



2020 Chronic Disease Partners and Better Choices, Better Health Meeting



BETTER CHOICES
better health[®]
GOOD & HEALTHY SOUTH DAKOTA COMMUNITIES

Better Choices, Better Health[®] SD: When Given Lemons, Make Some Great Lemonade!



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Welcome to BCBH-SD



Make
feeling good
your top
priority



A WELLNESS
CLASS FOR EVERYONE



BCBH-SD Partnerships & Implementation Structure



*Program Management
Fiscal Agent & License Holder*



*BCBH Partners
Funding & Leadership*

S O U T H D A K O T A
Foundation for Medical Care

Strategic Plan




Goal #1 – Sustainability & Healthcare Integration

- ✓ Data Management - Workshop Wizard
- ✓ Align BCBH-SD with larger initiatives
- ✓ Track & Manage Referrals
- ✓ BCBH-SD Community Health Workers
- ✓ Virtual Workshop Pilot with Tribal Communities
- ✓ Multi-sector Pilot for BCBH-SD Worksite Program
- ✓ Cost Analysis & Return on Investment (ROI)

Goal #2 – Leverage Program Operations

- ✓ BCBH-SD Master Fellow Program
- ✓ Onboard new curriculums

<div><p>BCBH STRATEGIC PLAN</p><p>The purpose of this BCBH strategic plan is to develop goals, objectives, and strategies to build capacity and engage partnership support to drive sustainability and enhance continual program growth. The following section shows the Plan's goals aligned with corresponding objectives and strategies. While each strategy aligns with objectives within that goal area, many of the strategies transcend other areas. In other words, some of the strategies can address objectives in more than one goal area.</p></div>	
GOAL #1	DEVELOP A FORMAL SUSTAINABILITY MODEL ADVANCING HEALTHCARE INTEGRATION & COMMUNITY LINKAGES
Objective #1.A:	Build business plan based on emerging, sustainable model.
Strategy	Timeline
1. Explore program sustainability models (i.e. grant funded, hub development, fee for service, decentralized model/training hub, sponsorship model, feedback from other state models). Utilize lessons learned and products developed with NDLC.	Year 1
2. Refine philosophy of support for BCBH using a consultant with experience in successful business models.	Year 1 & 2
3. Explore, invest in, and launch data management platform to support operational work.	Year 1
4. Prepare a cost analysis for the BCBH program to determine fair and reasonable charges to sustain the program.	Year 1
5. Align programs with larger initiatives (i.e. farm programs, opioid management, cancer programs, diabetes coalition, etc.). Work with border states and grant universities and tribes to expand outreach (ND, MN, and WY).	Year 1-3
6. Collaborate with related technical and 4-year institutions to identify potential courses and/or student(s)/disciplines (e.g. pharmacy, DNP, public health, community health worker), and their internships/projects to support BCBH strategies.	Years 2 & 3
Objective #1.B:	Create sustainable referral process system.
Strategy	Timeline
1. Utilize DOH Referral Workgroup document to initially guide the development (lessons learned, identified needs, materials developed, best practices, etc.) and implementation of workflow processes, cross system and program EMR alignment, and diagnosis-based auto referral.	Year 1
2. Explore, develop, and pilot an online training (e.g. Prof Model, DaL, Workshop Wizard) for clinicians, providers, health field students/educators, and community service organizations to better understand and promote BCBH. Integrate Continuing Education Units into the training.	Year 1
3. Pilot a waiting room referral system (e.g. hand rack card while waiting, infomercials/videos/rolling program marketing on screen, posters).	Year 1
4. Engage worship and faith communities (e.g. clergy, parish nurse/FCN, boards and councils, auxiliaries, synod level leadership). Create online toolkit to increase referrals to BCBH (e.g. bulletin insert examples, newsletters, etc.).	Year 2-3
5. Tracking process to determine where referrals come from. Develop best practices to expand and drive referral base. Integrate into undergrad/graduate student project.	Year 1
Objective #1.C:	Expansion of BCBH to worksites.
Strategy	Timeline
South Dakota State University, South Dakota counties, and USDA cooperating, South Dakota State University adheres to AA/EEO guidelines in offering educational programs and services.	
2	
1. Investigate future training model to support sustainability.	Year 1
2. Develop plan/timeline for Chronic Pain Fellow position.	Year 1
3. Continue to explore AmeriCorps VISTA positions to support BCBH.	Years 1-3
4. Explore and add additional programs to be offered under BCBH structure. Identify partners interested in new program oversight. Develop an onboarding process for new programs.	Years 1-3
5. Create an alumni program for BCBH completers.	Years 2-3
6. Develop a catalogue of wellness resources for communities that offer BCBH programming.	Years 2-3
Objective #2.B:	Develop a formal volunteer model to help engage and retain leaders.
Strategy	Timeline
South Dakota State University, South Dakota counties, and USDA cooperating, South Dakota State University adheres to AA/EEO guidelines in offering educational programs and services.	
3	

Virtual DSMP Tribal Pilot

- ❑ Approval from Dr. Lorig & SMRC
- ❑ Planning started in 2018
- ❑ Test a model to increase reach & accessibility of the BCBH Diabetes workshop for tribal communities



Virtual Diabetes Workshop for Tribal Communities

All Mondays, May 11 – June 15, 2020 (no class on Memorial Day)

1:00 – 3:30 p.m. MT / 2:00 – 4:30 CT

Location: Online (meeting link provided after registration)

Workshops are
FREE!

To register, call 1-888-484-3800 or
www.BetterChoicesBetterHealthSD.org

Why Should I Attend?

Those who have taken the workshop show:

- Better health
- Increased confidence managing diabetes
- Improved A1C and blood sugar levels
- Decrease in hypo- and hyperglycemia
- Fewer doctor/ER visits and hospitalizations

Workshop Topics:

(6 weekly 2½-hour sessions)

- Healthy eating and meal planning
- Preventing low blood sugar
- Managing stress and depression
- Tips for exercising
- Goal setting and problem solving
- Preventing or delaying complications
- Working better with doctor/health team
- Medication how-to's
- Monitoring blood sugar levels



This workshop is for adults with **prediabetes**
or **type 2 diabetes** and their caregivers

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Quality Improvement
Organizations
Sharing Knowledge, Improving Health Care,
CENTERS FOR MEDICARE & MEDICAID SERVICES

Comagine
Health
Formerly Quality Health
and Health Insights

PARTNERSHIP TO ADVANCE TRIBAL HEALTH



Cancer: Surviving & Thriving



What You'll Learn.

