

Nebraska Department of Health and Human Services Chronic Disease Self-Management Education Program Grantee



Goals

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.

Strategies and Activities

The Nebraska Department of Health and Human Service (NE DHHS) and its partners will:

- Assist three community-based organizations in targeted areas of the state to improve the sustainability of their local self-management programs, including diversifying program funding beyond state grant funds.

- Partner with internal and external stakeholders serving on the State Advisory Team to improve the state level sustainability of self-management programs.
- Train leaders and master trainers to ensure program capacity remains adequate to sustain state and local programming.

Proposed Interventions

- Chronic Disease Self-Management Program (CDSMP)
- Chronic Pain Self-Management Program (CPSMP)
- Diabetes Self-Management Program (DSMP)
- Programa de Manejo Personal de la Diabetes
- Tomando Control de su Salud
- Workplace Chronic Disease Self-Management (wCDSMP)

Partnerships

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

- Area Agencies on Aging
- Community Alliance Rehabilitation Services

Prevention and Public Health Fund 2021, effective May 1, 2021



- Three Rivers Public Health Department
- Panhandle Public Health District
- Wellbeing Initiative

Anticipated Results

The NE DHHS and its partners propose to achieve the following results:

- Strengthen sustainability of self-management programs at the local and the state level, resulting in a replicable model for other organizations delivering evidence-based programs.
- Increase availability of and access to self-management workshops through a variety of delivery methods, including remote delivery.
- Engage 931 participants in self-management workshops.
- Maintain a 72% participant completion rate for all self-management programs.

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