

Highest Tier Evidence-Based Health Promotion/Disease Prevention Programs

PROGRAM	WEBSITE/ CONTACT	PROGRAM GOALS & TARGET AUDIENCE	PROGRAM DESCRIPTION	DELIVERED BY	TRAINING REQUIREMENTS	PROGRAM COSTS	KEY WORDS
A Matter of Balance (MOB)	www.mainehealth.org/mob	- Reduce fall risk and fear of falling - Improve falls self-management - Improve falls self-efficacy and promote physical activity Target Audience: Adults 60+ who are ambulatory, able to problem solve, concerned about falling, interested in improving flexibility, balance and strength and have restricted their activities because of concerns about falling	8 weekly or twice weekly sessions 2 hours per session 8-12 group participants - Emphasizes practical coping strategies to reduce fear of falling and teach fall prevention strategies - Structured group intervention activities include group discussion, problem-solving, skill building, assertiveness training, videos, sharing practical solutions and exercise training	2 coaches (volunteer lay leaders) teach the class to participants - Guest therapist visit (1 session for 1 hour)	- Master Trainers: 2-day training and on-going updates - Coach/Lay leader training: 8 hours and attend annual 2.5 hour training update	Licensing Cost: None. Everything is included in the training fee Training Cost: - Master Trainer session open to anyone (includes all materials): \$1,500 per Master Trainer plus travel - Group training available at an agency's location upon request a) 11-15 attendees: \$16,000* plus \$220/person for materials b) 16-20 attendees: \$18,500* plus \$220/person for materials * plus travel, meals and lodging for 2 Lead Trainers Post-training Materials Cost: - Coach Handbook: \$20 - Participant Workbook: \$13 - Guest Therapist Handbook: \$6 - DVD (Fear of Falling and Exercise: It's Never Too Late): \$164.76/set - A Matter of Balance DVD: \$11.00 - A Matter of Balance Lay Leader Model CD-ROM for Coaches: \$2.00	- fall prevention - group setting - self-management - health promotion

Highest Tier Evidence-Based Health Promotion/Disease Prevention Programs

Active Choices	Contact person: Cynthia M. Castro, Ph.D., Program Developer and Trainer, cync@stanford.edu, (650) 498-7281 http://hip.stanford.edu/organizational-consulting/ Developed by Stanford Prevention Research Center, distributed by Stanford Health Promotion Resource Center	- Physical activity program that helps individuals incorporate preferred physical activities in their daily lives Target Audience: Adults 50+	6-month telephone-based individualized program that provides remote guidance and support and builds self-management skills	- Trained activity coach/peer counselor/facilitator who monitors progress, modifies exercise strategies and provides exercise tips - Participant materials are available in both English and Spanish. Coach's manual is only available in English	- Facilitator training and certification (recommended, but not required): 8-hour minimum workshop - Assigned reading and written test - Completion and submission of 3 sample sessions to be reviewed by trainer - Train-the Trainer is available to organizations that have completed facilitator training and implemented Active Choices for a minimum of 6 months. - Includes: 8-hour minimum workshop - Assigned reading and written test - Completion and submission of facilitator training workshop to be reviewed by a trainer and 6 months experience as a facilitator	- Licensing Cost: None. One time purchase of Active Choices Manual. - Training Cost: - Minimum \$1200. Costs vary depending on organization, number of trainees, and location (on/off-site) - Materials Cost: \$295 per organization for an electronic Active Choices Manual, which includes coach/counselor training material and electronic program forms for duplication. Material toolkit comes with reproducible forms and information sheets. - Also need to consider workshop space rental, photocopying costs, facilitator supervision time - No cost to participant	- telephone-based - physical activity - self-management - health promotion
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Highest Tier Evidence-Based Health Promotion/Disease Prevention Programs

Active Living Every Day (ALED)	www.ActiveLiving.info/ OR 800-747-4457	• Behavior change program that helps participants overcome their barriers to physical activity and make positive changes that improve their health and well-being • Participants learn to set goals, overcome barriers and find activities they enjoy • Target Audience: Adults interested in integrating physical activity into their daily lives	• 12 week class sessions • Incorporates short lecture and group discussion • Participants choose their own activities and create plans based on individual lifestyle and personal preferences, focusing on moderate-intensity activities that can be added to daily routines • Book and optional online tools offer structure and support as participants explore their options and begin to realize how enjoyable physical activity can be. As participants work through the course, they learn lifestyle management skills and build on small successes	• Trained facilitators. At least 1 trained facilitator is needed per class	• A facilitator must complete: - an on-line course, participate in a live 2-hour, online training session - pass a competency exam from Active Living Partners (ALP). Refer to the ALP training workshop schedule for availability. • No specific educational or fitness certification is required of facilitators. The successful facilitator is comfortable with groups, has strong teaching/coaching skills, and agrees whole-heartedly with the Active Living Partners approach to helping people become more active	• Licensing Cost: None. A license from Active Living Partners is required to become a provider and to use the ALED name, logo, and materials • Training Cost: \$373 per facilitator, includes materials (facilitator guide, lesson plans, sample marketing materials, handouts), training fee, and competency test • Participant Materials Cost: - An Active Living Every Day book (includes text and access to online resources) must be purchased for every participant. Current price is \$37.95 (bulk order discounts are available) - Step counters or pedometers are also introduced in the program and can be purchased from ALP or other vendors • Required Equipment: LCD projector, computer, flip chart, markers, pens, photocopies of select handouts, etc. A sample budgeting sheet can be provided	• physical activity • chronic conditions • group setting • self-management • health promotion
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Highest Tier Evidence-Based Health Promotion/Disease Prevention Programs

AEA Arthritis Foundation Aquatic Program (AFAP) www.aeawave.com	Overall sense of well-being • Better quality of life • Reduce pain/inflammation • Increase social interaction • Fun, safe and effective way to promote better health • Improved joint function • Increased muscular strength • Target Audience: Adults with arthritis, related rheumatic diseases or musculoskeletal conditions, ranging from people who are older, sedentary and very limited by impaired joint mobility to those who are relatively active with only mild joint involvement	Warm-water exercise program suitable for every fitness level, shown to reduce pain and improve overall health. Exercises include range of motion, muscle-strengthening, socialization activities and an optional, moderate-intensity aerobic component.	• Trained Program Leaders	• Successful completion of the AEA Arthritis Foundation Program Leader Training and Examination. The Training consists of online preparation and/or optional in-person movement review • Current CPR/AED • Recommended Study/Preparation Time: 10-25 Hours • Examination: 90 minute • Certificate is valid for 2 years and renewal is required	• Licensing Fee: None • AF Training & Exam-\$129.00-\$149.00	• warm pool exercise • physical activity • arthritis • chronic condition • group setting • self-management • health promotion
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Highest Tier Evidence-Based Health Promotion/Disease Prevention Programs

AEA Arthritis Foundation Exercise Program (AFEP)	www.aeawave.com	• Overall sense of well-being • Better quality of life • Reduce pain/inflammation • Increase social interaction • Fun, safe and effective way to promote better health • Improved joint function • Increased muscular strength • Target Audience: Adults with arthritis, related rheumatic diseases or musculoskeletal conditions, ranging from people who are older, sedentary and very limited by impaired joint mobility to those who are relatively active with only mild joint involvement	Low-impact physical activity program proven to reduce pain and decrease stiffness. The sessions include gentle range-of-motion exercises that are suitable for every fitness level and ability. Led by a trained program leader, these enjoyable and motivational classes may be taken either standing or sitting in a chair.	• Trained Program Leaders	• Successful completion of the AEA Arthritis Foundation Program Leader Training and Examination. The Training consists of online preparation and/or optional in-person movement review • Current CPR/AED • Recommended Study/Preparation Time: 10-25 Hours • Examination: 90 minute • Certificate is valid for 2 years and renewal is required	• Training Cost • Licensing Fee: None • AF Training & Exam-\$129.00-\$149.00	• physical activity • arthritis • chronic condition • group setting • self-management • health promotion
Arthritis Self-Management (Self-Help) Program (ASMP)	<i>Refer to Stanford Suite of Self-Management Programs below for group, Spanish and online versions</i>						• physical activity • arthritis • chronic condition • group setting • self-management • health promotion

Highest Tier Evidence-Based Health Promotion/Disease Prevention Programs

Better Choices, Better Health – Chronic Disease (online Chronic Disease Self-Management Program CDSMP)	http://www.ncoa.org/improve-health/chronic-conditions/better-choices-better-health.html	• Enable participants to build self-confidence to take part in maintaining their health and managing their chronic health conditions, such as hypertension, arthritis, heart disease, stroke, lung disease, and diabetes • Target Audience: Adults with chronic health conditions who are comfortable using a computer and checking email	• On-line interactive version of the Chronic Disease Self-Management Program (CDSMP) • 2 hours per week for 6 weeks • Participants log on at their convenience 2-3 times per week for a total of about 2 hours per week. Participants do not need to log on at the same time. • Program is offered on a dedicated website utilizing discussion boards and weekly lessons. • Approximately 25 people per workshop. All interactions between facilitator and participants take place online. • All information is private and anonymous	• Two trained peer facilitators per workshop • Facilitators follow a script and assist participants by modeling action planning and problem solving, offering encouragement, and posting to the discussion boards • Facilitators do not deliver content, which differs from the small-group program	• Facilitators are trained online by first participating in a workshop and then attend a series of webinars. When training is complete newly train facilitators co-lead the workshop with a previously trained facilitator. • There is a detailed online and downloadable facilitators' manual that gives daily and weekly instructions as to facilitator duties	Shared Workshop Implementation: - Participants are pooled from multiple organizations - Minimum commitment of 300 participants over 24 months. - Exceptions will be considered. - Total Per Participant Fee: \$275 for between 300-500 enrollees over 2 years. - \$250 per enrollee over 500. - License, workshop staff and companion workbook included. Marketing, recruitment and engagement services available	Better Choices, Better Health – Chronic Disease (online Chronic Disease Self-Management Program CDSMP)
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Highest Tier Evidence-Based Health Promotion/Disease Prevention Programs

BRI Care Consultation™	David Bass, PhD, Senior VP for Research and Education (dbass@benrose.org; 216.373.1664) Branka Primetica, MSW, BRI Care Consultation Program Manager (bprimetica@benrose.org; 216.373.1662) www.benrose.org	BRI Care Consultation is an evidence-based care-coaching program, owned by the Benjamin Rose Institute on Aging (BRIA), for older and younger adults with chronic health conditions/disabilities and family or friend caregivers. It is delivered via telephone, mail, and email by trained Care Consultants. Goals: - <i>Care Coordination</i>, based on a long-term relationship, links to and monitors the use of healthcare and community services; organizes family and friend assistance; and provides information and emotional support. - <i>Assessment and Reassessment</i> is conducted in an ongoing manner, covers a broad range of potential problems/concerns (e.g., arranging services, depression, and home safety; capacity to provide care, strain). - Care Consultants coach the adult and caregiver in the creation of an <i>Action Plan</i>	BRI Care Consultation™ is an evidence-based care-coaching program, owned by the Benjamin Rose Institute on Aging (BRIA), for older and younger adults with chronic health conditions/disabilities and family or friend caregivers. It is delivered via telephone, mail, and email by trained Care Consultants. The core components of the Program include: 1) on a long-term relationship, links to and monitors the use of healthcare and community services; organizes family and friend assistance; and provides information and emotional support.	Trained Care Consultants with at least a Bachelor's degree in Social Work, Nursing, or other health-related fields.	The initial training includes a one-day, live web-based training session followed by a series of refresher and fidelity review sessions, estimated at 16 hours during Year 1 and 4 hours annually. All training is conducted by a Master Trainer. Supervisors receive the Supervisor version of the Care Consultation Information System (CCIS) Manual, which outlines access to additional CCIS features and their utility. Both Supervisors and Care Consultants participate in ongoing refresher, fidelity, and troubleshooting sessions. Printed and electronic copies of Service Delivery and Care Consultation Information System (CCIS) Manuals are available at the time of training. Accompanying materials include Assessment, Action Step and Goal examples, tip sheets, letter templates, marketing material templates, vignettes, fidelity review checklists, and case transition protocols.	Benjamin Rose Institute on Aging has distinct pricing structures for organizations who choose to purchase a license, and organizations who choose to contract with Benjamin Rose to deliver the program to their clients for them. The current 2018 non-profit organization licensing fees are as follows: Year-one licensing fees total \$9,000. The cost of the Care Consultation Information System (CCIS) web-based software installation and hosting by the licensee is \$4,500. This fee includes three (3) licenses with full access to the CCIS for Care Consultants, Assistants, and/or Supervisor(s); one (1) Site Administrator license with limited access to the CCIS and; one (1) Quality Assurance license with limited access to the CCIS that includes the client satisfaction survey. The cost of BRI Care Consultation and CCIS initial training is \$2,500. This training includes a comprehensive one and a half (1.5) day live webinar-based training for up to ten (10) attendees.	BRI Care Consultation™
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Highest Tier Evidence-Based Health Promotion/Disease Prevention Programs

