CDSME State Snapshots
ALABAMA

Living Well Alabama – Closing the Gap

- A ‘Whole Health’ collaborative effort between the Alabama Departments of Mental Health and Public Health has been initiated.
- The aim is to attract grants to improve the health and quality of life for Alabama consumers in mental health recovery.
Creating a Workforce: AmeriCorps Members Embody Self-Management

- Engaged AmeriCorps members to develop leadership and delivery infrastructure in Arizona’s largest county.
- Now have a core of seven stable host sites that house 31 AmeriCorps members who are trained in multiple CDSME programs (chronic disease, diabetes, chronic pain, and cancer) in both English and Spanish.
Support was provided to eight rural public health agencies to assist them with making CDSME available to adults with chronic health conditions in their respective counties.

The importance of collaboration and shared commitment at all levels was key — from the local community up to the state level.
CALIFORNIA

*Health Systems, Networks, Contracts, and CDSME*

- Blue Shield of California awarded a contract to build a CDSME workshop network in southern California.
- A contract center was assembled, staffed, and implemented.
Integrating CDSMP into the Comprehensive Primary Care Initiative

- An excellent working relationship has been established with the Associates in Family Medicine and the Colorado Health Medical Group.
- Poudre Valley Health Care provided free training for staff from both physician groups who will serve as future CDSMP leaders.
Sustaining CDSME Partnerships with Title IIID Older Americans Act Funds in a Regional Health System

- Both DSMP and CDSMP workshops are held on a regular basis at Griffin Hospital and in the community. In spring 2015, Griffin is sponsoring two DSMP and two CDSMP workshops.

- Title IIID funding has been awarded to Griffin to reimburse facilitators for workshops.
Prioritizing CDSMP Sustainability Partnerships in the District of Columbia

- Securing resources from a mix of five organizations provides key fiscal and organizational support for conducting CDSMP workshops.
- A foundation has been laid to conduct a select number of CDSMP workshops to communities with highest rates of chronic disease in the District without obtaining an additional grant.
CDSMP and Transition Centers

- 75% of the participants (inmates in a federal transition center) completed the six-week workshop.
- Participants made huge personal strides with their physical and mental health and shared their results with others.
New Marketing Materials

Help Leaders in Kansas Engage Partners

- Leaders are enthusiastic about the simple design and messaging, as well as the bright colors to attract people’s attention.
- Next steps include developing a database to track organizations in Kansas using the targeted marketing toolkits.
Are You Sick and Tired of Being Sick and Tired?

- Changing the marketing strategy to “Are you sick and tired of being sick and tired” resulted in full workshops, as well as a waiting list for additional offerings.
- Senior centers using the strategy had the highest rate of completers, and word of mouth from participants was the most effective form of recruitment.
Maryland’s Evidence-Based Academy

- AAAs are developing meaningful partnerships with their peers in order to improve efficient use of the workforce and build sustainable networks.
- Increased confidence in working with health care organizations has led to local coordinators being able to provide more workshops in health care settings or get referrals from health care providers.
Partnering with Health Care Systems to Improve the Lives of Cancer Survivors

- Funding was received to pilot CDSMP and CPSMP workshops with cancer survivors (utilized hospital referrals to recruit participants).
- Significant self-reported outcomes included: reduced fatigue, reduced pain, increased exercise, and improved ability to manage daily activities.
Neighborhood Health Center Reaches a Diverse Urban Population with CDSME

- A focused and deliberate recruitment strategy was implemented using phone calls and home visits to develop personal relationships.
- Community Health Workers are engaged to help secure transportation and referrals to other services.
Integrating CDSME into Existing Area Agency on Aging Services

- HCBS Waiver pays for clients to attend CDSME programs, as well as to receive wrap-around services, such as transportation or caregiver accompaniment.
- Communication of the importance of CDSME is more uniform and widespread within the agency, and clients benefit from hearing the message repeatedly.
Clinical-Community Linkages: Embedding CDSME through Health Care System Partnerships

