followers of Jesus
C. How is training done?		C. How training is done: <ol style="list-style-type: none"> 1. Training team made up of 3-5 trained people with different vocational backgrounds. 2. Committees trained first for 18 hours. 3. Train 3 days per week until 30-50 training days completed. One Physical and Moral Value each day. 4. Participatory methods which foster small group discussion and create solutions.
D. How are the physical and spiritual integrated?		D. How to integrate physical and spiritual: <ol style="list-style-type: none"> 1. Integration begins with people who have a burden to minister physically and spiritually. 2. People are trained as generalists rather than specialists. Nurses do evangelism and pastors teach agriculture. 3. There was emphasis and success on the physical and spiritual. 4. Evangelism, follow-up of new believers, and leading of Bible studies
E. What are other things done in the project?		E. Different things done in project: <ol style="list-style-type: none"> 1. Many people committed their lives to Christ and were disciplined. 2. Each CHE led one Bible Study or Intercessory Prayer Group. 3. Home visits were made by the CHEs every week. 4. 40 springs were protected 5. One bore hole was drilled 6. Malnutrition was radically decreased. 7. Fish ponds, kitchen gardens, poultry, and bee keeping 8. Incidents of death due to measles was reduced by 80% through immunization program

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METHOD	TIME	KNOWLEDGE
		9. Contouring and/or terracing hilly areas was done to prevent erosion. 10 Fuel saving stoves and fireless cookers 11 Water jars and water filters 12 Healthy Home Certificates were given to many in the community.
F. Who is the target of the project?		F. The target of the project: 1. Target is individuals, not community as a whole. 2. Interested in lives transformed by Christ. 3. Results measured in terms of multiplication, not addition. 4. Target population 2000-5000.
VI. Take a tin can and write on it: "Training Team", "Committee", and "CHEs". Bend in one side and show that the can will not roll. In the same way the CHE process will not roll if it is not in balance.		VI. <u>Tin Can Demonstration</u> This demonstrates the importance of keeping all three elements in balance.
VII. Use the "CHE Description" sheet found at the end of this lesson to show and explain the CHE process.		VII. Summarize the CHE process.

ATTITUDE: Facilitator has come to understand the elements that go into making up a CHE program and is prepared to help the students implement one.

SKILL: Participants will be able to explain how the CHE process would work in their home area.

EVALUATION: Facilitators will know that participants have learned the content of this lesson when they can explain the major elements in a CHE program

MATERIALS:

- Empty Tin can
- *CHE Case Study*
- *CHE Description Diagram*
- Newsprint, Marking Pens, Masking Tape

CHE Case Study

Community Health Evangelism is a program to help people in the church minister to the physical and spiritual needs of each other as well as to all people in their communities. The goals of a CHE program are health promotion, poverty alleviation, and making followers of Jesus.

Community Health Educators/ Evangelists, CHEs, do this ministry. They train others in the transferable truths that they have learned: agriculture, nutrition, maternal/child care, protection of water sources, proper sanitation, prevention of common diseases, etc.

Evangelism and discipleship are at the center of the ministry. We are concerned with the spiritual side of people as well as their physical problems including common diseases, social problems, emotional needs, education, etc.

Physical and spiritual problems are often inter-related in people's lives. Jesus Christ changes us from the inside out. He gives us healthy beliefs and attitudes which result in healthy behaviors.

Health care is viewed in two ways: 1) cure or treatment, and 2) prevention through promotion of healthy habits. Curative care seeks to cure diseases after one is sick. It is expensive and is not available to many people. Prevention of disease through promotion of healthy living helps people avoid getting sick in the first place. Concepts of disease prevention are easily transferable from one person to the next, and can be done in an inexpensive manner. Prevention is very inexpensive because one community member can teach other community members the healthy habits they have learned.

Both types of health care are needed. We need to have people in the curative area caring for the sick. We also need teams of people who minister in the preventive/promotion area.

