

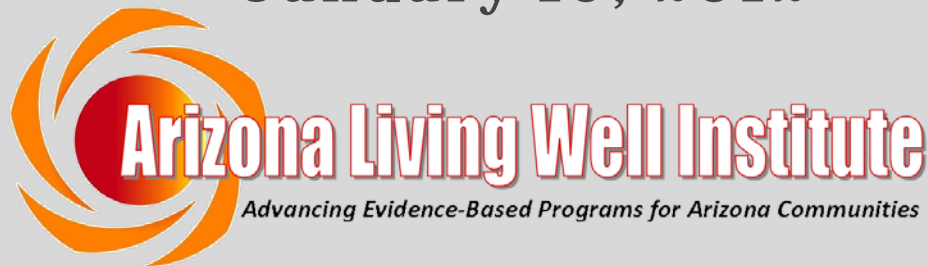
New Year, New You!

Webinar hosted by AZ Living Well Institute



Melanie Mitros, PhD
Director
&
Arizona Partners

January 19, 2012



Call Etiquette



This webinar will be recorded and available on the Institute Website under Partner Login after the call.

Please remember proper conference call etiquette.

- **Please place your phone on mute when you are not speaking.**
- **Please do not place our call on hold.**
- **Please ask questions by the question function ONLY until the Q & A portion at the end of the call.**

Webinar Agenda



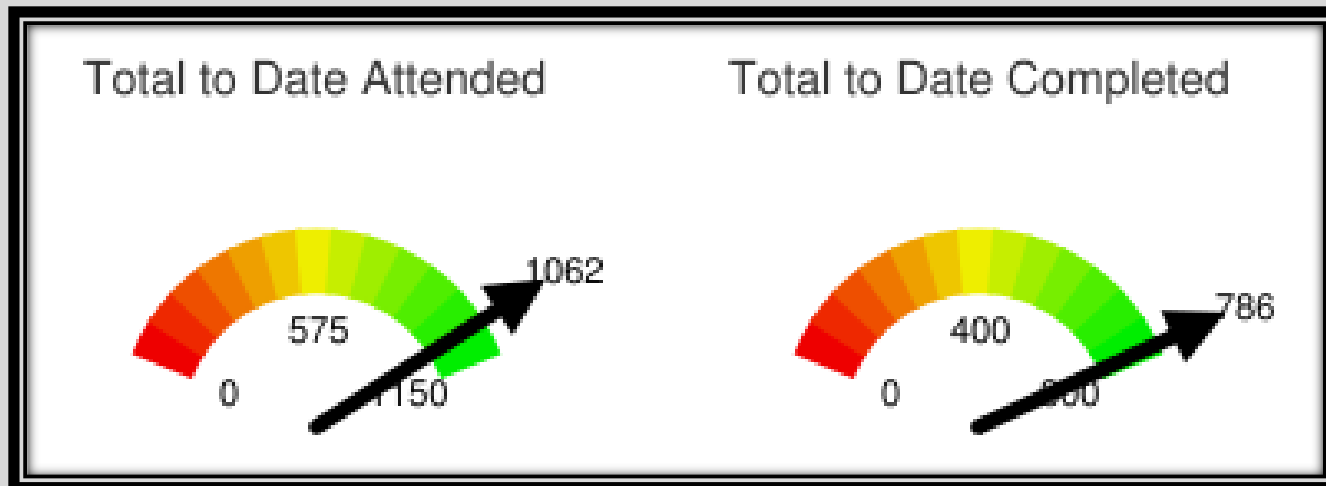
- Introduction
- Date Update
- Statewide Updates
- Regional Updates
- Training Opportunities
- Partner Organization Sharing
- Questions and Closing



