

Metropolitan Community Health Services, Inc.

Chronic Disease Self-Management Education Program Grantee



Goals, Strategies, and Activities

The overall purposes of this 3-year Capacity-Building grant are to:

- **Goal 1:** Develop capacity in areas with no or limited evidence-based program infrastructure to introduce, deliver, and expand the reach (program participants and completers) of evidence-based chronic disease self-management education and self-management support programs within underserved geographic areas and/or populations to improve their confidence in managing their chronic condition(s).
- **Goal 2:** Develop a business plan with strategies to support the proposed programs during and beyond the grant period.

The Metropolitan Community Health Services, Inc. (MCHS) and its partners will:

- Increase access to CDSMP, CPSMP, and SBIRT programs;
- Implement sustainable funding arrangements; and
- Embed the programs into a prevention program network via a Network Hub Model.

Proposed Interventions

- Chronic Disease Self-Management Program (CDSMP)
- Chronic Pain Self-Management Program (CPSMP)
- Screening, Brief Intervention, and Referral to Treatment Program (SBIRT)

Partnerships

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

- Albemarle Area Agency on Aging
- Beaufort County Department of Social Services
- Beaufort County Health Department
- Beaufort County Manager
- Metropolitan African Methodist Episcopal Zion Church
- Mid-East Commission Area Agency on Aging
- North Carolina Center for Health & Wellness at the University of North Carolina Asheville
- North Carolina Division of Aging and Adult Services

Prevention and Public Health Fund 2019, effective May 1, 2019



Anticipated Results

MCHS and its partners propose to achieve the following results:

- Engage 800 older adults and older adults with disabilities in CDSMP, CPSMP, and/or SBIRT programs;
- Achieve a participant completion rate of 70%;
- Reduce the number of emergency room visits, hospitalizations, and expenditures related to chronic disease or pain;
- Decrease substance use disorders related to chronic disease or pain; and
- Develop a business plan that supports the program(s) beyond the grant funding period.

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For more information:

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