

Comagine Health

Growing the Wellness Integrated Network of Washington (WINWA)

Chronic Disease Self-Management Education Grantee Profile, Fiscal Year 2026

Goals

This 3-year grant aims to:

- Develop a coordinated statewide WINWA to expand access to evidence-based CDSME and supportive programs for older adults and adults with disabilities who have behavioral health needs.
- Strengthen data system coordination and expand access in English, Spanish, and virtual formats statewide.
- Advance sustainable reimbursement pathways and document lessons learned via Section 508-compliant resources.

Activities

The grantee and its partners will:

- Formalize WINWA partnership agreements and launch a multi-sector Steering Committee.
- Onboard at least nine organizations to the WA Compass data portal and integrate with EnhanceFitness Online Data Entry System (ODES) and Program to Encourage Active, Rewarding Lives (PEARLS) WellWare.
- Deliver CDSMP, CPSMP, DSMP (English & Spanish), EnhanceFitness, and PEARLS statewide with emphasis on rural access.
- Train up to 48 new CDSME leaders and expand virtual delivery options.
- Establish bi-directional referral pathways across behavioral health, aging, and disability networks.
- Engage health plans on reimbursement models and disseminate 508-compliant resources, including a Capstone Project Toolkit.

Interventions

- Chronic Disease Self-Management Program (CDSMP)
- Chronic Pain Self-Management Program (CPSMP)
- Diabetes Self-Management Program (DSMP) — English & Spanish
- EnhanceFitness (EF)
- Program to Encourage Active, Rewarding Lives (PEARLS)

Partners

To achieve the goals of this project, the grantee will collaborate with these key partners:

- Sound Generations
- The Rural Collaborative
- University of Washington Health Promotion Research Center (UW HPRC)
- Washington Association for Community Health (WACH)
- Washington Association of Area Agencies on Aging (W4A)
- Washington Council for Behavioral Health (WCBH)
- Washington Department of Health (WA DOH)
- Washington Department of Social and Health Services (WA DSHS)
- Washington State Alliance of YMCAs

Outcomes

The grantee anticipates the following results from this project.

- Workshops available across all Washington counties by 2028.
- 3,820 cumulative participants enrolled with at least 50% from the target population.
- 364 CDSME completers; at least 50% report improved condition management and reduced loneliness/isolation.
- Nine or more organizations onboarded to WA Compass and at least three behavioral health referral partnerships established.
- At least one health plan contract in development; 20 Section 508-compliant resources and a Capstone Toolkit disseminated.

Grantee Contact

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