

# Chronic Disease Self-Management New Leader Training



**Tuesday, 3/28, 4/4, 4/11, 4/18, 4/25, & Thursday 4/27/23**

**9:30am-3:30pm**

Virtual Training via Zoom

**\*Participants must attend all sessions to become a leader. There will be a 30 minute lunch break each day. Zoom information will be emailed prior to the start of the training.**

This training will prepare you to hold a 6 week remote or in-person workshop series to provide the Chronic Disease Self-Management program, known as Better Choices, Better Health. It is a great opportunity to join a supported network of other NH leaders offering this program throughout NH.

## **Who should attend the Leader Training?**

**•Do you have a chronic disease or are you a caregiver of someone with a chronic disease?**

You do not need to be a health professional to lead the workshops-in fact, Stanford recommends that leaders be individuals living with a chronic condition or a caregiver for someone with a chronic condition.

**•Do you have a co-leader?** “Better Choices, Better Health” workshops are held in the community or virtual/remote and are led by two trained leaders. It is beneficial to partner with an already trained leader or to attend with the leader training with a partner if possible. If you need a co-leader, let us know and we will try to help!

**•Can you commit to offering at least one 6-week program within one year, preferably within three months of being trained?** It is really helpful to lead a training soon after to solidify your learning. Many communities find that offering 2 or 3 trainings per year is a great way to keep the program sustainable through word-of mouth.

For more information on the Chronic Disease Self-Management Program (CDSMP), please refer to <https://www.selfmanagementresource.com/programs/small-group/chronic-disease-self-management/>

This leader training is grant funded and, therefore, there is **no cost to attend the training** itself for NH residents (usually \$450-\$500). You will also receive a Leader manual, a participant book, and a participant CD at no charge.

**\*By completing this training, you will be able to offer CDSMP workshops AND will position yourself to be eligible to take Crossover Trainings such as Chronic Pain and/or Diabetes Self-Management.**

**How do I apply?** Please [click here](#) to register online. Contact Brianna Ferraro at [bferraro@snhahec.org](mailto:bferraro@snhahec.org) with questions.

