



# A TRAINING ACADEMY MODEL

BRINGING CDSME TO THE COMMUNITY AND STATE

# SPEAKERS

- Jeanne Dairaghi, CDSME Project Manager, Healthy Aging NC Resource Center of the NC Center for Health & Wellness at UNC Asheville
- Stephanie Stewart, Aging Specialist, Land of Sky Area Agency on Aging
- And with input from Angel Stoy, Aging Specialist, Centralina Area Agency on Aging



# OBJECTIVES

- Describe the establishment of the NC Center for Health and Wellness as a CDSME Training Academy and resource center for the state
- Explore the logistics of providing training and TA services through the CDSME Training Academy
- Identify ways that the CDSME Training Academy increased access and expanded outreach
- Access resources developed through the CDSME Training Academy

# ESTABLISHING “HEALTHY AGING NC”

A CDSME TRAINING ACADEMY AND RESOURCE CENTER

# COMPONENTS OF RESOURCE CENTER

Healthy Aging NC, an initiative of the NC Center for Health & Wellness at UNC Asheville, offers easy access to, and information on, evidence-based health promotion and disease prevention programs in North Carolina.

Healthy Aging NC connects people and agencies to the programs that improve population health, improves the capacity of agencies to offer these programs, and provides an easy to navigate entry point into programs.

- A) Website: [www.healthyagingnc.com](http://www.healthyagingnc.com)
- B) Data Management
- C) Technical Assistance and Resource Development
- D) Master Trainer and Lay Leader Support



# THE TRAINING ACADEMY MODEL

A PARTNERSHIP WITH NCCHW AND CENTRALINA AAA

# CDSME TRAINING ACADEMY

## BY THE NUMBERS...



- 5 Master Trainings over 2 years:
  - 3 CDSMP In-Person 5-day Trainings (Asheville, Charlotte, Greenville)
  - 2 Master Training Online Cross-Trainings (DSMP, CPSMP)
  - 43 in-state participants
  - 15 out-of-state participants
- 2 additional training sessions the last afternoon:
  - Disabilities Inclusion
  - Health Equity and Health Disparities
- Approximate cost of \$15,000 per in-person Master Training
  - 6 T-trainers available in-state
  - \$225 cost for in-state participant
  - \$800 cost for out-of-state participant
  - \*scholarships available
- Participation by AAAs, Councils on Aging, Senior Centers, Veterans Services, LME/MCOs, Retirement Communities, Health Centers, Universities, State Agencies, American Indian Tribes...

# CDSME TRAINING ACADEMY

## BY THE PROCESSES...

### Division of roles:

- Assessment of master training topic needs
- Locations and dates of trainings
- Negotiation with T-trainers
- Recruitment and promotion efforts
- Registration
- Preparation of materials (binders, etc)
- Logistics during the training
- Reimbursement
- Follow-up surveys

### Resources:

- C-VENT Registration Process
- Scholarship Application
- Email Blasts
- Community Resources Lists
- MOU with T-Trainers
- MOU with Master Trainers
- Disabilities Inclusion Toolkit
- Guest Speakers Bureau
- List of future needs



# CDSME TRAINING ACADEMY

## ADDITIONAL TRAINING COMPONENT



### Disabilities inclusion

- Local speakers: Centers for Independent Living, NC Office of Disability and Health, Services for the Blind, Services for the Deaf and Hard of Hearing
- Inclusion toolkit and powerpoint developed

### Health Equity and Health Disparities

- Local speakers: NC Office of Minority Health and Health Disparities, University Diversity and Inclusion programs

# EXPANDING ACCESS AND OUTREACH

A PARTNERSHIP WITH NCCHW AND LAND OF SKY AAA

# ASHEVILLE BUNCOMBE INSTITUTE OF PARITY ACHIEVEMENT (ABIPA)



The mission of the Asheville Buncombe Institute of Parity Achievement (ABIPA) is to promote economic, social, and health parity achievement for African Americans and other underserved populations in Buncombe County through advocacy, education, research, and community partnerships.



- Master trainer status supported ABIPA's autonomy in program coordination
- ABIPA improved the diversity and inclusion of our local lay leader network
- Master trainer status leveraged new funding opportunities

# PRINTPACK



Printpack Medical manufactures a broad line of packaging products, including bags, forming films, laminations and pouches, compatible with EtO gas, radiation, and e-beam sterilization for medical devices, hospital supplies, and labware. Printpack is headquartered in Atlanta, Georgia (USA), and their primary medical manufacturing facility is in Marshall, NC.



- Relationships with new partners require patience and consistent follow-up
- Employers do prioritize employee satisfaction
- Employees are the best advocates for program adoption into worksite wellness

# MIGRANT EDUCATION PROGRAM



The Migrant Education Program (MEP) is a federally funded program that assists migratory farm worker students in achieving academic success. It assists children and youth ages 3-21 whose families have moved to Buncombe County within the last three years in search of work in agriculture. Eligible students are offered: home visits, interpreters, parent meetings, academic help, school supplies, help finding health resources, free books and materials for English language learning, and assistance in transferring records to new schools.



- To effectively serve hard-to-reach populations, look beyond traditional partners
- Public schools are trusted institutions for many Latino families
- It is important to evaluate limitations and seek outside support to overcome barriers in program implementation



## WNC COMMUNITY SERVICES AND YWCA



Western North Carolina Community Health Services, Inc. (WNCCHS) is a Federally Qualified Health Center (FQHC) based in Asheville, North Carolina providing outpatient/ambulatory medical care, oral health care, mental health care, and substance abuse services. FQHCs are community-based organizations that provide comprehensive primary and preventive care to persons of all ages, regardless of ability to pay or health insurance status.



YWCA of Asheville is on a mission to eliminate racism, empower women, stand up for social justice, help families and strengthen our community.

- Effective clinical-community interventions require more than cross-referrals
- CDSME is a perfect convergence for clinical-community connections

# CDSME TRAINING ACADEMY RESOURCES

[WWW.HEALTHYAGINGNC.COM](http://WWW.HEALTHYAGINGNC.COM)

# WWW.HEALTHYAGINGNC.COM

- CDSME resources
- Trainer resources
  
- Webinars
- Lessons Learned
- Disabilities Inclusion Toolkit
  
- Forms and processes
- Meeting agendas



## TRAINER RESOURCES

### Living Healthy with CDSME Marketing and Media Tools

Would you like easy-to-use formats to **promote** your upcoming Living Healthy with Chronic Disease Self Management workshops? View templates for:

- [Living Healthy with CDSMP Brochure](#)
- [Living Healthy with CDSMP Rack Card](#)
- [Living Healthy with CDSMP Flyer](#)
- [Living Healthy with Chronic Pain Self Management Program Brochure and Flyer.](#)



**For additional information about chronic pain, please see the following items:**

[Implementing Evidence-Based Programs to Address Chronic Pain](#) (this issue brief shares valuable information about the extent of chronic pain in older adults and effective programs that can address it).

[A Word About Opioid Use](#) (this appendix reviews the definition of opioids, long-term and side-effects, and safety measures that can be taken).

**Participants with Disabilities** — For tips and techniques on how to facilitate evidence-based programs with participants who have disabilities, please view and download the [Inclusion Toolkit](#), along with a powerpoint on [Being Inclusive of Participants with Disabilities](#) for use when training facilitators.

# CONTACT INFORMATION

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