

Lamprey Health Care, Inc.

Strategies to Deliver & Sustain the Well-Being Action Network (WBAN) of NH

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

Goals

This 3-year grant aims to:

- Increase participation of older adults and adults with disabilities in evidence-based CDSME and support programs, prioritizing those with behavioral health conditions or stressors.
- Develop and disseminate Section 508-compliant resources to enhance capacity and sustainability.

Activities

The grantee and its partners will:

- Recruit and train up to 30 new CDSME leaders and 15 Walk With Ease (WWE) facilitators.
- Deliver 60 workshops over three years Chronic Disease Self-Management Program (CDSMP), Chronic Pain Self-Management Program (CPSMP), Diabetes Self-Management Program (DSMP), Tomando Control de su Salud), with 8–10 participants each.
- Award mini-grants to Community Mental Health Centers and new partners (e.g., Centro Latino) to build capacity.
- Expand virtual and in-person delivery to rural counties and populations with disabilities.
- Create a billing workgroup to explore sustainable reimbursement within CMHC infrastructure.
- Contract with University of New Hampshire (UNH) Extension for recruitment, training, and logistics; UNH Institute on Disability for 508 compliance support.
- Develop 20 Section 508-compliant resources and a capstone Well-Being Action Network (WBAN) Toolkit.

Interventions

- Chronic Disease Self-Management Program
- Chronic Pain Self-Management Program
- Diabetes Self-Management Program
- Tomando Control de su Salud
- Walk With Ease / Camine Con Gusto

Partners

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

- Center for Life Management
- Community Behavioral Health Association (CBHA)
- Greater Nashua Mental Health
- New Hampshire Bureau of Adult and Aging Services (State Unit on Aging)
- New Hampshire Division of Public Health
- North Country Health Consortium
- Partnership for Public Health (Wellness Link)
- Portsmouth Senior Activity Center
- UNH Extension
- UNH Institute on Disability

Outcomes

The grantee anticipates the following results from this project.

- 450 CDSME completers across CDSMP, CPSMP, DSMP, and Tomando Control de su Salud; 548 Walk With Ease participants.
- Yearly CDSME completers (Years 1/2/3 cumulative): CDSMP 30/30/60; CPSMP 30/30/60; DSMP 35/70/140; Tomando 27/27/54.
- 30 new self-management leaders and 15 WWE facilitators trained.
- 20 Section 508-compliant resources produced (WBAN Toolkit included); referral network with outcomes feedback for providers.
- Billing workgroup established to explore CMHC reimbursement.

Grantee Contact

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