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Evidence Based Program Information

Program Option Overview:

- 1) **Evidence-based Chronic Disease Self-Management Education (CDSME) Programs**
 - A. Tools for Healthy Living (or Chronic Disease Self-Management Program)
 - B. Chronic Pain Self-Management Program
 - C. Walk with Ease

- 2) **Evidence-based Diabetes, Heart Disease, and Stroke (DHDS) Program**
 - A. National Diabetes Prevention Program

- 3) **Evidence-based Falls Prevention Programs**
 - A. A Matter of Balance
 - B. Tai Ji Quan: Moving for Better Balance

- 4) **Evidence-based Caregiver Program**
 - A. Powerful Tools for Caregivers

Detailed Program Information:

Rhode Island Department of Health (RIDOH):

1.) **Evidence-based Chronic Disease Self-Management Education (CDSME) Programs**

The RIDOH CDSME Program works with the Own Your Health (OYH) Collaborative to disseminate evidence-based programs (EBPs) including the **Tools for Healthy Living Program** (Chronic Disease Self-Management Program), the **Chronic Pain Self-Management Program**, and **Walk with Ease**. The Collaborative maintains program licensing, coordinates leader trainings, schedules and plans workshops, collects data, and promotes programs collectively. Sites that choose to implement an OYH program will work with the Collaborative to ensure program fidelity and processes are adhered to from the workshop planning phase to post workshop follow up.

Own Your Health Website: www.ownyourhealthri.org

Contact: Jasmine Franco, MS: Jasmine.Franco@health.ri.gov

RIDOH CDSME & OYH Responsibilities:

1. Maintain Program Licensing—allows partners to deliver programs under the supervision of

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RIDOH/OYH

2. Leader Trainings—coordinate leader trainings semi-annually to build capacity for workshops
3. Coordinate and Schedule Workshops—OYH and RIDOH work with sites to plan workshops, i.e., select appropriate start date and time, host information sessions, assign leaders if needed, promote workshops through the Community Health Network calendar, provide technical assistance and support when necessary
4. Provide Promotional Materials—flyers, posters, and one pagers to promote workshops can be provided at no cost
5. Collect Participant Data—surveys have been created to collect feedback and data from participants which is then collected in established databases
6. Technical Assistance—OYH and RIDOH provide support for workshop planning, coordinating, and trainings as well as technical assistance for virtual workshops

CDSME/OYH Program Descriptions:

A) Tools for Healthy Living (or Chronic Disease Self-Management Program)

2.5 hours per week, six weeks, virtual or in-person | Provides participants with the tools to manage symptoms and medications, communicate with family and health care professionals, relieve stress, maintain proper nutrition, engage in physical activity, and set attainable goals.

Leader Training: In-Person Training—4 full days for a total of 32 hours; **Virtual Training**—2.5-hour session twice per week for 7 weeks; requires a minimum of 10 leaders to fill and host the training; 2 leaders required per site/organization/grantee; must host 2 workshops within 1 year of being trained to complete leader certification; cost \$150 per staff member

B) Chronic Pain Self-Management Program

2.5 hours per week, six weeks, virtual or in-person | Provides participants with the tools to manage medications, manage symptoms, fatigue, frustration, proper nutrition, communication skills, and how to evaluate treatments and make an action plan.

Leader Training: In-Person Training—4 full days for a total of 32 hours; **Virtual Training**—2.5-hour session twice per week for 7 weeks; requires a minimum of 10 leaders to fill and host the training; 2 leaders required per site/organization/grantee; must host 2 workshops within 1 year of being trained to complete leader certification; cost \$150 per staff member

C) Walk with Ease

www.startwalkwithease.org/RIDOH

Self-paced, six weeks | *Free*; Self-directed physical activity program. Participants will learn to safely make physical activity part of everyday life to reduce pain, be more active, improve strength and balance, and build confidence. Participants utilize an online portal to participate in the program, log activity, complete evaluations, and access the resource book.

