



Better Choices, Better Health® SD (BCBH) Network Conference

2017 Theme: A Day in My Shoes

AGENDA

DAY 1 - Wednesday October 4, 2017

Conference Registration (1:00-2:00 pm)

Welcome and Conference Kick-off (2:00-5:00 pm)

A Conversation with Dr. Kate Lorig ~ Bring your questions to engage in dialogue with Dr. Kate Lorig, founder of Chronic Disease Self-Management Education Programs and Director of the Stanford Patient Education Research Center and Professor of Medicine in the Stanford School of Medicine.

BREAKOUT SESSIONS - You may choose to attend one of the sessions below.

Reinvestment in BCBH Knowledge ~ Vicki Palmreuter and Jessica Rappe, BCBH Master Trainers
An interactive discussion on new BCBH tools, materials, and ways to get excited about leading workshops. Topics will include outreach, ordering materials, review required forms, BCBH promotion, and using the Leader Manual. This is an opportunity to get reinvested in BCBH and make a difference where you live and work.

Self - Care and Optimal Performance ~ Dr. Laura Hughes, Clinical Neuropsychologist, Regional Health
Improving self-awareness and self-care, to perform your best at work and in life. The presentation includes consideration of health behaviors, the effect of technology, and how the limits of human information processing interact to affect optimal performance.

Self-Efficacy: Building Confidence in Self-Management Skills ~ Rich Preussler, M.A., Sanford Academic Affairs
(1 CEU credit available)
Building self-efficacy is essential in the move from knowledge to behavioral change. Managing chronic conditions well requires several self-management skills and this Breakout session covers the fundamental strategies related to self-efficacy.

Evening Social (begins at 6:00 pm – appetizers served)

Evening Event (7:00-8:00 pm): **BCBH ~ Where We Are, and Where We're Going** (Rapid Fire Presentation)
Enjoy a unique presentation from panelists sharing about the growth, expansion, and excitement surrounding BCBH! Highlights will include the new BCBH website look, Master Fellows, Frontier and Rural Medicine (FARM) Program Outreach, BCBH Online workshops, BCBH with Diabetes, Celebrating A Day in My Shoes Challenge, and Photo Voice Preview!

Day 2 - Thursday October 5, 2017

8:00 am-2:30 pm (breakfast and lunch included)

Health and Attitude: Believing in Your Best Self ~ COL Michael Oster, South Dakota National Guard

This program is built around the understanding that the mind can be one of the most powerful tools available to living life as our best self. We have two choices every single day and the choice is a simple yes or no, will I become a better version of myself today than I was yesterday? We all want to answer yes to that question – BCBH provides the tools and confidence to make the “yes” easier.

BCBH Workshop Panel: Storytelling ~ A Day in My Shoes

Take a walk with a panel of people as they share their personal journey and how BCBH has impacted their lives.

KEYNOTE ADDRESS: Why is Chronic Disease Self-Management Important? Could it Be the Answer? ~ Dr. Kate Lorig

Hear from the founder of Stanford University’s Chronic Disease Self-Management Education Programs on how self-management offers opportunities and support to assist people in learning the skills, gaining the knowledge, and utilizing the resources to become actively involved and successfully manage their wellbeing.

BCBH Data Management: Outcomes and Impacts ~ Lacey Arneson McCormack, PhD, Assistant Professor, SDSU

This presentation will address where we’ve come from and where we’re going in terms of data management for BCBH. Workshop and participant numbers and other relevant data will be discussed.

BREAKOUT SESSIONS - You may choose to attend one of the sessions below.

Attributing Disease to Old Age: Implications for Self-Management ~ Leacey Brown, Gerontology Field Specialist, SDSU Extension

A growing body of evidence indicates that aging attitudes and beliefs predict health outcomes. This session will explore our attitudes and beliefs about aging, ageism, its impact on our health and wellbeing, and discuss strategies to mitigate negative self-perceptions about aging in the people we serve.

BCBH in HealthCare Systems and Delivery ~ Brooke Lusk, BS, RN, Black Hills Special Services Cooperative; Susan

Johannsen, PA-C, GNP, Avera McGreevy; Jamie Heymans MPH, Community Health Specialist, Regional Health, The healthcare landscape is changing. This is a prime opportunity to recognize BCBH as a resource to manage and impact physical and mental health conditions. Hear from these partners about utilizing referral systems, using patient portals, integrating BCBH into clinical care delivery, and linking BCBH to Community Health Needs Assessment (CHNA) strategies to deliver and impact health.

Mind and Body ~ TBD

Understanding the connection between mental and physical wellness, particularly as it relates to the occurrence of chronic conditions and improved health outcomes.

BCBH Leader Appreciation and Recognition

An opportunity to recognize BCBH champions and hear their stories. Our BCBH leaders are the foundation for the program, leading workshops and trainings and providing this opportunity for others in their communities.