

Living a Healthy Life Technical Assistance Conference

Overcoming the Challenges of Developing a Chronic Disease Self-Management Program

Tuesday, October 5, 2010

African Americans Reach and Teach Health (AARTH) Ministry
Reverend Mary Diggs-Hobson & Gayle Robinson, RN, MN

Learning Objectives

- Describe program management and administrative strategies.
- Discuss techniques for marketing to hard to reach older adults and recruiting workshop participants.
- Present examples of partnerships with community and healthcare organizations, clinical partners, and local health jurisdictions.

AARTH's Mission

AARTH Ministry provides health education and training services for faith houses and institutions that serve people of African descent to promote wellness and community care systems.

“for I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me.”

Matthew 25:35-36

Overview of Program Services



www.aarth.org
**Online Health
Resources**

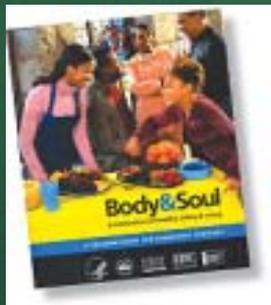


**HIV/AIDS Education &
Training**

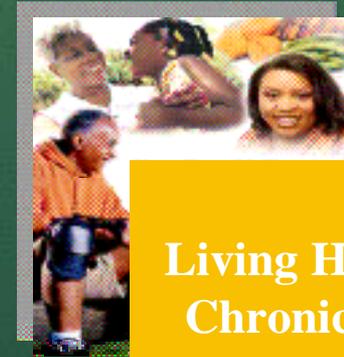


**Health Ministry
Development**

**Faith Community
Nursing Services**



Body & Soul

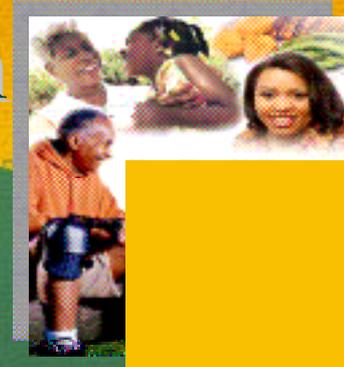


**Living Healthier with
Chronic Conditions**



Free Medical Mobile Clinic

Living Healthier with Chronic Conditions Program



Goals:

- Help individuals take day-to-day responsibilities for their care.
- Increase skills necessary for individuals to manage their diseases and work effectively with their health care professionals.
- Teach problem-solving, decision-making and coping skills which enable participants to confront the ever-changing challenges of living with a chronic illness.

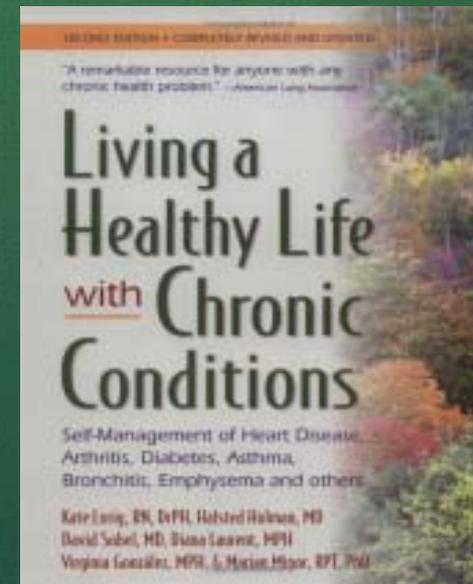
Program Management and Administrative Strategies

- **Strengthen Organizational Capacity & Funding**
- **Establish a Cohesive Team**
- **Obtain Training & Credentials**
- **Develop Program Documentation**
- **Test Materials & Piloted Curriculum**
- **Identify Appropriate Resources**
- **Establish Partnerships & Collaborations**

Program Management and Administrative Strategies

Management and Administration Documentation

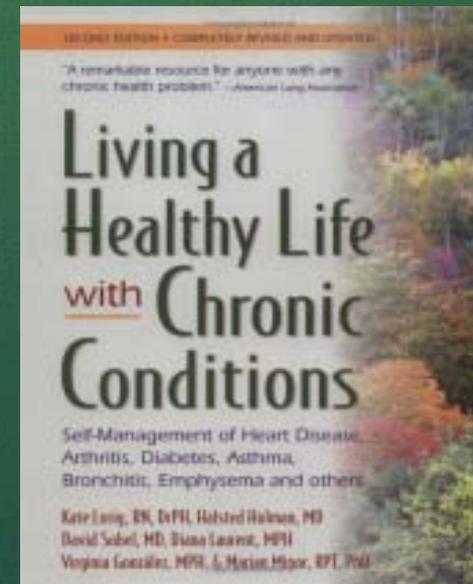
1. Chronic Disease Self Management Curriculum
2. Coordination matrix
3. 12 month schedule
4. Checklist
5. Attendance sheet
6. Participant progress report
7. Instructor summary report
8. Lay facilitators description
9. MOU