BRI Care Consultation™ (continued)						Provided at no cost are up to three (3) printed copies of all Care Consultant manuals and accompanying training materials, with one (1) printed Administrator and Quality Assurance manual. An electronic version of the manuals is provided at no cost. Ongoing support and replacement staff training is provided during year-one for \$2,000. This includes up to two (2), two (2) hour refresher trainings; up to four (4) fidelity review sessions by telephone/webinar, and; up to four (4) hours of CCIS troubleshooting and case consultation. In addition, training for replacement Care Consultants due to staff turnover during year-one. Total support is estimated at 16 hours during year one. After year-one, there is a yearly renewal cost of \$2,100 (contact for details) All licensing fees listed above are subject to change. Other additional costs: salary and benefit costs for Care Consultants and Supervisors of the program, equipment necessary to deliver the program, and telephone and Internet service fees.	
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Highest Tier Evidence-Based Health Promotion/Disease Prevention Programs

Bingocize® www.bingocize.com bingocize@wku.edu		• Improve functional performance including lower/upper body strength, gait, balance, range of motion • Improve aspects of cognition (executive function) • Increase social engagement • Improve knowledge of falls risk reduction • Improve health activation • Target Audience: Older adults at all physical and cognitive ability levels in a variety of settings	• 10-week health promotion program that strategically combines the fun game of bingo with exercise and falls prevention education; designed to increase functional performance, health knowledge, cognition, and social engagement of older adults in a variety of settings. • Each twice weekly, one-hour session is led by certified leaders in licensed facilities. • An optional mobile app version is also available as an add on; Use mobile devices to play Bingocize®; includes educational modules to help teach older adults about falls prevention and other health education topics	• Trained lay leader staff/volunteers • At least one trained leader per session for up to 20 people • Two trained leaders required for sessions with over 20 participants	• Online leader training consisting of four self-paced modules • Onsite training available (contact bingocize@wku.edu for more pricing information)	• Licensing cost: 2-year license \$250.00 per facility • Training cost: Online training/certification \$150.00 per person; Recertification \$75.00 after 2 years; online access to targeted educational and marketing materials for participants, as well as a manual for certified leaders. • Equipment cost: "Bingocize® in a Box"-durable and reusable box contains equipment for up to 20 participants; Includes resistance bands and therapy balls. \$250.00 (shipping not included) • A Mobile App is available as an add to the original license (contact bingocize@wku.edu for pricing information)	• Exercise • Falls prevention • Social engagement • Self-management • Health education • Health activation • Cognition • Games
Brief Intervention & Treatment for Elders (BRITE)	http://brite.fmhi.usf.edu/BRITE.htm	• Substance abuse screening and intervention program for community-dwelling older adults who are at-risk for or experiencing substance abuse problems • Target Audience: Adults 55+	• 4 components: - Screening (6-question questionnaire) - Brief intervention (1-5 sessions) - Brief treatment that is solution-focused and goal-oriented (1-7 sessions) - Referral for specialized treatment services can occur	• Generalist provider or substance abuse specialist	• Refer to website for more information	• Refer to website for more information	• at-risk substance abuse • prescription drug abuse • screening • brief intervention • behavioral health • self-management • health promotion

Highest Tier Evidence-Based Health Promotion/Disease Prevention Programs

CAPABLE	nursing.jhu.edu/capable	• Reduce fall risk • Reduce fear of falling	• Individually-tailored, delivered at home • 6 Occupational Therapy visits • 4 Nurse visits • Budget for home repairs, modifications, and installation of assistive devices • Occurs over a 4-5 month period • Is preventive in nature to optimize daily functional goals and decrease fear of falling through tailored action planning around participant-chosen goals such as being able to get into the bath safely.	• Occupational therapist • Nurse • "Handyman" or home modification specialist	• 6 online modules plus 8 hours of training through Skype or other distance-learning technology • Follow up support calls or monthly webinars • Users group for support available	• Licensing cost: - None, everything is included in the training fee. - Training of RN or OT: (includes manuals and materials): \$3,000 - Group training rates possible at a discount • Post-training Materials for participants (all optional) - Cost: - Health passport: \$10 - Exercise workbook for participants: \$10 - Tips for Safe and Independent Living book for participants: \$12	• Falls • Fall prevention • At-risk for falls • Tailored program • Community setting • In-home • Preventive • Self-management • Health promotion • Self-efficacy • Improved daily function
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Highest Tier Evidence-Based Health Promotion/Disease Prevention Programs

Care Transitions Intervention (CTI)	www.caretransitions.org	• Promote self-identified personal goals around symptom management and functional recovery in the care transition from hospital to home • Reduce hospital readmissions • Target Audience: Adults 65+ who are transitioning from hospital to home who meet the following criteria: - non-psychiatric-related hospital admission - community-dwelling (i.e., not a long-term care facility) residence within a predefined radius of the hospital (thereby making a home visit feasible) - have a working telephone - have at least one of 11 diagnoses documented in their record (congestive heart failure, chronic obstructive pulmonary disease, coronary artery disease, diabetes, stroke, medical and surgical back conditions (predominantly spinal stenosis), hip fracture, peripheral vascular disease, cardiac arrhythmias, deep venous thrombosis, and pulmonary embolism)	• 4-week program that assists individuals with complex care needs to learn self-management skills to ensure needs are met during the transition from hospital to home • 4 conceptual domains: - Medication self-management - Use of a dynamic patient-centered record - Primary care and specialist follow-up - Knowledge of red flags	• Transitions Coach that is trained by the Care Transitions Program	• Initial on-line training, followed by a 1 day intensive and interactive training, either on-site in Aurora, Colorado or off-site (1.5 days at a single agency for up to 35 trainees) • Key coach attributes: - Ability to shift from doing things for a given patient to encouraging them to do as much as possible for themselves - Competence in medication review and reconciliation - Experience in activating patients to communicate their needs to a variety of health care professionals • 1.5 day "Train the Trainer" session is also available for experienced Coaches to qualify to train new coaches within their existing organization. Held in Denver, Colorado. Refer to the website for the application process.	• Contact the Care Transitions Intervention (CTI) training staff through their website	• transitional care • case management • care transitions
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Highest Tier Evidence-Based Health Promotion/Disease Prevention Programs

Chronic Disease Self-Management Program (CDSMP)	<i>Refer to Stanford Suite of Self-Management Programs below for community-based, Spanish and online versions</i>								▪ physical activity ▪ chronic condition ▪ group setting ▪ self-management ▪ health promotion
Chronic Pain Self-Management Program (CPSMP)	<i>Refer to Stanford Suite of Self-Management Programs below for community-based program details</i>								▪ physical activity ▪ chronic pain ▪ chronic condition ▪ group setting ▪ self-management ▪ health promotion
Diabetes Self-Management Program (DSMP)	<i>Refer to Stanford Suite of Self-Management Programs below for community-based, Spanish and online versions</i>								▪ diabetes ▪ chronic condition ▪ group setting ▪ medication management ▪ self-management ▪ health promotion

Highest Tier Evidence-Based Health Promotion/Disease Prevention Programs

Eat Smart, Move More, Weigh Less	www.esmmweighless.com administrator@esmmweighless.com	Goals of the program are to enable and empower participants to: • Learn about and adopt evidence-based strategies necessary for achieving and maintaining a healthy weight. • Connect with others working on similar goals. • Overcome barriers to healthy eating and physical activity. Target Audience: Adults and older adults interested in improving their eating and physical activity habits with the goal of weight maintenance and/or weight loss.	• 15 one-hour long weekly sessions delivered ONLINE by a live Registered Dietitian Nutritionist (RDN) instructor. • 20-40 participants per class. • Classes are accessible on computers or mobile devices (internet access required). • Lunchtime and evening class times are available. Flexible attendance for schedule conflicts is offered. • Participants receive one-on-one support outside of class from RDN instructor through a secure, online portal. • Each hour-long class includes: evidence to support the strategy, practical steps for adopting the behavior, 3-5 minute optional movement break, ways concepts can be adopted by the whole family, opportunities for sharing and celebrating, suggestions for living mindfully and a guided discussion of the strategy for the week.	• Registered Dietitian Nutritionist (RDN) instructors who are also Licensed Dietitian/Nutritionists (LDNs). All program instructors are hired and trained by NC State University. NC State University oversees the complete delivery of this program. Delivery of this program does <i>not</i> involve a train-the-trainer model.	• Registered Dietitian Nutritionist (RDN) instructors who are also Licensed Dietetic Nutritionists (LDNs) deliver the program. All program instructors are hired and trained by NC State University. Individual sites implementing the program are not responsible for training instructors.	• Individual Cost: \$235/participant. • Group Cost (groups of 20 or more): \$210/participant. Purchased group slots can be redeemed during any current or future class series. New 15-week class series are offered eight times per calendar year.	• weight loss • weight management • healthy eating • physical activity • wellness
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Highest Tier Evidence-Based Health Promotion/Disease Prevention Programs

Enhance@Fitness	www.projectenhance.org	Goal: to improve the overall functional fitness and well-being of older adults. Target Audience: Older adults, from the frail to the fit. The class can be taken seated or standing, and instructors are trained in how to modify the exercises to suit the varying abilities of participants.	An ongoing, low-cost, evidence-based group falls prevention and physical activity program developed specifically for older adults. The exercises focus on four key areas important to the health and fitness of participants: low impact cardiovascular, dynamic/static balance work, strength training and stretching. Classes meet three times a week, an hour each session, providing social stimulation as well as physical benefits.	A Certified Fitness Instructor	Fitness instructors must be certified by a nationally-recognized fitness organization such as YMCA, ACE, or ACSM. They must also attend the required 1.5-day EnhanceFitness Instructor training.	Basic fee, Year 1: \$3,200. Package includes: • License for one site (one-time fee per each additional physical site: \$500) • 1.5 day instructor training for up to 15 instructor candidates • Instructor manual for each instructor trained • 1 Site Coordinator • Implementation Manual per site • Marketing materials • Secure Web site link to program resources • Data collection forms • One license for EF Online Data Entry System (ODES) for data entry, analysis, and reports. (Licenses for additional users cost \$200 per person per year.) • Instructor support including moderated discussion group and newsletter Annual License Renewal: \$50/site and \$200/ODES license EnhanceFitness Master Trainer Training Basic fee: \$2,000. Package includes: • 2-day in-person Master Trainer training followed by a 1.5 day mentored New Instructor Training • Master Trainer Manual • Quarterly National Master Trainer Calls	Participant-centered Falls Prevention Physical Activity All In One Self-efficacy Ongoing Inclusive Increase function Increase strength Increase social activation Decrease Depression CDC Arthritis Approved Hard ROI proven Lowers Healthcare Cost Decreases Unplanned Hospitalizations Decreases Mortality Rate Medicare Advantage Plan reimbursement available Community setting Fun!
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Highest Tier Evidence-Based Health Promotion/Disease Prevention Programs

