

Healthy Living (CDSMP) 2012 Curriculum



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***THIS WEBINAR IS AN OVERVIEW, IT WILL NOT
TAKE THE PLACE AN ACTUAL UPDATE TRAINING!***



**YAVAPAI COUNTY
GOVERNMENT** *Arizona*

Call Etiquette



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

Please remember proper conference call etiquette.

- Your line will be automatically placed on mute.
- Please raise your hand if you have a question/comment.
- Please utilize the chat function to share information.
- Please ask questions by the question function **ONLY** until the Q & A portion at the end of the call.

Agenda



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- I. Objectives
- II. Curriculum Changes
- III. Update Trainings
- IV. The Plan
- V. FAQ's
- VI. Questions

Objectives

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- Provide a basic overview of the changes to CDSMP (Healthy Living)
- Leaders and Master Trainers will have a general idea of what to expect during update trainings
- Provide a tentative plan for technical assistance to agencies offering CDSMP

Important!

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This webinar is an overview, it will **not** take the place an actual update training!



Curriculum Changes

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ACTIVITIES
SCRIPT
CHARTS
WHAT DIDN'T CHANGE
MATERIALS

New Activities

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- Introduction to Workshop
- Getting a Good Night's Sleep
 - Preventing Falls
 - Making Decisions
 - Body Scan
- Healthy Eating (significantly changed)
 - Making Healthy Food Choices
 - Weight Management

Removed Activities

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- Workshop Overview and Responsibilities
- Differences Between Acute and Chronic Conditions
 - Muscle Relaxation
 - Making Your Wishes Known
 - Guided Imagery

Script/Manual Changes

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- Larger type
- Instructions shaded
- Spoken parts, not shaded
- Shorter, broken up paragraphs
- Mental health as well as physical health examples
- “Call outs”



Charts

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- 26 Charts
- Brainstorm chart
- Changes to some existing charts
- Workshop overview handout
- Homework handout
- Flow charts for action planning and feedback



What Did NOT Change

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- Length
- Number of sessions
- Still once a week, for 6 consecutive weeks
 - Basic Content
 - Process
 - Fidelity

New Materials

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- New Manuals
 - Leader Manual
 - Master Trainer Manual
 - Update Manual
- New Resource Book
 - September 2012
- New CD
 - No leader's version



Training Changes

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- Still 4 days
- 9:00 am - 4:30 pm
- Session reviews and introduction
 - Incorporates fidelity discussion
 - Scenarios
- Fish bowl and fidelity activity removed



Update Trainings

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CURRENT STATUS

WHAT TO EXPECT

Defining “Current” Status

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Master Trainers

- Authorization & Agreement Letter signed by Dr. Lorig from Stanford
- Co-facilitated 1 Leader Training in the past 18 months

Lay/Peer Leaders

- Co-facilitated at least 1 workshop in the past 12 months
- 2006/2010 curriculum

Current Master Trainers

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- Three hour webinar
- Through Stanford ONLY
- Fee
- Register at Stanford Website

<http://patienteducation.stanford.edu/updatetraining/>



Current Leaders

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- Face to face update
- Full day
- Can be broken up into two half days
- Practice teach
- Fee



Important!

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Plan on studying the full manual prior to
facilitating a training or workshop



The Plan

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WHAT SUPPORT CAN THE INSTITUTE OFFER?

**This is a tentative plan until we
receive the physical copy of the
Update Manual.**

Master Trainer Updates

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- On-line (web-based) through Stanford
- Steps to Complete:
 1. Register through Stanford
 - ✦ <http://www.certain.com/system/profile/web/index.cfm?PKwebID=0x3419632540>
 2. Complete payment process to Stanford (\$250)
 3. Complete the AZLWI's Master Trainer Survey
 - ✦ <https://gvahec.wufoo.com/forms/healthy-living-cdsmp-master-trainer-survey/>
 4. Complete the web-based Master Trainer Update
 5. Send your "Completion Email/ Certificate" from Stanford to admin@azlwi.org
 6. AZLWI will provide scholarships on a reimbursement basis to MT in good standing

Lay Leader Updates

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- Statewide Updates
- At least one update held somewhere in AZ monthly
- ~\$100 per Leader (Leader Manual, Resource book, Relaxation CD, Refreshments)
- Steps to Complete:
 - Register through AZLWI training calendar (www.azlwi.org)
 - Complete the AZLWI's Scholarship Application
 - ✦ <https://gvahec.wufoo.com/forms/azlwi-training-scholarship-application/>
 - Complete the Leader Update training
 - Send a copy of your "Certificate of Completion" from the hosting agency to admin@azlwi.org
 - AZLWI will provide scholarships on a reimbursement basis

FAQs

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FAQs

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- What if my organization cannot pay for the updates?
 - Apply for a scholarship
- Will Master Trainers attending the August training need to attend a separate update?
 - No, they will be trained in the 2012 Curriculum
- How long can I continue to use the old (2010) curriculum?
 - Up to 1 year (August 1, 2013)
- Can I use the old book with the new curriculum?
 - Yes, 2012 manuals will pages for both books

FAQs

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- Will I need to travel far away to attend an update training?
 - Hopefully not. Please coordinated w/ your regional collaborative groups
- Is Tomando Control de Su Salud being updated as well?
 - Not as of now, not to our knowledge
- Will I receive a certificate of completion after update training?
 - MT Update – email notification of completion
 - LL Update – yes, certificate of completion for updates

Questions?

Contact the Institute

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www.azlivingwellinstitute.org



Arizona Living Well Institute

Advancing Evidence-Based Programs for Arizona Communities