



MISSISSIPPI STATE DEPARTMENT OF HEALTH

About the Position: The Office of Women’s Health, MS-Breast, and Cervical Cancer Program is seeking to fill three Social Services Specialists I positions. These positions will serve in conjunction with our Community Health Worker (CHW) for the MS-WISEWOMAN Program. The Health & Wellness Coaches will be assigned to support a program providing health and wellness coaching to our participants in these six counties: Pike, McComb, Lincoln, Wilkinson, Franklin, and Grenada. The Health & Wellness Coaches will use evidence-based conversation and strategies to engage participants in behavior changes that improve their health. Health & Wellness Coaches are knowledgeable on human behavior and motivation, Health & Wellness Coaches help clients achieve their health goals and empower them to integrate healthy habits into their lifestyles. The Health & Wellness Coach will organize activities and provide in-person, virtual educational resources in relation to the participant’s risk factors for cardiovascular disease (CVD). Upon referral from MS-WISEWOMAN staff, the Health & Wellness Coach will have direct contact with the participants to review their assessment and provide/discuss healthy recommendations for them, assist with lifestyle goals in reducing behavior and CVD risk factors, provide services to the participant and families if part of the care plan, address barriers and needs within their scope, provide supportive counseling and educational material. Each interaction will be motivational and engaging for the participant. Health & Wellness Coach fills the gaps in care and provides the support that some patients need to fulfill their goals.

Program: The Well-Integrated Screening and Evaluation for WOMen Across the Nation (WISEWOMAN) program extends preventive health services to achieve optimal cardiovascular health for women aged 35-64 who participate in the CDC-funded National Breast and Cervical Cancer Early Detection Program (NBCCEDP). The program helps participants understand and reduce their risk of CVD and benefits from early detection and treatment

Supervision: Report to the MS-WISEWOMAN Program Coordinator.

What you’ll need to be successful: Successful Health & Wellness Coaches will need to have the following skills:

- Knowledge of health care developments and practices
- Understanding of psychology and coaching techniques
- Training in fitness, nutrition, and other good health practices
- Experience working with clients
- Compassion and a positive demeanor
- Conflict resolution skills
- Effective communication skills
- Active listening skills
- A client-centered approach of talk therapy, questions, and positive psychology knowledge to empower participants to make incremental decisions that benefit their overall health

Central Public Health Region
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Equal Opportunity in Employment/Services

- Confidentiality, HIPAA, record-keeping skills, ability to work independently
- Provide support services in a culturally appropriate/sensitive manner, devoted to working with diverse people and issues surrounding family poverty

Health & Wellness Coach Duties:

These are the typical tasks and responsibilities of a health and wellness coach:

- Meet with clients (in person or virtual) to discuss and create actionable health goals
- Offer a supportive, safe space for clients to discuss their intentions, fears, limitations, and aspirations
- Understand their client’s motivations and create behavioral change
- Empower their clients to guide their own healthy journey
- Support their clients in developing customized, sustainable plans for diet, exercise, wellness, sleep, recovery, or rehabilitation
- Conduct seminars for individuals, groups, or employees
- Provide the tools a patient needs to improve their own care, well-being, and overall health
- Empower the patient to take control of their life and health
- Give accountability and support to the patient as they navigate their health goals
- Deliver action-based advice like how to make healthier choices at the grocery store or ways to integrate meditation
- Modify behaviors that lead to long-term improvements in blood pressure, cholesterol, body weight and body mass index, fitness, and chronic medical conditions such as obesity, arthritis, diabetes, and cancer.

Salary: Wages are \$16.25 per hour.

Location: The base is in Pike County. Must be able to travel or commute to other counties (McComb, Franklin, Lincoln, Wilkinson, and Grenada). Mileage reimbursement.

Qualifications: Typically requires an Associate's Degree in Allied Health Science, Nursing, Sports Medicine, Fitness (or related field of study) certificate, a Health & Wellness Coach certificate, and 0–2 years of experience.

How to apply: Interested applicants should submit 1.) Cover Letter for the location(s) for which applying 2.) State of Mississippi Employment Application through <https://www.governmentjobs.com/careers/mississippi>.

The Mississippi State Department of Health

MS-WISEWOMAN Program

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