EnhanceWellness www.projectenhance.org		Goal: Maintain or increase the health and functional status of community-based older adults with chronic conditions Target Audience: Adults aging with disability and older adults with one or more chronic conditions, excluding dementia	A six month individualized Health Action Planning program. Works well as a cross referral intervention for regularly scheduled optional support group meetings and evidence-based workshops such as Chronic Disease Self-Management Program (CDSMP) and A Matter of Balance (MOB)	An EnhanceWellness Counselor	A Nurse, Social Worker or a Community Health Worker with prior motivational interviewing training attend an in-person EnhanceWellness New Counselor Training certification. EW certification includes a pre-training online module and a 2 day in-person certification. *Additional online support modules for active EnhanceWellness Counselors are under development.	Basic fee, Year 1: \$3,200 (new pricing as of June 2017) Package includes: - EnhanceWellness license for organization 2 day EnhanceWellness instructor training for up to 12 counselor candidates - EnhanceWellness instructor manual for each instructor trained - EnhanceWellness marketing material templates - Secure Web site link to program resources on WellWare - Data collection forms - One license for EW WellWare for charting Health Action Plan, analysis, and reports. (Licenses for additional counselors cost \$200 per person per year.) - Counselor support including regularly scheduled calls with EW T-Trainer and newsletter Annual License Renewal: \$50/organization and \$200/WellWare license EnhanceWellness Master Trainer Training Basic fee: \$2,000. Package includes: 2-day in-person Master Trainer training - Master Trainer Manual NOTE for Organizations offering PEARLS: WellWare is also used for PEARLS. A single \$200 WellWare fee will cover access to both PEARLS and EnhanceWellness for an individual counselor.	Participant-centered Individualized Self-efficacy Tailored Chronic Disease Self-Management Inclusive Motivational Interviewing Physical Activity Health Promotion Cross-Referral Hub Works in Diverse Settings: Community, Home, Clinical
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Highest Tier Evidence-Based Health Promotion/Disease Prevention Programs

FallsTalk	www.fallscapex.org	Goals • Increase falls prevention behaviors and falls self-management skills • Improve recognition of fall threats (personal traits and circumstances that could cause a fall) & self-efficacy • Prevent participant falls and reduce fall risk. • Target Audience: Adults 50+ who have fallen OR are experiencing regular loss of balance, AND are at risk for falls OR are concerned about falling.	• A one to six month personalized behavior change program delivered in two one-on-one sessions utilizing easy-to-use software (provided) that includes: a) evidence-based fall risk screening and standardized FallsTalk interview (10-20 minutes) which creates customized intervention components and reports; b) fall-related log training (5-10 min.); and telephone check-ins (2-5 min. each); c) follow-up interview and log review (10-20 min.).	• One or two trained facilitators • Interview, follow-up and telephone check-ins can be delivered by separate facilitators.	• One or two days which can be completed separately (course outline on website) • In-person training is mandatory to insure program fidelity, no specific educational pre-requisites • Included software matches trainee's abilities • Training is offered at various sites or can be delivered on-site for groups by custom arrangement.	• Licensing Cost: Included in the training costs. • Training Cost: \$250 - \$395 (1 or 2 days) depending on program components and group rate; package includes training, software and support for one year. • Annual Subscription Cost: Starts at \$250 based on both the number of Users on-site and program components (see website for details). Subscription provides on-going site support, software updates and web-based training.	• falls • fall prevention • at-risk for falls • personal program • community setting • in-home • out-patient • telephone-based portion • self-management • health promotion • self-efficacy • fall risk screening
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Highest Tier Evidence-Based Health Promotion/Disease Prevention Programs

FallScape	www.fallscape.org	Goals • Increase falls prevention behaviors and falls self-management skills • Improve recognition of fall threats (personal traits and circumstances that could cause a fall) & self-efficacy • Enhance fall threat recognition and prevention behaviors with multimedia • Prevent participant falls and reduce fall risk. • Target Audience: Adults 50+ who have fallen OR are experiencing regular loss of balance, AND are at risk for falls OR are concerned about falling.	• A one to six month personalized multimedia behavior change program delivered in two to four one-on-one sessions utilizing easy-to-use software (provided) that includes: a) evidence-based fall risk screening and standardized FallScape interview (10-20 minutes) which creates customized intervention components and reports; b) FallScape interactive multimedia training (one or two 15-30 min. sessions); c) fall-related log training (5-10 min.); and telephone check-ins (2-5 min. each); d) follow-up interview and log review (10-20 min.); e) FallScape interactive multimedia evaluation (10-15 min.).	• One to four trained facilitators • Interview, follow-up and telephone check-ins, as well as multimedia training, and multimedia evaluation can also be delivered by separate facilitators.	• One or two days which must be completed separately. Two days of FallScape training and demonstration of competency are required before FallScape training can begin (course outline on website) • In-person training is mandatory to insure program fidelity, FallScape training is a pre-requisite for enrollment in Advanced FallScape (Day 2) • Included software matches trainee's abilities • Training is offered at various sites or can be delivered on-site for groups by custom arrangement.	• Licensing Cost: Included in the training costs • Training Cost: FallsTalk training plus \$250 - \$490 depending on program components (1 or 2 days- which must be taken separately from FallsTalk training and each other); Package includes training, software, multimedia elements, support for one year, and required competency testing. • Annual Subscription Cost: Starts at \$600 including FallsTalk license. Fee is based on both the number of users on-site and program components (see website for details). Subscription provides on-going site support, software and multimedia element updates, as well as web-based training.	• falls • multimedia • fall prevention • at-risk for falls • personal program • community setting • in-home • out-patient • telephone-based portion • self-management • health promotion • self-efficacy • fall risk screening
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Highest Tier Evidence-Based Health Promotion/Disease Prevention Programs

Fit and Strong!	www.fitandstrong.org	• Manage lower-extremity osteoarthritis through engagement in safe, balanced program of physical activity that builds lower extremity strength • Target Audience: Sedentary older adults who are experiencing lower-extremity joint pain and stiffness and have received physician clearance to participate in exercise	• 8 weeks • 3 times per week • 90 minutes per session	• Fit and Strong! Master Trainer	• 8 hour Master Trainer-led training • Must be a certified exercise instructor or licensed physical therapist, or PT or OT aide or student	• Licensing Cost: <i>(includes training)</i> \$2,000 for a system and \$400 for each system site in Year One; \$1,000 for stand-alone site in Year One - Sites may need to reimburse their instructors for their training time - Certified Exercise Instructor Training (\$30/ hour for 8 hours) • Equipment Cost: - Ankle Weights \$22 each - Exercise Bands \$5 each - Manuals (Instructor \$30 and Participant \$30 each) - CD Player \$25 - Exercise Music CD \$20 each - Mats \$40 - Instructor liability insurance \$160/year if site does not already have in place	• physical activity • osteoarthritis • lower extremity strength • chronic condition • self-management • health promotion
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Highest Tier Evidence-Based Health Promotion/Disease Prevention Programs

Geri-Fit® Strength Training Workout	www.gerifit.com 1-888-GERI-FIT (437-4348) Francesca Fisher, CSSTS	- Increases strength, flexibility, range of motion, mobility, gait and balance. Target Audience Older adults age 65+.	- An ongoing, 45-minute, twice-weekly progressive resistance strength training exercise program. - Participants start out using a set of 2-pound dumbbells and then, as their strength increases, they can use heavier weights in order to build more strength and balance. Most older adults graduate to using a set of 4-pound dumbbells within a year's time. - Exercises are performed seated in chairs (optional standing). - Geri-Fit is a group setting class	Accredited online training and certification through gerifit.com	- Must be currently certified as a Group Fitness Instructor or Personal Fitness trainer by a nationally-recognized certifying organization, OR have a degree in kinesiology, gerokinesiology, exercise science, physical therapy, occupational therapy, athletic training, nursing and other health professionals - All Geri-Fit trainers must complete the accredited online course before teaching the program (takes app. 70 hours to complete) -CPR certified (current)	Licensing Cost: -Licensing: \$2500 per facility (includes online training and certification for two instructors). Each additional instructor : \$315 -On-site training and certification is also available, but at an additional cost	-Lower body strength -Balance program -Physical activity -Group setting -Private Training -Health promotion -Caregiver -Self-management -Memory care
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Highest Tier Evidence-Based Health Promotion/Disease Prevention Programs

Health Coaches for Hypertension Control (HCHC)	http://www.clemson.edu/cbshts/centers-institutes/aging/resources/health-coaches/index.html	Increase knowledge about hypertension self-management Increase stage of readiness to make lifestyle changes required for successful self-management. Promote behavior changes in nutrition, physical activity, stress management, tobacco use, and medication management. Target Audience- Those aged 50 years and above diagnosed with hypertension	HCHC consists of eight weekly sessions averaging about 1.5 hours each. The weekly sessions are offered by a pair of trained lay leaders (Health Coaches) in various community sites. The eight core sessions include: Basics of Hypertension Control; Nutrition; Physical Activity (includes Weight Control); Tobacco Use; Stress Management; Medication Management; Long-Term Action Plan.	Trained, local community members who use a scripted manual, posters, and participant notebooks and supplies such as blood pressure monitor and pedometer to implement the program.	Community members desiring to be trained as Health Coaches would be screened through a structured interview and would pass a criminal background check. Those wishing to be trained as Master Trainers, would need to have a background in a health-related field and have experience working with older adults.	The approximate cost per participant for printed materials, supplies (pedometer, relaxation CD, cookbook, blood pressure monitor, and the Living a Healthy Life with Chronic Conditions book is \$180. If a community coordinator is needed to manage the program, that would add a salary of about \$35,000. The fee to train Master Trainers would be \$500 per participant for trainings conducted at Clemson University. This fee would cover a 1.5 day training, a hard copy of a Health Coach manual and an electronic copy of all other materials such as training PPT, HCHC participant notebooks, and posters used in each session.
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Highest Tier Evidence-Based Health Promotion/Disease Prevention Programs

Healthy IDEAS (Identifying Depression, Empowering Activities for Seniors)	www.careforolder.org/healthyideas	- Reduce the severity of depressive symptoms in frail, high risk and diverse older clients of community agencies Target Audience: Ethnically and socioeconomically diverse populations of older adults and family caregivers who are living in the community and are at high risk for depressive symptoms	3-6 month program - Minimum of 3 in-person visits in the client's home and 5 or more telephone contacts 4 components include: - Screening and assessment of depressive symptoms - Education about depression and self-care for clients and family caregivers - Referral and linkage to health and mental health professionals - Behavioral activation	Trained case manager or other social service provider in the client's home or other private location	2-day (12 hours), on-site training with one certified trainer for every 25 attendees. Training arranged by national Healthy IDEAS Team and provided by a certified national or regional trainer - Local trainer/coach provides pre-training on depression as well as follow-up training and support. Ideally a local trainer/coach will have mental health or behavioral health background, knowledge of depression and its presentation in older adults, and experience working with older adults	- Licensing Cost: None - Training and Technical Assistance Cost: - One-time fee of \$4,000 plus related travel expenses from Houston for the full technical-assistance and training package, which includes 2 days on-site training and unlimited telephone/email consultation \$500 additional fee plus travel expenses if more than one national trainer is required (more than 25 trainees). - One-time fee is reduced by \$1600 if a regional trainer is available - Materials Cost: - Intervention manual/handouts reproduced for each staff person approximately \$25/ person	- depression - behavioral health - in-home visits - self-management - health promotion
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Highest Tier Evidence-Based Health Promotion/Disease Prevention Programs

