

Michigan Partners on the PATH (MI PATH)

What is Personal Action Toward Health (PATH)?

PATH is a workshop that empowers people to take an active role in managing a chronic or long-term health condition. Workshops meet for 6 weeks, in 2 1/2 hour sessions each week.



Workshops are offered in convenient, easily accessible community locations, and are offered for free, or at very low cost to participants.

Who should participate?

- Adults with any chronic or long-term health conditions including arthritis, heart disease, diabetes, emphysema, asthma, bronchitis and depression.
- Family members, friends, and caregivers are also encouraged to attend the workshop.

What happens in a PATH workshop?

The goal of the workshop is to help participants become better self-managers.

The workshop content is not disease specific; rather, it focuses on symptoms that are common to people with a variety of health conditions. Over the 6 weeks, emphasis is placed on creating personal action plans and setting practical, achievable goals.

Participants learn strategies to help them deal with problems such as pain, fatigue, and difficult emotions. Other topics include managing symptoms, managing medications, working with health care providers, relaxation, healthy eating, physical activity and communicating with family and friends.

PATH Workshops – What Workshop is Right for You?

	This workshop is for you if...	You will learn...
PATH	You are living with any or multiple long-term health conditions	Self-management of chronic conditions
Diabetes PATH	You have type 2 diabetes	Self-management of diabetes
Tomando Control de su Salud	You speak Spanish and have any or multiple ongoing health conditions	Self-management of chronic conditions discussed in Spanish
Chronic Pain PATH	Have chronic pain from any source	Confidence in your ability to manage your health and maintain an active and fulfilling live

The History of PATH in Michigan

In 2005, the Michigan Department of Community Health (MDCH) and the Office of Services to the Aging (OSA) partnered to build a system for coordinating, implementing, and expanding the Stanford CDSMP in Michigan.

Michigan Partners on the PATH (MI PATH) was first convened with core representatives from the Michigan State University Extension (MSUE), OSA, and MDCH. More than 50 agencies currently participate with MI PATH, among them: Health Alliance Plan, Arthritis Foundation Michigan Chapter, the National Kidney Foundation of MI, UPDON, and regional Area Agencies on Aging.

MI PATH Regional Groups:

Michigan Partners on the PATH organize themselves according to geographic regions. Currently, there are six active regional groups. Each MI PATH regional group meets on a regular basis to coordinate PATH workshops and trainings and to build referral systems in their areas. A steering committee composed of representatives from each region meets quarterly to work on state wide issues (e.g., training and educational conferences for leaders, master trainers, and agencies to promote program fidelity). By joining your regional MI PATH group, you (and/or your organization) can:

1. Build partnerships with agencies in your region to leverage resources and expand outreach into communities served;
2. Take advantage of opportunities to participate in MI PATH-sponsored leader and master training offerings and statewide meetings; and,
3. Gain access to evaluation tools and receive reports at the agency, region, and statewide levels.

Get Involved

If you are interested in becoming a member or supporter of Michigan Partners on the PATH, there are a number of ways you can get involved. Consider whether you would like to implement PATH in your area or promote the program – or both! Then, get started by contacting your regional representative or writing to info@mihealthyprograms.org.

Promotion

1. Identify PATH programs offered in your region.
2. Promote PATH workshops to people who are participating in other chronic disease education (e.g., diabetes self-management, asthma education).
3. Refer or recommend clients to attend a PATH workshop.
4. Inform health professionals about PATH and the benefits, or refer clients to PATH.

Implementation

1. Obtain a license and become an implementation agency.
2. Host a workshop or leader training at your site.
3. Work with licensed agencies to identify and refer potential leaders to be trained to conduct PATH in your area.
4. Organize PATH workshops to be conducted in the communities you serve, particularly high risk areas.
5. Join Michigan Partners on the PATH!

For More Information

Write to info@mihealthyprograms.org.



PATH - Leader Training Application

PATH (Personal Action Toward Health) is the name Michigan has adopted for the Chronic Disease Self-Management Program (CDSMP) developed at Stanford University. Each PATH workshop is led by two trained leaders, one or both of whom should (ideally) have a chronic or long term illness. Complete & return application at least 1 week prior to training start date.

Leader Contact Information

Name _____ E-mail _____

Street _____ City _____ Zip _____ County _____

() _____

Daytime Phone _____ Employer _____

Educational Background

Name of Educational Institution(s)	Year	Degree
_____	_____	_____
_____	_____	_____

Volunteer & Work-Related Experiences (especially those related to leading groups)

Organization	Year(s)	Job Title and/or Duties Performed
_____	_____	_____
_____	_____	_____
_____	_____	_____

Licensing Organization Information

In order to conduct PATH workshops, you must be affiliated with an organization that holds a current license with Stanford University. Please provide the contact information for the license holder you will be working with if already determined.