Ways to manage your life and stay motivated following a diagnosis of cancer. Plus:

- Managing fatigue, pain, & difficulty sleeping
- Dealing with difficult emotions, relationships, & body changes
- Nutrition, fitness, & relaxation ideas
- Communicating with providers & caregivers

What You'll Get.

Workshops are held once a week for 6 weeks. Each 2½ hour session is led by trained leaders who have chronic conditions themselves. Expect:

- More energy & less fatigue
- Improved quality of life
- Mutual support from others living with & surviving cancer
- Increased confidence in managing your symptoms & condition
- **FREE** book, relaxation CD, & certificate of completion to share with your doctor!

Let's do this. Together.

For more, or to register:

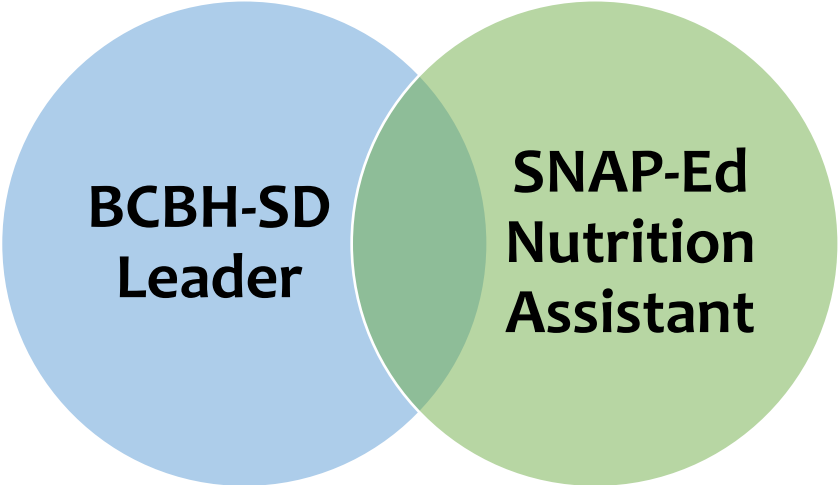
betterchoicesbetterhealthsd.org
1-888-484-3800



For the Better Choices, Better Health® South Dakota program, we adhere to AA/EEO guidelines in offering educational programs and services.

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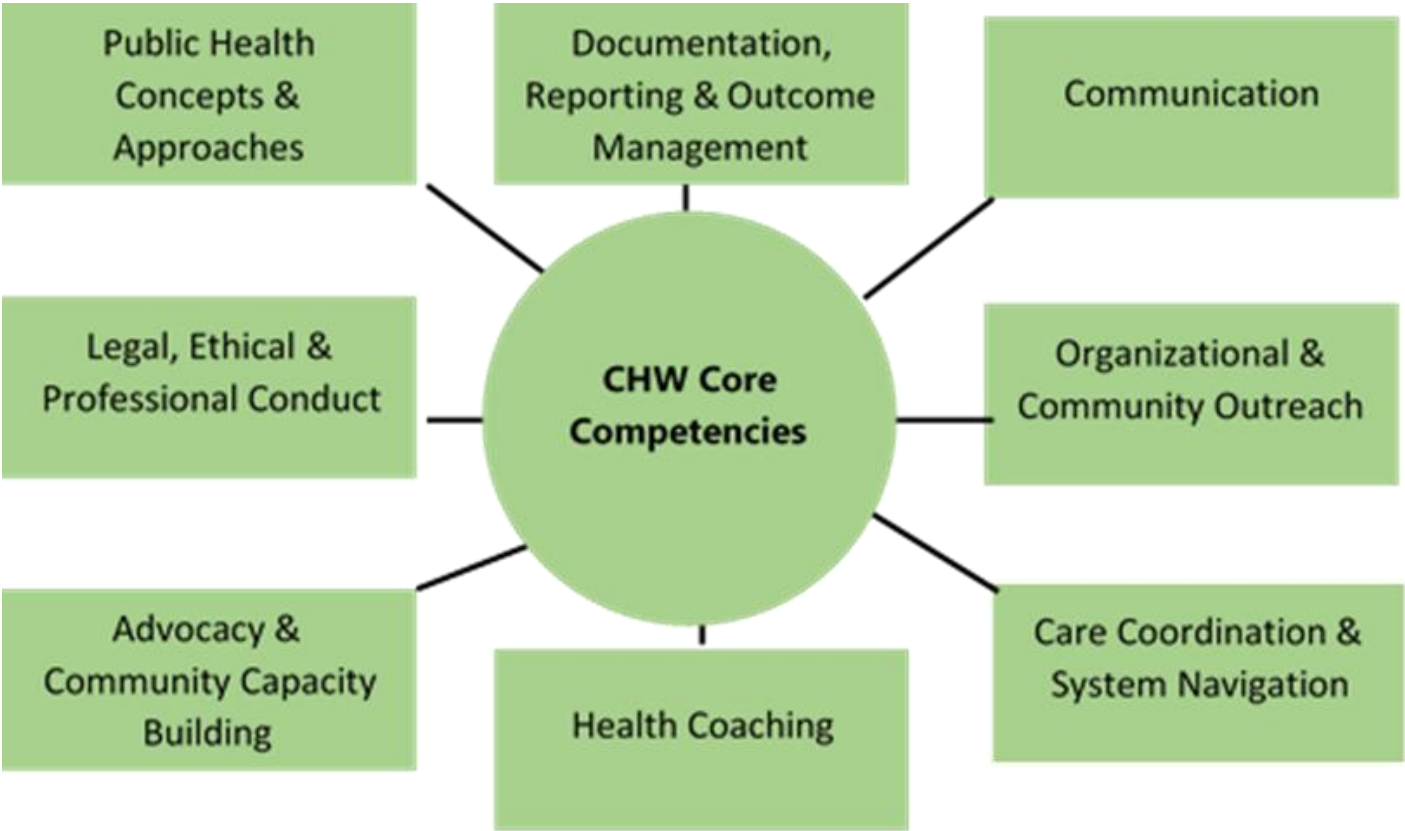
BCBH-SD Community Health Worker Model



Better Choices, Better Health® SD
Lay Leader Training



Overview	Website	Location(s)	Training Options	Contact
<p>Chronic disease affects quality of life, has a huge economic impact, and increases the need for healthcare services. Better Choices, Better Health® SD is a community-led evidence-based program modeled after Stanford University's chronic disease self-management program and is supported by the South Dakota Department of Health, SDSU Extension Services, and the South Dakota Department of Human Services. Once certified as a leader for BCBH, anyone with a desire to help people better manage their chronic conditions and lead healthier lives can lead a workshop. No healthcare or teaching experience is required. In fact, many leaders have a chronic disease themselves and have attended BCBH SD Workshops as a participant.</p>				



Return on Investment (ROI)



The SD Department of Health and its partners developed a survey to determine how to assist health systems with implementing and sustaining evidence-based chronic disease programs for their patients.