Healthy Moves for Aging Well	www.pdca.org/landing_pages/22.3.html	- In-home physical activity intervention (chair bound and advanced exercises) that is focused on maintaining health status and quality of life of frail elders - Target Audience: Adults 65+ who are currently enrolled in a care management program that includes an ongoing, problem-solving relationship with a care manager - Participant criteria includes assistance with 2-4 ADLs, motivation to participate and ability to stand unassisted or with caregiver assistance	- Movement repetitions 3-5 days per week, multiple times per day - One 15-minute session between participant and care manager - 3 month follow up period with weekly or biweekly phone calls	- Care managers and motivational volunteer phone coaches teach program exercises to participants in their home	- Significant expertise in lifestyle change counseling and in Brief Negotiation methods - Training time estimates: Brief Negotiation/Motivational Interviewing: approx 8 hours - Fitness expert: approx 2-4 hours	- Licensing Cost: - Year 1: \$5,000 - Year 2 and subsequent years: \$2,000 - Annual License Fee will cover up to 20 users (care managers) - Training Cost: - Training and support will be offered at a consultant rate of \$160 per hour and can be approximated at 75-100 hours - Travel costs are charged separately and will be billed at the actual rate - Travel time will be billed at 50% of the hourly rate. - Agencies are responsible for providing a Behavioral change educator & a Fitness expert during training. Agencies should estimate 1) Behavior change educator \$1,000-\$1,500/day; \$100/hr for follow up mentoring and 2) Fitness expert \$400-\$1,000/day; \$50/hr for follow up mentoring - Participant Materials Cost: - Client materials \$3 each - Stop Watch \$9 each - Healthy Moves video (optional): \$75 per organization	- physical activity - In-home - self-management - health promotion
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Highest Tier Evidence-Based Health Promotion/Disease Prevention Programs

Healthy Steps for Older Adults (HSOA)	Website: http://www.aging.pa.gov/aging_services/healthy-steps-for-older-adults.aspx Contact: PDA Health and Wellness Staff at wellness@pa.gov	Goal(s): - Prevent falls and injuries resulting from falls - Increase awareness of risks for falls - Introduce methods to reduce falls Target Audience: Adults ages 50 years and older	- Healthy Steps for Older Adults (HSOA) provides screening, assessment, and education to reduce the incidence of falls. - Two 2-hour workshops are offered to interested individuals in the community at facilities such as senior community centers and health care organizations.	Certified instructors	- Completion of three HSOA Workshop Leader online training modules (approximately 45 minutes each) - Completion of a two-day HSOA Workshop Leader classroom training (approximately 6.5 hours each day)	HSOA workshops are offered to older adults ages 50 and up at no charge through Pennsylvania's 52 Area Agencies on Aging (AAAs). Other organizations and facilities outside of Pennsylvania's AAA network can purchase a license to train HSOA Workshop Leaders and to conduct HSOA workshops. For information on HSOA program licensing costs or for additional information about the program please email wellness@pa.gov.	- Fall Prevention - Fall Risk Screening - Group workshop - Balance - Strength - Exercise - Community Setting - Health Promotion
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Highest Tier Evidence-Based Health Promotion/Disease Prevention Programs

Healthy Steps in Motion (HSIM)	Website: www.aging.pa.gov/wellness Contact: Pennsylvania Department of Aging (PDA) Health & Wellness Staff at wellness@pa.gov	Goal(s): - Prevent falls and injuries resulting from falls - Promote health - Ensure that older adults can remain as independent as possible for as long as possible Target Audience: Adults ages 50 years and older	- HSIM is a comprehensive fall prevention program. Participants in HSIM enjoy more exercises including exercises for people at advanced fitness levels or that have specific medical conditions. HSIM workshops are often repeated due to the physical and social benefits participants receive from attending. - HSIM is an 8-session program. It can be presented as a 4-week program with 2 one-hour workshops each week or as an 8-week program with a 1 one-hour workshop each week. - HSIM can be offered at senior centers, older adult living centers, recreation centers, hospitals and YMCAs/YWCAs.	Certified Workshop Leaders	Completion of a two-day HSIM Certified Workshop Leader classroom training (approximately 7 hours each day)	HSIM workshops are offered to older adults ages 50 and up at no charge through Pennsylvania's S2 Area Agencies on Aging (AAAs). Other organizations and facilities outside of Pennsylvania's AAA network can purchase a license to train HSIM Certified Workshop Leaders and to conduct HSIM workshops. For information on HSIM program licensing and training costs or for additional information about the program please email wellness@pa.gov .	- Fall Prevention - Fall Risk Screening - Group Workshop - Balance - Strength - Exercise - Community Setting - Health Promotion
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Highest Tier Evidence-Based Health Promotion/Disease Prevention Programs

HomeMeds	www.HomeMeds.org	• Enable community agencies to address medication-related problems and errors that endanger the lives and well-being of community-dwelling elders • Target Audience: Area Agencies on Aging (AAA), care management programs and home care agencies with community-dwelling elder clients. - Amenable also to typical Title III-D screening events, senior housing, care transitions coaching, and caregiver support and education sessions	• Individualized in-home screening, assessment and alert process to identify medication problems • Computerized screening and pharmacist review can help prevent falls, dizziness, confusion, and other medication-related problems for elders living at home • The model is adaptable to contexts where medications can be reviewed as part of a screening event or using consumers to complete the medication risk assessment form	• Care managers, working in partnership with client, physician and pharmacist. Usual practice of care management programs without additional staff • Should have consulting pharmacist or other medication expert involved in the process (e.g., <i>pharmacy school, local pharmacist, Part D plan, geriatric nurse practitioner</i>) • Data entry can be done live in the field using laptop or tablet or it can be done in the office after documentation on paper form	• Time to train staff on computer system usage and proper data collection	• Licensing Cost: None • Training and Startup Consultation Cost: \$3,000-\$5,000, depending upon method of delivery (webinar vs. on-site) • Additional Cost: - Computerized risk assessment screening (online system). Approx \$200/month, but cost is negotiable based on number of users and overall volume of use - Pharmacist cost. approx \$60-\$75/hour. The average review requires 20 minutes and of patients screened 30-40% will typically require review	• medication management • self-management • health promotion
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Highest Tier Evidence-Based Health Promotion/Disease Prevention Programs

National Diabetes Prevention Program (NDPP)	www.cdc.gov/diabetes/prevention	- Prevent or delay the onset of Type 2 diabetes - Increase physical activity to 150 minutes of moderate physical activity - Lose a minimum of 5% bodyweight Target Audience: Adults 18+ who are at high risk for developing Type 2 diabetes based on fasting glucose or A1C or via a short risk survey. Adults 60+ automatically qualify.	16 weekly core sessions 6 monthly post-core sessions 1 hour per session 12-15 group participants - Emphasizes sustainable lifestyle changes including improved nutrition, increased physical activity, stress reduction and coping strategies. - Program goal is 5% weight loss to lower risk for developing Type 2 diabetes. - Structured group activities with CDC approved curriculum including group discussion, problem solving, skill building, videos, sharing practical solutions and group support. Weight and minutes of physical activity recorded weekly.	Trained Lifestyle Coach facilitates the group session.	- Lifestyle Coach: 2 day training an ongoing mentoring. Coaches comply with quality and fidelity standards and meet CDC Diabetes Prevention Recognition Program (DPRP) standards. - Master Trainers: 2 day training after successfully facilitating at least one NDPP course. Exceptions for experience with chronic-disease self-management programs will be considered.	To learn more about program costs and organizations offering training, please visit the CDC website (www.cdc.gov/diabetes/prevention).	- self-management - health promotion
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Highest Tier Evidence-Based Health Promotion/Disease Prevention Programs

NYU Caregiver Intervention (NYUCI)	http://nrepp.samhsa.gov/ViewInterventIon.aspx?id=74	• Provide psychosocial counseling and support to improve the well-being of spousal caregivers of people with Alzheimer's disease ▪ Delay institutional placement of the care recipient into a nursing home • Target Audience: Family caregivers of people with dementia	• 6 sessions of individual and family counseling, support group participation, and additional on-call telephone consultations in a flexible counseling approach that is tailored to each caregiving family. Includes: - 2 individual counseling sessions of 1-3 hours tailored to each caregiver's specific situation - 4 family counseling sessions with the primary caregiver and family members selected by that caregiver - Support group participation - Ad hoc counseling	• Counselors with advanced degrees in social work or allied professions	• Workbook for counselors required ▪ 2 day initial in-person training ▪ Follow-up training includes regular case conferences with the developer and clinical colleague • Knowledge about Alzheimer's disease • High degree of clinical skill, competence in both individual and family treatment modes preferred	• Licensing Cost: None • Training Cost: - Training time for counselors. Specific cost data is unavailable. Multiphase training process and continued telephone consultation (includes initial 2-day training, follow-up training, regular case conferences with the developer, and ongoing support as needed): About \$30,000 per year plus travel expenses. Limit 15 trainees. - Online training, certification and licensing, continuing education credits currently under development. Pricing information ETA: June 2013. • Materials Cost: - Alzheimer's Disease Resource Book (required): \$39.95	• caregiver support • Alzheimer's disease • counseling • behavioral health • self-management • health promotion
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Highest Tier Evidence-Based Health Promotion/Disease Prevention Programs

On the Move (OTM)	www.onthemove.pitt.edu	Program goals: 1) To improve and sustain mobility so individuals can participate more easily in daily activities 2) to improve mobility and decrease risk for disability Target audience: Older adults who are medically stable and can walk household distances independently or with a straight cane.	On the Move is a group-based exercise program for older adults designed to target key principles of the biomechanics and motor control of walking. Classes are 50 minutes in duration and held twice a week, for 12 weeks. The program contains a warm-up, stepping patterns, walking patterns, walking strengthening exercises, and cool-down exercises. The unique stepping and walking patterns promote the timing and coordination of stepping and are integrated with the phases of the gait cycle. Patterns are goal-oriented and progressed in difficulty to continually challenge participants.	Health professionals (physical therapists, physical therapy assistants, occupational therapists and certified occupational therapy assistant) and certified fitness instructors (certified by a nationally recognized fitness organization such as ACE or ACSM), who are trained to be certified On the Move instructors.	Training to become a certified On the Move instructor involves: attending a 12-hour training course, achieving a passing grade on a written examination, and demonstrating competency with the program. Certification is for three years; at which time it needs to be renewed by achieving a passing grade on a renewal examination.	License fee (3 years): Non-profit = \$0 For profit = Based on number of sites: 1-5 sites license fee=\$1,000; 6-10 sites license fee = \$2,500; and 11+ sites license fee = \$5,000. Instructor training: \$750 per instructor. Includes 12-hour training course, On the Move manual and materials, 12 playground balls, and 9 cones. On the Move instructor certification is for 3 years.	Mobility Walking Group exercise Motor control
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Highest Tier Evidence-Based Health Promotion/Disease Prevention Programs

