



Peer Support Specialists as Healthy Living Workshop Leaders

Healthy Living Programs in Arizona

Wendy O'Donnell, MPH, MCHES

Director

Arizona Living Well Institute at
Empowerment Systems, Inc.



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

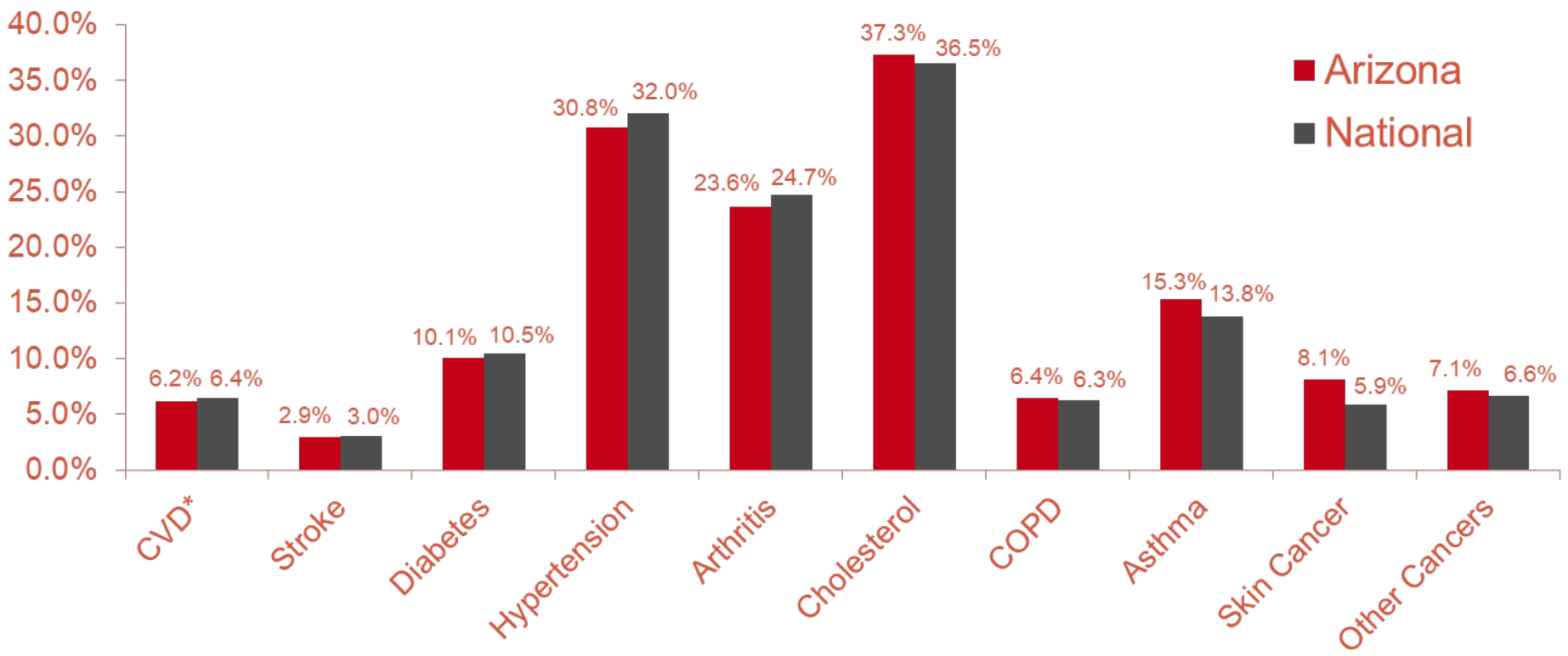
Chronic Health Conditions



- 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/>)

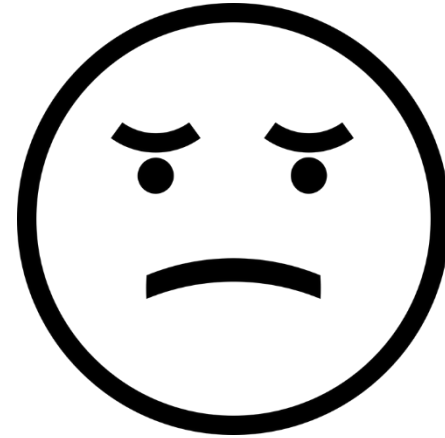
Percentage of Adults With Reported Chronic Conditions, 2015



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...



