



# Quick Overview for Those Considering Offering Self-Management Resource Center (SMRC) Self-Management Programs

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## Overview of all SMRC programs

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There are six SMRC programs, each is 2.5 hours a week for six weeks. Most programs are available in English and Spanish and can be offered as, 1) in-person small groups, 2) virtual small groups via video conferencing, or 3) by telephone with mailed toolkit.

- Chronic Disease Self-Management (CDSMP) for people living with multiple physical and/or mental health conditions.
- Chronic Pain Self-Management (CPSMP) for those living with chronic pain, including arthritis.
- Diabetes Self-Management (DSMP) for those living with type II diabetes. People with type I can also benefit; however, this workshop is not a complete course for type I. We also have some evidence that it is effective for prediabetes.
- Ageing Well with HIV (AWHIV) for older people (40+) living with HIV. This program is very similar to CDSMP but with some added content for HIV.
- Cancer: Thriving and Surviving (CTS) for those who have completed or are nearing the end of their initial treatment for cancer.
- Building Better Caregivers (BBC) for adults caring for other adults, especially those with dementia.

## Licensing requirements

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All organizations offering SMRC programs must be covered by a license and have at least two trained leaders. Licenses are for a three-year term. All licensed organizations have the right to offer any SMRC program in any language or format for which they have two trained leaders. There are no separate licenses for separate programs. Fees depend on the total number of workshops to be offered over three years. There are three types of licenses:

- Small individual organization license (up to 20 workshops over 3 years)
- Large individual organization license (up to 60 workshops over 3 years)
- Umbrella licenses that cover one license holder with multiple partner organizations (organizations that offer programs under the umbrella license). All organizations must be named on the umbrella license. New organizations can be added with SMRC notice any time during the three licensed years.

### ***Structure of the umbrella license***

- The license holder can name as many partner organizations as they wish, and during the term of the license can add or subtract partner organizations by updating their license on the SMRC member website.
- The license holder is responsible for making an annual report to SMRC that includes **ALL** partner organizations' activity.

### ***Structure of the umbrella license, continued***

- The license holder is also responsible for the fidelity of the program as offered by the partner organizations. A partner organization is responsible for the leaders that facilitate for that organization and for program implementation fidelity.

### ***Benefits of an umbrella license***

- It covers multiple organizations. Information on all organizations under the license must be provided to SMRC before coverage is in place.
- Ability to add and subtract organizations.
- All organizations covered are on our program locator on our website. The locator helps the public find a workshop in their area.
- Less cost per workshop participant.
- Ability to offer workshops or trainings involving more than one organization. For example, virtual and/or telephone classes could be available to all covered organizations rather than each one separately.
- Administrators from each of the partner (covered) organizations would be on the SMRC listserv and able to ask questions of organizations worldwide.
- Only one annual license report per umbrella organization.
- All covered organizations can offer any mix of the six SMRC programs in any available language and by any of 3 modes (telephone, video, or in-person).
- Technical assistance is available to the partner organizations as well as to the license holder from SMRC. Technical service is free unless this assistance is very extensive.

### **Start-up and implementation costs**

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There are four costs to implementing the SMRC programs:

- License — Cost depends on the type of licenses and how many workshops an organization plans to offer over 3 years. The lowest cost license is \$750 for one organization offering 20 workshops. Umbrella licenses start at \$12,150 for 400 workshops over 3 years.
- Training — An organization must have at least 2 trained leaders. (Each workshop for participants is facilitated by two trained leaders.) Each license gives permission to train groups of 8-12 leaders, 2 or more times (depending on the type of license) over 3 years. To do this training, an organization must have its own Master Trainers, hire Master Trainers, or send their leaders to virtual leader training offered by SMRC. If fewer than 8 leaders are needed, this can be accomplished by sending up to 2 people to another licensed organization for training or to an SMRC virtual leader training. SMRC offers virtual leader training throughout the year. Costs for all these options vary. SMRC leader training cost is \$1000 per leader and \$11,000 to train up to 12 leaders.

Cross-training to additional programs: SMRC usually trains everyone in CDSMP. They need cross-training if they wish to facilitate an additional program. Cross-training can be done in-person or virtually by two Master Trainers certified in that program, or they may take SMRC's virtual cross-training. Depending on the length of the SMRC video webinar training, cross-trainings range in price from \$100 to \$500 for Master Trainers and \$100 to

### ***Start-up and implementation costs, continued***

\$250 for leaders. All Master Trainers must be cross-trained by SMRC; leaders may be cross-trained by the licensed organization or through SMRC.

- **Materials** — Each participant must have a book, which can be purchased from Bull Publishing. The cost of the books with discounts is about \$20 per person and for tool kits for the telephone programs it is about \$40 per person. Please see the Bull Publishing website for the exact pricing: [www.bullpub.com](http://www.bullpub.com).
- **Master Trainers** — If an organization wants Master Trainers (those who train leaders), the candidates must have facilitated three SMRC workshops and then attend a 3-week virtual Master Training, which is offered several times a year by SMRC. The cost for training is \$1200 per leader. Organizations are not required to have Master Trainers, but can hire them as needed.

### **Fidelity**

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This is key for all SMRC programs. The *Implementation and Fidelity Manual* can be found at this link:

[https://selfmanagementresource.com/wp-content/uploads/SMRC\\_Implementation\\_and\\_Fidelity\\_Manual\\_2022.pdf](https://selfmanagementresource.com/wp-content/uploads/SMRC_Implementation_and_Fidelity_Manual_2022.pdf)

- The manual contains ***tips on capacity building***, including working in diverse communities, leader engagement and retention, as well as participant recruitment and retention.
- Also, please read the sections of the manual that describe what to do before, during, and after workshops and training.
- For ***tips on sustainability*** refer to the section, *How to Sustain a Program*, starting on page 65 of the manual.

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