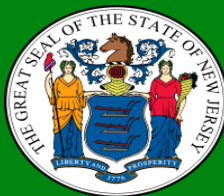




Chronic Disease Self-Management Programs Take Control of Your Health & Better Choices, Better Health



New Jersey Department of Human Services



Training Goals

- Know how the evidence-based disease prevention and health promotion program known as the Chronic Disease Self-Management Program (CDSMP) works and its benefits.
- Differentiate between two distinct but similar CDSMP programs: Take Control of Your Health & Better Choices, Better Health.
- Know which members may benefit from participating in CDSMP and are appropriate for referral.
- Know how to make referrals for members to either a community or an on-line workshop.





CDSMP Background

- Developed in the early 1990s by the Stanford Center for Research in Patient Education.
- Provides knowledge and skills for individuals to take a more active role in their own health.
- This 'gold standard' of evidence-based disease prevention programs has been able to duplicate clinical trial results in a variety of settings, populations, and chronic conditions.
- Now used in 17 countries and most states.
- On-line version introduced in the late 2000s.





Program Philosophy

People with long-term health conditions:

- Have similar concerns and problems;
- Deal not only with their condition, but with the impact of the condition on their lives and emotions; and
- Can teach the workshop as effectively, if not more effectively, than health professionals.





CDSMP Program Basics

- Six weekly 2-1/2 hour sessions
- Led by a pair of peer leaders (or professionals as peer leaders)
- Convenient locations, or on-line
- No cost to participate
- Free companion book, *Living a Healthy Life with Chronic Conditions*
- Practical, interactive curriculum
- Opportunities for discussion and problem solving
- Mutually supportive setting



Self-Management Toolbox

Physical Activity

Problem-Solving

Medications

Using Your Mind

Decision Making

Sleep

Action Planning

Communication

Breathing Techniques

Healthy Eating

Understanding Emotions

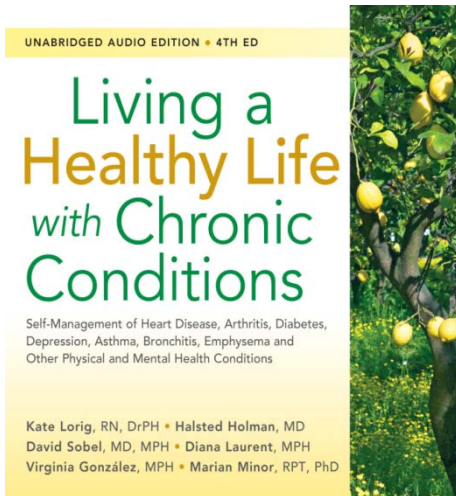
Weight Management

Working with Health Professionals



Program Basics

- Workshop topics include:



- Fitness and exercise
- Eating Well
- Medications
- Stress management
- Talking with your doctor
- Dealing with emotions and depression
- and more





The Benefits

The workshops provide a chance for participants to:

- Feel better
- Control pain and fatigue
- Share what they know, and
- Find new ways to address their health conditions





The Process

- **Goal Setting (Action Planning)**
- **Feedback and Sharing**
- **Brainstorming**
- **Group Problem-Solving**
- **Decision-Making**
- **Helping Others**
- **Modeling**
- **Ongoing Assessment and Reinterpretation of Symptoms**



Chronic Disease Self-Management Program (CDSMP) in New Jersey

Members Have Two Ways to Participate:

- **Take Control of Your Health -- Community Workshops**
- **Better Choices, Better Health -- On-line version**



Take Control of Your Health



- Community workshops throughout the state
- Available in several languages
- Over 5,000 participants
- More than 50% from minority populations



Better Choices, Better Health

Home

Are you ready? Find out | Learn how it works Watch the video | Find a workshop Sign up now | See success stories Improve your life | FAQs Learn more

New Jersey

Better Choices, Better Health® - New Jersey

The NJ Department of Human Services (DHS) partnered with four Medicaid Managed Care Organizations (MCOs) to offer this on-line program, known as Better Choices, Better Health®, to help people manage the day to day challenges of living with a chronic disease. We hope individuals with Medicaid coverage who cannot attend in-person classes will use this opportunity for education and support.



View the Video

Put Life Back In Your Life



How it works

Better Choices, Better Health® is a six-week

Sign Up

Please sign up so that we can assign you to the first available workshop.

First Name*

Last Name*

E-Mail*

- On-line workshops
- <http://www.restartliving.org/NewJersey.php>
- Participants log-in up to three times a week for six weeks on their own schedule
- NJ Department of Human Services purchased slots for Medicaid managed care members through August 2014

Take Control of Your Health & Better Choices, Better Health



Let's Try an Activity from Take Control of Your Health



The Mind-Body Connection/Distraction

The mind is a very powerful tool. To demonstrate how the mind can affect your body, we're going to do a short activity. This is just one of 40+ activities conducted over the six-week community workshop.



Care Managers & CDSMP Synergy

- The power to influence
- A tool to extend your “reach” into the community
- Hands-on support/training to enhance self-management following clinical care



CMs & CDSMP: Perfect Together

Care managers educate their patients on what they need to do to manage their condition

CDSMP helps your members develop the skills and confidence to effectively act upon those recommendations



Participants: Appropriate Referrals

Who should attend the workshops?

Almost any member age 18 and over, or caregiver you encounter would be appropriate to refer to this program.

- Includes individuals with CHF, Heart disease, diabetes and arthritis.

Exceptions?

- Individuals with memory impairment



Triggers for Referral

What do I look for? Almost anyone with a chronic condition or a caregiver would benefit from CDSMP particularly if he/she

- o Expresses fear, anxiety, frustration, sadness, etc.
- o Has reduced social and physical activities have declined
- o Wants to take control of health issues - become an active manager of their own health
- o Is interested in speaking with others
- o Seems open to learning new options or setting goals
- o Has taken other steps - attending educational programs or support groups, consulted counselor / doctor



Our Referral Process

How would our care managers
make a referral to either
a Take Control of Your Health community workshop or
a Better Choices, Better Health on-line workshop?



How Do I Explain the Program?

Use Positive Messages

- This workshop helps you regain control of your life and do the things that matter
- You will be more confident about managing your life and health
- This workshop will help you feel better
- You will have energy to do more and get relief from pain, fatigue and other symptoms
- You will meet new people, share what you know, and learn new ways to improve your life



What People Say:

"I was tired. My pain was my boss. It was telling me what I could and couldn't do. This workshop put me back in charge."

"Now I have the energy to do the things that matter. I am more confident about my health and I got relief from my pain."



"I put life back in my life."

"I learned we're all in the same boat, but the boat is not sinking!"



What the Research Says:

Six months later:

- Improved self-reported health; decreased disability; increased energy; decreased fatigue; lower health distress; more exercise and relaxation; fewer social role limitations; greater partnerships with clinicians¹

One year later:

- Fewer visits to physicians and emergency rooms; fewer hospitalizations; fewer days in the hospital; cost savings per participant projected between \$390-\$750²

Two years later:

- Reduction in health distress; increased self-efficacy; improved health status; improved fatigue level³



Helpful Websites

Better Choices, Better Health:

- <http://www.restartliving.org/NewJersey.php>

Take Control of Your Health

- <http://www.state.nj.us/humanservices/doas/services/control/index.html>

Stanford University:

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



For More Information Contact

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Evidence-Based Programs Promotional Video

Highlighting

Take Control of Your Health *and*

Featuring NJ Program Participants and
Leaders