Leader Training: No leader training needed; program is offered in a self-directed format through an online portal with no instructor

Programming cost:

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*Grantees must include funds to attend the leader trainings and to purchase participant materials for the workshops they intend to host at their organization within their budget. *

- **Tools for Healthy Living**
 - o Training Fee: \$150 per staff member to attend either in-person or virtual training
 - o Required Workshop Materials*
 - Participant Resource Book: \$19.16 per workshop participant
 - Participant Relaxation CD: \$9.60 per workshop participant
- **Chronic Pain Self-Management Program**
 - o Training Fee: \$150 per staff member to attend either in-person or virtual training
 - o Required Workshop Materials*
 - Participant Resource Book: \$19.96 per workshop participant
 - Participant Relaxation CD: \$9.60 per workshop participant
- **Walk with Ease**
 - o No training required
 - o Participant materials are provided by RIDOH while funds are available

CPSMP Budget Example:

| | | | | |
|------------------|-----------------|----------------|------------------|------------|
| Leader Training | 2 staff | 150 per person | | \$ 300.00 |
| Participant Book | 12 participants | 2 workshops | \$19.96 per book | \$ 479.04 |
| Participant CD | 12 participants | 2 workshops | \$9.60 per CD | \$ 230.40 |
| Total | | | | \$1,009.44 |

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*Workshop materials, including the participant resource books and relaxation CD, are required materials for every Tools for Healthy Living and Chronic Pain Self-Management Program participant. Materials can be purchased from the Bull Publishing Company: www.bullpub.com (Note: materials purchased in larger quantities will have discounted rates)

2.) Evidence-based Diabetes, Heart Disease, and Stroke (DHDS) Program

RIDOH's Diabetes, Heart Disease and Stroke Program (RIDHDS) is funded by two CDC Cooperative Agreements, 1815 and 1817, to carry out strategies for the management and prevention of diabetes, heart disease, and stroke. RIDHDS utilizes the CDC funding in three large areas: 1) Health Systems Intervention (HSI); 2) Community Health Network (CHN); and 3) Scaling evidence-based lifestyle programs (EBLP) such as the National Diabetes Prevention Program (National DPP) and Diabetes Self-Management Education and Support (DSMES). Through team collaboration, RIDHDS oversees the marketing, implementation, and evaluation of these EBLPs, as well as addresses challenges to support a health care system where providers are connected to the communities in which they serve, and communities are connected to the providers within their neighborhood.

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RIDHDS Program Descriptions:

A) National Diabetes Prevention Program

1 hour per week, 16 weeks followed by 1 hour per month 6 months | Free; | Helps participants lower their risk of developing Type 2 diabetes by teaching them to eat healthier and increase physical activity. Virtual or in-person.

The National Diabetes Prevention Program (National DPP) is an evidence-based lifestyle change program for adults (18+) facilitated by DPP Lifestyle Coaches. Participants develop lasting lifestyle changes around food choices, physical activity, stress management, and goal setting to reduce their risk of Type 2 Diabetes.

The National DPP is overseen by the Centers for Disease Control and Prevention (CDC). RIDHDS works with local National DPP sites to provide technical assistance and training support. Sites that choose to implement National DPP will work with RIDHDS to ensure all program requirements are met. Sites are invited to join the Diabetes Prevention Program Stakeholder Network (DPPSN) for peer-to-peer support. It is recommended that sites visit <https://www.cdc.gov/diabetes/prevention/requirements-recognition.htm> for more information on applying for recognition to implement the program and annual data submissions to CDC.

Leader Training: Training National DPP Lifestyle Coaches must be done by a CDC-approved training entity ([Click here to view full list.](#)); schedules and cost vary by entity.

RIDOH partners with the Diabetes Training and Technical Assistance Center (DTTAC) at Emory University for Lifestyle Coach Trainings. DTTAC offers Virtual Lifestyle Coach Training at \$649 per person. CDOEs, RNs, CHES, and RDs that complete this Lifestyle Coach Training can obtain 16 CEUs for an additional \$25 per person. Virtual Lifestyle Coach Trainings are typically offered

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monthly from January-August, but the schedule may vary. The virtual training meets for 2-hours for 4-consecutive weeks. [Click here to view frequently asked questions about DTTAC's Virtual Lifestyle Coach Training.](#)

Programming Costs:

- Average time to coordinate/deliver the National DPP: 260 hours per cohort
- Average cost of the program: \$15,000.00 per cohort (of 15 participants)
 - Breakdown:
 - Cost to deliver the National DPP: \$500 per participant
 - Additional costs (participant barriers, marketing): \$500 per participant
- Training cost: \$649/person for training
(Training cost and duration of training may vary according to training entity)

RIDOH DHDS responsibilities:

Provide technical assistance for National DPP implementation including becoming a National DPP Provider, building capacity, earning CDC Recognition, sharing resources such as the Community Health Network to promote National DPP, and expanding the National DPP Stakeholder Network.

