



Montana: Living Life Well

Stanford's Chronic Disease Self-Management Program (CDSMP)

WHAT IS MONTANA: LIVING LIFE WELL?

Montana: Living Life Well is the name the Montana Arthritis Program (MAP) has adopted for the Chronic Disease Self-Management Program (CDSMP) developed at Stanford University. Montana: Living Life Well workshops empower participants to take an active role in managing their health. Workshops meet once a week for six weeks; each session lasts 2 ½ hours. During the sessions, participants learn skills needed in the day-to-day management of chronic health conditions such as arthritis, asthma, diabetes, heart and lung disease, to maintain and/or improve their ability to carry out activities of daily living. Family members and other support people of those with a chronic health condition are also encouraged to attend.

This program covers topics such as: techniques to deal with problems associated with chronic disease, appropriate exercise, appropriate use of medications, communicating effectively with family, friends, and health professionals, nutrition, and, how to evaluate new treatments. The workshop does not address specific illnesses; rather, it addresses the challenges common to many long term illnesses, such as pain, fatigue, physical limitations, and difficult emotions. Each week, participants will create an action plan to accomplish a realistic, attainable goal.

Participants who have completed a workshop demonstrated significant improvements in exercise, ability to do social and household activities, less depression, fear and frustration or worry about their health, reduction in symptoms like pain, and increased confidence in their ability to manage their condition.

WHAT IS A MONTANA: LIVING LIFE WELL LEADER TRAINING?

Each Montana: Living Life Well workshop is led by two trained leaders. A person must attend a Leader Training in order to be able to co-facilitate Montana: Living Life Well workshops with another trained leader. Leader Trainings are four days long.

WHO CAN BECOME A MONTANA: LIVING LIFE WELL LEADER?

A Montana: Living Life Well Leader should meet the following qualifications:

- Possesses good listening skills, is non-judgmental
- Is a role model for healthy behaviors
- Has some experience with, and is comfortable, speaking in front of groups
- Reads, writes and speaks fluently the language in which s/he will be training
- Is able to follow a scripted manual
- Possesses life experience resulting in empathy to the needs and abilities of people with chronic health conditions
- Is dependable and consistent

- May or may not be a health professional. If the leader *is* a health professional, they must be able to facilitate as a peer leader and not has a health professional.

A Montana: Living Life Well Leader must also meet these requirements:

- Be willing and available to attend a 4-day Leader Training
- Be willing and available to co-facilitate four workshops a year
- Collect and submit workshop data to the Montana Arthritis Program quarterly

WHAT ELSE DO I NEED TO CONSIDER?

This program is licensed by the Stanford University Patient Education Center. The Montana Arthritis Program (MAP) will hold a statewide license for all sites receiving the grant to practice under.

Since two trained Leaders are **required** to lead workshops and trainings, it is recommended that organizations send 2-4 people to the training.

Organizations sending participants to a Leader Training are committing to the initial four days of training, plus the time for coordinating and providing at least four six-week Montana: Living Life Well workshops within the following year. You will receive a start-up kit (including 20 participant booklets, flip charts and markers, and other necessary materials) to get your program workshops started. Once these materials have been depleted, potential costs include workshop supplies (chart paper, markers, copies), marketing & promotional materials, and participant books. Here are some other questions to consider before committing to attending the Leader Training:

- Do you have staff that can dedicate time to promoting and coordinating workshops, as well as supporting development of Montana: Living Life Well Leaders?
- What support is available from organizational leadership to provide Montana: Living Life Well workshops on an ongoing basis?
- Can your organization realistically plan, promote and hold four Montana: Living Life Well workshops in the next year?
- Do you have resources for additional workshop materials for workshop participants?
- When are you planning to hold your first workshop? Can you do this within two months of the training?
- Who will coordinate the workshops/trainings? Does this person have time to:
 - promote workshops,
 - find appropriate dates for workshops,
 - arrange for and/or set up classroom space,
 - order materials,
 - troubleshoot with leaders,
 - observe leaders at least once to coach and assure quality,
 - take the training and/or class so they understand it fully, and
 - recruit new facilitators as needed?

QUESTIONS?

Contact Heather Welch at hwelch@mt.gov or (406) 444-0958, or visit our website at <http://dphhs.mt.gov/publichealth/arthritis>