

Healthy Living For ME

Chronic Disease Self-Management Education Program Grantee Profile, Fiscal Year 2021

Goals

This 3-year grant aims to:

- Strengthen integrated state, regional, or tribal networks that address all factors affecting the health of older adults and adults with disabilities.
- Significantly increase the number of older adults and adults with disabilities who participate in chronic disease self-management education (CDSME) and self-management support programs.

Activities

The grantee and its partners will:

- Strengthen the Community Integrated Health Network (CIHN) to better address all factors of health across Maine.
- Engage key stakeholders within the state government to increase awareness of the CIHN and support policy redesign.
- Train leaders and master trainers to implement two new programs, HealthMatters (HM) and Positive Self-Management Program (PSMP).
- Significantly increase the number of older adults and adults with disabilities who participate in evidence-based CDSME and self-management support programs to empower them to better manage their chronic conditions.

Interventions

- Chronic Disease Self-Management program (CDSMP)
- Chronic Pain Self-Management Program (CPSMP)
- Diabetes Self-Management Program (DSMP)
- HealthMatters (HM)
- Positive Self-Management Program (PSMP)

Partners

To achieve the goals of this project, the grantee will collaborate with these key partners:

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- Area Agencies on Aging
 - Community-based organizations
 - Educational institutes
 - Health care organizations
 - Recreational organizations
 - State government

Outcomes

The grantee anticipates the following results from this project.

- Recognition that HL4ME is the Network Lead Entity (NLE) of a statewide Community Integrated Health Network (CIHN).
- Incorporate new behavioral remote programs and reach new populations.
- Expand evidence-based programming into the larger scale of home and community-based services within the long-term services and supports network.
- Reach 1,024 participants and 800 completers of CDSME and support programs.

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*Chronic Disease Self-Management Education Program Grant Impact Summary
Fiscal Year 2021*

Most Significant Accomplishments

- Engaged 4,445 older adults and people with disabilities in evidence-based programs.
- Trained 128 program leaders: 95 in CDSME, 26 in HealthMatters, and 7 in EnhanceFitness.
- Contracted with 17 service delivery partners over the grant period.
- Achieved 374% of our overall participant goal and 106% of our overall completer goal.
- Delivered programs statewide, reaching individuals in all 16 counties.
- Created and launched HL4ME's secure SharePoint site, including the Partner Learning Center—a centralized hub for program and service delivery resources such as recruitment, retention, and best practices.
- Partnered with Area Agencies on Aging, FQHCs, health systems, universities/colleges, libraries, and community-based organizations to address health-related social needs.
- Established contracts with all four of Maine's major health systems: MaineGeneral Health, Central Maine Healthcare, MaineHealth, and Northern Light Health.

Lessons Learned

- Ongoing challenges include workforce shortages, limited funding opportunities, and the lack of reimbursement for non-clinical services.
- The regional coordinator role was highly effective in supporting partner development, participant recruitment, retention, and overall workshop coordination.
- Persistent challenges remain in reaching special populations in Maine, including individuals living with HIV and those with intellectual and/or developmental disabilities.

What's Next

HL4ME will continue to advocate for Medicaid waivers while cultivating partnerships with Medicare Advantage plans, private insurers, and both large and small health systems. We will explore person-centered, value-based payment models and braided funding approaches to sustain and expand CDSME efforts. These strategies will strengthen program quality, effectiveness, and outcomes through collaboration, resource dissemination, and adaptive infrastructure.

Grantee Contact

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