Panhandle Public Health District
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PPHD Community Health Workers Connect Panhandle Residents to Resources and Support

Navigating healthcare and community resources can be challenging, especially when transportation, finances, housing, food access, healthcare coverage, or other barriers stand in the way. Community Health Workers (CHWs) with Panhandle Public Health District (PPHD) are here to help.

CHWs are trusted members of the communities they serve who work alongside individuals and families to identify needs, navigate services, and connect with resources that can support their health and well-being.

“Sometimes people know they need help, but they simply don’t know where to start,” said Kelsy Sasse, CHW Supervisor with PPHD. “Our Community Health Workers can help individuals understand their options, connect with the right resources, and provide support along the way.”

PPHD Community Health Workers can assist with needs such as:

- Connecting individuals with local health and community resources
- Helping individuals navigate healthcare and health insurance
- Helping individuals access Medicaid and Economic Assistance benefits and providing application support
- Addressing food, housing, transportation, and other social needs
- Connecting individuals with behavioral health and substance use resources
- Supporting chronic disease education and self-management
- Assisting with appointments and healthcare follow-up
- Connecting individuals with PPHD programs and other community-based services
- Following up on referrals to help individuals successfully connect with services

CHWs do more than provide a phone number or a list of resources. They work one-on-one with individuals to understand their goals, identify barriers, and help them navigate the next steps.

PPHD is also working with healthcare organizations, schools, and community partners throughout the Nebraska Panhandle to strengthen referral pathways and make it easier for residents to connect with CHW support and local or statewide resources.

PUBLIC HEALTH IS FOR YOU

Whether someone needs help finding a resource, navigating services, or simply figuring out where to begin, PPHD's Community Health Workers are available to help.

Connecting individuals to resources. Supporting health. Strengthening our community.

To make a referral, complete PPHD's Community Health Worker referral form or simply contact the CHW in your local community. For the form and instructions on submitting a referral, contact Kelsy Sasse at 308-430-4075 or ksasse@pphd.ne.gov. To learn more about PPHD services or find the CHW in your community, visit **www.pphd.ne.gov**.

PPHD's Community Health Worker program is supported by Rural Health Transformation Program funding through the Nebraska Department of Health and Human Services.

Panhandle Public Health District is working together to improve the health, safety and quality of life for all who live, learn, work and play in the Panhandle. Our vision is that we are a healthier and safer Panhandle community.