

Chronic Disease Self-Management New Remote Leader Training



Tuesdays from 10:00-12:30 pm & 2:00-4:30pm

9/21, 9/28, 10/5, 10/12, 10/19, & 10/26

Virtual Training via Zoom

***There are two sessions per week on Tuesdays. Participants must attend all sessions to become a leader. Zoom information will be emailed prior to the start of the training.**

This training will prepare you to hold a 6 week remote or in-person workshop series to provide the Chronic Disease Self-Management program, known as Better Choices, Better Health. It is a great opportunity to join a supported network of other NH leaders offering this program throughout NH.

Who should attend the Leader Training?

•Do you have a chronic disease or are you a caregiver of someone with a chronic disease?

You do not need to be a health professional to lead the workshops-in fact, Stanford recommends that leaders be individuals living with a chronic condition or a caregiver for someone with a chronic condition.

•Do you have a co-leader? “Better Choices, Better Health” workshops are held in the community and are led by two trained leaders. It is beneficial to partner with an already trained leader or to attend with the leader training with a partner if possible. If you need a co-leader, let us know and we will try to help!

•Can you commit to offering at least one 6-week program within one year, preferably within three months of being trained? It is really helpful to lead a training soon after to solidify your learning. Many communities find that offering 2 or 3 trainings per year is a great way to keep the program sustainable through word-of mouth.

For more information on the Chronic Disease Self-Management Program (CDSMP), please refer to <https://www.selfmanagementresource.com/programs/small-group/chronic-disease-self-management/>

This leader training is grant funded and, therefore, there is **no cost to attend the training** itself for NH residents (usually \$450-\$500). You will also receive a Leader manual, a participant book, and a participant CD at no charge.

***By completing this training, you will be able to offer CDSMP workshops AND will position yourself to be eligible to take Crossover Trainings such as Chronic Pain and/or Diabetes Self-Management.**

How do I apply? Please [click here](#) to register online. Contact Brianna Ferraro at bferraro@snhahec.org with questions.