The CHE Program involves three different groups of people:

1. Trainers initiate the CHE process by mobilizing the community to work together to solve their own problems. They cast vision, inspire hope, and catalyze action. They are called trainers because one of their main tasks in training the committee and the CHEs.
2. Committees are made up of volunteers elected by the community to manage the development process in the community. The committees are trained by the trainers. They plan, budget, implement projects, and supervise the work of the CHEs.
3. CHEs are men and women who are chosen by the committee with counsel from the trainers. The CHEs are trained by the trainers. The CHEs visit homes and work with families, teach physical and spiritual topics, and facilitate behavior change. CHEs need not have a formal education.

The committee generally receives 18 hours of initial training on how the CHE program functions, and their role in it. They learn to initiate and manage projects. The goal of the training is to empower them to lead the development process in their community. In addition to the initial training, they will receive ongoing training in how to carry out community projects and how to expand CHE into new communities.

The CHEs a minimum of 30 to 40 days of ongoing training. Each time they meet, they receive training in one physical and one spiritual topic. After receiving training in a specific topic, they implement what they have learned in their homes, and then share it with their neighbors through home visits. They receive one physical and one spiritual topic during

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each day of training. Teaching methods are participatory using role plays, stories, and small group discussions.

The job of the volunteer CHE is to visit the homes of their neighbors sharing the physical and spiritual truths they have learned. They visit any community member who wishes to participate - not just those from their own church. CHEs are primarily concerned with the prevention of disease and promotion of good health and living the abundant Christian life. The CHEs DO NOT dispense drugs. This is the responsibility of the curative clinic. The CHEs effectiveness is measured in terms of multiplication.

Trainers train committees and CHEs. CHEs train their neighbors.

CHE in Practice

In one CHE ministry, 24 volunteer trainers from a large area were trained. The area was divided into 8 zones, and each zone was served by three trainers. A CHE committee was selected for the area and trained. The committee mobilized the area to select people to be trained as CHEs.

In one of the eight zones in this area, the following took place:

There were 22 CHEs trained. At the beginning of the training, only 8 had a personal relationship with Jesus Christ, but by the end of the training all but one had given their lives to Christ.

The results were as follows:

