

What are the Self-Management Program workshop series?

The Better Choices, Better Health Workshop Series, also known as the Chronic Disease Self-Management Program (CDSMP) and the Diabetes Self-Management Program (DSMP), were developed by Stanford University. They are evidence-based programs, designed to complement and enhance medical treatment and disease management.

What is the format of the Chronic Disease Self-Management (CDSMP) and Diabetes Self-Management (DSMP) Programs?

The CDSMP or DSMP workshop series are **FREE** to participants. The workshops consist of small groups that meet once per week for 6 weeks, 2½ hours per session at convenient locations.

Living with a chronic disease requires a multitude of daily self-management decisions and complex care activities.

During these workshops patients will:

- Learn from two trained leaders, one or both of whom have a chronic disease or diabetes
- Set their own goals, increase skills and make a step-by-step plan to improve their health
- Get the support they need to feel more confident in managing their health
- Receive educational materials and refreshments

About the Suffolk Care Collaborative (SCC)

SCC is an alliance of healthcare providers in Suffolk County, Long Island, NY, formed to support New York State's Delivery System Reform Incentive Payment (DSRIP) initiative. Under the guidance and leadership of Stony Brook Medicine, SCC established a Population Health Management Service Organization to improve county-wide health by addressing a wide range of challenges to health in order to improve outcomes by encouraging wellness, making healthcare more accessible and reducing costs by decreasing unnecessary hospital utilization. For more information, visit our website: suffolkcare.org.

SCC is collaborating with several partners to reduce avoidable emergency department visits and hospital care among patients insured by Medicaid. The Suffolk Care Collaborative has partnered with Community Based Organizations to provide free self-management courses to adults.

A PARTNERSHIP AMONG



Cornell University
Cooperative Extension
of Suffolk County
Family Health and Wellness Program



Suffolk Care
Collaborative



BETTER CHOICES, BETTER HEALTH® WORKSHOP SERIES



Free Self-Management
Program Workshop
Series For:

- Chronic Diseases
- Diabetes

Benefits of self-education include management:

- Provides a foundation to help people navigate decisions and activities and has been shown to improve health outcomes
- Empowers patients to effectively manage their chronic disease
- Can reduce over-utilization of ER visits
- Can reduce hospital readmission
- Can reduce total cost of care

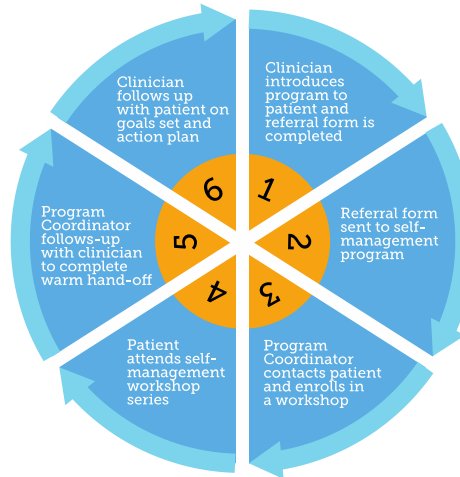
What topics are covered in the Chronic Disease and Diabetes Self-Management Programs?

- Techniques to deal with symptoms
- Appropriate exercise for maintaining and improving strength, flexibility, and endurance
- Healthy eating and nutrition
- Appropriate use of medications
- Communicating effectively with family friends, and health professionals
- Decision making
- How to evaluate new treatments



Referral Feedback Loop

Information about patient workshop completion will be reported back to the referring clinician.



Who can be referred?

The focused population for the SCC DSRIP programs are patients:

- With a principle diagnosis of hypertension, hypercholesterolemia, OR
- With a diabetes diagnosis, AND
- Insured by Medicaid, AND
- Age 18 and over

Both workshop series are also open to Medicare beneficiaries. CDSMP workshops are also open to patients suffering from other chronic diseases, such as lung disease and stroke.



Referral Program

Refer patients to an organization below for the Chronic Disease Self-Management Program.

RSVP

Email: livinghealthy@rsvpsuffolk.org
Office: 631-979-9490 ext. 16
Fax Referral Form: 631-979-9235

SILO

Email: Idelgado@siloinc.org
Office: 631-880-7929
Fax Referral Form: 631-946-6377

YMCA – Huntington

Email: Brittany.Mueller@ymcali.org
Office: 631-421-4242

YMCA – Bay Shore

Email: Connie.Mcdonough@ymcali.org
Office: 631-665-4255

YMCA – Patchogue

Email: Stephen.Lee@ymcali.org
Office: 631-891-1800

Refer patients to an organization below for the Diabetes Self-Management Program.

Cornell Cooperative Extension of Suffolk County

Email: jsj79@cornell.edu
Office: 631-727-7850, Ext. 340
Fax Referral Form: 631-727-3162

RSVP

Email: livinghealthy@rsvpsuffolk.org
Office: 631-979-9490 ext. 16
Fax Referral Form: 631-979-9235

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