Any healthcare professionals involved in screening, testing, referring patients are encouraged to complete the survey!

https://rsph.co1.qualtrics.com/jfe/form/SV_aidcl2q9MSx5jRH



Virtual CDSMP Lay Leader Training



March 1st – April 15th, 2021

- 2 ½ hr training sessions, 2 times/week
- Zoom Video-Platform



Interested? Let us know at
betterchoices.betterhealth@sdstate.edu



BCBH-SD Distance Learning

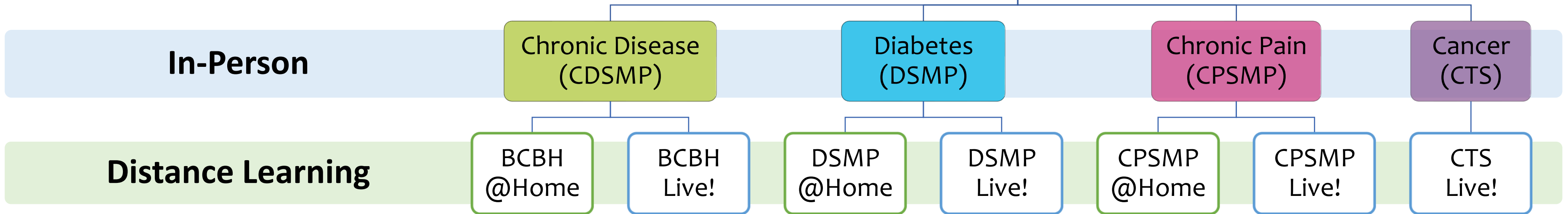


Where to Start

Program Design



Chronic Disease Self-Management Education Better Choices, Better Health® SD



In-Person

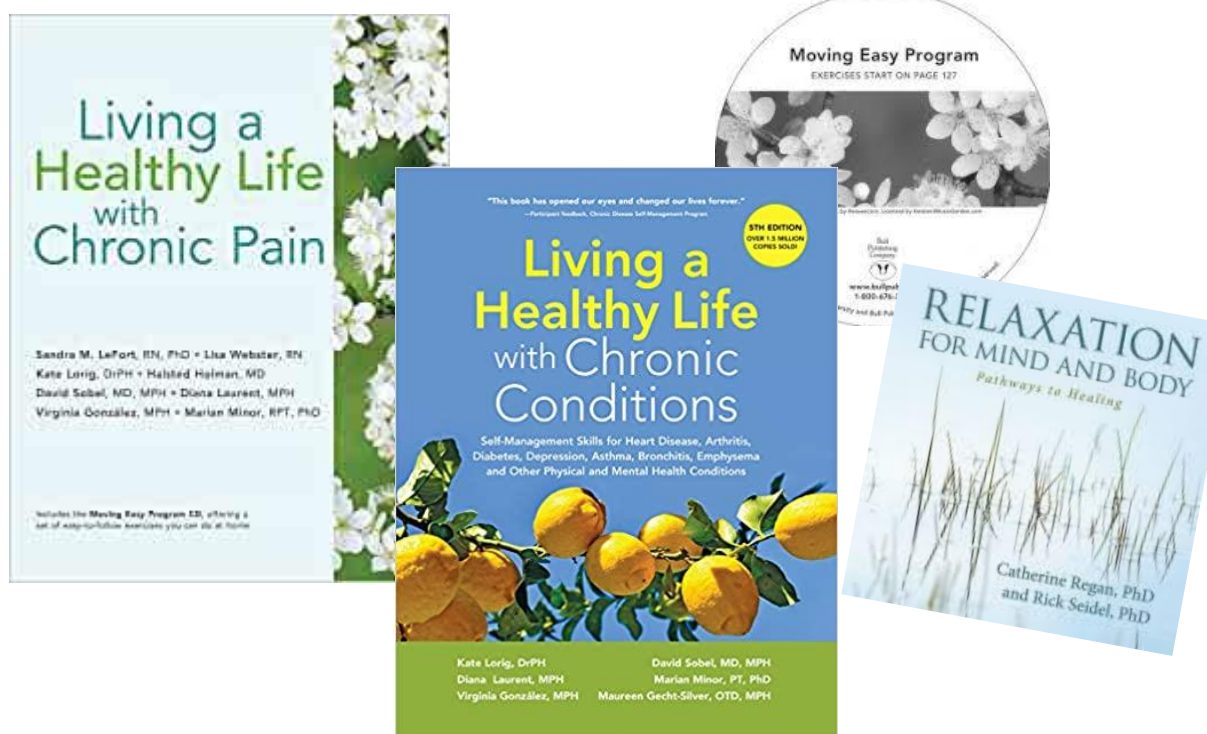
- 12-16 participants
- 2 trained leaders
- 6-week workshop
- 2 ½ hours, 1 day a week

Distance Learning (Live!)

- Connect via Zoom
- 8-12 participants
- 2 trained leaders & 1 moderator
- 6-week workshop
- 2 ½ hours, 1 day a week

Distance Learning (@Home)

- Self-Study
- 6-week workshop
- Weekly Leader Calls with small group (4 participants)



Program Design



Physical Activity Education & Falls Prevention Better Choices, Better Health® SD

In-Person

Walk With Ease (WWE)

Fit & Strong (FS)

Distance Learning

Take a Step & WWE

FS @Home

In-Person (WWE)

- 2 trained leaders
- 6-week workshop
- 1 hour weekly sessions
- Discussion & walking at your own pace

Distance Learning (TAS WWE)

- Self-study lessons
- Connect via Zoom for 30 minute weekly sessions
- 6-week workshop
- 1 trained leader

In-Person (FS)

- 2 trained leaders
- 90 min., 3x/week, 8-weeks **OR** 90 min., 2 x/wk, 12 weeks
- Discussion with flexibility, strength training, & walking

Distance Learning (FS @ Home)

- Connect via Zoom
- Coming soon!

