



## Self-Management During COVID-19

### Guidance #8

Updated February 4, 2021

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- **Please note that SMRC has a new address:** P.O. Box 219, Aptos, CA 95001 USA
  - **This guidance is an addendum to the previous guidances.**
  - **There are updates about website, programs and manuals**
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- The following Tool Kits and Phone Scripts are now available: CDSMP English and Spanish, Diabetes English and Spanish, Pain English. Tool Kits can be ordered by contacting Emily at Bull Publishing: Emily Sewell [emily@bullpub.com](mailto:emily@bullpub.com).
- Phone scripts for the Tool Kits may be requested by emailing [manuals@selfmanagementresource.com](mailto:manuals@selfmanagementresource.com)  
**Please be sure to tell us which scripts and which language you are requesting.**
- Remember that we **now expect everyone** to be using the 2020 CDSMP. This includes using the 2020 edition of *Living a Healthy Life with Chronic Conditions*.
- We plan to start update training for the 2021 Tomando in late March. The updated book, *Tomando Control de su Salud, 5<sup>th</sup> Edition* can be ordered from Bull Publishing now. The updated Tomando program is now more similar to the 2020 version of CDSMP; therefore there will be no update training, but only a short orientation to go over the differences in the manuals. Please watch the website for training/orientation dates. Everyone who takes this orientation must have first completed an update for the 2020 CDSMP and be an active Tomando facilitator.
- We will have an updated English Chronic Pain Self-Management Program about May. along with an updated *Living a Healthy Life with Chronic Pain*. The Spanish program will follow, but probably not before the end of the year. An update training will be necessary to use the revised CPSMP.
- There is no update to Diabetes as this was done a couple of years ago. Manuals were corrected in December with 2020 book page numbers and the changes made in the nutrition activities because of the formatting changes for the food guides in the 2020 book. Manuals will be available to download from our new website in a couple of weeks.

## Participant Virtual Workshops

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- Participant virtual workshops should be 8-12 people, but we will allow a minimum of 6. Less than 8 could negatively affect the group process/interaction.
- All participants must come from geographic areas served by your licensed agency, or in the case of umbrella licenses, those agencies named on your license.
- You may have up to two participants in each workshop from outside your “territory” but cannot charge for these people except for materials.

## CDSMP Update Training for Master Trainers and Leaders

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SMRC will continue to offer 2020 CDSMP Update training into the first part of the new year. However, these will be completed by midyear. After that time no updates will be available. Master Trainers must take this update training from SMRC through the update webinar. Leaders may also take this training but may also be updated virtually by Master Trainers who have completed their additional certification to train Leaders using the virtual platform.

## Virtual Leader Training

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SMRC is will continue to offer virtual leader trainings (both English and Spanish) as demand requires. We have also now updated about 200 Master Trainers to offer virtual Leader training. If you wish to offer virtual Leader training but are missing a Master Trainer, let SMRC know and we will try to find one for you. If you only have a couple of people who need Leader training or have a couple of spots (no more than two) in your Leader training, let Linda know and she will try to do matching. [linda@selfmanagementresource.com](mailto:linda@selfmanagementresource.com)

- We will continue to offer virtual certification trainings for **active** Master Trainers about once a month. We will post the details to the list serves and the website training calendar as these become available. Master trainers may not offer Leader training until they have taken this virtual certification webinar. To attend you must have served as a Leader in at least one virtual SMRC workshop. (Tool Kit + Phone workshops do not count.)
- For the very few of you who attended master training in the past 12 months but have not facilitated a workshop, you must complete two virtual workshops before you take the MT virtual certification webinar and submit your certification form to SMRC.
- Once you have taken the certification webinar, you can train new virtual Leaders, cross-train and update active Leaders virtually.

## What does virtual Leader training look like?

- The training is 7 weeks. Week one is Session 0. Weeks 2-7 have two 2.5-hour sessions a week.
- The first session each week is a regular participant workshop, and the second session is all the “hats on” activities such as how do you do this, questions, scenarios, and practice teaches.
- **Leader trainings are limited to 12 people.** There is a *Master Trainer’s Manual* for vCDSMP Leader training which you will be given as part of the virtual certification webinar. (We do not have virtual manuals for our other programs but if you look at the virtual CDSMP manual you will be able to see how virtual training differs from in-person and can adapt the manuals to do new Leader training in the other programs. You should find it very easy to switch from in-person to online, virtual training.

## Who can we train?

- New Leaders who will facilitate the virtual workshop for your organization.
- If you have an umbrella license, Leaders for any organization named on your license.

## Can we train people from other organizations?

- You may have no more than **two people** from other organizations in any one training.
- You are responsible for finding out if they come from actively licensed organizations. (Ask to see their current license).
- If you charge more than \$75.00, you must notify SMRC and remit 25% of the fee to SMRC.
- If another organization asks you to train for them, as in the past, contact SMRC. **Do not make any commitment to train without contacting SRMC first.**  
[training@selfmanagementresource.com](mailto:training@selfmanagementresource.com)

## **Master Training for vCDSMP**

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### Existing Active MTs

1. Facilitate one virtual workshop.
2. Take the SMRC MT virtual certification webinar.
3. You are good to go!

### New Master Trainers who are current active Leaders

1. Must have facilitated at least two workshops (of any SMRC Program), one of which must

be virtual.

