

Cherokee County Health Services Council

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 the 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:

- Engage 259 older adults and adults living with disabilities living in Tahlequah, Cherokee County.
- Develop partnerships with interested community-based organizations.
- Develop a long-term strategy for addressing chronic pain.
- Train leaders and Master Trainers to build program capacity.

Interventions

- Chronic Disease Self-Management Program (CDSMP)
- Diabetes Self-Management Program (DSMP)

Partners

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

- Cherokee Elder Care
- Cherokee Nation of Oklahoma
- Cherokee County Health Coalition
- Davis Retirement Apartments

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- Go Ye Village
 - Northeastern Health Systems
 - Northeastern Oklahoma Community Health Centers
 - Tahlequah Senior Citizens Center
 - United Keetoowah Band
 - Wisdom Keepers

Outcomes

The grantee anticipates the following results from this project.

- Engage 259 Caring for Tahlequah in CDSME programs;
- Develop a CDSME sustainability plan; and,
- Achieve a 74% program completion rate.

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

Most Significant Accomplishments

- A total of 135 participants enrolled in and 127 of them completed a CDSME program.
- Trained 6 new leaders for CDSMP and CPSMP, and one Master Trainer for CDSME programs.
- Expanded the target area to include all of Cherokee, Muskogee, and Adair Counties.
- Partnered with the Northeastern State University, Tahlequah First United Methodist Church, Wisdom Keepers, Davis Retirement Apartments, and GO Ye Village Retirement Facility to implement programs.
- Formed a fund development committee to actively submit grant applications for future sustainability.
- Leveraged volunteers to recruit participants.

Lessons Learned

- The rural community lacked sufficient Internet services in the area and older adults lacked knowledge or had fears of using computers. Creating more assistance for participants to attend in the remote programming was in high demand.
- Participant survey responses provided beneficial information for the leaders during program facilitation in caring for participants

What's Next

Cherokee County Health Services Council will leverage resources from foundations and other agencies to support the continued delivery of CDSME workshops.

Grantee Contact

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