

# Great Plains Tribal Chairmen's Health Board Chronic Disease Self-Management Education Program Grantee



## Goals, Strategies, and Activities

This grant (2016-2018) has two major goals:

- Significantly increase the number of older adults and adults with disabilities in underserved areas and populations who participate in evidence-based self-management education and support programs to empower them to better manage their chronic conditions.
- Implement innovative funding arrangements, including contracts, partnerships, and collaborations with one or more sustainability partners to support evidence-based self-management programs during and beyond the grant period, while embedding the programs into an *integrated, sustainable evidence-based prevention program network*.

The Great Plains Tribal Chairmen's Health Board (GPTCHB) and its partners will:

- Engage American Indians/Alaska Natives in the Chronic Disease Self-Management Program (CDSMP) and Active Living Every Day (ALED) workshops;
- Reach potential CDSMP and ALED participants through public service announcements, community websites, social media, and local media outlets;

- Partner with the Great Plains Quality Innovation Network to increase the capacity for program sustainability;
- Train tribal community members to become CDSMP lay leaders and master trainers and ALED facilitators;
- Contract with an external evaluation firm to assess service delivery, provide technical assistance regarding program fidelity, and guide quality assurance; and
- Implement best practices, such as use of session zero, to build and maintain the infrastructure for evidence-based programs in the Great Plains region.

## Proposed Interventions

- Chronic Disease Self-Management Program (CDSMP)
- Better Choices, Better Health® (online version of CDSMP)
- Active Living Every Day (ALED)

## Partnerships

To achieve the goals of the grant, GPTCHB will collaborate with the following key partners:

- Great Plains Area Indian Health Service
- Great Plains Quality Innovation Network
- South Dakota State University Extension Program



## Anticipated Results

The GPTCHB and its partners propose to achieve the following results:

- Enroll 300-350 participants in CDSMP and ALED workshops;
- Expand access to CDSMP and ALED workshops for American Indians/Alaska Natives residing in the Great Plains region;
- Increase CDSMP and ALED participation among individuals with chronic conditions, especially those who are low-income, uninsured or underinsured, have poor physical environments, or low food access; and
- Train a sufficient number of lay leaders and master trainers to implement CDSMP and ALED workshops in the Great Plains region.

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### For more information:

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