The Otago Exercise Program	http://www.med.unc.edu/aging/caec/exercise-program	• Increase strength, balance, and endurance. Lifestyle change to incorporate strength and balance training a minimum of 2 hours per week. RCT demonstrated a 35% reduction in falls in high risk older adults. • Target Audience Community-dwelling frail older adults. Most effective for those who are age 80 and over or 65 and older and frail. Can be implemented in the home, outpatient, assisted living facilities as well as in the community	• 4-5 visits with a physical therapist (PT) over 8 weeks with monthly phone calls for a year and optional follow up visits at 6, 9, and 12 months • 17 exercises total – the PT evaluates the older adult and selects the most appropriate exercises from the 17 to challenge the older adult. • Exercises are progressed to challenge the older adult as they improve strength/balance • Adjustable ankle weights are used for 3 of the exercises and weight is progressively increased • The older adult does the exercises for approximately 30 minutes three times a week. • When the older adult is strong enough to walk for exercise, a walking program is prescribed and progressed to up to 30 minutes three times a week • The older adult can do their prescribed exercises at home independently or with assistance, or in a group exercise settings	• The initial evaluation and prescription are done by a licensed physical therapist • The follow up visits can be done by a licensed physical therapy assistant • The follow up phone calls can be done by the PT, a health coach, or other individual who is able to communicate progress to the PT • The exercises can be done independently or supervised in a one on one or group setting	• Completion of the online "Otago Exercise Program Online Training for Physical Therapists" • Optional participation in a free database to track patient progress and program fidelity at www.otagoexerciseusa.com • Note: Therapists and agencies who participate in the database are eligible to be promoted nationally for offering the OEP	• Training Cost: -Online training cost \$25; Therapists receive up to 3.0 CEUs upon completion. • If patient demonstrates medical necessity and has a physician referral, then Medicare can potentially cover cost of physical therapy under Medicare Part B which does require a patient co-pay. • Training Supplies: -Adjustable ankle weights for patients up to 20# cost varies • Exercises and patient resources can be downloaded in <u>video</u> or <u>hard copy format</u>	• fall prevention • strength • balance • physical activity • progressive resistance • evidence-based • physical therapy • health promotion • self-management
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Highest Tier Evidence-Based Health Promotion/Disease Prevention Programs

PEARLS (Program to Encourage Active, Rewarding Lives for Seniors)	www.pearlsprogram.org Lesley Steinman, M.S.W., M.P.H. University of Washington Health Promotion Research Center (206) 543-9837 mlesles@uw.edu	• Reduce symptoms of depression and improve health-related quality of life. • Target Audience: Adults 60+ who have minor depression or dysthymia and are receiving home-based social services from community services agencies.	• Eight 50-minute sessions with a trained social service worker in the client's home over 19 weeks. • Counselors use 3 depression management techniques: (1) problem-solving treatment, in which clients are taught to recognize depressive symptoms, define problems that may contribute to depression, and devise steps to solve these problems; (2) social and physical activity planning; and (3) planning to participate in pleasant events. Counselors encourage participants to use existing community services and attend local events.	• Trained social service worker.	• 2-day training.	• Training Cost: PEARLS Toolkit includes background, detailed instructions, guidance, tips for implementing within an organization and carrying out the components of PEARLS sessions with clients, forms for creating the organizational and data management- Free infrastructure necessary for the implementation of PEARLS • 2-day, off-site training in Seattle, WA (includes tuition, course materials, continental breakfast, and snacks), \$395 per participant • On-site training, varies depending on the number of participants (minimum of 15–20 persons), plus travel expenses • PEARLS Fidelity Instrument • Free (brief, 20-item multiple-choice survey).	www.pearlsprogram.org Lesley Steinman, M.S.W., M.P.H. University of Washington Health Promotion Research Center (206) 543-9837 mlesles@uw.edu
Positive Self-Management for HIV (PSMP)	Refer to Stanford Suite of Self-Management Programs below for community-based program details						• HIV/AIDS • group setting • self-management • health promotion

Highest Tier Evidence-Based Health Promotion/Disease Prevention Programs

Powerful Tools for Caregivers	http://www.powerfultoolsforcaregivers.org	• A self-care education program for family caregivers to improve: self-care behaviors, management of emotions, self-efficacy, and use of community resources • Target Audience: Family caregivers of adults with chronic conditions	• Community-based group program • Six consecutive weeks • 90 minutes or 2-1/2 hours per week • 10-15 participants • Scripted curriculum providing tools that can be individualized to meet the challenges of caregiving in a supportive and interactive environment	• Caregiver classes co-led by certified, trained class leaders	• Class Leaders: - Completion of a two-day Class Leader training led by certified Master Trainers • Master Trainers: - Completion of three, 6-week series of caregiver classes - Application and approval by national office prior to teleconference training - Teleconference training with national PTC office	• Class Leaders: - Cost varies, includes licensing fee and cannot exceed cost reimbursement - Training conducted by two certified Master Trainers at collaborative organizations across the country • Master Training: - \$250 for teleconference upon completion of requirements	• family caregiver • group interaction • self-care • stress management • communication strategies • self-efficacy/confidence
Prevention and Management of Alcohol Problems in Older Adults	http://www.pathwayscourses.samhsa.gov/aaap/aaap_2_pg1.htm	• Reduce alcohol-related problems among older at-risk or problem drinkers • Target Audience: Older adults who engage in at-risk or problem drinking behaviors	• Step-by-step brief intervention using motivational interviewing concepts • Program components include: - Alcohol screening - Assessments - Brief interventions - Referral guide to more intensive care	• Clinicians	• 0.5-1 day training for professional	• Licensing Cost: None • Training Cost: Training costs depend on who does the training and how long the training lasts • Materials Cost: No Cost – Workbooks and manuals are available through SAMHSA for free	• alcohol abuse • substance abuse • behavioral health • self-management • health promotion

Highest Tier Evidence-Based Health Promotion/Disease Prevention Programs

REACH Community (Resources for Enhancing Alzheimer's Caregivers Health in the Community)	https://www.uthsc.edu/prevmed/memphis-caregiver-center/index.php Jennifer Martindale-Adams, EdD Co-Director UTHSC Caregiver Center Jmartindale@uthsc.edu	Empower Caregivers by increasing problem management and problem solving skills and coping skills Improve outcomes by decreasing Caregiver burden, anxiety, depression, frustrations, amount of time/day spent on tasks and on duty; and improving management of behavioral concerns, and improving safety for the Person Living with Dementia.	Four (one-hour) core sessions during two to three months with option for additional sessions Education, support, and skills building, (problem solving, mood management/ cognitive reframing, and stress management). Focus on main caregiving risk areas (information, safety, health and emotional well-being, social support, management of problem behaviors) Program Coach Manual with session by session protocols Caregiver Notebook with 30 behavioral management topics and 18 caregiver stress and coping topics, written at a fifth grade level	REACH Program Coach who is trained and certified by University of Tennessee Health Science Center Caregiver Center (any level of staff)	Webinar training (3.5 to 4.5 hours depending on training selected) Consultation call (approximately 30 minutes) Role play of problem solving and mood management (approximately one hour)	Licensing Cost: None Contact the Caregiver Center for current costs. Prices range from \$750 to \$3,900 depending on the training selected, including training, 1 manual per person, and consultation for one year. Option 1: Individual intervention training, \$3000 for up to 12 staff (may include supervisors/inlake staff). Certification for 4 to 6. Additional staff at \$450 per person. \$750 for up to 2 staff. Certification for 1. Option 2: Telephone support group training, \$3000 for up to 12 staff. Certification for 4 to 6. Additional staff at \$450. \$750 for up to 2 staff. Certification for 1. Option 3: Individual and TELEPHONE support training. \$3900 for up to 12 staff. Certification for 4 to 6. Additional staff at \$500. \$900 for up to 2. Certification for 1. Participant Materials Each Caregiver receives a Caregiver Notebook, which is available for \$20 from Amazon.com.	Dementia Alzheimer's Disease Behavioral intervention Caregivers Community Caregiver support Caregiver burden Self management Evidence-based Health promotion
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Highest Tier Evidence-Based Health Promotion/Disease Prevention Programs

Resources for Enhancing Alzheimer's Caregiver Health II (Reach II)	http://www.rosalynnrcarter.org/caregiver/intervention_database/dementia/reach_ii_intervention/	- Multi-component psychosocial behavioral intervention to reduce caregiver burden and depression, improve caregivers' ability to provide self-care, provide caregivers with social support, and help caregivers learn how to manage difficult behaviors in care recipients with Alzheimer's disease or related disorders Target Audience: Caregivers of people with Alzheimer's disease and related dementias. Culturally appropriate for ethnically diverse populations.	6-month period 9 home visits and 3 telephone sessions delivered by a certified interventionist 5 telephone support group sessions facilitated by a certified support group leader - Methods used in the intervention include didactic instruction, role-playing, empowerment coaching on problem-solving tasks and managing behavioral problems, skills training, stress management techniques, telephone support groups - Caregiver Notebook listing strategies for management of caregiver and care recipient issues and providing pamphlets and brochures from local and national resources - Participants are provided with educational information, strategies to manage care recipient behaviors, social support, strategies for reframing negative emotional responses, and strategies for enhancing healthy behaviors and managing stress	Certified trained staff	- Classroom instruction (8 to 10 hours), delivered in person or over the internet - Demonstration of mastery of skills is required for certification within one week of the classroom training. - Candidate for certification conducts a "mock" session which includes portions of the risk priority interview, identification of a targeted behavior and problem solving strategies, a stress management technique. A behavioral checklist is completed by the training staff and scored requiring a score of 75% of all possible points for certification to be granted	- Licensing Cost: None - Training Cost: Rosalynn Carter Institute for Caregiving - Off-site at agency location for 1 ½ day training class and certification of up to 4 interventionists: \$5,000 plus travel, lodging and per diems for one Trainer. Includes all training materials (training manual, interventionist field manual, caregiver notebook), monthly consultation calls, and training for up to 4 interventionists. - On-site 1 ½ day training class at RCI in Americus Ga: \$1,250 per participant, includes all training materials (stated above). Next scheduled class can be found on RCI website. - On- or off-site training from VA medical center in Memphis, TN (includes ongoing coaching and consultation): \$10,000 plus travel expenses - Training manual: \$13.50 each - Interventionist manual: \$13.50 each - Group leader manual: \$12.50 each Participant Materials Cost: - Caregiver workbook	- Alzheimer's disease, traumatic brain injury and related disorders - caregiver support - behavioral health - physical health - caregiver burden - self-management - health promotion
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Highest Tier Evidence-Based Health Promotion/Disease Prevention Programs

SHARE (Support, Health, Activities, Resources, and Education) for Dementia	www.bemrose.org Silvia Orsulic-Jeras, MA <i>SHARE Program Manager & Senior Research Analyst II</i> <i>Center for Research and Education</i> Benjamin Rose Institute on Aging 11890 Fairhill Rd. Cleveland, OH 44120-53 ph 216.373.1625 f 216.373.1813 Carol J. Whitlatch, PhD <i>Assistant Director, Center for Research & Education</i> Benjamin Rose Institute on Aging 11890 Fairhill Rd. Cleveland OH 44120-1053 ph 216 373 1629 f 216.373.1813	* Help care partners to communicate effectively, participate in fulfilling activities, and plan for the future * Promote health and well-being, decrease stress, and learn about resources that reflect care partners' values and preferences * Provide education about dementia, how to manage the changes that lie ahead, and creating a balanced plan of care that both care partners can accept Target audience: Persons living with early-stage dementia and their family caregivers	An evidence-based care planning counseling intervention for persons living with early-stage dementia and their family caregivers. Participants work with a SHARE Counselor to identify sources of support (i.e., family, friends, and service providers), in order to build a balanced and realistic plan of care for the future.	SHARE counselors include social workers, counselors, geriatric case managers, and nurses.	All SHARE Counselors receive extensive training from the SHARE Counselor Certified Online Training Course on counseling aging persons, dementia signs and symptoms, caregiving, care values and preferences, and working with both care partners. SHARE Counselors also receive weekly one-on-one coaching sessions with a SHARE Coach to maintain fidelity to study protocols.	SHARE for Dementia is available for purchase from the Benjamin Rose Institute on Aging in Cleveland, Ohio. Not-for-profit professionals or organizations can purchase a single one-year license for \$3,500 with additional licenses available for purchase per counselor. Yearly renewal fees are required for each license. The SHARE Toolkit includes: SHARE Program Manual, SHARE Counselor Certified Online Training Course, SHARE Guide for Families, SHARE Counselor's Guide, SHARE app for iPad (iPad not included), SHARE Magnet Boards and Magnetic Tiles	* Early-stage dementia * Care dyads * Person- and family-centered care * Care Values * Care preferences
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Highest Tier Evidence-Based Health Promotion/Disease Prevention Programs

