

Chronic Disease Self-Management New Leader Training



April 17th, 20th, 24th, and 27th—8:30-4:30pm
Whole Village Family Resource Center
258 Highland Street, Plymouth, NH

Who should attend the Leader Training?

- **Are you interested in providing the CDSM program for members of your community with chronic diseases to help them increase their ability to manage their illnesses on their own?** This training will prepare you to hold a 6 week 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.
- **Do you have a chronic disease or are you a caregiver of someone with a chronic disease?** The program is lay-led and, thus, 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. Thus, it is important 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. Snacks will be provided. There will be a lunch break for lunch on your own—there are food options nearby or bring a bag lunch!

How do I apply? Please fill out the attached application and email it to Gina Savinelli at gsavinelli@snhahec.org. Call Gina at 603-895-1514 x 3 with questions.





Better Choices, Better Health Leader Training Application Form

Applicant Information (please duplicate this page as needed)

Name of Leader applicant: _____

Address: _____

Phone: _____ Email: _____

**registration confirmations and directions will be sent via email*

Will you be a Lay Leader (non health/social service professional)? Yes No

Are you living with a chronic condition? Yes No

Have you attended a Better Choices, Better Health program as a participant? Yes No

If Yes, please attach a recommendation from one of your BCBH Leaders.

Sponsoring Agency: _____ (not required)

Title/Position: _____

Applicant Signature _____ Date _____

Title

Do you need any special accommodations at this training?
(please specify): _____

**Please mail, scan, or fax this form to Gina Savinelli at
128 State Route 27, Raymond, NH 03077.
gsavinelli@snhahec.org, or 603-895-1312 (fax).**

For more information about the CDSMP Program, please contact:

In the counties of:

**Coos, Carroll, Grafton,
& Belknap**

Becky McEnany
262 Cottage St., Suite 230, Littleton, NH 03561

Phone:

Fax: 603-444-0945

bmcenany@nchcnh.org

**Cheshire, Sullivan, Merrimack,
Rockingham & Strafford**

Gina Savinelli, SNHAHEC
128 State Route 27, Raymond, NH 03077

Phone: 603-895-1514 x4

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