Rhode Island Geriatric Education Center

3.) Evidence-based Falls Prevention Programs

The Rhode Island Geriatric Education Center (RIGEC) is located in the program of Gerontology at the University of Rhode Island (URI) and funded by the Health Resources and Services Administration (HRSA) to implement the [Geriatrics Workforce Enhancement Program](#) (GWEP). The RI-GWEP aims to further improve health outcomes for older adults by integrating geriatrics into primary care delivery systems and engaging patients, families, and caregivers. RIGEC is a partner of the Own Your Health (OYH) Collaborative and works together to disseminate EBPs. Sites that choose to implement an OYH program will work with the Collaborative to ensure program fidelity and processes are adhered to from the workshop planning phase to post workshop follow up.

Contact: Alexandra Morelli, MPA, CCHW email: alliemorelli@uri.edu phone: 401-874-5311

Program Descriptions:

A) A Matter of Balance (AMOB)

2.0 hours per week, eight weeks in-person; 2.0 hours per week, nine weeks virtual | Helps older adults reduce their fear of falling by learning to view falls as controllable, setting goals for increasing activity levels, encourage changes to reduce fall risks at home, and learn ways to exercise to increase strength and balance.

Leader Training: 8 hours over the course of 2 days (4 hours each day) available in-person and virtual; No minimum requirement to host a leader training, but groups of 6+ are encouraged; 2 leaders required per site/organization/grantee; must host at least 1 workshop within 1 year of being trained to complete leader certification; Training is supported by RIGEC while funds are

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available. If funds are unavailable the cost varies based on number of trainees but does not exceed \$80 per trainee

B) Tai Ji Quan: Moving for Better Balance (TJQMBB)

Twice a week, 2.0 hours per week (1.0 hour per session) twenty- six weeks virtual or in-person | A research-based balance training regimen designed for older adults at risk of falling and people with balance disorders.

Leader Training: 4 full days (3 required but attendance for all 4 is encouraged) 24 hours/ 32 hours virtual only; must host at least 1 workshop within 1 year of being trained to complete leader certification; Free training September 2022; Training will be covered while funds available. If funds become unavailable the training cost is \$375 per person or \$3,000 for a group of up to 15 people.

Programming cost:

*Grantees must include funds to attend the leader trainings and to purchase participant materials for the workshops they intend to host at their organization within their budget.

- **A Matter of Balance**
 - o Training fee: Training is supported by RIGEC while funds are available. *If funds are unavailable, the cost varies based on number of trainees but does not exceed \$80 per trainee*
 - o Required Workshop Materials*:
 - Participant resource book is provided by RIGEC while funds are available. *If funds are unavailable, the cost is approximately \$10 per resource book.*
- **Tai Ji Quan: Moving for Better Balance**
 - o Training fee: Training is supported by RIGEC and Dartmouth Hitchcock while funds are available. *If funds are unavailable, cost is \$375 per person or \$3,000 for a group of up to 15 people.*
 - o Required Workshop Materials: No participant materials (*organization may want to use funds to provide technology equipment if they plan to offer the program virtually*)

*Workshop materials are required materials for every A Matter of Balance participant.

4.) Evidence-based Caregiver Program

A) Powerful Tools for Caregivers

Program Description:

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A self-care education program for family caregivers of adults with chronic conditions to improve self-care behaviors, management of emotions, self-efficacy, and use of community resources:

- Caregiver classes co-led by certified, trained class leaders
- Community-based group program
- Six consecutive weeks
- 90 minutes or 2-1/2 hours per week
- 10-15 participants
- Scripted curriculum providing tools that can be individualized to meet the challenges of caregiving in a supportive and interactive environment

Training Requirements/Costs: Class Leaders - Completion of a two-day Class Leader training led by certified Master Trainers. Master Trainers - Completion of three, 6- week series of caregiver classes. Application and approval by national office prior to teleconference training. Class Leaders - Cost varies, includes licensing fee. Training conducted by two certified Master Trainers at organizations across the country. Master Training - \$250 for teleconference upon completion of requirements. For more information: <https://www.powerfultoolsforcaregivers.org/>