

Health Promotion Council of Southeastern Pennsylvania, Inc.

Chronic Disease Self-Management Education Program Grantee Profile, Fiscal Year 2020

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 condition(s), while concurrently pursuing the sustainability of these programs beyond the end of the grant period.

Activities

The grantee and its partners will:

- Strengthen and expand the network of clinical and community-based providers to increase access to the Chronic Disease Self-Management Education (CDSME) programs in Philadelphia for adults living with disabilities, with an emphasis on reaching Spanish-speaking participants.
- Integrate the delivery of CDSME into the services of physical and behavioral health providers.
- Build capacity among program delivery partners by strengthening and expanding the lay leader network.

Interventions

- Chronic Disease Self-Management Program (CDSMP)
- Tomando Control de Su Salud
- Chronic Pain Self-Management Program (CPSMP)
- Walk with Ease (WWE)

Partners

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

- Center in the Park
- Community Behavioral Health

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- Greater Philadelphia Business Coalition on Health
 - Liberty Resource
 - Pennsylvania Statewide Independent Living Council
 - Philadelphia Corporation on Aging
 - Public Health Management Corporation
 - Quality Insights

Outcomes

The grantee anticipates the following results from this project.

- Engage 372 adults with disabilities, including older adults living with chronic pain or a chronic disease, with the education needed to manage their condition more effectively.
- Achieve a participant completion rate of 70%.
- Train at least 20 lay leaders, including 4 Spanish-speaking lay leaders and 4 WWE coaches.
- Increase coordination among partners.

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Chronic Disease Self-Management Education Program Grant Impact Summary Fiscal Year 2020

Most Significant Accomplishments

- Over this grant, 724 participants and 592 program completers were engaged.
- Delivered programs in Philadelphia and reached older adults, Spanish-speaking individuals, and individuals with disabilities.
- Trained 28 new Lay Leaders.
- Partnered with Philadelphia Corporation for Aging, Center in the Park, Mi Salud Wellness Center, Episcopal Community Services, Mayor's Commission on Aging, and PHMC Health Network.
- Received Diabetes Self-Management Education and Support (DSMES) Accreditation through Association of Diabetes Care & Education Specialists (ADCES) utilizing the DSMP curriculum, which will allow HPC to submit claims for diabetes education through Medicare to sustain delivery of programs.
- Explored a DSMES Umbrella Hub model and piloted with Philly Einstein Care Partners (ECP) to sustain delivery of DSMP and receive reimbursement of service in a non-traditional health care setting.
- Developed a sustainability plan in conjunction with other evidence-based programs delivered by the organization.
- Developed a Standard Operating Procedure, outlining internal processes for CDSME workshop delivery, communication, and reporting.

Lessons Learned

- Time must be invested into partnership development and building the capacity to offer workshops licensed by the Self-Management Resource Center that begin with the funding and planning for Lay Leader training, program materials, and outreach and recruitment strategies for programming. Identifying champions within organizations is critical.
- Buy-in from the communities served, organizations partnering with, and health care providers serving the populations is needed to sustain referral networks. Highlighting the importance of programs and cost-saving benefits can help demonstrate the need and value of referring individuals into programs.
- Revamping HPC's Make a Choice Website and expansion of Health Referral Hub, including staffing support of a Referral Navigator, helped increase awareness and availability of CDSME workshops and connect individuals to workshops in their community.

What's Next

HPC is committed to continuing to preserve the resources, systems, and partnerships developed through this funding to implement CDSME programs. HPC used the DSMP curriculum to receive accreditation as a DSMES provider through ADCES in February 2025.

Obtaining this accreditation will allow HPC to deliver DSMES to eligible individuals and submit claims for the service through Medicare since HPC is an approved Diabetes Self-Management Training (DSMT) Medicare provider in Pennsylvania. Through existing contracts and exploring other models, such as a DSMES Umbrella Hub-like model, opportunities for reimbursement for CDSME programs can continue to be explored.

HPC's position as an innovative leader in the evidence-based program reimbursement space, through work with the National Diabetes Prevention Program Umbrella Hub Arrangement (DPP UHA) and establishment as a Community Care Hub (CCH), opens additional pathways and connections for continued exploration of sustainability strategies for CDSME programs.

Grantee Contact

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