BCBH-SD Leader Experience



Keep Leaders Engaged



Technology Support

- New Online Registration
- Zoom
- Conference Line
- Workshop Wizard
 - Secure Email for leaders
 - Roster



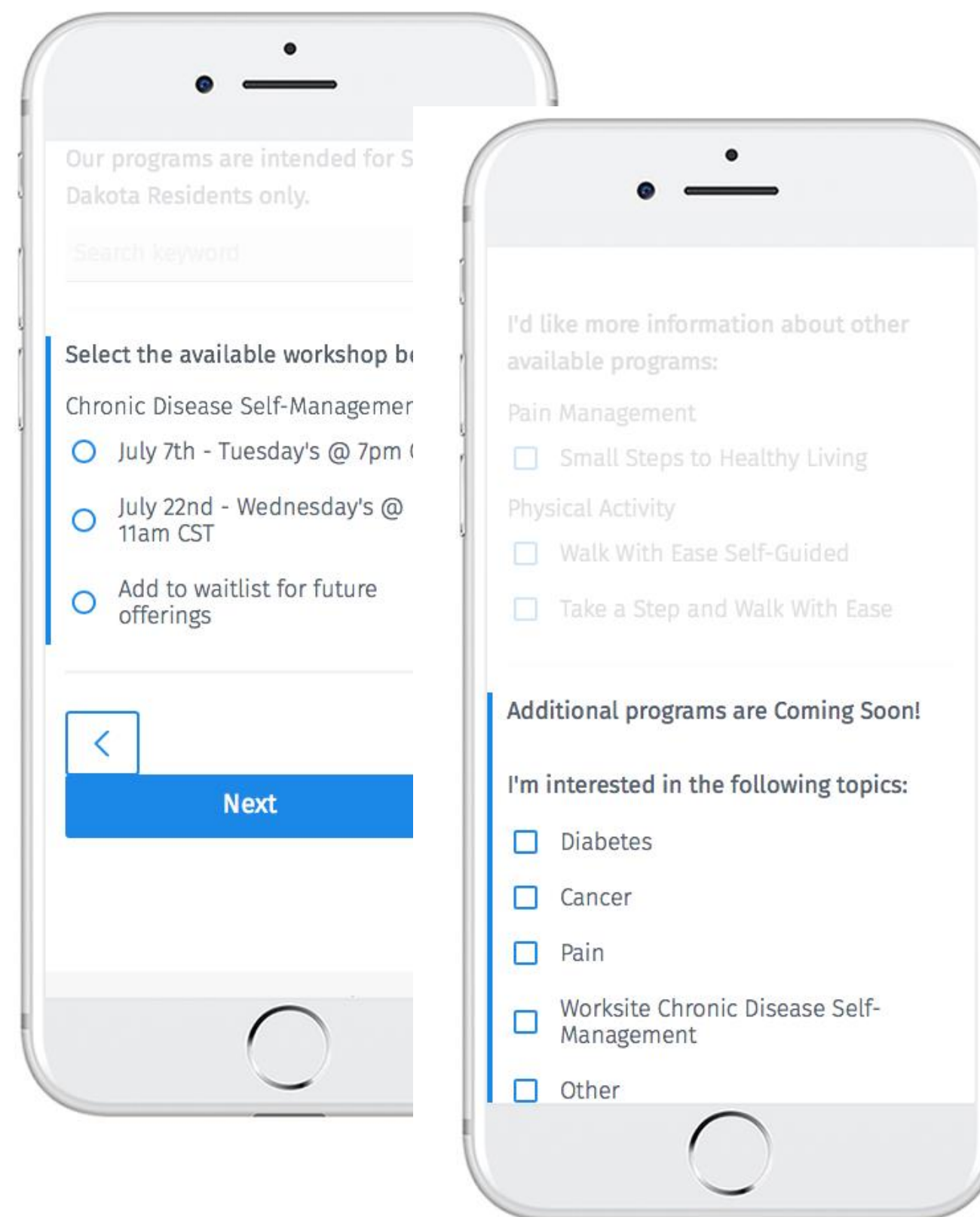
Welcome!

Join us for a FREE 6-week BCBH-SD LIVE! virtual Self-Management Workshop where you will learn and connect with a small group of individuals, just like you, in a private Zoom room lead by BCBH-SD certified leaders. Sessions are held for 2.5 hours once weekly for 6 weeks.

Workshops are made available often! Complete your registration from our available dates below or provide us your preferred availability to join our waitlist(s). Once we receive your information, a BCBH Staff Member will reach out to confirm your registration.

If you have questions at any time, you may contact us at 1-888-484-3800.

To view available dates & complete your registration, click the **Next** below.

Our programs are intended for South Dakota Residents only.

Search keyword

Select the available workshop by:

Chronic Disease Self-Management

- ☐ July 7th - Tuesday's @ 7pm (CST)
- ☐ July 22nd - Wednesday's @ 11am CST
- ☐ Add to waitlist for future offerings

<

Next

I'd like more information about other available programs:

Pain Management

- ☐ Small Steps to Healthy Living

Physical Activity

- ☐ Walk With Ease Self-Guided
- ☐ Take a Step and Walk With Ease

Additional programs are Coming Soon!

