



## Healthy U Lay Leader Training Opportunity

### Chronic Disease Self-Management Lay Leader training

#### What is the Healthy U workshop?

*Healthy U* is an interactive, small-group workshop proven to give people with long-term health conditions the skills and confidence to better self-manage their health. People with chronic conditions such as arthritis, high blood pressure, heart disease, and diabetes learn ways to better self-manage pain, fatigue, depression, and to improve nutrition, and increase physical activity. Each workshop is conducted 2 1/2 hours once a week for 6 weeks in community settings. Caregivers are welcome to attend.

#### What does this Healthy U Lay Leader Training entail?

Completing this training will certify you as a *Healthy U* leader for the Chronic Disease Self-Management curriculum. It is possible to be cross trained in other curriculums at a later date (Diabetes, Chronic Pain). Cross training dates are to-be-announced. You must complete this training first. Potential leaders will attend a three-day training. Training materials and manual provide in-depth information to conduct the workshops. You don't need to be a health professional to be a *Healthy U* leader. In fact, studies show that participants learned just as well if not better when workshops were conducted by lay individuals like them.

Pre-screening of applicants is required.

**Leaders must co-facilitate in pairs so you must find a partner to attend with you.**

#### Lay Leaders are required to:

- Attend all training dates to be certified
- Co-facilitate **two** workshops annually that are open to the public
- Maintain fidelity to the program
- Complete required program paperwork
- Keep site coordinator informed of workshop activities
- Help market & promote the workshops
- Schedule a workshop by the end of this training

**Training Dates: February 21, 22 and 23 2018. Training is Free**

**Time: 9:00am-5:00pm**

Registration deadline: February 12, 2018

**Location:** COAAA 3776 South High St Columbus OH 43207

**Pre-screening application is below. You are not registered until you receive confirmation. Questions, contact Jane Acri 614-645-3866 or**

**[Jacri@coaaa.org](mailto:Jacri@coaaa.org)**



**Healthy U Leader Candidate Agreement & Screening Form**  
**Read the agreement and complete screening questions at end.**

**Date of application:**

**Name:** \_\_\_\_\_ **Title:** \_\_\_\_\_ **Training partner, required:** \_\_\_\_\_

**Mailing address (where you want to receive a mailing in reference to this program)**

**Phone number:** \_\_\_\_\_

**Cell phone:** \_\_\_\_\_

**Best way & time to contact me:**

**Email:** \_\_\_\_\_

**Healthy U** is Ohio's Aging network offerings of evidence-based workshops that include a suite of self-management workshops (Chronic, Diabetes and Pain). The Ohio Department of Aging holds a multi-site license to offer this program. Each *Healthy U* workshop consists of six 2.5-hour sessions. The small group meets once a week for six consecutive weeks. Each workshop is facilitated by two trained leaders, one or both of whom may have a chronic condition.

*Healthy U* Leaders are trained by Master Trainers, who have been certified by the Self-Management Resource Center (formerly Stanford University Patient Education Center) to train Leaders and provide support, technical assistance and oversight to ensure the program is conducted as it was designed (program fidelity).

Our goal is to recruit and train *Healthy U* Leaders to expand the *Healthy U* workshops in the region, targeting senior centers, health care systems, senior housing complexes and other aging services providers.

**Training Expectations:**

- Leaders can be staff, volunteers, or workshop participants, but preferably someone with a chronic condition or a caregiver of someone with a chronic condition
- Ability to attend a three-day training taught by 2 Master Trainers
- Ability to facilitate 2 or more 6-week workshops per year

**Workshop Responsibilities:**

**BEFORE THE WORKSHOP BEGINS**

- Notify site coordinator of your workshop and complete required paperwork
- Prepare for each session by reviewing *Healthy U* manual and materials and coordinating with co-Leader. You must be able to work cooperatively with your co-leader.
- Organize the workshop meeting space with supplies and refreshments

## DURING THE WORKSHOP

- Conduct the sessions according to the content, your leader training and manual
- Encourage interactive discussion about the concepts and skills presented
- Promote socialization and a solution-oriented environment
- Ensure that workshops follow the proven model by:
  - Co-facilitating workshops with another trained workshop leader
  - Presenting the workshops based on the training and manual provided
  - Serving as a facilitator rather than a lecturer. Facilitators focus on *process* – helping create a sense of connection between group members and leaders to create a safe and optimum environment of mutual learning and support.
  - Not altering the number of workshop sessions (6) or duration of workshops (2.5 hours)
  - Not altering workshop content (e.g., adding guest speakers or modifying program curriculum to offer additional information to that provided in the manual).
  - Disallowing any form of self-serving promotion or promotion of other 'products' or programs
  - Ensure that participants initial attendance log at each session and complete required survey and evaluation materials provided by your Master Trainer

## UPON THE COMPLETION OF WORKSHOP

- Ensure that surveys, evaluation form and, attendance logs are sent to site coordinator, and any other workshop information required by site coordinator.

I have read the above information and I agree to abide to the best of my ability to the Healthy U Workshop Leader abilities/values, training expectations, and workshop responsibilities as outlined. I understand that attending a Leader training does not guarantee that I will become certified as a Workshop Leader, which is at the discretion of the Master Trainers. I accept that I will be monitored by an assigned Trainer and will be open to their facilitation feedback.

Program Fidelity: It is the responsibility of all Program Coordinators, Master Trainers, and Leaders to maintain program fidelity or integrity. The Healthy U program is heavily scripted, meaning that a lot of reading is done out loud. It is critical for legal and liability reasons that leaders not share personal advice. However, leaders do facilitate experience by sharing with participants during designated activities. A leader does not "edit" the program by bringing in speakers, revising the course activities, selling or promoting products or services during workshops. Leaders do not present themselves as health experts, (even if they are) but may suggest appropriate resources for additional information on topics discussed during the workshops. Leaders share workshop responsibilities with co-leaders and serve as role models when it comes to self-management.

Will you agree to the above program fidelity guidelines and all stated above? If so, indicate with your name and 'yes' here \_\_\_\_\_

### **Leader Screening Questions:**

1. Have you taken the Healthy U workshop as a participant?
  
2. Why do you want to volunteer to be trained as a leader for Healthy U?

3. Our leaders generally have chronic conditions or have been a caregiver for someone with chronic conditions (for example arthritis, diabetes, heart disease, hypertension, COPD, etc.) Does this apply to you? If so, please describe. If not, how do you relate to people with chronic conditions?
4. Healthy U leaders are positive role models for the workshop participants. Please describe some of the ways you practice positive self-care for yourself or as a caregiver in managing chronic conditions?
5. Do you have experience leading or facilitating groups? If so, please explain.
6. Do you have previous volunteer experience? If so, what?
7. Have you worked with a variety of people, of different educational levels, cultures, and physical or mental challenges? Please describe.
8. Do you see any barriers or challenges in being a leader (i.e. energy, time, transportation, availability, chronic condition limitations)? If so, note briefly.
9. If selected, you would be required to attend a three-day training course for Leaders, and also to co-lead 2 workshops within 12 months following the training? Do you see any barriers to this? If so, what?

Do you have any additional questions about Healthy U or your role as a Workshop Leader?

Return to:

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