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

- **Goal 1**: Strengthen integrated state, regional, or tribal networks that address the social and behavioral determinants of health of older adults and adults with disabilities.

- **Goal 2**: Significantly increase the number of older adults and adults with disabilities who participate in chronic disease self-management education and self-management support programs.

Strategies and Activities
The Mid-America Regional Council (MARC), the Network Lead Entity for the Missouri Association of Area Agencies on Aging (MA4) Network, will:

- Significantly increase the number of older adults and adults with disabilities who participate in chronic disease self-management education (CDSME) programs, targeting populations at-risk of institutionalization to ensure Missourians can stay in their homes longer.

- Create referral pathways to a full range of community services to address social determinants of health of CDSME program participants.

- Develop products and workflows to accept and process CDSME referrals from a wide range of sources and to track referrals to community services.

- Strengthen the MA4 Network to offer an expanded suite of CDSME programs.

- Expand the MA4 Network’s sustainable revenue sources.

Proposed Interventions
- Chronic Disease Self-Management Program (CDSMP)
- Chronic Pain Self-Management Program (CPSMP)
- Diabetes Self-Management Program (DSMP)
- Tomando Control de su Salud
- Toolkits for Active Living
- Workplace Chronic Disease Self-Management Program
- Walk with Ease (WWE)

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

- 8 Area Agencies on Aging
- University of Missouri Extension
- Community-based and non-profit organizations
• Missouri Department of Health and Senior Services
• Missouri Department of Mental Health
• Missouri Department of Social Services
• Key commercial, Medicaid and Medicare Advantage managed care partners

Anticipated Results

MARC and its partners propose to achieve the following results:

• Reach at least 1,719 participants with evidence-based CDSME programs, at least 75% (1,290) of whom will complete the programs.
• Design, implement and test with at least 180 referrals a statewide system to accept and process referrals into CDSME programs through multiple pathways to accommodate diverse contracting structures with various payer and provider types.
• Generate 270 referrals to other community services offered in Missouri that address the social and behavioral determinants of health of program participants.
• Execute 4 agreements with health and community-based providers to refer socially and medically complex clients with public or private health insurance coverage to CDSME programs.
• Train or cross-train 90 new or existing leaders to offer an expanded suite of CDSME programs, including CDSMP, Toolkits for Active Living with Chronic Conditions, Tomando Control de su Salud, DSMP, CPSMP, Workplace CDSMP, and Walk with Ease.
• Execute two new contracts with health payers for reimbursement to the MA4 Network for CDSME programming.

Contact:
James Stowe
Mid-America Regional Council
jstowe@marc.org

For more information:
Administration for Community Living
U.S. Department of Health and Human Services
Washington, DC 20201
http://www.acl.gov

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