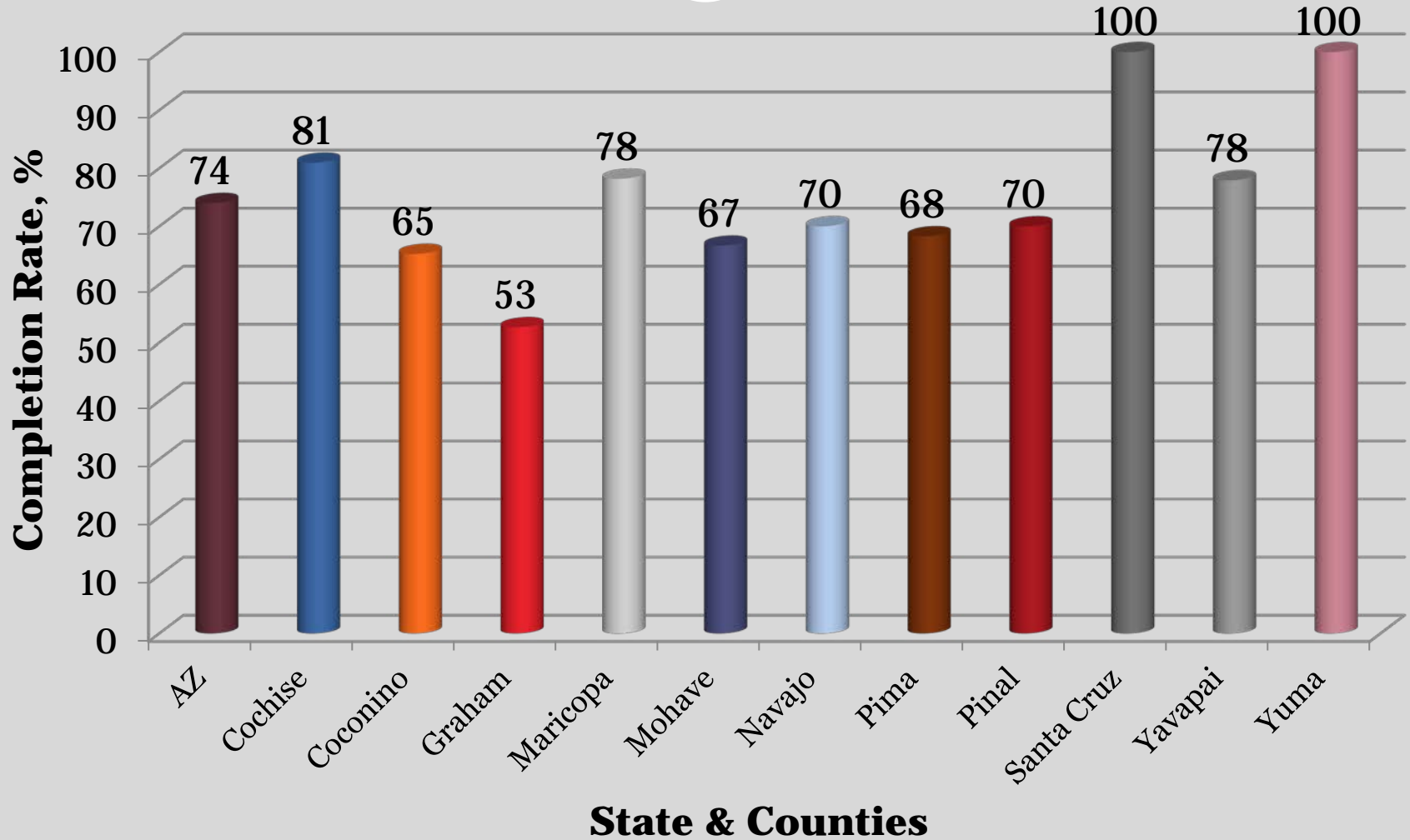
Arizona as a State



- Goal of 800 completers by March 31, 2012!
- 18 Licensed Organizations with 89 Workshops
 - 76% Female with 43% live alone
 - Arthritis and Hypertension most common with 67% reporting 2+ CDs
 - 86% White and 16% Hispanic/Latino



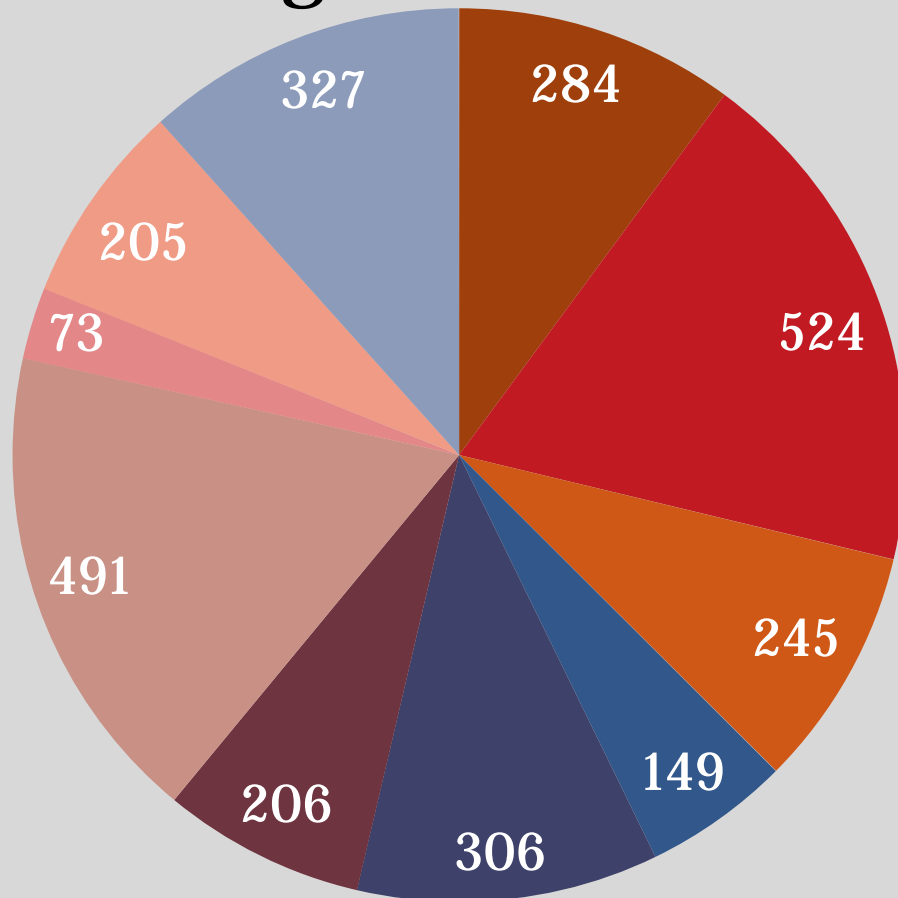
Arizona Healthy Living (CDSMP) Completion Rates



