

## West Virginia Logic Model for Dissemination of Stanford CDSMP

### Project Overall Goals:

1) Expand partnerships to promote self-management skills and support; 2) Provide CDSMP training to partner agencies; 3) Develop tools and system to track on-going use of CDSMP; 4) Equip and support partners to integrate and continue self-management programs

Resources	Activities	Process Outputs	Outcomes
<p>Grant support and training from RWJ Diabetes Initiative Grant <i>Advancing Diabetes Self-Management Project</i></p> <p>9 Licensed Master Trainers and 1 T-Trainer</p> <p>* Partner networks:</p> <ul style="list-style-type: none"> <li>• UMWA;</li> <li>• PAAC;</li> <li>• ARC Diabetes Coalitions;</li> <li>• Primary Care Centers;</li> <li>• WVBPH;</li> <li>• Community Support Groups</li> <li>• Corporate employee wellness</li> </ul>	<p>Presentations to network partners about self management resources and support</p> <p>Help to identify leaders and target population</p> <p>Provide CDSMP Leader Trainings to partners</p> <p>Survey trained leaders about use of program to assess enabling and inhibiting factors</p> <p>Develop tools and resources based on survey results</p> <p>System for evaluation and tracking – pre and post data</p> <p>Provide training and leadership support to partners as they begin</p> <p>Consult and assist partners to integrate CDSMP into organizational structure</p> <p>Self – management presentation at state and national meetings</p> <p>TA and training to clinics in Federal Collaborative with materials to support integration of self-management</p>	<p>Breaks through rural isolation – good fit for needs of Appalachian culture</p> <p>Builds self –efficacy</p> <p>Participants are valued and encouraged – (Strength-based focus- everyone is successful)</p> <p>Develops leadership from within organization</p> <p>Can be centerpiece of employee wellness program</p> <p>Participants continue to be involved in other self-management groups</p> <p>Organizations integrate self management skills building into other educational encounters</p> <p>Statewide confidence and CDSMP skills – Annual network skill building event and celebration</p>	<p>Program Outcomes:</p> <ul style="list-style-type: none"> <li>• 25 % rate improved general health</li> <li>• 59% improved confidence in performing self management behaviors</li> <li>• 50 % increase in physical activity</li> <li>• 85% increase in use of cognitive symptom management techniques</li> </ul> <p>• CDSMP Leader Trainings – 17</p> <p>• Leaders trained – 255</p> <p>• Workshops (6-week series) – 100 +</p> <p>• Workshop participants - 782 +</p> <p>• Partner agencies in 7 states – 54</p> <p>In progress:</p> <ul style="list-style-type: none"> <li>• Development of web-based toolkit</li> <li>• Future partners – WVU Extension Agents; Area Agency on Aging; Mission West Virginia</li> <li>• 2008 WV Master Training</li> <li>• CEU’s for Nurses and Social Workers who complete leader training</li> </ul>

### Long Term Impact

Successful integration of Stanford CDSMP in clinics, churches and community organizations throughout Appalachia

\* **Partner Networks:** UMWA – United Mine Workers Association; PAAC- Partnership of African American Churches; ARC – Appalachian Regional Commission; WVBPH- West Virginia Bureau for Public Health