I'm interested in the following topics:

- ☐ Diabetes
- ☐ Cancer
- ☐ Pain
- ☐ Worksite Chronic Disease Self-Management
- ☐ Other

Training

Leaders

- Open Office Hour
- Zoom Practice
- Orientation

Participant

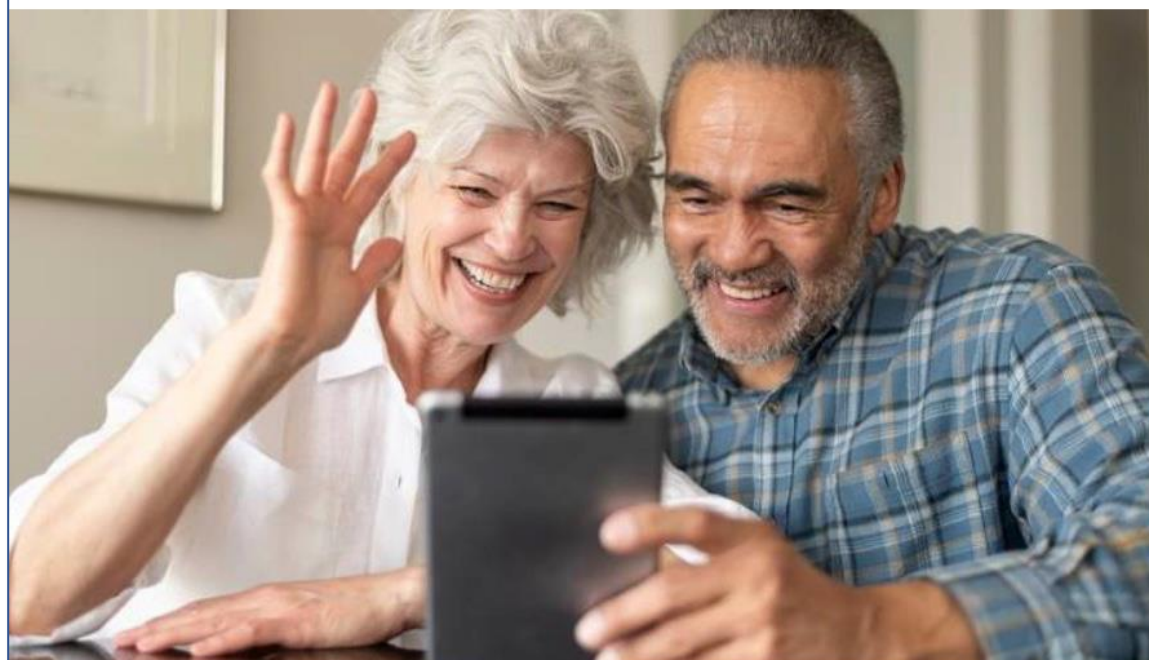
- Technology Orientation
- Participant Guide
- Personal Outreach





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BCBH Live!

BETTER CHOICES, BETTER HEALTH[®] SD
SELF-MANAGEMENT EDUCATION PROGRAMS

How to Access Zoom

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Welcome to your BCBH[®]-SD Live! Workshop. We are thrilled you will be joining us for your 6-weeks of Zoom sessions. Within the Zoom sessions, we will be able to see and hear each other just as we were in person.

Before session 1 of your workshop, we encourage you to read through this tip sheet so you may become familiar with the features within the Zoom Application we will be utilizing in our workshop.

If you have questions, please reach out to your support staff that shared this document with you.

STEP ONE: Receiving the Link for access

Obtaining Your Zoom link & Meeting ID: You will be receiving an email from one of our BCBH staff that will welcome you to your workshop. Included in your Workshop Greeting E-mail will be a hyperlink to our private Zoom workshop along with a Meeting ID specific to the day/time of the workshop you registered for.

Save this email so that you can access the Zoom Link and Meeting ID for your sessions each week as well as have access to your support staff email addresses and phone numbers in case you need assistance.



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STEP TWO: Downloading the Zoom App

Recommended:

- Utilize a laptop, computer or tablet to access your Zoom workshop sessions that has both a microphone and camera.
 - o If you do not have a microphone – more instruction on how to get audio is below.

Option 1: From a tablet

1. Find and Download the Zoom Application

a. On Apple products, you will do this from the **App Store**

b. On Android or other products, you will download apps from **Google Play**.

The icon for the app should look like this:



Confirm the app has downloaded

If you open the app before the workshop, the app will ask for permission to utilize your microphone and camera.

Allow the application access to both microphone and camera.

3. You are done! The application has been installed on your device. When it's time for the workshop, you simply click on the link in your email.