Licensing Organization Name _____

Contact Name _____ E-mail _____

Street _____ City _____ Zip _____

() _____

Phone _____

PATH Program Experience

Trained as a PATH/CDSMP Leader in the past? Yes No

Trained as a Leader/Master in:

<input type="checkbox"/> Chronic Disease PATH (with Stanford Update Training) Date Trained/Updated: _____ <input type="checkbox"/> Leader <input type="checkbox"/> Master Trainer Date of Last Workshop: _____ <input type="checkbox"/> Registered Workshop with MDCH (check for Yes)	<input type="checkbox"/> Diabetes PATH Date Trained: _____ <input type="checkbox"/> Leader <input type="checkbox"/> Master Trainer Date of Last Workshop: _____ <input type="checkbox"/> Registered Workshop with MDCH (check for Yes)	<input type="checkbox"/> Chronic Pain PATH Date Trained: _____ <input type="checkbox"/> Leader <input type="checkbox"/> Master Trainer Date of Last Workshop: _____ <input type="checkbox"/> Registered Workshop with MDCH (check for Yes)
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1. Do you have experience dealing with Chronic Disease? Yes No
 If yes, in what capacity have you had to cope with Chronic Disease? (Check all that apply)
 Living with a Chronic Disease Assisting someone with a Chronic Disease Family member with a Chronic Disease
2. Have you participated in a PATH/CDSMP Workshop as a participant? Yes No
3. Describe reasons for wanting to participate in the PATH/CDSMP Leader Training:

PATH Leader Training Registration Information

<u>Training</u>	<u>Dates</u>	<u>Location</u>
<input type="checkbox"/> 4-Day Chronic Disease PATH Leader Training	March 19, 20, 26 & 27, 2014	Gaylord ¹
<input type="checkbox"/> 4-Day Chronic Disease PATH Leader Training	April 7, 8, 14 & 15, 2014	Traverse City ²
<input type="checkbox"/> 4-Day Diabetes PATH Leader Training	May 19, 20, 29 & 30, 2014	Traverse City ²
<input type="checkbox"/> 4-Day Diabetes PATH Leader Training	May 21, 22, 27 & 28, 2014	West Branch ¹
<input type="checkbox"/> 2-Day Chronic Pain PATH Leader Cross-Training*	May 22 & 23, 2014	Traverse City ²
<input type="checkbox"/> 2-Day Diabetes PATH Leader Cross-Training*	June 11 & 12, 2014	Grayling ¹
<input type="checkbox"/> 2-Day Chronic Pain PATH Leader Cross-Training*	June 25 & 26, 2014	Gaylord ¹

*Cross-Trainings are open to existing PATH leaders only.

4-Day Training Fee: \$150 for agency personnel - No fee for community volunteers or agencies holding workshops open to the community

2-Day Training Fee: \$75 for agency personnel - No fee for community volunteers or agencies holding workshops open to the community

Describe any dietary restrictions you may have:

By attending this training you agree to do your best to meet the conditions listed below:

- I agree to teach at least one (1) PATH workshop in the six (6) months following the training and arrange for a Master Trainer to observe one session for fidelity purposes.
- I agree to register workshops, collect participant evaluation and demographic data according to the guidelines provided by Michigan Partners on the PATH.
- I agree to conduct the program according to Stanford program guidelines and requirements. I will maintain program fidelity and will not change the program in any way without prior authorization from Stanford University.
- I agree to keep information discussed during the training and workshops confidential.

¹Return application to Kara LaMarre via e-mail (lamarrek@nemcsa.org) or fax (989-358-6604).

²Return application to Darcia Brewer via e-mail (brewerd@aanm.org) or fax (231-947-6401).

For questions about PATH opportunities in:

Northeast Michigan (serving Alcona, Arenac, Alpena, Cheboygan, Crawford, Iosco, Montmorency, Ogemaw, Oscoda, Otsego, Presque Isle, & Roscommon counties) contact:

Kara LaMarre, Area Agency on Aging Region 9
 2375 Gordon Rd, Alpena, MI 49707
 Phone: 989-358-4616 Fax: 989-358-6604
lamarrek@nemcsa.org

Northwest Michigan (serving Antrim, Benzie, Charlevoix, Emmet, Grand Traverse, Kalkaska, Leelanau, Manistee, Missaukee & Wexford counties) contact:

Darcia Brewer, Area Agency on Aging of Northwest Michigan
 1609 Park Dr, Traverse City, MI 49696
 Phone: 800-442-1713 Fax: 231-947-6401
brewerd@aanm.org

For statewide information about MI PATH, including scheduled PATH workshops and leader trainings, visit www.MiHealthyPrograms.org.