

Evidence Based Program Leader Certification

Once you complete the training requirements, you will be certified to lead Help Yourself, the Stanford University Self Management Program's 6 week workshop.

To be certified you must attend all 4 days of the training.

Leaders must teach the course as outlined in the course manual.

Each trainee receives a detailed leader's manual, and a copy of the textbook, *Living a Healthy Life With Chronic Conditions*.

Technical assistance and support for maintaining fidelity when leading self management workshops is provided by Marshall Center for Rural Health.

Leader Training Schedule

Day 1: March 20, 2013
Day 2: March 21, 2013
Day 3: March 27, 2013
Day 4: March 28, 2013

You must attend all 4 days!

From 9:30 AM to 4:00 PM

At the
Central WV Aging Office
Sutton, WV

Sponsored by Marshall University,
Center for Rural Health

*A partnership of rural health centers,
community organizations and churches
working to promote innovative ways
to help people experience the benefit
of taking control of their health.*

*Licensed by Stanford University to train leaders
and disseminate the Stanford Chronic Disease
and Diabetes Self Management Programs*

Community Care of WV presents

Leader Training



Help Yourself

A self-management program
for people who live with
chronic conditions

No experience is necessary to become a "Help Yourself" leader

"Help Yourself" is a chronic disease self-management course given two and a half hours, once a week, for 6 weeks. People with different chronic health problems attend the program together.

The workshops are facilitated from a highly-detailed manual by two trained leaders; one or both of them may have a chronic health condition themselves.

It is the process in which the Help Yourself program is taught that makes it successful.

Sessions are highly participative, where mutual support and success builds the participants' confidence in their ability to manage their health and maintain active and fulfilling lives.

It's Informative and Fun for participants and leaders!

Subjects covered include:

- Techniques to deal with problems such as frustration, fatigue, pain and isolation
- Appropriate exercise for maintaining and improving strength, flexibility, and endurance
- Appropriate use of medications and making informed treatment decisions
- Communicating effectively with family, friends, and health professionals
- How to make small changes towards better nutrition
- Practicing ways to use the mind body connection to manage symptoms
- Develop skills of Action planning, Problem solving and decision making

SELF MANAGEMENT LEADERS TRAINING

(2 consecutive
Wednesday/Thursdays)
March 20, 21,
27, 28, 2013

9:30am-4pm

Central WV Aging Office
101 2nd Street,
Sutton, WV

To Register:

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Questions:

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