

Interested in becoming a Leader for the *Living Well* or *Living Well with Diabetes* Program?



When you bring the Living Well Programs to your community/agency, remember they are always facilitated by two leaders. You can pick someone who has already been trained as a leader to lead with you or we can help match you with another leader in your area. It is highly recommended to bring someone with you from your area to also be trained so you can lead together.

Who is qualified to be a Leader?

-It is recommended that leaders have a chronic condition/diabetes or have life experience living with or caring for a family member with a chronic illness/diabetes.

-Leaders can be health professionals and lay members of the community

-Read and complete the self-assessment document, “**Introduction to Leader Training from Stanford**”. This will provide you more information about the training and help you decide if this training is for you. This is located on pages 4 - 7 of this document.

How do I become a Leader?

-Attend all **four** days (approximately 7 hours a day) of training

-Co-facilitate one workshop as a trainee with 1 year of completing the training. It is strongly recommended to complete this within 6 six months of completing the training.

Leaders are expected to complete the following to keep their certification current:

-Co-facilitate one workshop per year

-Leaders who have not facilitated a Living Well Workshop for one year must retake the training or attend a refresher course as applicable and available.

****If you are trained in both programs, you must lead at least one program every other year to remain certified in both.***

When is training?

Dates: August 29, 30, September 5 and 6 (must attend all 4 days of training)

***September 7 is an optional 5th day to be cross trained to offer Living Well with Diabetes. If you complete all 5 days of training, you will be able to lead both programs. At times we may offer just a Living Well with Diabetes Leader training. If you are interested in being trained just in Living Well with Diabetes and don't wish to wait for that specific training, you would need to attend all 5 days.**

WE WILL ONLY OFFER THE 5TH DAY IF THERE ARE ENOUGH PEOPLE WHO WANT TO ATTEND. PLEASE INDICATE WHEN YOU SUBMIT YOUR APPLICATION IF YOU WANT TO TAKE THE OPTIONAL 5TH DAY.

Time: 8:30 am – 4:30 pm (approximately)

Place: Omaha, Nebraska (exact location will be communicated in confirmation letter/email)

What is the cost?

At the current time this training is offered at no cost

DHHS believes in these programs and is dedicated to expanding them across Nebraska. We will support individuals to attend training with no registration cost. Each Leader will be provided with the teaching materials they need to instruct the workshop and materials to supply the participants in the workshops.

***We may have some funds to cover mileage, lodging and meals for those traveling. Please contact Julie for more specific information.*

HOWEVER, by attending the training, you do agree to lead at minimum one workshop per year to remain an active leader. Please see the application form for more information.

Below is a link to the Self-Management Resource Center which will give you more information about the programs: <https://www.selfmanagementresource.com/>

To apply to attend the Leader Training, please complete the application form and return to: Julie Chytil at Julie.Chytil@nebraska.gov OR applications can be faxed to 402-471-6446 Attention: Julie Chytil

SPANISH- The training is offered in English. The Living Well with Diabetes can then be offered in Spanish by those who are bilingual. To offer Living Well in Spanish, an additional webinar training must take place. For all other languages, the program can just be translated. Please contact Julie for more information.

The training will only be held if there are enough applicants. The training is limited to 18 individuals.

In good health,



Julie Chytil Living Well Coordinator 402 326 2904

7/18

Julie.Chytil@nebraska.gov

MORE INFORMATION ON THE PROGRAMS

What are Living Well and Living Well with Diabetes? Living Well Programs are evidence-based, self-management programs developed by Stanford University (nationally known as the Chronic Disease (CDSMP) or Diabetes Self-Management Program (DSMP)). They are 6-session interactive workshops that help people with chronic conditions and diabetes take control of their health. People learn how to take small steps towards positive changes and healthier living. They build confidence and the ability to manage their health conditions day to day.

Who are Living Well Programs for? The workshops are for anyone with a heart condition, lung condition, diabetes, arthritis or any other ongoing chronic health problem. If a person can say **YES** to any of the following questions, then Living Well is for them.

- Would they like to feel better and healthier?
- Do they have pain or feel tired and frustrated?
- Would they like to learn how to better manage the symptoms that trouble them most?
- Would they like to be able to do more of the things they enjoy?
- Would they like to be able to communicate better with their doctor?
- Would they like to learn from others who also have on-going health problems?

Living Well Programs are powerful medicine. They are a prescription that is proven to work. Research from 30 years of offering the programs show that people who take the workshop experience:

- **Less fatigue and more energy**
- **A more active lifestyle**
- **Better communication with their doctors**
- **More confidence in their ability doctors to take care of their health**
- **Better health**
- **Less time in the hospital**

The workshops deal with the issues that everyone living with an on-going health problem faces. **They learn how to:**

1. **Manage your medications**
2. **Deal with depression**
3. **Eat well**
4. **Control pain**
5. **Accomplish goals**
6. **Fight fatigue and frustration**
7. **Start an exercise program**
8. **Manage stress and relax**
9. **Solve problems**
10. **Communicate better with doctors, family and friends**

Introduction to Leader Trainings

Leader Training Introduction

WHO SHOULD READ THIS?