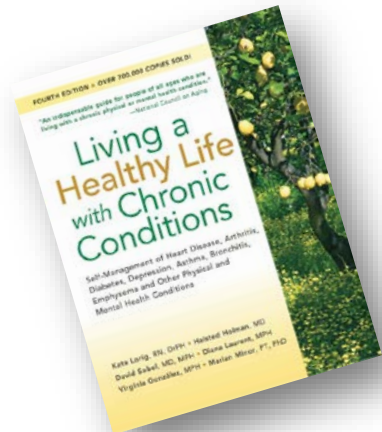
Healthy Living Self-Management Workshops

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



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

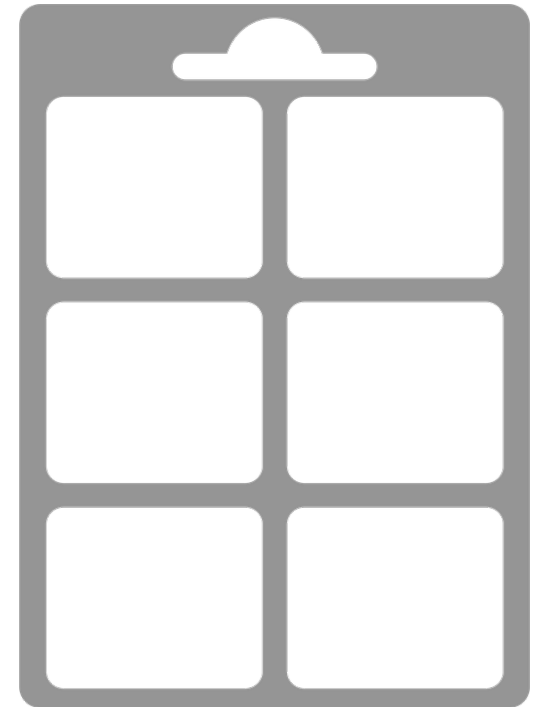


- Healthy Living (CDSMP)
 - Examples: diabetes, arthritis, heart disease...
- Healthy Living with Diabetes (DSMP)
- Healthy Living with Chronic Pain (CPSMP)
- Cancer: Thriving and Surviving
- Tomando Control de Su Salud (TCS Spanish Healthy Living)
- Programa de Manejo Personal de la Diabetes (PMPD Spanish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

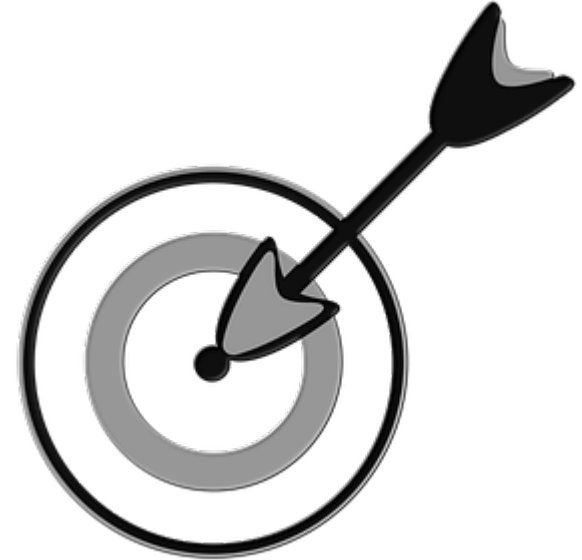


- Healthy Living will complement other programs- NOT interfere with them!
- Healthy Living is not a support group
 - Even though participants share experiences and support each other, it is a workshop where you learn and try new skills, and increase your ability to manage your health
- To be most effective, 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



For more information on CDSMP outcomes, **Review of Findings on Chronic Disease Self-Management Program (CDSMP) Outcomes: Physical, Emotional & Health-Related Quality of Life, Healthcare Utilization and Costs**,

http://patienteducation.stanford.edu/research/Review_Findings_CDSMP_Outcomes1%208%2008.pdf

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

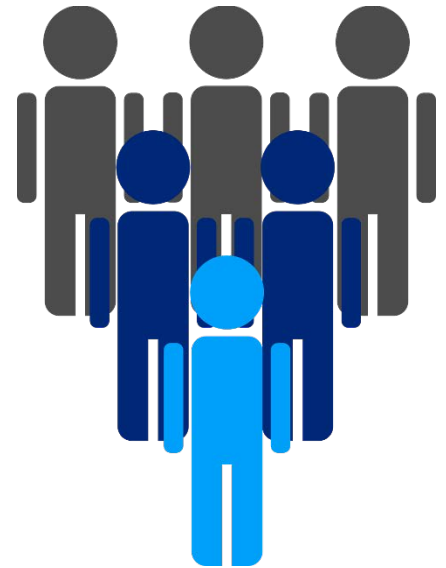
- 4 ½ day training led by 2 T-Trainers
- Certified through Stanford after facilitating 2 workshops
- Train Leaders – 1 training per year
 - May facilitate workshops
 - May assist in fidelity monitoring

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



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!

- 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:
support@azlwi.org

Wendy O'Donnell, MPH, MCHES

Director

Arizona Living Well Institute

Empowerment Systems, Inc.

(480) 367-6937 ex 114

wodonnell@empowermentsystems.org

AZLWI.org