- In one year, the Missouri Arthritis and Osteoporosis Program (MAOP) increased partnerships with health care systems by 250%.
- Business plan documents developed by MAOP are being used in 14 health systems around the state.
NEW JERSEY

Delivery of CDSMP by Community Health Workers in Subsidized Housing

- Community Health Workers (CHWs) are being engaged to implement CDSMP in one of the poorest communities in the nation.
- CHWs are current or past residents of the community, making them an accessible referral point for questions and support, even after workshops conclude.
Fostering a Strategic Partnership to Reach New Mexico’s Retirees

- New Mexico Retiree Health Care Authority is sponsoring workshops, purchasing materials, providing stipends for workshop leaders, and promoting the program via direct mailings to their members.
- Next steps include engaging Albuquerque Public Schools, New Mexico Public School Insurance Authority, and State of New Mexico Risk Management Employee Benefits Bureau.
Overcoming Access Barriers

- Embedding the program in Independent Living Centers has led to an increase in the number of people with disabilities participating in evidence-based programs.
- Materials and ideas have been developed and are being shared with all partners to further promote inclusive programming.
Increasing Availability and Accessibility of Chronic Disease Self-Management Education for Older African Americans in Oklahoma City

- Faith to Government conducts programs in local churches, senior housing, and community sites where many older African Americans feel respected and valued.
- To address cultural barriers and community acceptability, the organization engages leadership with particular influence in communities.
Oregon State Agency Employees and Retirees to Gain Self-Management Programs as a Covered Benefit

- State benefits boards approved CDSMP and other self-management programs as covered benefits, including the online Better Choices, Better Health®.
- Payments to CDSMP providers will create a funding stream to enhance program growth and support sustainability.
Putting Patients at the Center: The Oregon Community Health Center Patient Self-Management Collaborative

- Clinic teams from Federally Qualified Health Centers received training and technical assistance to build capacity for patient self-management support, both within the clinic setting and through development of systematic referrals to evidence-based self-management resources.
- All six clinics that completed the full collaborative developed or refined referral protocols to CDSMP, the Tobacco Quit Line, or both.
Growing a Community Program Beyond a Grant

- Overall benchmark was to grow CDSMP workshop offerings by 20% each year from 2012–2017 without any grant funding.
- Pennsylvania expects to come close to and may even exceed the 20% benchmark by July 2015 when the state fiscal year closes.
The Community Health Network – Connecting the Community and Clinical Systems

- The Community Health Network has created a standard referral flow, patient referral form, and physician communication form.
- This system provides feedback about patients’ referral status and enrollment into programs, supporting continuity of care.
Fostering Partnerships through Public Health Region Community Teams

- As a result of a new approach, including the use of a toolkit, a significant number of new multi-site delivery partnership opportunities have been identified and are being developed.

- The expanded network of partners offers great potential to increase the number of adults who have access to CDSMP.
Electronic Health Record Referral Success at the University of Utah

- Thousands of emails were sent to patients with specific diagnoses recommending self-management workshops.
- Patients responded well to this approach, and workshops have been full as a result.
A Collaborative Approach with Aging, Public Health, and Health Care to Expand CDSME Programs

- A previously underperforming AAA exceeded its completer goals and gained a reputation for leadership and mentoring with regard to CDSME programs.
- Riverside Health System embedded the program through its own trained leaders and master trainers and conducted an outcome study of PACE participants.
WASHINGTON

“What’s Going On Out There?”
Successful Services in Indian Country

- Physicians and clinics are noticing improved health and weight loss, and are calling the tribe to find out “What’s going on out there?”
- Cardiologists at Providence Regional Medical Center are so impressed with the intervention that they have asked to have the program presented at their regional Cardiology Conference in May.
Use of NIATx Process Improvement to Implement Evidence-Based Health Promotion Programs in Rural Wisconsin Counties

- The NIATx process improvement model (designed specifically for behavioral health care to remove treatment and recovery barriers) was adapted for evidence-based programs.
- Rural counties were randomized into two groups, and those with NIATx coaching held more workshops and reached more participants.