Peer Support Specialists as Healthy Living Workshop Leaders
Healthy Living Programs in Arizona

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Objectives

• Learn how to provide a holistic approach to meeting the needs of participants with chronic diseases in the behavioral health setting

• Identify ways in which your agency can train and certify Peer Support Specialists to be utilized effectively

• Discover the various Healthy Living programs available and how Healthy living with Chronic Pain (CPSMP) can be used to address the current opioid epidemic
Chronic Health Conditions

• More than one in four Americans have multiple chronic conditions including, for example, arthritis, asthma, lung disease, diabetes, heart disease, and hypertension

• Chronic illnesses are “conditions that last a year or more and require ongoing medical attention and/or limit activities of daily living”

• Prevalence increases with age and is substantial among older adults, even though many Americans with multiple chronic conditions are under age 65

U.S. Dept. of Health & Human Services/HHS Initiative on Multiple Chronic Conditions (http://www.hhs.gov/ash/initiatives/mcc/)
Percentage of Adults With Reported Chronic Conditions, 2015

- CVD+: 6.2% (Arizona), 6.4% (National)
- Stroke: 2.9% (Arizona), 3.0% (National)
- Diabetes: 10.1% (Arizona), 10.5% (National)
- Hypertension: 30.8% (Arizona), 32.0% (National)
- Arthritis: 23.6% (Arizona), 24.7% (National)
- Cholesterol: 37.3% (Arizona), 36.5% (National)
- COPD: 6.4% (Arizona), 6.3% (National)
- Asthma: 15.3% (Arizona), 13.8% (National)
- Skin Cancer: 8.1% (Arizona), 5.9% (National)
- Other Cancers: 7.1% (Arizona), 6.6% (National)

Based on Arizona Chronic Disease BRFSS
Impact on Daily Life

- Financial impact
- Medications
- Limitations
- Absenteeism
- Relationships
- Fatigue
- Complications
- Mood swings
- Changes in lifestyle
- Travel, hobbies, work...
Healthy Living
Self-Management Workshops

Stanford University’s
Chronic Disease Self-Management Education (CDSME) Programs

Purpose of self-management is to help people gain self confidence in their ability to:

• Control their symptoms
• Control how their health problems affect their lives
• Develop healthier lifestyles
Self-Management NOT
Health Education

PASSIVE
- All faith in our doctor
- Passive behaviours
- Helplessness
- Isolation

ACTIVATED
- Information about personal health situation
- Self care support
- Decision making
- Being connected
- Take action
- Find information
- Organise our questions
- Map our options and choices

Know Your Own Health
What is Healthy Living?

• CDSME is known as Healthy Living in Arizona
  • Because it is more than just chronic disease – it is about developing healthy lifestyles!

• 6 week workshop, meeting once a week for 2 ½ hours

• Developed by Stanford Patient Education Research Center

• For people with chronic health conditions & their caregivers

• Facilitated by two Healthy Living Leaders

• Between 10-16 participants

• Offered in community settings
Healthy Living Workshops

- Healthy Living (CDSMP)
  - Examples: diabetes, arthritis, heart disease...
- Healthy Living with Diabetes (DSMP)
- Healthy Living with Chronic Pain (CPSMP)
- Cancer: Thriving and Surviving
- Tomando Control de Su Salud (TCS Spanish Healthy Living)
- Programa de Manejo Personal de la Diabetes (PMPD Spanish Healthy Living with Diabetes)
Topics Covered

• Action Plans and Problem Solving
• Getting a Good Night’s Sleep
• Managing Difficult Emotions
• Using your Mind
• Physical Activity/Exercise
• Healthy Eating
• Informed Treatment Decisions
• Working with Health Care Providers
• Decision Making
• Managing Medications
What Else Should I Know?

• Healthy Living will complement other programs- NOT interfere with them!

