

FREE TRAINING to become a Certified Workshop Leader

for the Chronic Disease Self-Management Program

Help others learn new self-management skills so they can feel better and do the things they want to do.
Help put life back in their lives!

Join us to be trained as a certified workshop leader in the **Chronic Disease Self-Management Program (CDSMP)**. Originally developed and tested by Stanford University, the **CDSMP** has been proven to improve the quality of life for adults with one or more chronic health conditions.

About CDSMP

CDSMP is a peer-led education program that can be offered in a variety of community settings (like worksites, clinics or senior centers). The class is 2½ hours long, once a week for six weeks. Sessions are led by two certified workshop leaders, at least one of whom has a chronic health condition.

CDSMP is for adults of all ages, including those with disabilities, who live with one or more chronic health condition that requires daily self-management, such as arthritis, chronic pain, asthma, diabetes, high blood pressure or heart disease.

Workshop Leader Overview

A workshop leader can be someone who:

- Has successfully completed a **CDSMP** workshop and wants to share the program with others;
- Has a chronic health condition or is caring for someone who has a chronic health condition;
- Serves adults, including those with disabilities, who have chronic health conditions; and
- Is nonjudgmental, a good listener and feels comfortable talking before groups.

Training for CDSMP

Attend and successfully complete a four-day certification training facilitated by two certified Master Trainers. Each trainee receives a detailed Leader's manual, a copy of the workshop's textbook and audio CDs. Some workshop leaders choose to be cross-trained in additional self-management programs that are available.

About Paths to Health NM

CDSMP is one of several programs offered through **Paths to Health NM**. All programs are designed to help adults gain the confidence and skills they need to better manage or prevent chronic health conditions or injuries. **Paths to Health NM** is supported by the New Mexico Department of Health.

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Paths to Health ^{NM}
 Tools for **Healthier** Living

WORKSHOP DETAILS

Training Dates:

Thur. 10/5; Fri. 10/6; Wed. 10/11;
 and Thur. 10/12/2023

Time:

8:30 a.m. – 4:30 p.m. daily

Location:

UNM Gallup Campus
2150 Calvin Hall Drive
Room 182/184, Gallup, NM 87301

To register call or email:

Catherine A. Offutt, MBA
 CDSMEP Project Coordinator
 Phone: (505) 259 - 0976
 Email: catoff@msn.com

LEADER Agreement & Expectations

AGREE to attend and satisfactorily complete all four (4) days of the CDSMP certification training, no exceptions.

AGREE to facilitate a workshop (consists of six weekly 2½-hour sessions) within three (3) months of being trained to achieve full certification status.

AGREE to deliver the programs exactly as detailed in the Leader manual as required by the Self-Management Resource Center.

AGREE to facilitate at least one (1) workshop every year to remain certified.

AGREE to collect and report attendance of participants and participant information health status surveys, and other required data.