

University of North Carolina at Asheville

PATH NC: Promoting Access to Total Health NC, Fiscal Year 2026

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

Goals

This 3-year grant aims to:

- Expand access to Chronic Disease Self-Management Education (CDSME) and support programs (Program to Encourage Active, Rewarding Lives - PEARLS, Walk With Ease) for older adults and adults with disabilities with depression and anxiety.
- Develop and disseminate Section 508-compliant resources based on project learnings to aid sustainability.

Activities

The grantee and its partners will:

- Partner with behavioral health organizations (National Alliance on Mental Illness North Carolina, National Board for Certified Counselors, regional Managed Care Organizations) to recruit older adults and adults with disabilities into evidence-based programs.
- Increase capacity for virtual and in person Chronic Disease Self-Management Program (CDSMP), Chronic Pain Self-Management Program (CPSMP), and Diabetes Self-Management Program (DSMP); expand PEARLS statewide with behavioral health providers.
- Develop a Learning Collaborative and Community of Practice to strengthen ties between the Aging and Disability Services Network and behavioral health providers.
- Integrate Patient Health Questionnaire 4 (PHQ-4) into CDSME surveys and continue Patient Health Questionnaire 9 (PHQ-9) for PEARLS; recruit at least 12 organizations to implement programs addressing community needs.
- Produce a Learning Collaborative framework, implementation guide, and two community resource toolkits; help reconvene the statewide Mental Health Coalition.
- Leverage Lumber River Area Agency on Aging (AAA) ties to the Lumbee Tribe to build culturally appropriate program adaptations for Lumbee communities in southeastern NC.

Interventions

- CDSMP, including a CDSMP Toolkit option
- CPSMP
- DSMP
- PEARLS
- WWE

Partners

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

- Centralina AAA
- Lumber River AAA (serving counties with substantial Lumbee population)
- National Alliance on Mental Illness NC
- National Board for Certified Counselors
- NC Association of Area Agencies on Aging
- NC Division of Aging (State Unit on Aging)
- NC Division of Mental Health
- University of Washington Health Promotion Research Center (PEARLS developer)
- Vaya Health (Local Management Entity/Managed Care Organization)

Outcomes

The grantee anticipates the following results from this project.

- 2,500 total participants by end of Year 3, including 1,200 CDSME completers (75% completion).
- 600 CDSME completers and 450 support program participants from target populations.
- 40% of CDSME participants improve PHQ-4 scores; 80% of PEARLS participants improve PHQ-9 scores.
- 12 new partnerships and 2 bi-directional referral pathways established.
- Four Section 508-compliant resources disseminated (framework, implementation guide, two toolkits); 75% of Learning Collaborative members report increased knowledge and reach.

Grantee Contact

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