Stay Active and Independent for Life (SAIL)	http://livingwell.doh.wa.gov Or http://www.synapticseminars.com	- Physical activity program that reduces fall risk factors by increasing strength and improving balance Target Audience: Adults 65+	- An on-going class that meets 3 times per week for one hour. Each class includes warm-up, aerobics, balance activities, strengthening and stretching exercises that can be done seated or standing; and educational components. - Periodic Fitness Checks assess general mobility, arm strength, and leg strength. - SAIL Guides supplement class activities by providing written education information to prevent falls by addressing fall risk factors.	Qualified SAIL Program Leader who has completed SAIL training (certified fitness instructors, exercise science professionals, or licensed health care professionals [e.g. physical/occupational/recreational therapists/assistants])	- Complete 1-day (8 hour) SAIL Program Leader Training OR Complete 10-week online class through Pierce College with Continuing Education Units awarded upon course completion. The online course is available quarterly; see http://www.pierce.ctc.edu/ell-sail-lag for more information. - Background in fitness or exercise science. CPR certified.	- License Fee: None; SAIL is a public-domain program. SAIL Program Leader training: Cost for online course is \$185. http://www.pierce.ctc.edu/ell/sail-register - Refer to http://livingwell.doh.wa.gov or http://synapticseminars.com for further information regarding in- person 1-day training costs/availability. Other costs: equipment (up to 20 armless chairs, up to 20 pairs of adjustable 5lb cuff weights [10lb/ pair]).	- Physical activity - balance program - muscle strength - group setting - health promotion - fall prevention
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Highest Tier Evidence-Based Health Promotion/Disease Prevention Programs

Stepping On	http://www.ncoa.org/improve-health/center-for-healthy-aging/stepping-on.html OR http://wihealthvaging.org/stepping-on	• Offer strategies and exercises to reduce falls and increase self-confidence in making decisions and behavioral change in situations where older adults are at risk of falling • Target Audience: Community-residing, cognitively intact, older adults who are at risk of falling, have a fear of falling or who have fallen one or more times in a year	• 7 weeks • 2 hrs per week • A home visit or follow-up phone call by the program leader, to facilitate follow-through with preventive strategies and to assist with home adaptations • 2-hour booster session after 3 months	• Trained leader • Trained peer leader	• 3-day training for Leaders	• Licensing Cost: - Included in the training cost • Training Cost: - On-site Wisconsin training (which includes the first 3-year license, the Freiberg Press Stepping On Manual, weights and the toolkit, and one fidelity check, by videotape, per Leader): - For Wisconsin residents: \$250 - For non-Wisconsin residents: \$1,500 for up to two people from an organization; \$1,200 for 3+ people - Off-site training: \$12,000 for training up to 20 individuals, PLUS the cost of two flights, hotels, daily food allowance. The local (other state) must arrange for and provide: 20 of the Stepping On Manuals, copying of toolkit and other materials, room rental, snacks/lunches for 3 days, weights, arranging for a expert physical therapist on the first afternoon, getting AV equipment (projector, screen, DVD player, etc.), general training items including easels, flipcharts, nametags, table tent cards, etc., and arranging for Stepping On display and sample display items	• fall prevention • self-management • health promotion
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Highest Tier Evidence-Based Health Promotion/Disease Prevention Programs

Stress-Busting Program for Family Caregivers	www.caregiverstressbusters.org	Program Goals - Improve the quality of life of family caregivers who provide care for people with Alzheimer's disease or other dementias - Help caregivers manage their stress and cope better with their lives Target Audience Family caregivers of people with Alzheimer's disease and related dementias	9 weeks 90 minutes, once a week 6-8 people per group - Multi-component program focuses on stress management, problem solving, support, and education - Each group session consists of a combination of education, discussion, and support as well as learning a stress management technique	2 group facilitators in a small group setting	- Master Trainer training: 16 hours of training (2 days, 8 hours per day) - Certified Master Trainers train group facilitators - Experience with caregiving and/or education or training in Alzheimer's disease	Licensing Cost Single Entity: \$500 (3 years) Multi-Entity: \$1,000 (3 years) Training Cost \$1,500 per Master Trainer (minimum of 2 Master Trainers from each sponsoring agency/organization required to participate in training) - If Master Training is conducted at your location, travel and per diem costs for 2 Lead Trainers to be reimbursed by sponsoring organization. - Training supplies (Training program manual, Facilitators' manual, Caregiver handbook, Facilitators' CD, Meditation CD, Relaxation Strategies and Caregiver Journey DVDs: \$100) Participant Materials Cost - Caregiver handbook, Meditation CD, Relaxation Strategies DVD: \$35	- Alzheimer's disease and related dementias - caregiver stress - self-management - stress management - health promotion
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Highest Tier Evidence-Based Health Promotion/Disease Prevention Programs

Tai Chi for Arthritis	http://tai-chi-for-arthritis-institute.org For more details on Tai Chi for Arthritis information and guidance, see https://www.ncoa.org/resources/tai-chi-arthritis-program-information-guidance/	• Improve movement, balance, strength, flexibility, and relaxation • Decrease pain and falls • Target Audience: Adults with or without arthritis, rheumatic diseases or related musculoskeletal conditions. The program is appropriate for people with mild, moderate and severe joint involvement and back pain. It is especially appropriate for adults who have a higher risk of falling.	• Attend a minimum of 16 hours of Tai Chi per week. (One hour per week for 16 weeks or 2 hours per week for 8 weeks.) • Must be led by a certified Tai Chi for Health Institute instructor. • Strongly encourage participants to practice the Tai Chi program at home for half an hour daily, at least four days per week. This can be done in one half hour session or two fifteen minute sessions. • Participants must attend at least one in-person class per week. • An instructional DVD is available to help guide learning and home practice as well as other educational aids such as books, the handbook, and wall charts. • Developed by Dr. Paul Lam, the program utilizes Tai Chi's Sun style for its ability to improve relaxation, balance, and its ease of use for older adults. The movements are taught to both left and right sides and with turns to move forward and backward to improve mobility and offer a variety of combinations.	• Tai Chi for Health certified instructors	• Contact a master trainer to schedule an instructor training workshop: http://tai-chi-for-arthritis-institute.org/instructors/master-trainers/?region=&region=Find • Recertification training every 2 years (one-day training) • CPR certified	• Licensing Fee: None • Training Cost: Approximately \$275 per participant. Includes Teaching Tai Chi Effectively Book and Tai Chi for Arthritis DVDs • Participant Cost: Varies by facility. Tai Chi DVD(s) are available at the Tai Chi Productions website for practice at home: http://usa.tai-chi-productions.com/categories/instructional-DVDs/Health-DVDs/	• physical activity • arthritis • chronic condition • group setting • health promotion • balance • relaxation
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Highest Tier Evidence-Based Health Promotion/Disease Prevention Programs

Tai Chi Quan: Moving for Better Balance (TJQMBB)	www.tjqmbb.org OR For more details on TJQMBB information and guidance, see https://www.ncoa.org/resources/tai-chi-quan-moving-better-balance-program-information-guidance/	• Improve balance, strength, and performance in functional walking activities; • Prevent falls • Target Audience: Community-dwelling older adults and people with a history of falls, balance disorders, leg muscle weakness, abnormal gait or walking difficulty.	• Attend TJQMBB a minimum of 48 hours, preferably through one 24 week class, twice a week. Two 12 week classes meeting twice a week for an hour per session are not recommended but are permitted as long as the program follows the protocol for weeks 1-24 as outlined in the Class Teaching Plan. • The duration of each session is 60 minutes. • TJQMBB uses an 8 form Tai Ji Quan core aimed at improving postural stability, awareness, and mindful control of body positioning in space, functional walking, movement symmetry and coordination, range of motion around the ankle and hip joints, and lower-extremity muscle strength. • Recommended class size is 8-10 participants for new instructors and 10-15 for experienced instructors.	• Qualified Tai Ji Quan: Moving for Better Balance instructors	• 2-day training • 3 one day follow-up refresher courses are highly recommended with the first conducted within 1 month of the initial 2-day training, the second within 2 months, and the third within 4 months. • For additional information, visit https://tjqmbb.org/ or contact Dr. Fuzhong Li at fuzhong@ori.org.	• To learn more about costs visit: http://tjqmbb.org/ProgramMaterials/Implementation%20Plan%20V%201.0.pdf	• fall prevention • balance program • group setting • self-management • health promotion
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Highest Tier Evidence-Based Health Promotion/Disease Prevention Programs

TCARE® Support System (Tailored Caregiver Assessment & Referral®)	www.tcarenavigator.com TCARE Navigator, LLC Mequon, Wisconsin 262.643.4740	• Goals: • Reduce caregiver depression • Reduce caregiver stress and burnout • Increase positive outcomes associated with caregiving • Reduce placement of care receiver in an alternate care setting • Reduces hospital readmissions • Improves quality of life • Improves legal, financial and medical planning • Improves employee retention and productivity • Target Audience: Professionals working with family caregivers • New Populations Being Looked at: Hispanic/Latino, Korean, Hmong, Pacific Islanders, Developmentally Disabled, Grandparents Raising Grandchildren and Child Welfare	• TCARE® is an evidence-based care management support software system that was built on 30 years of research in the field. • Grounded in the Caregiver Identity Change Theory developed by Dr. Rhonda JV Montgomery and Karl Kosloski. • A six-step care management process that was designed to help care managers efficiently triage resources and services available within a community to effectively address the caregivers' needs. • Promotes informed choice • Self-Assessment On-line Screener • Web-based software • Software linked to local, regional and national resource databases • TCARE® is licensed to TCARE Navigator, LLC by the University of Wisconsin-Milwaukee Research Foundation	• Trained TCARE Assessor and/or TCARE Trainers. • Certification and licensing is completed by TCARE® Navigator.	• TCARE® Assessor: Complete; -2-day TCARE® Assessor Training, -2 case studies -2 webinars -Certification Exam. • TCARE® Trainer: Must be a Licensed TCARE® Assessor and complete; -2-day Train-the-Trainer Training -Conduct a mentored TCARE® Assessor Training with TCARE® Navigator Trainers.	• Training Costs: • 8-12 Trainees: \$16,000 (plus travel expenses for TCARE® Trainers) • Individual: \$1,800 (plus travel) • Training Costs Include; -User and Training Manuals -Meals and snacks for morning and afternoon -Certification -License for first year • Licensing Cost: • First year licensing cost is included in Training Costs • For Annual Licensing fees, please contact TCARE Navigator, LLC. • License Cost Includes: -Use of TCARE® for one year -Access to web-based software -Ongoing support	• caregiver • care management • identity discrepancy • burden • stress • placement • health promotion • resources • informed choice • care plan
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Highest Tier Evidence-Based Health Promotion/Disease Prevention Programs

