

Metropolitan Community Health Services, Inc.

Chronic Disease Self-Management Education Program Grantee



Goals, Strategies, and Activities

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

- **Goal 1:** Through robust partnerships, develop a result-based, comprehensive strategy for addressing behavioral health and/or chronic pain among older adults and adults with disabilities living in your community.
- **Goal 2:** Significantly increase the number of older adults and adults with disabilities who participate in evidence-based self-management education and/or self-management support programs to empower them to better manage these chronic condition(s), while concurrently pursuing the sustainability of these programs beyond the end of the grant period.

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

- Increase access to Chronic Disease Self-Management Education programs;
- Implement sustainable funding arrangements; and

- Embed the programs into a prevention program network via a Network Hub Model.

Proposed Interventions

- Workplace Chronic Disease Self-Management Program (wCDSMP)
- Diabetes Self-Management Program (DSMP)
- 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
- A.M.E. Zion Church
- Beaufort County Department of Social Services
- Beaufort County Health Department
- Beaufort County Manager
- Centralina Area Council on Aging
- Mid-East Commission Area Agency on Aging

Prevention and Public Health Fund 2020, effective August 1, 2020



- North Carolina Center for Health & Wellness at UNC Asheville
- North Carolina Department of Health and Human Services Division of Aging and Adult Services

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For more information:

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U.S. Department of Health and Human Services
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Anticipated Results

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

- Engage 800 older adults and older adults with disabilities in wCDSMP, DSMP, 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, chronic pain, or behavioral or mental health issues; and
- Develop a business plan that supports the program(s) beyond the grant funding period.

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