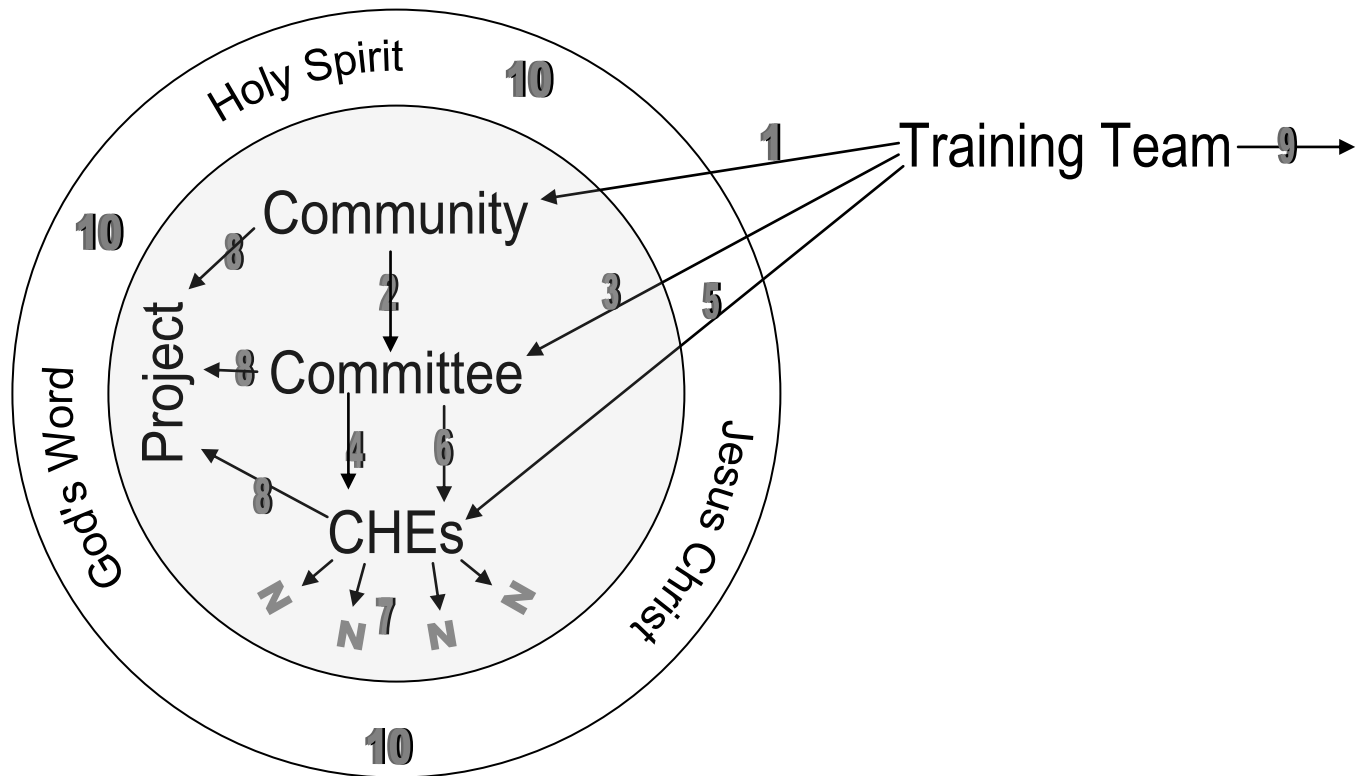
- Many people committed their lives to Christ and were disciplined.
- Each CHE led one Bible study or intercessory prayer group.
- Home visits were made by the CHEs every week.
- 40 springs were protected and one bore hole was drilled with the help of an NGO.
- Malnutrition was radically decreased; kitchen garden, fish ponds, poultry rearing and bee keeping were some projects that helped improve nutrition.
- The CHEs mobilized the community for government immunization days. The incidence of death due to measles was reduced by 80%.
- Mothers were taught to make Oral Rehydration Solution (ORS). Deaths due to diarrhea were reduced to 50%.
- Reforestation was encouraged. Seedling nurseries were developed.
- Contouring and/or terracing hilly areas was done to prevent erosion.
- Fuel saving stoves and fireless cookers were introduced as well as water jars and water filters.
- Healthy Home Certificates were given to many in the community.

CHE volunteers desire to see people taking initiative and spreading CHE. One CHE volunteer trainer moved to another area, where she began home visiting and CHE was initiated in the new area.

The CHE program is helping to change individual lives physically, spiritually and socially. As individuals change, communities are transformed.

CHE DESCRIPTION

- People take responsibility for their own physical and spiritual health.
- The goal is individual changed lives who affect others, who in turn affect others thereby the community becomes changed from the inside out.



1. A training team of two to four people come from the outside with different vocational skills. They come to a community (give definition of community) to do the following:
 - Raise up a vision in the community for a wholistic ministry
 - Help the community identify their needs
 - Help the community to do something
2. The community then chooses a committee to represent them in overseeing the work.
3. The training team then trains the committee in their role, and helps them decide how they will supervise the program.
4. The committee then chooses the CHES.
5. The training team trains the CHES in health and spiritual topics, two half days a week and does prevention and care, as well as evangelism and follow-up.
6. The committee oversees the day to day work of the CHES.
7. CHES visit 10 - 15 neighboring households (N) sharing what they have learned on health and spiritual topics.
8. Community projects are started with the committee mobilizing the people and the CHES giving technical supervision.
9. The training team leaves the area after working with the community three to five years but the CHE program continues because the community owns it.
10. The process is encompassed by the Holy Spirit, Jesus Christ, and God's Word.