This introduction to Leader training is intended for those who are considering attending a Leader training for any of the Self-Management Resource Center's (SMRC) self-management programs listed below or for those who are either registered or in the process of registering for training. Organizations that are licensed to offer an SMRC Self-Management workshops and trainings are responsible for distributing copies of this document to prospective training participants.

SMRC SELF-MANAGEMENT PROGRAMS

Chronic Disease Self-Management Program (CDSMP)
Tomando Control de su Salud (Tomando)
Diabetes Self-Management Program (DSMP)
Chronic Pain Self-Management Program (CPSMP)
Programa de Manejo Personal de la Diabetes (Manejo) (Spanish Diabetes)
Positive Self-Management Program (PSMP)
Cancer Thriving and Surviving (CTS)
Building Better Caregivers (BBC)

TRAINING SITES

Leader trainings for the SMRC Self-Management Programs are provided in locations **across the United States of America and abroad.**

THE TRAIN THE TRAINER SYSTEM

- Leaders Teach / Facilitate community workshops for people with the workshop's target condition
- Master Trainers In addition to what Leaders do, Master Trainers train Leaders
- T-Trainers In addition to what Master Trainers do, T-Trainers train Master Trainers
- Certifying T-Trainers In addition to what T-Trainers do, Certifying T-Trainers train TTrainers through apprenticeships during Master Trainings

TRAINING FORMAT

- All Leader trainings are conducted by two certified Master Trainers (those who train Leaders) in good standing. Trainings include Workshop Activities and Training Activities:
- Workshop activities are identical to activities in the program taught to people with chronic diseases when the program is offered to the community. Ideally, Leader trainees are living with a chronic condition themselves or caregivers to someone with a chronic condition. During workshop activities, trainees are asked to act as themselves living with a chronic disease, and to experience the activities just as anyone would when they attend a workshop sessions in their communities. They are encouraged to ask questions as participants with chronic conditions would.
- Training activities are designed to review and discuss the workshop activities. During training activities, trainees can be themselves (trainees) and ask questions about training, implementation and administration of the program.
- Assuming this double role may be confusing for some trainees. It may take a day or two until it becomes a normal occurrence. If and when needed, trainers will remind or clarify this for the group.
- Self-Management Leader trainings are not of the “Sit and Listen” type. Trainings are interactive and dynamic. Trainees are expected to participate actively during training. Because training is intense, trainees should not plan to do any other work during the days of training. Some people may feel overwhelmed by the amount of information given to them and the participation requirements.

THEORETICAL FRAMEWORK

All SMRC Self-Management programs rest conceptually on Albert Bandura’s Social Learning Theory, most particularly in the self-efficacy construct. In addition, SMRC programs are based on or aligned with concepts of self-management, community-based health education, community health workers and an empowerment philosophy. All of the SMRC self-management programs are evidence-based meaning they have been evaluated in randomized trials, and have shown to improve health behaviors and health outcomes.

WHAT IS EXPECTED OF ME (as a potential participant) BEFORE THE TRAINING?

- To read this 4-page introduction document
- If you are becoming a Leader because you plan to coordinate workshops in your area, it is highly recommended that you also review (or read if you want) the Implementation Manual. Downloadable from the SMRC website in the Resources section: www.selfmanagementresource.com
- To ask your local sponsor or coordinator about their plans in regard to this program and expectations of you as a Leader.
- Make your own decision to attend training. If someone has asked you to attend, make sure you know about the type of training you will be attending and what is expected of you before you attend.
- It is highly recommended that you have scheduled workshops to facilitate within 2 months and no more than 12 months after the completion of your training, preferably within 6 months.

WHAT IS EXPECTED OF ME (as a trainee) DURING TRAINING?

- Leader trainings start on time. It is expected that all trainees arrive on time in the morning, after breaks and after lunches.
- Trainees are expected to attend all days and full days. Exceptions could be made only under extraordinary circumstances and at the discretion of both trainers conducting the training and the local Program Coordinator.
- All trainees are required to demonstrate their understanding of the program and their facilitation skills by participating in two Practice Teaching sessions.
- Quality of performance during those sessions is the basis for recommendation of active Leader status. In the event someone is not recommended for active Leader status, trainers will offer specific feedback and recommendations. Those that do not demonstrate skills at the level expected in key program activities and processes will not be recommended. If you do not obtain certification at training, you may decide to take the Leader training again.

WHAT IS EXPECTED OF ME AFTER THE TRAINING?

- Completion of training is only part of what is required to become an active Leader.
- After the training, you will be required to facilitate one 6-week workshop (all six sessions) within 6 months of training
- In order to maintain your active status, you will be required to facilitate one 6-week (all six sessions) workshop every year or attend a refresher course (if available locally). This applies to each program for which Leader is certified.

IS THIS TRAINING FOR ME?

- I believe that people have the right to receive information and to make their own decisions (even if they are not perfect decisions), particularly on health issues.
- I see myself as a facilitator of a process for people who want to self-manage their chronic conditions
- I am comfortable with public speaking
- I am comfortable with being evaluated in front of a group
- I welcome constructive feedback
- I am aware that training is intensive and will require physical and mental energy
- I like interactive trainings over “sit and listen” types of trainings

If you checked all of the above questions as being true for you, the chances that you would like, enjoy and do well in SMRC trainings are fairly high.