Referrals



- Waitlist Outreach
- Social Media
- Monthly Program Updates
- Phone

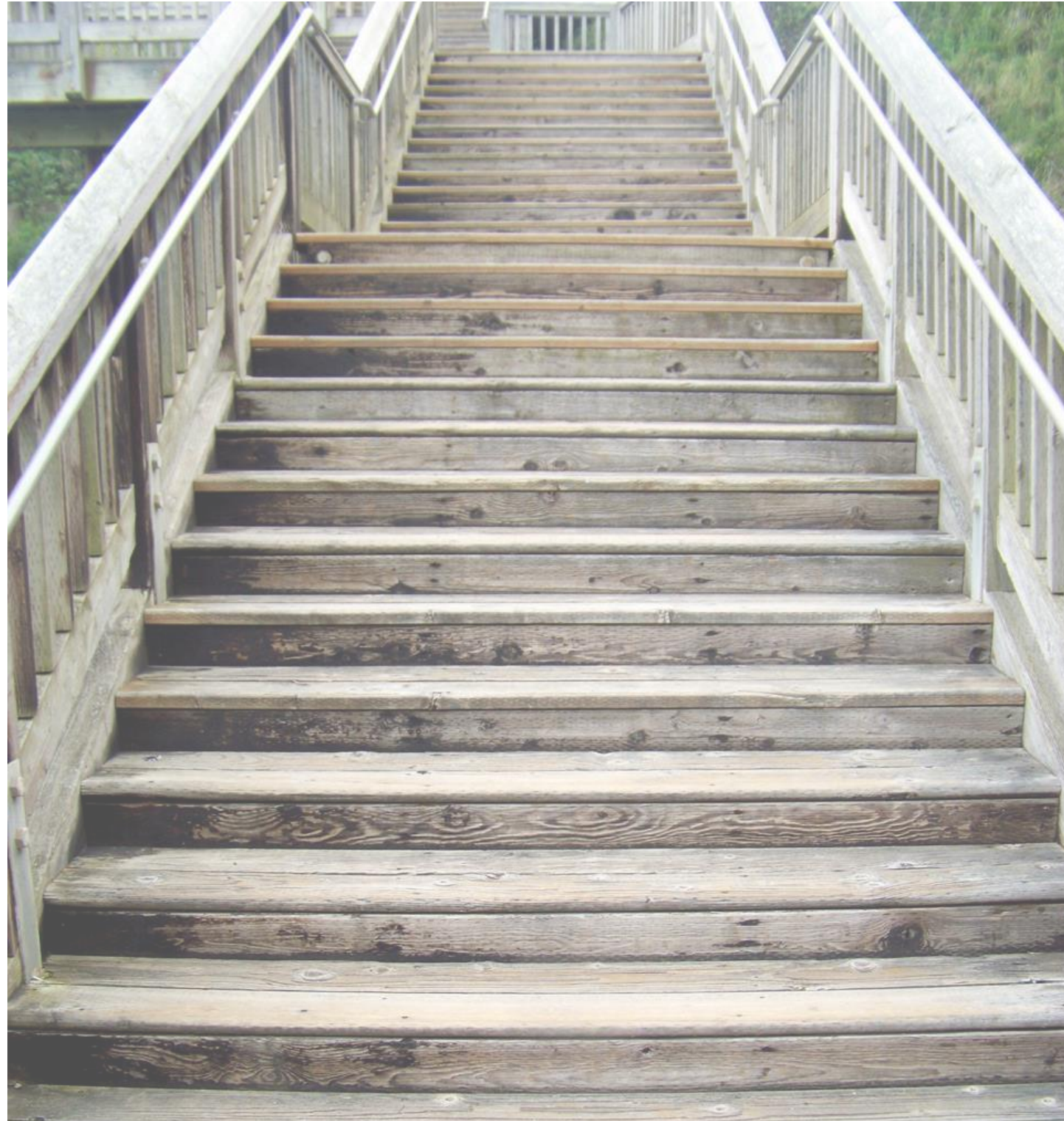


Workshop Management

- Leader Certification Management
- Workshop Scheduling
- Referral Management
- Survey Collection
- Secure Email