Walk with Ease (group program and self-directed program)	http://www.arthritis.org/www	• Reduce pain and discomfort of arthritis, increase balance and strength, build confidence in the ability to be physically active and improve overall health among older adults. Designed to decrease disability and improve arthritis symptoms, self-efficacy, and perceived control, balance, strength, and walking pace • Target Audience: Community-dwelling older adults with arthritis and other chronic conditions, such as diabetes, heart disease and hypertension	• Community-based group program: - 6 weeks - 1 hour, 3 times a week - 12-15 recommended participant group size • Self-directed program that combines self-paced walks with health-topic related discussion also available: - 6 weeks - 30 min, 3 times a week	• Certified instructor	• Either 3-4 hour in-person Arthritis Foundation training workshop or online training • CPR certification required • First aid certification recommended	• Licensing Cost: None • Training Cost: \$50-\$75, includes all manuals, books and posters: - Online workshop registration: \$50 per leader - For In-Person 3-4 hour training workshop: Approx \$50-\$75 per leader. Consider related expenses, such as room rental and trainer travel. • Participant Materials Cost: - Book: \$11.95 (bulk discount available for qty's over 100) - Kits are optional • For self-directed program: - Walk with Ease participant guide book: \$11.95. Participants can use free online Movement Tracker to record progress and track goals	• physical activity • arthritis • balance program • group setting • self-directed • self-management • health promotion
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Highest Tier Evidence-Based Health Promotion/Disease Prevention Programs

Wellness Recovery Action Plan (WRAP®)	www.copelandcenter.com Katie Wilson: (802) 254-5335 katiejwilson@gmail.com	Goals: - o Increased self-agency - o Decreased anxiety and depression - o Increased hopefulness - o Increased patient self-advocacy - o Decreased daily disruption physical and mental health conditions - o Enhanced social support - o Improved self-esteem - o Improved management of addictive behaviors - o Decreased dependency on utilization of formal health care support services - o Improved quality of life Target Audience: WRAP is used primarily by people with mental illnesses of varying severity and people coping with various health issues (such as arthritis, diabetes, Hepatitis C, HIV)	An evidence-based manualized group intervention for illness self-management delivered in a self-help group context (in-person or online). WRAP guides participants through the process of identifying and understanding their personal wellness resources ("wellness tools"), and then helps them to develop an individualized plan to use these resources to manage daily stress and symptoms. Group sessions meet: - o 2.5 hours sessions for 8 weeks with 8-12 participants - o 2 full days with 20-25 participants - o 3 full days with 25-50 participants - o Online interactive 4-week online sessions with individual assignments and participation in online discussion boards between sessions. 8-12 participants	o 2 Trained and certified WRAP Facilitators	- o WRAP Facilitators are trained in a standardized 5-day course by 2 Advanced Level WRAP Facilitators. Pre-requisite is attending a WRAP group and developing a personalized WRAP Plan. - o Advanced Level WRAP Facilitators are trained in a 5-day course through Copeland Center for Wellness and Recovery, including required knowledge assessment, completion of 4 practicums, and submission of a mentoring plan. Pre-requisite is to complete a WRAP facilitator course, overview of WRAP, and submission of at least 15 evaluations from at least 3 different facilitated WRAP groups. - o WRAP Facilitators and Advanced Level Facilitators must attend a refresher course at least once every 2 years.	Staff Training Costs (Please see website for current training costs) • Seminar I Course: \$500 per person (WRAP book included) • Facilitator Seminar II Course: \$1300 per person (instructor manual and materials included) • Advanced Level Facilitator Seminar III Course: \$1500 per person (materials included) • Facilitator Training Manual (includes CD-ROM and DVD) = \$129.00 (available in English and Spanish) • Wellness Recovery Action Plan (WRAP) = \$10 (available in English, Spanish, Chinese, Cambodian, Korean, Vietnamese) Intervention Costs: 8-week format for 12 participants • 2 WRAP Facilitators @ \$25/hour (inclu travel): 20 hours instruction time (2.5 hours/week * 8 weeks); 16 hours prep time (2 hour/week * 8 weeks); 4 hours post-group to complete values & ethics checklist & debrief (30 minutes per week * 8 weeks) = 40 hours * \$25/hour * 2 staff = \$2000 • Cost of 12 WRAP participant booklets @ \$10 = \$120	- o self-management - o emotional health - o behavioral health - o chronic conditions - o cross-disability - o health promotion - o wellness - o emotional recovery - o improve daily functioning - o addictions - o at-risk substance abuse - o group setting - o trauma recovery - o self-efficacy - o self-advocacy - o prevention - o transition-age youth
Wellness Recovery Action Plan (WRAP®)							

Highest Tier Evidence-Based Health Promotion/Disease Prevention Programs

Chronic Disease Self-Management Program (CDSMP)	http://patienteducation.stanford.edu/programs/cdsmp.html	• Enable participants to build self-confidence to take part in maintaining their health and managing their chronic health conditions, such as hypertension, arthritis, heart disease, stroke, lung disease, and diabetes • Target Audience: Adults with chronic health conditions	• 6 weeks • 2.5 hours per week • Program provides information and teaches practical skills on managing chronic health problems	• Workshops are facilitated from a highly detailed manual by two trained Leaders, one or both of whom are peer leaders with a chronic disease	• 4.5 days of facilitator training and certification, either at Stanford or off-site • Update training is also available for active certified CDSMP Master Trainers and/or T-Trainers • Cross-training is available for other programs once trained as Master Trainers for CDSMP or Tomando Control de su Salud	• Licensing Cost (3-year): - Single Program License Cost: If offer only one Stanford Program in one language: \$500 for offering 30 or fewer workshops and 6 Leader trainings; \$1,000 for offering 90 or fewer workshop and 12 Leader trainers - Multiple Program License Cost: \$1,000.00 for offering up to 75 total (all programs combined) workshops and 6 Leaders trainings; \$1,500.00 for offering up to 120 total (all programs combined) workshops and 12 Leaders trainings - Custom agreements: min of additional \$1,000 • Training Cost: - On-site Stanford University training (4.5 days, includes all materials): \$1,600 per health professional; \$900 for a lay person with a chronic disease - Off-site 4.5 day training (request 4-6 months in advance): \$16,000 (\$10,000 to Stanford, \$6,000 for two trainers), excludes additional costs such as materials and transportation for two trainers - Web-based update training: \$250 • Participant Materials Cost: - CDSMP Book: \$18.95 (bulk pricing is available) - Relaxation tape/CD: \$12 each	• physical activity • chronic disease • chronic condition • group setting • self-management • health promotion
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Highest Tier Evidence-Based Health Promotion/Disease Prevention Programs

Tomando Control de su Salud (Spanish Chronic Disease Self-Management Program)	http://patienteducation.stanford.edu/programs_spanish/tomando.html	• Culturally appropriate chronic disease self-management program for Spanish speakers. Participants do not need to read Spanish. • Target Audience: Spanish-speaking adults with chronic health conditions	• 6 weeks • 2.5 hours per week • Spanish-speaking people with different chronic health problems attend together	• Workshops are facilitated by two trained leaders, one or both of whom are non-health professionals with a chronic diseases themselves. • All workshops are given in Spanish without translators	• Leaders and trainers must both speak and read Spanish fluently • 4.5 days of facilitator training and certification at Stanford. All training is conducted in Spanish without interpreters. • 1.5 day on-site cross-training is available at Stanford to those who have already completed the English CDSMP training • Cross-training is available for other programs once trained as Master Trainers for CDSMP or Tomando Control de su Salud • Web-based cross training available. Webinars are conducted in Spanish. Prerequisite: in-person CDSMP training.	• Licensing Cost (3-year): - Single Program License Cost: if offer only one Stanford Program in one language: \$500 for offering 30 or fewer workshops and 6 Leader trainings; \$1,000 for offering 90 or fewer workshop and 12 Leader trainers - Multiple Program License Cost: \$1,000.00 for offering up to 75 total (all programs combined) workshops and 6 Leaders trainings; \$1,500 for offering up to 120 total (all programs combined) workshops and 12 Leaders trainings - Custom agreements: min of additional \$1,000 • Training Cost : - On-site Stanford University training (4.5 days, includes all materials): \$1,600 per health professional; \$900 for a lay person with a chronic condition - On-site 1.5 day cross-training: \$700. Must have first completed on-site Chronic Disease Self-Management Program (CDSMP) training - Off-site training: \$16,000 (\$10,000 to Stanford, \$6,000 for two trainers), excludes additional costs such as materials and transportation for two trainers (for details: http://patienteducation.stanford.edu/training/trnfees.html) - Off-site 2 day cross-training: \$6,400 (\$4,000 to Stanford, \$2,400 for two trainers)	• physical activity • chronic disease • chronic condition • Spanish-speaking only • self-management • health promotion
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Highest Tier Evidence-Based Health Promotion/Disease Prevention Programs

Tomando Control de su Salud (continued)						▪ Participant Materials Cost: - All in Spanish - Book: \$18.95 (bulk pricing is available- Bulk Pr. Av.) - Audio relaxation tape/CD: \$9.60-\$12 each (Bulk Pr. Av.) - Audio exercise tape/CD: \$9.60-\$12 each (Bulk Pr. Av.)
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Highest Tier Evidence-Based Health Promotion/Disease Prevention Programs

Diabetes Self-Management Program (DSMP)	http://patienteducation.stanford.edu/programs/diabeteseng.html	- Teaches the skills needed in the self-management of diabetes and to maintain and/or increase life's activities Target Audience: Adults with type-2 diabetes	6 weeks 2.5 hours per week (12-16 people with type-2 diabetes)	Workshops are facilitated from a highly detailed manual by two trained Leaders, one or both of whom are peer leaders with diabetes	4.5 days of facilitator training and certification, either at Stanford or off-site - Web-based cross-training for Diabetes Self-Management is available for those who have previously completed the full on-site Chronic Disease Self-Management Program (CDSMP) training - Cross-training is available for other programs once trained as Master Trainers for CDSMP or Tomando Control de su Salud - Web-based cross training available. Prerequisite: in-person CSMP training	- Licensing Cost (3-year): - Single Program License - Cost: If offer only one Stanford Program in one language: \$500 for offering 30 or fewer workshops and 6 Leader trainings; \$1,000 for offering 90 or fewer workshop and 12 Leader trainers - Multiple Program License - Cost: \$1,000.00 for offering up to 75 total (all programs combined) workshops and 6 Leaders trainings; \$1,500.00 for offering up to 120 total (all programs combined) workshops and 12 Leaders trainings - Custom agreements: min of additional \$1,000 - Training Cost: - On-site Stanford University training (4.5 days, includes all materials): \$1,600 per health professional, \$900 for a lay person with diabetes - Off-site training: \$16,000 (\$10,000 to Stanford, \$6,000 for two trainers), excludes additional costs such as materials and transportation for two trainers - Off-site 2 day cross-training: \$6,400 (\$4,000 to Stanford, \$2,400 for two trainers) - Web-based cross-training available: \$450. Must have first completed on-site Chronic Disease Self-Management Program (CDSMP) training - Participant Materials Cost: - Book: \$18.95 (bulk pricing is available- Bulk Pr. Av.) - Audio relaxation tape/CD: \$12 each - Audio exercise tape/CD: \$12	- diabetes - chronic condition - group setting - medication management - self-management - health promotion
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Highest Tier Evidence-Based Health Promotion/Disease Prevention Programs