Total Number of Conditions Reported



2.5 avg. # of conditions



- Anxiety/Depression Disorders (#)
- Arthritis (#)
- Breathing/Lung Disease (#)
- Cancer (#)
- Diabetes (#)
- Heart Disease (#)
- Hypertension (#)

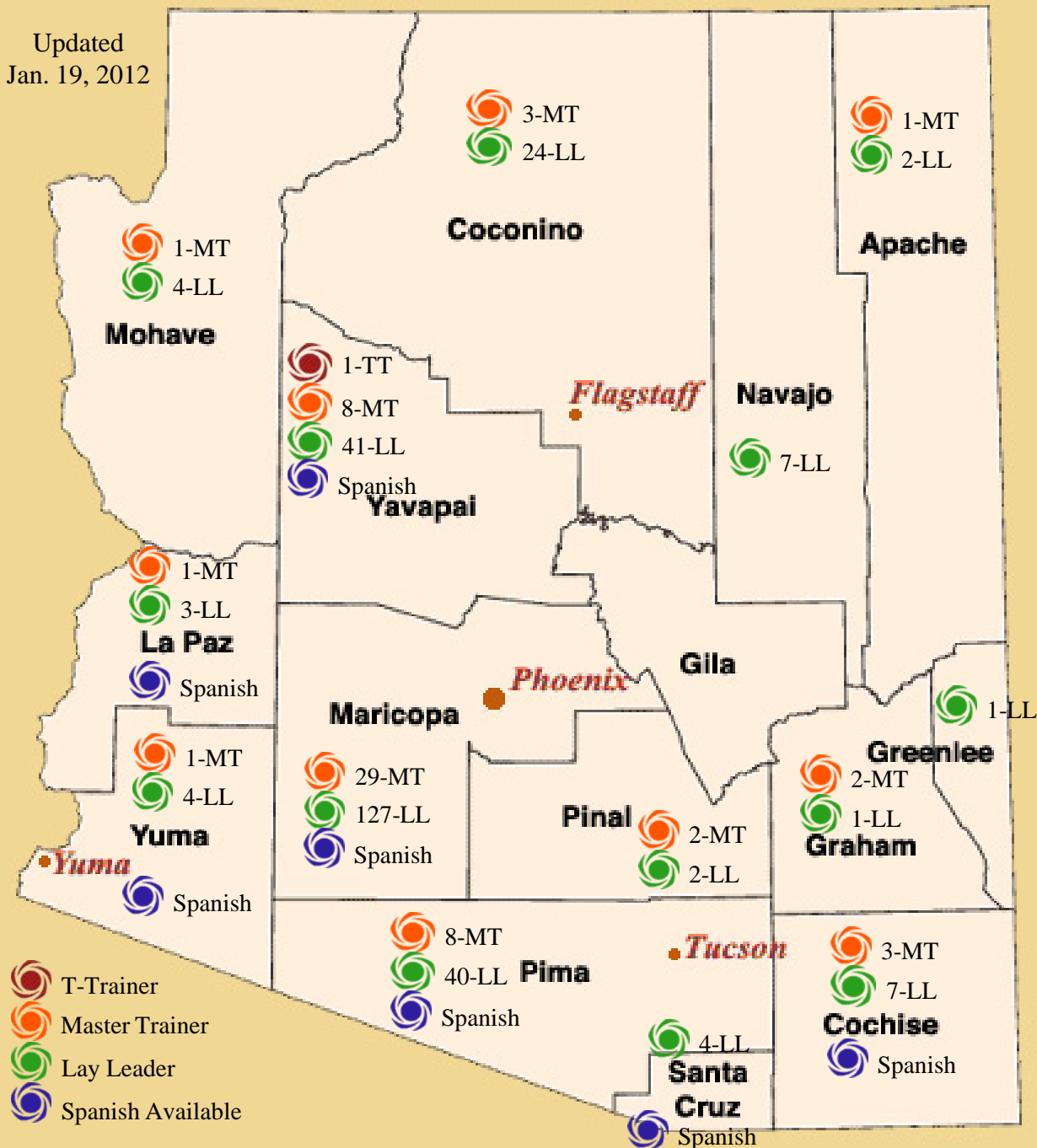
Facilitators

- **Healthy Living (CDSMP)**
 - 265 Lay Leaders
 - 59 Master Trainers

- **Tomando Control de su Salud**
 - 31 Lay Leaders
 - 4 Master Trainers

- **Tomando Control de su Diabetes**
 - 2 Master Trainers in process

Updated
Jan. 19, 2012



In with the New & Keep the Old



- **AZLWI New Staff**
 - Bobbe Taber joining Feb. 1 as the Communications & Program Coordinator at AZLWI
 - Ramona Rusinak joined as contract ARRA Grant Manager
- **AZLWI Hiring**
 - Looking for part time staff to market and manage Better Choices, Better Health (Online CDSMP)
 - Worksite Wellness in Maricopa County admin@azlwi.org
- **Staff Transitions**
 - Southern Mentor: Mary Ellen Beaurain retired → Karen Ring
 - Western Mentors: Virginia Rodriguez & Cathy Stewart
 - Central Mentors: Reva Litt & Cathy Stewart → Bobbe Taber

Training Opportunities



- www.azlwi.org
 - Calendar
 - [Training](#)
- **Scheduled Trainings**
 - January 27, 28, Feb 3, 4 in Flagstaff – Coconino Co. – FULL
 - ✦ **Planning another training in Prescott Fri/Sat April 13, 14, 20, 21**
 - February 24, 25, Mar 2, 3 in western Maricopa Co. – AZLWI & Cigna
 - May 10, 11, 17, 18 in Phoenix – AZLWI
 - *MT - June 25-29 in Phoenix - AZLWI*
 - *TCS - August 22, 23, 29, 30 in Phoenix – AZLWI*
 - September 11, 12, 18, 19 in Apache Junction – AZLWI
 - December 6, 7, 13, 14 in Phoenix - AZLWI

Master Trainer Meet & Retreat



- **Northern hosted in Flagstaff on December 12th**
 - Master Trainer/Coordinator Roles
 - Fidelity Coaching Process
 - Skills Drills Videos
 - Demonstrations and Discussion of CDSMP Process
 - Workshop Coordination
 - Leaders Training
