



# *Living Longer and Living Stronger with Chronic Conditions*



## **LEADERSHIP TRAINING**

This is the Stanford University's (Evidence Based) Chronic Disease Self-Management Program (CDSMP). This program is part of State wide Living Longer Living Stronger with Chronic Conditions Program to help improve the Health and Quality of Life along with Reducing Health Care Cost through better Self Management for Oklahomans suffering with Chronic Health Conditions. Following the training, new leaders will facilitate in teams of 2 a six week workshop which meets 2 ½ hours a week with a group of participants and/or family members on how to actively take more control over their chronic health issues. Master trainers teach the certified leader training over a total of 4 days. In addition to teaching all the components of the 6 week CDSMP, training includes sessions on practice teaching, discussions about working with groups and utilizing program materials, simple pain management techniques, breaking the symptom cycle and dealing difficult emotions through the use of self efficacy, self advocacy, problem solving and action plans.

## **QUALIFICATIONS WE LOOK FOR IN A LEADER**

Include:

- Commit to attending the entire 4-day leadership training
- Commit to teaching up to a minimum of two 6 week workshops each year
- Comfortable being around people who may cry or express other emotions
- Ability to read, write, including writing on a flip charts during group process
- Ability to maintain records according to program requirements for sponsoring agencies
- ☆ Someone who wants to Make a Difference in the lives of others and has compassion for those suffering from the affects of chronic disease (the most important thing)

## **HOW MUCH DOES IT COST**

There is no cost for training, just your commitment of time to lead workshops after receiving training! Leaders will receive all Materials needed to lead workshops along with updates and technical support.

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