• Healthy Living is not a support group
  o Even though participants share experiences and support each other, it is a workshop where you learn and try new skills, and increase your ability to manage your health

• To be most effective, it is important for participants to be present and contribute in all sessions
Outcomes

- Increased physical activity
- Improved health-status
- Improved social/role activities
- Better psychological well-being
- Decreased days in hospital
- Improved self-reported general health
- Enhanced partnerships with physicians
- Increased energy/reduced fatigue
- Reduced health care expenditures

Participant Comments

- I feel that this class has been of great benefit to me which will stay with me in times of difficulty or when I feel myself slipping back toward depression or isolation from people. I will put forth an extra positive effort to continue the breathing techniques and especially the exercises learned or reinforced in a continued plan to control my painful condition in the best possible way without being dependent upon prescription drugs. *Rebecca – Arizona City*

- We had experienced, or learned different parts of this program before, but no part alone was life changing. But with this program structure, I am a different person than I was just six-weeks ago and hope to stay motivated! *MDC - Goodyear*
Healthy Living Facilitators

**T-Trainer**
- Mentored by Stanford
- Train Master Trainers

**Master Trainers**
- 4 ½ day training led by 2 T-Trainers
- Certified through Stanford after facilitating 2 workshops
- Train Leaders – 1 training per year
  - May facilitate workshops
  - May assist in fidelity monitoring

**Lay Leaders**
- 4 day training led by 2 Master Trainers
- Facilitate workshops
- Preferably peers with chronic conditions
  - May be volunteers or staff, usually not health professionals
Ideal Abilities of Leaders

- Good listening skills, is non-judgmental
- Understands the importance and purpose of fidelity (following the curriculum)
- Good communication and interpersonal skills
- Exhibits enthusiasm
- Is dependable and consistent
- Comfortable in front of a small group
- Has life experience resulting in empathy to the needs and abilities of older adults
History of AZLWI

• Formally launched in 2010
• Created to address:
  • Need for greater coordination and leveraging of resources
  • Systematic approach to data collection and management
  • Coordination of trainings and workshops
  • Need for educating the public on CDSME
Functions of AZLWI

- Gather Data
- Monitor Licenses
- Track Fidelity
- Reports Data to Stanford
  - NCOA
  - ADHS
- Data Repository
- Fill Supply Orders
- Coordinate Trainings
- Track Leaders
- Mentoring
Over 80 Partner Organizations

- Coordination of promotion and marketing Healthy Living

- County Health Departments
- RBHA’s
- Area Agencies on Aging
- AARP
- Behavioral Health Agencies
- Hospital Systems

- Alliance of Community Health Centers
- Council of Human Service Providers
- Area Health Education Centers
- Professional Associations
Healthy Living for Behavioral Health Agencies

WIN,WIN,WIN,WIN!

- Clients receive meaningful and effective experience
- Workshops emphasize integrative healthcare
- Medicaid/AHCCCS reimbursable per participant
- Workforce development
- Employment for Peer Support Specialists
Reimbursement through AHCCCS

Example:

Workshops meet for 2.5 hours, per week, for 6 weeks
AHCCCS rates: $2.86 per 15 minutes of staff time

Per person per 6 weeks
\[(28.60) \times (6) = $171.60\]

10 Participants = 10 \times $171.60 = $1716.00 per workshop
Healthy Living with Chronic Pain (CPSMP) Application

• Workshops address:
  • Addiction
  • Proper use of pain medication and opioids
  • Alternative methods to manage pain

• Can be used in conjunction with MAT programs
  • Increase self-confidence and empower participants to take an active role in managing symptoms
Get Involved!

• See if your organization offers Healthy Living programs
• Get staff trained as Healthy Living Leaders
• Refer community members/clients to Healthy Living workshops
  • Visit AZLWI.org
  • Click on “Enroll Here”
  • Complete the referral form

Visit AZLWI.org for training schedules and more information
Questions?

CONTACT US:

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