- **Central will be hosted in Phoenix on February 17th**
 - admin@azlwi.org
- **Southern will be hosted in Tucson in March**

New Resources



- Healthy Living Survey Packet
 - Completed and on the Partner Website
- Tomando Control de su Salud Survey Packet
 - In process, will be completed by end of January
- Fidelity Coaching Document
 - Fidelity Follow-Up
- Lay Leader Training
 - Credentialing Leaders
- Master Trainer/Coordinator Roles

2012 Living Well Institute Symposium



- **Summer 2012**
- **Regionally Hosted & Driven**
 - North, Central and South
 - Suggested locations?
- **Healthy Living Regional Symposium**
 - All Partners/Facilitators/Coordinators/Supervisors
 - Moving forward after the grant
 - Coordination – annual workshop planning
 - Sustainability through relationship building & problem solving

Opportunities



- **Behavioral Health**
 - Flagstaff, Prescott, Phoenix, Mesa
- **Veterans Affairs (VA)**
 - Prescott, Phoenix, Tucson
- **Community Health Centers**
 - Flagstaff, Tucson, Phoenix
 - Arizona Association of Community Health Centers

Where is your organization?



- We would like all Trainers and Leaders to share:
 - 1) How many workshops have you planned
 - 2) How many workshops have you facilitated
 - 3) How have those workshops gone (successes and challenges).
 - 4) What is your stage of planning for beyond the ARRA Grant period (workshops, leader trainings, etc.).

Schedule of planned webinars



- **3rd Thursday of the month from 9:30-11:00am**
- **February 16th – Integration with SHIP/SMP**
- **March 15th - Working with Tribal/Native Populations**
- **April 19th - Healthy Living in Behavioral Health**
- **May 17th - ???**

Thank you for attending the AZ Living Well
Institute Webinar.

The next Webinar is scheduled for
Thursday, February 17th
9:30-11:00am

Please direct question and comments to:
admin@azlivingwellinstitute.org
or call 480-982-3118