2. Must attend a 3-session Virtual Master Training Program. (The first of these will be offered in March.)
3. Submit their Master training certificate to SMRC.

### **New MTs (have never been trained)**

Potential Master Trainers must:

1. Attend a virtual Leader training.
2. Facilitate 2 virtual workshops.
3. Attend a 3-session virtual master training coordinated through SMRC. We will begin offering these in March.
4. Submit their Master Trainer certification form to SMRC.
5. Then they can train Leaders.

### **Existing T-Trainers**

SMRC will be using some current T-Trainers to help with Leader and Master Trainer trainings (yes you will get paid but you are not going to get rich). Once you have met the requirements for existing MTs above and then have done a virtual Leader training, let Virginia know if you are interested. [virginia@selfmanagementresource.com](mailto:virginia@selfmanagementresource.com)

### **Recruitment**

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We know is that one of the best ways to recruit for this or any other virtual class is to send emails directly to potential participants with links. If you have access to such an email list from senior centers, churches, service clubs, health care organizations, villages, use them. If you want suggestions or help, let Kate know. [kate@selfmanagementresource.com](mailto:kate@selfmanagementresource.com)

- It has recently come to our attention that there are very few weekend workshops. This is the time that seniors and others have less to do and had traditionally been a great time to offer workshops. Think about times you have not tried before, such as Sunday afternoons.

### **Building Better Caregivers: Help to build the evidence**

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If you serve a rural area anywhere in the United States or know caregivers living in rural areas, the University of California San Francisco is conducting a study of our existing internet-based

Building Better Caregivers program. This study is for adults caring for someone with dementia (thinking problems). It is free. The VA has nationally used the program for several years. For information or to sign up for the study, go to <https://caregiverproject.ucsf.edu/>

**Reminder:** Licensed organizations can also do BBC in person or virtually, as well as other SMRC programs. Cross-training is available. If interested, contact SMRC. [licensing@selfmanagementresource.com](mailto:licensing@selfmanagementresource.com)

## Coming!

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- ! **Coming very soon — A new updated website!** As often happens with these things, we are a little later than we hoped, but it really is right around the corner now! It will look a lot like the current website but underneath it will be able to do lots of tricks that will make life much easier for all of us. For starters, you will be able to set a new password yourself when you forget yours, and you will be able to download manuals and slides from the trainer or licensee portal. As we get this new website up and running there will be a learning curve for both SMRC and you. You will get a personal email to the address we have in our database when it is up. We will also announce on the list serves.
- ! **Coming Now** — We are taking part in a national evaluation conducted by the EBLC to determine the effectiveness of SMRC programs when offered either online or mailed tool kits with telephone. The three SMRC programs to be evaluated are:
  - Virtual CDSMP (English) via Zoom or other platform
  - Virtual DSMP (English) via Zoom or other platform
  - CPSMP via Tool Kit with telephone calls (English).

**We are looking for 200 people per program.** Participants will fill out an online questionnaire before starting the program, and again at six months and one year. (If people do not have access to a computer, we may have a little money for your organization to collect the baseline data by telephone.) For your organization to participate in this study, you must be able to supply a minimum of 20 people in any one program (not all 3) before the end of September 2021. If your organization is interested, please contact Kate [kate@selfmanagementresource.com](mailto:kate@selfmanagementresource.com)

- ! **Ongoing Updates** — Did you know that there is a resources webpage that is updated as needed? This valuable resource is available to anyone and hosted by Bull Publishing, who publishes our books. There are books, websites, etc. – Lots of good information! Check it out: <https://www.bullpub.com/resources>

## SMRC Programs Delivery Modes and Languages

Workshop	In-person	Remote/ virtual	Tool Kit	Tool Kit plus phone calls	Internet via Canary Peers	Internet via Vively	Spanish	Other Languages
Chronic Disease Self- Management (CDSMP)	✔	✔	✔	✔	✔	✔	✔  Except Canary Internet	Arabic, Chinese, Creole, Danish, Finnish, French Canadian, Hindi, Hmong, Italian, Japanese, Korean, Maori, Portuguese, Russian, Samoan, Singapore, Tongan, Vietnamese (Virtual and in person)
Workplace CDSMP	✔	✔		✔  Use CDSMP Tool Kit			✔  Use Spanish CDSMP Tool Kit	
Diabetes Self-Management (DSMP)	✔	✔	✔	✔			✔	Chinese, Korean
Chronic Pain Self- Management (CPSMP)	✔	✔	✔	✔			✔  Except Tool Kit	French Canadian
Positive Self-Management (PSMP)	✔	✔					✔	
Cancer Thriving and Surviving (CTS)	✔	✔					✔	
Building Better Caregivers (BBC)	✔	✔				✔	✔  Except Internet	