

Mid-America Regional Council

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:

- Significantly increase the number of older adults and adults with disabilities who participate in CDSME programs, targeting populations at-risk of institutionalization to ensure Missourians can stay in their homes longer.
- Create referral pathways to a full range of community services to address all of the needs of CDSME program participants.
- Develop products and workflows to accept and process CDSME referrals from a wide range of sources and to track referrals to community services.
- Strengthen the Missouri Association of Area Agencies on Aging (ma4) Network to offer an expanded suite of CDSME programs.
- Expand the ma4 Network's sustainable revenue sources.

Interventions

- Chronic Disease Self-Management Program (CDSMP)
- Chronic Pain Self-Management Program (CPSMP)
- Diabetes Self-Management Program (DSMP)
- Tomando Control de su Salud
- Toolkits for Active Living
- Workplace Chronic Disease Self-Management Program (w-CDSMP)
- Walk with Ease (WWE)

Partners

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

- Eight Area Agencies on Aging
- University of Missouri Extension
- Community-based and non-profit organizations
- Missouri Department of Health and Senior Services
- Missouri Department of Mental Health
- Missouri Department of Social Services
- Key commercial, Medicaid and Medicare Advantage managed care partners

Outcomes

The grantee anticipates the following results from this project.

- Reach at least 1,719 participants with evidence-based CDSME programs, at least 75% (1,290) of whom will complete the programs.
- Design, implement, and test with at least 180 referrals a statewide system to accept and process referrals into CDSME programs through multiple pathways to accommodate contracting structures with various payer and provider types.
- Generate 270 referrals to other community services offered in Missouri that address all of the needs of program participants.

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

Most Significant Accomplishments

- Built an integrated statewide network that can be expanded to offer a variety of community services.
- Reached 1,866 participants with 1,533 completers (82% completion rate).
- Designed, implemented, and tested a statewide data infrastructure that processed 743 participant enrollments.
- Generated 463 referrals to community resources.
- Trained/cross-trained 237 leaders across multiple programs.
- Executed two third-party contracts to help sustain CDSME programs statewide.
- Established an agreement with a Missouri Medicaid managed care organization to deliver CDSME programs to a set number of Medicaid recipients statewide.
- Formed an agreement with Adult Protective Services to provide integrated community support services, including evidence-based programs, to clients across Missouri.

Lessons Learned

- Executing standard contracts and compliance training across the network prepared us to be able to meet the requirements of third-party payers, and to establish standardized workflows and a quality assurance program.
- Integrating screenings for social service needs into CDSME program enrollment and workflows for reporting community resource referrals prepared the network to expand its service offerings under third-party contracts.
- When third-party contract payment terms are contingent upon the number of successful referrals, it is challenging for those contracts to translate into a sustainable revenue stream. An exploration of payment terms that recognize time and effort to prepare for and hold classes is needed.

What's Next

All participating Area Agencies on Aging will remain contracted with the statewide ma4 network. Five AAAs will continue to offer evidence-based programs in the ma4 network as well as the University of Missouri Extension, assuring continued access to evidence-based programs statewide. Funding for evidence-based programs will include a third-party contract and Title III funds from the Older Americans Act. The ma4 network will explore expanding its current third-party contract to include other community resources, such as nutrition services. The

ma4 network is in a good position to leverage its network infrastructure, statewide workflows, and processes to screen and refer to community resources to offer an expanded suite of services.

Grantee Contact

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