Participant Feedback

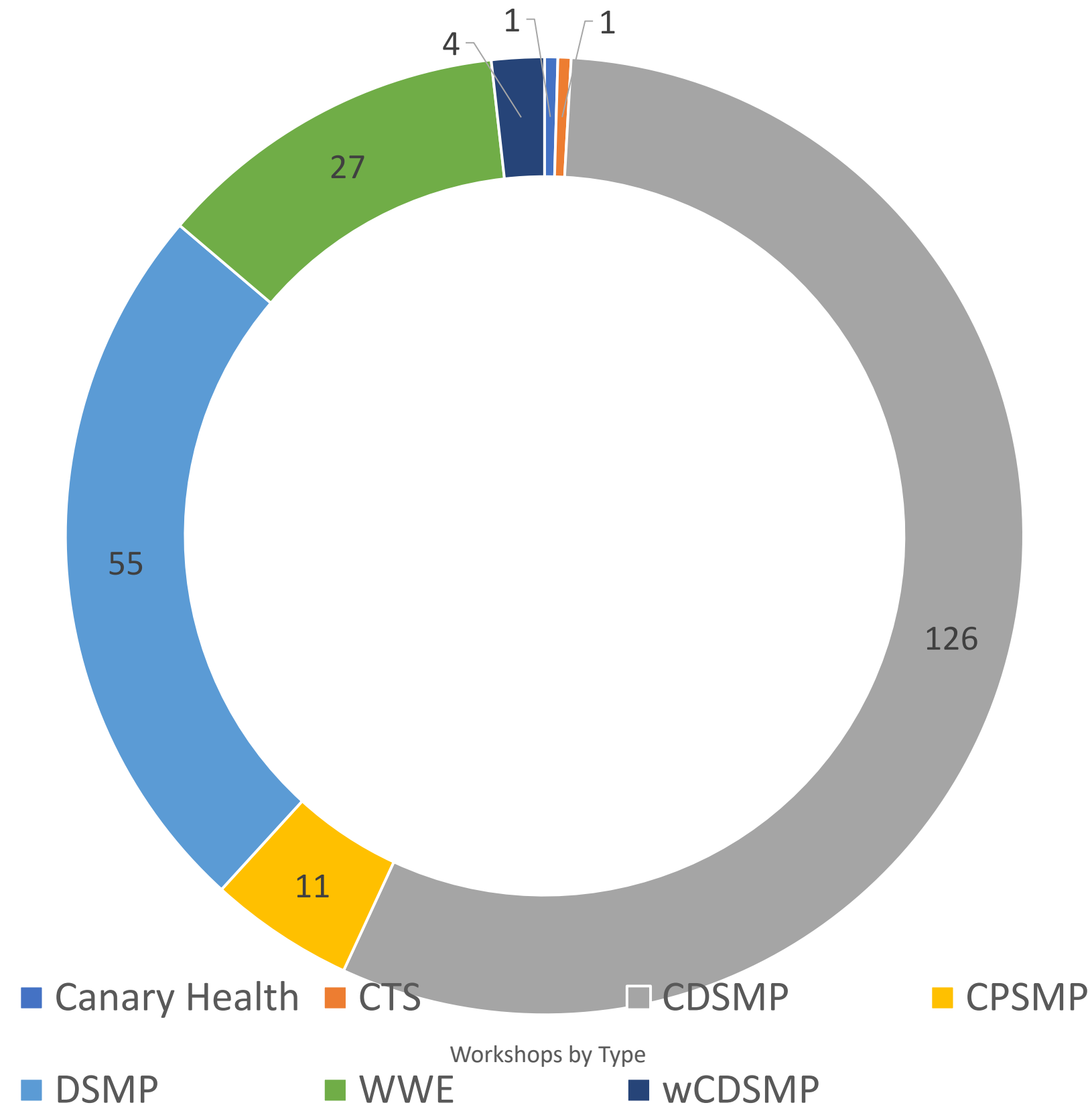


*“I am now walking daily
and find it has helped me immensely”*

*“ I have taken WWE more than once.
It makes me accountable and encourages me”*

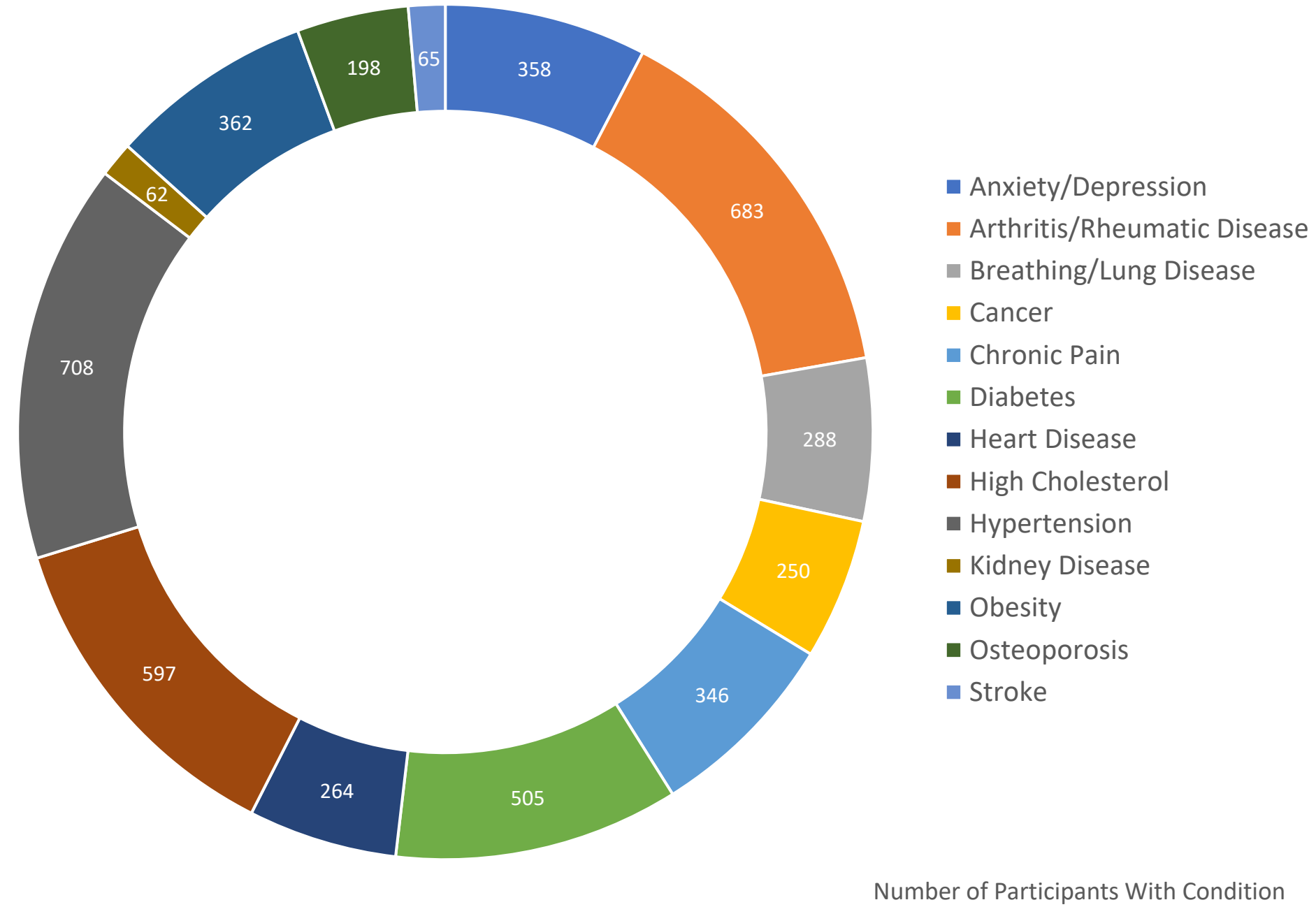
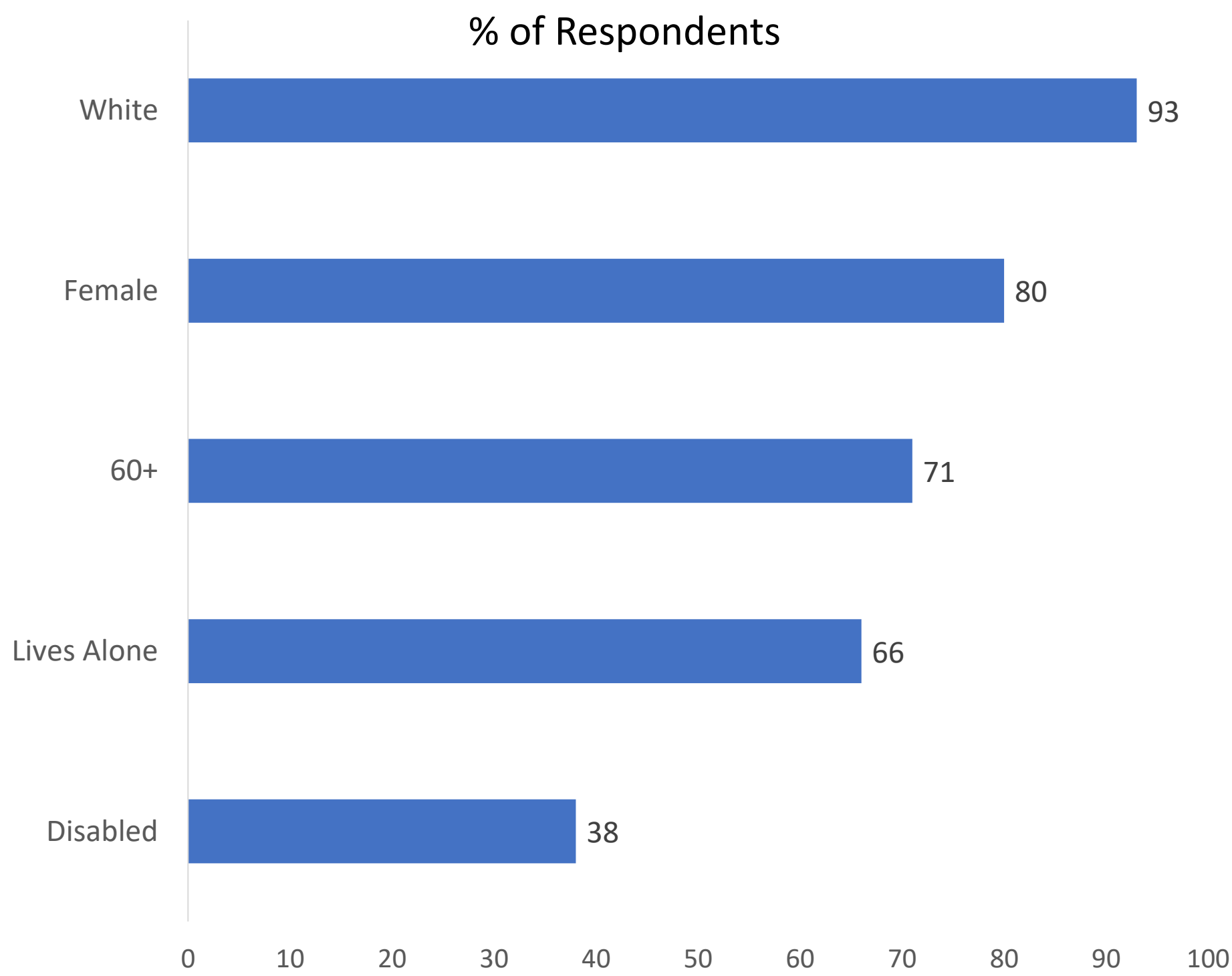
*“The benefits thus far from the courses have been:
Better Walking
Cardiovascular improvement
Less pain
Depression is lessening
Posture much improved
Energy is awesome (get so much more done in a day)
Sleeping all night
Feel better over all
My blood sugars are much better most of the time”*

