

Mid-America Regional Council Community Services Corporation

Transforming Missouri's Community Integrated Health Network

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

Goals

This 3-year grant aims to:

- Strengthen Missouri's Community Integrated Health Network (ma4 Network) to increase participation in evidence-based CDSME and support programs through expanded referral and funding networks.
- Increase the Area Agencies on Aging (AAA) capacity to operate as community integrated health networks, supporting older adults, adults with disabilities, and program sustainability.

Activities

The grantee and its partners will:

- Deliver CDSME and support programs to 1,333 participants across all 114 counties and St. Louis City.
- Screen at least 500 older adults and adults with disabilities for behavioral health needs.
- Expand the ma4 Network to include behavioral health providers and execute 8 bi-directional referral agreements.
- Train at least 50 leaders and add EnhanceFitness and Healthy IDEAS to program offerings.
- Build a health data resource center and expand a Question and Answer dashboard to track delivery and needs.
- Test Medicare Part B Community Health Integration billing with behavioral health partners as a capstone sustainability strategy.
- Develop and disseminate 4 Section 508-compliant resources, including a sustainability toolkit for AAAs.
- Partner with the Kansas City Indian Center to support referrals of urban Native American community members into CDSME programming and behavioral health resources (referral partnership, not a funded subcontract).

Interventions

- Chronic Disease Self-Management Program (CDSMP)
- Workplace CDSMP (wCDSMP)
- Chronic Pain Self-Management Program (CPSMP)
- Diabetes Self-Management Program (DSMP)
- Tomando Control de su Salud
- Cancer Surviving and Thriving
- Walk With Ease (WWE)
- EnhanceFitness

- Healthy IDEAS

Partners

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

- Aging Ahead
- Aging Best
- Beacon Mental Health
- Care Connection for Aging Services
- Missouri Council on Aging
- Missouri Department of Health and Senior Services
- Missouri Department of Mental Health
- Missouri Department of Social Services
- Northeast Missouri (NEMO) Area Agency on Aging
- Region X Area Agency on Aging
- ReDiscover
- St. Louis Area Agency on Aging
- University of Missouri Extension (MUEx)

Outcomes

The grantee anticipates the following results from this project.

- 1,000 of 1,333 participants (75%) complete a CDSME program; 40% of completers report improved self-efficacy.
- 75% of adults screening positive are referred to behavioral health or non-medical resources.
- 8 bidirectional referral agreements executed with behavioral health providers and 50 leaders trained.
- Improved data usage and reporting across the ma4 Network; 100% of AAAs equipped with 508-compliant sustainability resources.
- Two new CDSME funding sources secured.

Grantee Contact

Erika Saleski, MPP — Project Director
ES Advisors, LLC (contracted by Mid-America Regional Council)
Phone: 773-844-0294
Email: erika@esadvisorsllc.com