Programa de Manejo Personal de la Diabetes (Spanish Diabetes Self-Management Program)	http://patienteducation.stanford.edu/programams_spanish/diabetesspan.html	• Culturally appropriate diabetes self-management program for Spanish speakers. Participants do not need to read Spanish. • Target Audience: Spanish-speaking adults with type-2 diabetes	• 6 weeks • 2.5 hours per week • Spanish-speaking people with type 2 diabetes attend the program in groups of 12-16. Participants may also bring a family member or friend.	• Workshops are facilitated from a highly detailed manual by two trained leaders, one or both of whom are peer leaders with diabetes • All workshops are given in Spanish without translators	• Leaders and trainers must both speak and read Spanish fluently • 4.5 days of facilitator training and certification, either at Stanford or off-site. All training is conducted in Spanish without interpreters. • Web-based cross-training is available for those who have already completed Tomando Control de su Salud (Spanish Chronic Disease Self-Management Program) training • Cross-training is available for other programs once trained as Master Trainers for CDSMP or Tomando Control de su Salud • Web-based cross training available. Webinars are conducted in Spanish. Prerequisite: in-person CSMP training	• Licensing Cost (3-year): - Single Program License Cost: If offer only one Stanford Program in one language: \$500 for offering 30 or fewer workshops and 6 Leader trainings; \$1,000 for offering 90 or fewer workshop and 12 Leader trainers - Multiple Program License Cost: \$1,000.00 for offering up to 75 total (all programs combined) workshops and 6 Leaders trainings; \$1,500 for offering up to 120 total (all programs combined) workshops and 12 Leaders trainings - Custom agreements: min of additional \$1,000 • Training Cost : - On-site Stanford University training (4.5 days, includes all materials): \$1,600 per health professional, \$900 for a lay person with diabetes - Off-site training: \$16,000 (\$10,000 to Stanford, \$6,000 for two trainers), excludes additional costs such as materials and transportation for two trainers - Off-site 2 day cross-training: \$6,400 (\$4,000 to Stanford, \$2,400 for two trainers) - On-site 1.5 day cross-training: \$700. Must have first completed on-site Chronic Disease Self-Management Program (CDSMP) training - Web-based cross-training available: \$350. Must have	• diabetes • chronic condition • group setting • medication management • nutrition • Spanish-speaking only • self-management • health promotion
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Highest Tier Evidence-Based Health Promotion/Disease Prevention Programs

Arthritis Self-Management (Self-Help) Program (ASMP)	http://patienteducation.stanford.edu/programs/asmp.html	- Enable participants to build self-confidence to take part in maintaining their health and managing their rheumatic diseases. People with different types of rheumatic diseases, such as osteoarthritis, rheumatoid arthritis, fibromyalgia, lupus, and others, attend together Target Audience: Adults with rheumatic diseases	6 weeks 2 hours per week	Workshops are facilitated by two trained leaders, one or both of whom are non-health professionals who have arthritis	4.5 days of facilitator training and certification at Stanford - All ASMP leaders must first take CDSMP leader training and then a cross-over training that will be offered by webinar. Cross-trainings are held online in a web-based environment. - Web-based update training is also available for active certified ASMP leaders	Licensing Cost (3-year): Single Program License Cost: If offer only one Stanford Program in one language: \$500 for offering 30 or fewer workshops and 6 Leader trainings; \$1,000 for offering 90 or fewer workshop and 12 Leader trainers Multiple Program License Cost: \$1,000.00 for offering up to 75 total (all programs combined) workshops and 6 Leaders trainings; \$1,500 for offering up to 120 total (all programs combined) workshops and 12 Leaders trainings - Custom agreements: min of additional \$1,000 Training Cost : - On-site Stanford University training (4.5 days, includes all materials): \$1,600 per health professional; \$900 for a lay person with arthritis 1 day cross-training: \$4,200 (\$3,000 to Stanford, \$1,200 for two trainers) - Web-based cross-training available: \$350.00. Must have first completed on-site Chronic Disease Self-Management Program (CDSMP) training - Participant Materials Cost: - Arthritis Book: \$18.95 - Audio relaxation tape/CD: \$12	- arthritis - chronic condition - group setting - self-management - health promotion
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Highest Tier Evidence-Based Health Promotion/Disease Prevention Programs

Programa de Manejo Personal de la Artritis (Spanish Arthritis Self-Management Program) http://patienteducation.stanford.edu/programs_spanish/asmpesp.html	• Culturally appropriate rheumatic disease self-management program for Spanish speakers. Participants do not need to read Spanish. • Target Audience: Spanish-speaking adults with rheumatic diseases	• 6 weeks • 2 hours per week • Spanish-speaking people with different kinds of arthritis and other rheumatic diseases attend together	• Workshops are facilitated by two trained leaders, one or both of whom are non-health professionals with arthritis or other rheumatic disease • All workshops are given in Spanish without translators	• No regular training – contact self-manage-training@stanford.edu for additional info	• Licensing Cost (3-year): - Single Program License - Cost: If offer only one Stanford Program in one language: \$500 for offering 30 or fewer workshops and 6 Leader trainings; \$1,000 for offering 90 or fewer workshop and 12 Leader trainers - Multiple Program License - Cost: \$1,000.00 for offering up to 75 total (all programs combined) workshops and 6 Leaders trainings; \$1,500.00 for offering up to 120 total (all programs combined) workshops and 12 Leaders trainings - Custom agreements: min of additional \$1,000 • Training Cost : - Contact Stanford: self-management@stanford.edu • Participant Materials Cost - All in Spanish - Book: \$16.95 (bulk pricing is available- Bulk Pr. Av.) - Audio relaxation tape/CD: \$9.60-\$12 each (Bulk Pr. Av.) - Audio exercise tape/CD: \$9.60-\$12 each (Bulk Pr. Av.)	• arthritis • chronic condition • group setting • Spanish-speaking only • self-management • health promotion
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Highest Tier Evidence-Based Health Promotion/Disease Prevention Programs

Chronic Pain Self-Management Program (CPSMP)	http://patienteducation.stanford.edu/programs/cpsmp.html Email Contact: info@cpsmp.com	- Provides information and teaches practical skills for managing the challenges of living with chronic pain. Target Audience: Adults with chronic pain	6 weeks 2.5 hours once a week 10-16 participants per group - Program is for people who have a primary or secondary diagnosis of chronic pain. Pain is defined as being chronic or long term when it lasts for longer than 3 to 6 months, or beyond the normal healing time of an injury. - People with all types of non-cancer chronic pain conditions are welcomed. If people have pain due to arthritis, diabetes or HIV/AIDS, it is recommended that they take the program specific to their condition before CPSMP.	Highly interactive and participative workshops are facilitated by two trained leaders, one or both of whom are non-health professionals with chronic pain	4 days of on-site facilitator training and certification in Toronto, Canada 1.5 day cross-training for Chronic Pain Self-Management (CPSMP) is available for those who have previously completed the full on-site Chronic Disease Self-Management Program (CDSMP) training - Cross-training is available for other programs once trained as Master Trainers for CDSMP or Tomando Control de su Salud - Web-based cross training available. Prerequisite: in-person CSMP training	Licensing Cost (3-year): Single Program License Cost: If offer only one Stanford Program in one language: \$500 for offering 30 or fewer workshops and 6 Leader trainings; \$1,000 for offering 90 or fewer workshop and 12 Leader trainers Multiple Program License Cost: \$1,000 for offering up to 75 total (all programs combined) workshops and 6 Leaders trainings; \$1,500 for offering up to 120 total (all programs combined) workshops and 12 Leaders trainings - Custom agreements: min of additional \$1,000	- chronic pain - chronic condition - group setting - self-management - health promotion
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Title III-D Highest Tier Evidence-Based Health Promotion/Disease Prevention Programs

CPSMP (continued)						▪ Training Cost: - On-site training by LeFort Cardas & Associates, Toronto, Canada (4 days, includes all materials, snacks and lunch): \$1,600 per health professional; \$900 for a lay person with chronic pain - On-site 1.5 day cross training by LeFort Cardas & Associates in Toronto, Canada is also available: \$700 per participant - Web-based cross-training conducted over 2 weeks (includes viewing on-line videos of 10 CPSMP activities, homework assignments, and participation in 2 webinars): \$450. Must have first completed on-site Chronic Disease Self-Management Program (CDSMP) training. - <i>Note: Both on-site full and cross training can be arranged to be delivered at various venues by contacting info@cpsmp.com</i> ▪ Participant Materials Cost: - Chronic Pain Book: \$17.50 plus tax (<i>bulk pricing is available for over 300 copies</i>)	
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Title III-D Highest Tier Evidence-Based Health Promotion/Disease Prevention Programs

Positive Self-Management Program for HIV (PSMP)	http://patienteducation.stanford.edu/programs/psmp.html	• Help individuals actively participate in their HIV disease and symptom management • Target Audience: Adults living with HIV	• 7 weeks • 2.5 hours once a week • Interactive, group program provides skills and techniques to improve and maintain physical and mental health for individuals with HIV	• Facilitated by two trained leaders, one or both of whom are non-health professionals with HIV	• 4.5 days of facilitator training and certification, either at Stanford or off-site • Cross-training for PSMP (HIV) is available for those who have previously completed the full on-site Chronic Disease Self-Management Program (CDSMP) training • Cross-training is available for other programs once trained as Master Trainers for CDSMP or Tomando Control de su Salud • Web-based cross training available. Prerequisite: in-person CSMMP training • Bilingual trainees may attend the English cross- training and purchase a license for the Spanish or Japanese versions. The Spanish and Japanese versions are translations that are so similar to the English PSMP that additional training is not required.	• Licensing Cost (3-year): - Single Program License Cost: If offer only one Stanford Program in one language: \$500.00 for offering 30 or fewer workshops and 6 Leader trainings; \$1,000 for offering 90 or fewer workshop and 12 Leader trainers - Multiple Program License Cost: \$1,000 for offering up to 75 total (all programs combined) workshops and 6 Leaders trainings; \$1,500 for offering up to 120 total (all programs combined) workshops and 12 Leaders trainings - Custom agreements: min of additional \$1,000 • Training Cost : - On-site Stanford University training (4.5 days, includes all materials): \$1,600 per health professional; \$900 for a lay person with HIV - Off-site training: \$16,000, excludes additional costs such as materials, transportation for two trainers - 1 day cross-training: \$4,200 (\$3,000 to Stanford, \$1,200 for two trainers) - Web-based cross-training available: \$350. Must have first completed on-site Chronic Disease Self-Management Program (CDSMP) training • Participant Materials Cost - Book: \$18.95 (bulk pricing is available) - Audio relaxation tape/CD: \$12	• HIV • chronic condition • group setting • self-management • health promotion
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Title III-D Highest Tier Evidence-Based Health Promotion/Disease Prevention Programs

Workplace Chronic Disease Self-Management Program (wCDSMP) (also known as “Live Healthy, Work Healthy”)	https://www.selfmanagementresource.com/programs/small-group/workplace-chronic-disease-self-management/	- Enable participants to build self-confidence to take part in maintaining their health and managing their chronic health conditions, such as hypertension, arthritis, heart disease, stroke, lung disease, and diabetes - Target Audience: Employed adults with chronic health conditions	6 weeks - Meets twice a week, 1 hour per session - Program provides information and teaches practical skills about managing chronic health problems	- Workshops are facilitated from a highly detailed manual by two trained Leaders, one or both of whom are peer leaders with a chronic disease - Preferably delivered at the worksite - Delivered on or off work time	4.5 days of facilitator training and certification, either at SMRC or off-site - Online cross-training is available once trained as Master Trainers for CDSMP or Tomando Control de su Salud	Licensing Cost (3-year): - Single Program License Cost: If offer only one SMRC: \$500 for offering 20 or fewer workshops and 2 Leader trainings; \$1,500 for offering 50 or fewer workshop and 3 Leader trainers - Umbrella licenses for multiple licenses or large agencies. Contact licensing@selfmanagementresource.com Training Cost : - On-site Stanford University training (4.5 days, includes all materials): \$1,800 per health professional; \$1,000 for a lay person with a chronic disease - Off-site 4.5 day training (request 4-6 months in advance): \$16,000 (\$10,000 to Stanford, \$6,000 for two trainers), excludes additional costs such as materials and transportation for two trainers Participant Materials: CDSMP Book: \$18.95 (bulk pricing is available) Relaxation tape/CD: \$12 each	- worksite wellness - employee health - physical activity - chronic disease - chronic condition - group setting - self-management - health promotion
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Title III-D Highest Tier Evidence-Based Health Promotion/Disease Prevention Programs