

Monitor My Health, Inc.

CDSMP & Mental Health Integration for Older Adults and Adults with Disabilities in Connecticut, Fiscal Year 2026

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

Goals

This 3-year grant aims to:

- Expand statewide capacity (instructors, partnerships, screening, referral networks) to improve access to Chronic Disease Self-Management Program (CDSMP) and Program to Encourage Active, Rewarding Lives (PEARLS) for older adults and adults with disabilities, caregivers, and newly diagnosed individuals.
- Develop and disseminate Section 508-compliant resources to support delivery and sustainability.

Activities

The grantee and its partners will:

- Train 60 CDSMP peer leaders, 2 Master Trainers, and 30 PEARLS leaders; at least 30% bilingual.
- Deploy a Mobile Health Lab statewide for on-site screenings (diabetes, hypertension, obesity) with direct referral into CDSMP.
- Expand CDSMP and PEARLS to 20 additional towns/cities with high chronic condition burden.
- Screen $\geq 90\%$ of CDSMP participants for social needs and refer $\geq 75\%$ of those identified to social care resources.
- Use PHQ-9 to refer CDSMP participants scoring ≥ 10 into PEARLS; run tailored outreach campaigns.
- Establish referral, marketing, and implementation workflows with ≥ 10 statewide organizations.
- Develop 10 Section 508-compliant resources and a capstone replication toolkit.

Interventions

- Chronic Disease Self-Management Program (CDSMP), including Tomando Control de su Salud (Spanish)
- Program to Encourage Active, Rewarding Lives (PEARLS)

Partners

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

- Federally Qualified Health Centers
- Latinos for Educational Advocacy and Diversity (LEAD)
- New Opportunities, Inc.
- North Central Connecticut Area Agency on Aging
- South Central Connecticut Area Agency on Aging
- University of Washington Health Promotion Research Center (PEARLS developer)

Outcomes

The grantee anticipates the following results from this project.

- 2,800 CDSMP participants with 2,072 completers (74% completion).
- 560 PEARLS participants with 414 completers (74% completion).
- 90% of participants screened for social needs; 75% of those identified referred to resources.
- 75% of CDSMP completers report improved self-efficacy; 85% of PEARLS completers report reduced depressive symptoms.
- 60 CDSMP peer leaders, 2 Master Trainers, and 30 PEARLS leaders trained; 20 MOUs and 10 sustainable referral pathways established.
- 10 Section 508-compliant resources disseminated, including a capstone replication toolkit.

Grantee Contact

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