

Nebraska Department of Health and Human Services

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

Goals

This 3-year grant aims to:

- Through robust partnerships, develop a result-based, comprehensive strategy for addressing behavioral health and/or chronic pain among older adults and adults with disabilities living in your community.
- Significantly increase the number of older adults and adults with disabilities who participate in evidence-based self-management education and/or self-management support programs to empower them to better manage these chronic conditions, while concurrently pursuing the sustainability of these programs beyond the end of the grant period.

Activities

The grantee and its partners will:

- Assist three community-based organizations in targeted areas of the state to improve the sustainability of their local self-management programs, including diversifying program funding beyond state grant funds.
- Partner with internal and external stakeholders serving on the State Advisory Team to improve the state-level sustainability of self-management programs.
- Train leaders and master trainers to ensure program capacity remains adequate to sustain state and local programming.

Interventions

- Chronic Disease Self-Management Program (CDSMP)
- Chronic Pain Self-Management Program (CPSMP)
- Diabetes Self-Management Program (DSMP)
- Programa de Manejo Personal de la Diabetes
- Tomando Control de su Salud
- Workplace Chronic Disease Self-Management (wCDSMP)

Partners

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

- Area Agencies on Aging
- Community Alliance Rehabilitation Services
- Three Rivers Public Health Department
- Panhandle Public Health District
- Wellbeing Initiative

Outcomes

The grantee anticipates the following results from this project.

- Strengthen the sustainability of self-management programs at the local and state levels, resulting in a replicable model for other organizations delivering evidence-based programs.
- Increase availability of and access to self-management workshops through a variety of delivery methods, including remote delivery.
- Engage 931 participants in self-management workshops.
- Maintain a 72% participant completion rate for all self-management programs.

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

Most Significant Accomplishments

- Over this grant, 93 workshops were conducted, with 865 participants and 654 completers.
- Delivered programs in rural and urban areas of Nebraska.
- Trained 75 new leaders in CDSME programs; cross-trained 46 leaders in DSMP, 3 in wCDSMP, and 6 in CPSMP
- Partnered with local health departments, federally qualified health clinics, and health care providers.
- Developed new leader engagement strategies, including quarterly calls with active leaders, quarterly Master Trainer calls, and regular email communications.
- The Living Well program now partners with its sister programs, such as Diabetes Prevention and Management, Heart Disease, Stroke, and Obesity Prevention, to improve the reach of CDSME programs.
- Nebraska Department of Health and Human Services Leadership is supportive of incorporating CDSME programs into the state's other programs and funding streams.
- Launched Nebraska Healthy Living Class Listings online: <https://dhhs.ne.gov/Pages/Chronic-Disease-Training.aspx>

Lessons Learned

- **Adaptability and Resilience:** The project required the team to be adaptable and resilient in the face of challenges, including staff turnover. The team learned to plan for the unexpected and to reorganize its structure.
- **Continued Support for Virtual Workshop Participants:** The team learned that continuing to offer remote workshops is crucial for providing access to people in rural areas who might not be able to travel for an in-person workshop.
- **Importance of Improving Processes:** Increasing awareness of the Living Well programs and improving the processes and procedures for managing them are key to success.

What's Next

The state of Nebraska is focused on a number of public health initiatives moving forward. A key area is the continued prevention and management of chronic diseases, with programs like the Living Well workshops being sustained and expanded to reach more people, especially in rural areas, through both virtual and in-person options.

The state also has a strategic State Health Improvement Plan for 2024-2027 that aims to strengthen the public health infrastructure and reduce health disparities. In addition to these overarching plans, more specific efforts are underway. The Heart Disease and Stroke Program is seeking applications for a "Clinical Quality Improvement project," and the state is also dedicated to cancer prevention, early detection, and support for survivors through partnerships with organizations such as the Nebraska Cancer Coalition.

These initiatives are being supported by ongoing federal funding, and there is a concerted effort to improve access to high-quality primary care as a foundation for better health outcomes across the state.

Grantee Contact

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