

# UIC Center on Mental Health Services Research & Policy Chronic Disease Self-Management Education Program Grantee



## Goals, Strategies, and Activities

The overall purposes of this 3-year Sustainable Systems grant are to:

- Significantly increase the number of older adults and adults with disabilities who participate in evidence-based self-management education and support programs to improve their confidence in managing their chronic condition(s); and
- Implement innovative funding arrangements to support the proposed programs, while embedding the programs into an integrated, sustainable program network.

The University of Illinois at Chicago's Center on Mental Health Services Research & Policy (UIC CMHSRP) and its partners will:

- Create a trained workforce of 120 Wellness Recovery Action Plan (WRAP) facilitators across the state of IL.
- Develop a culturally adapted version of WRAP tailored for seniors in English and Spanish.
- Target clients in the Illinois Department of Aging's Community Care Program as well as older adults served at the state's 13 Area Agencies on Aging.
- Create a business plan to expand funding.

## Proposed Intervention

- Wellness Recovery Action Plan (WRAP)

## Partnerships

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

- Copeland Center for Wellness and Recovery
- IL Department of Human Services Division of Mental Health
- IL Department on Aging
- 13 Area Agencies on Aging
- IL WRAP Steering Committee
- IL Pathways to Health
- IL Coalition on Mental Health & Aging
- IL Mental Health Collaborative for Access & Choice
- IL Community Health & Aging Collaborative

## Anticipated Results

The UIC CMHSRP and its partners propose to achieve the following results:

- Over the 3-year grant period, achieve a 1% penetration rate of the estimated 102,994 seniors in IL with untreated mental illness.

Prevention and Public Health Fund 2018, effective July 1, 2018



- Engage 900 participants ages 60+ in WRAP.
- Achieve a 90% participant completion rate.
- Develop new funding sources, including a fee-for-service contract.

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