Data: October 2014-September 2020

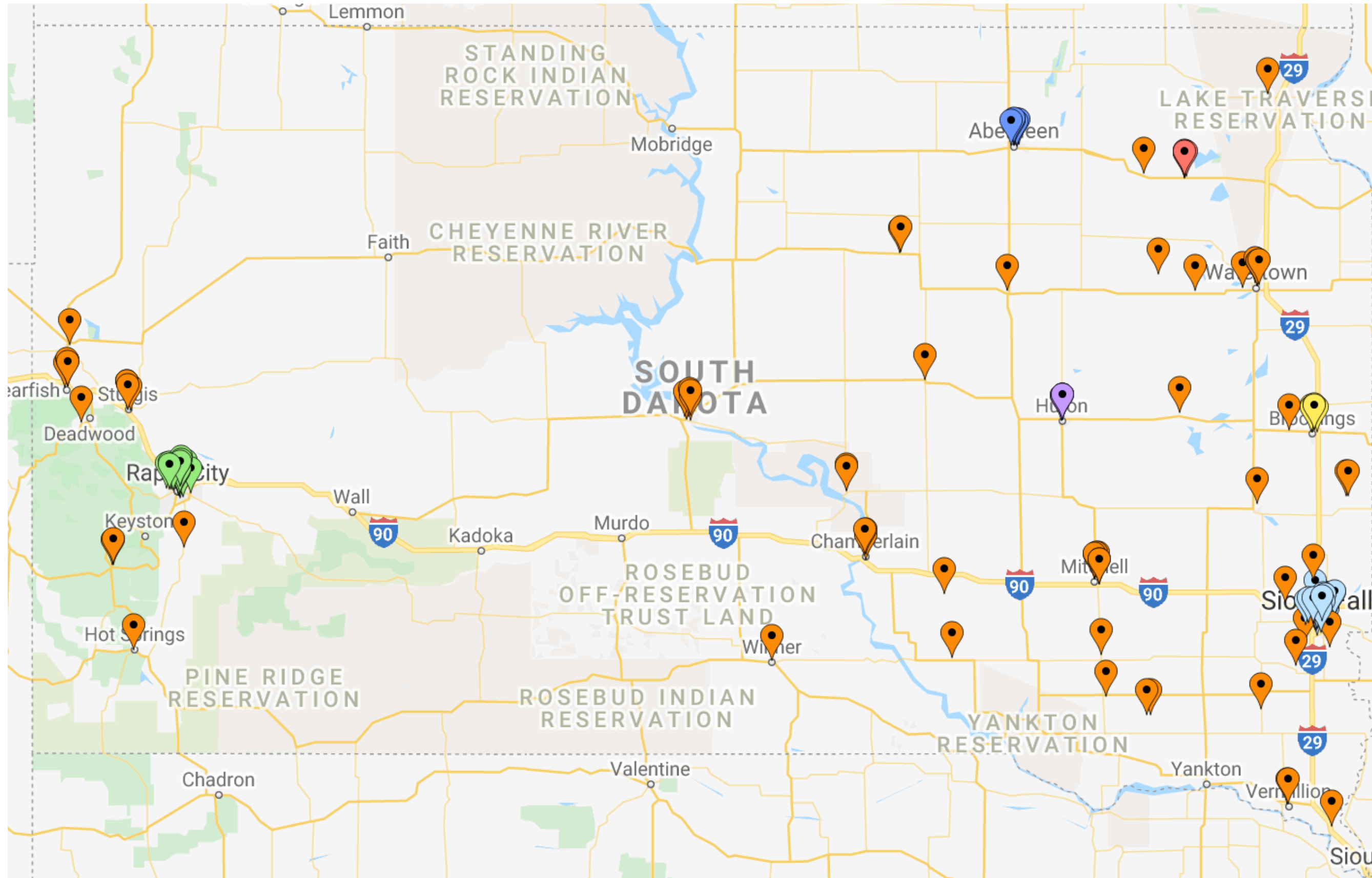


- CDSME
 - Workshops: 198
 - Completers: 1307 of 1906 (69%)
- WWE
 - Workshops: 27
 - Participants: 492

Data: Participant Characteristics



Implementation Sites



Data: Virtual Implementation*



- Chronic Disease (3)
- *Chronic Pain*
- Diabetes (1)
- Walk With Ease (2)

Totals: 6 workshops, 56 participants



- Chronic Disease (2)
- *Chronic Pain*
- Cancer (2)
- Diabetes (2)
- *Worksite Chronic Disease*
- Small Steps to Healthy Living (1)
- Take a Step and Walk With Ease (3)

Totals: 10 workshops, 106 participants

*Workshop completed between 5/1/20-10/31/20

Thank you!

BetterChoicesBetterHealthSD.org

1-888-484-3800



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2020 BCBH-SD Champion Award



2020 BCBH-SD Champion **RICHARD MOUSSEAU**



2020 BCBH-SD Champion Award



2020 BCBH-SD Champion **JACKIE RHODE**