Program Management and Administrative Strategies

Participant Documentation

1. Chronic Disease Self Management Curriculum
2. Pre-post survey
3. Goal support tool
4. Goal -setting pictures
5. Provider visit checklist
6. Participant evaluation
6. Certificate of completion



AARTH

African Americans Teach
& Health Ministry

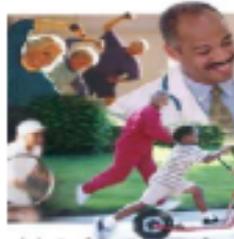
Chronic Disease Self
Management Program

Pre/Post Survey

LIVING HEALTHIER WITH CHRONIC CONDITIONS

Questions for the survey were selected from Stanford University
Chronic Disease and Self Management Program

AFRICAN AMERICANS
REACH & TEACH
HEALTH MINISTRY
AARTH



Living Healthier with Chronic Conditions *Certificate of Completion*

African Americans Reach and Teach Health Ministry hereby
present this Certificate to

for your commitment to learning how to better manage your health by
completing the *Living a Healthy Life with Chronic Conditions* program.

Chronic

Awarded

LHCC In

LHCC In

AARTH Min
Prevention

Goal Setting Plan

It is important to set healthy goals in order to achieve the highest level of wellness in living with chronic condition. We would like to work with you to help you with the goals you set.



Exercise



Eat well



Take medications properly



Have Feet & eye exam



Quit Smoking



Manage Stress



Regular Dental
Appointments



Keep Regular
Clinic Appointments



Personal
Goal
(Risky
Behaviors)

Action Plan: _____

Barriers/Solutions: _____

Signed: _____ Date: _____

Marketing to the Hard to Reach: Older Adult Workshop Participants

- Culturally Appropriate Strategies & Materials
- Partnerships & Collaborations
- Community Events
- Community Liaisons



Marketing to the Hard to Reach: Older Adult Workshop Participants

Living Healthier with Chronic Conditions
Register now and learn to manage your own health!

About the program?
This program is offered free and includes six peer education smokers presented 2 1/2 hour each for persons with chronic conditions. The goals are to:

- Help individuals take day-to-day responsibility for their care.
- Increase skills necessary for individuals to manage their diseases and work effectively with their health care professionals.

Participants will learn problem-solving, decision-making and coping skills which enable them to confront the ever-changing challenges of living with a chronic illness.



What you learn:
A variety of skills and coping actions are presented:

- Managing fatigue
- Learn how to eat healthier
- Deal with anger, depression, and other negative responses
- Develop and maintain long-term exercise programs
- Develop decision-making and problem-solving skills
- Learn how to communicate with family/friends/physicians

Where & When:
Saturdays, September 18, 2010 to October 23, 2010 from 1PM—3:30PM

Leon Sullivan Health Care Center
2813 S. Dearborn Street
Seattle, WA 98144 -- (206) 325-6700 -- www.leonsullivan.org

How To Register
A Free Workshop
Call Leon Sullivan Health Care Center 206 325-6700
Or AARTH MINISTRY 206-850-2070

PSA

Community newspapers

Church bulletins

Word of mouth

Social Networks

Partnerships

Mailings

Flyers

Brochures

E-Newsletter

Partnerships Examples

Community

- Dakota Housing for Seniors
- Faith House – churches, mosques

Healthcare Organizations

- Northwest AIDS Education & Training Center (NW AETC)
- Washington Care Center
- Leon Sullivan Health Center

Local Health Jurisdictions

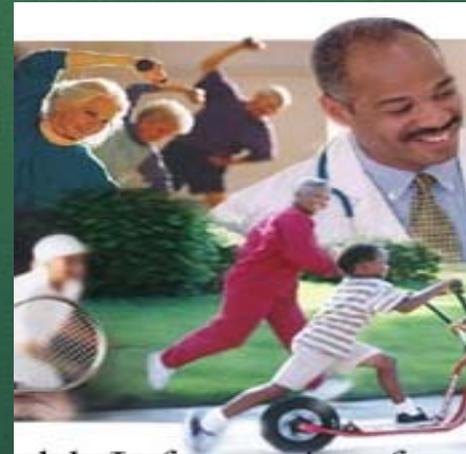
- Pierce County Health Department

Overcoming Challenges

- **Identifying suitable days/times for deliveries**
- **Scheduling works well with care centers existing programming**
- **How to live within the realities of a six-week delivery while retaining participants**
- **Sustaining the program with lay facilitators**

Successes

- **Tested program materials & curriculum**
- **Established two key community partners**
- **Completed one delivery**
- **Connected with participants**



What We Learned

- **The CDSMP curriculum & format developed by Stanford University works well**
- **Mixing and customizing the delivery does work well**
- **Modify expectations to fit the realities of maintaining a six weeks delivery**
- **Be prepared - study the script**
- **Be patient**

Next Steps

- **Evaluate and assess one year delivery**
- **Establish a pool of lay facilitators**
- **Strengthen partnerships**
- **Strengthen and expand marketing**
- **Identify other delivery strategies**

Contacts

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