

Kansas Self-Management Education

Group Leader Training

Johnson County Department of Health and Environment

Olathe, KS

Chronic Disease Self-Management Program
November 5, 6, 13, 14, 2018

Leaders must attend all four days to become certified

Diabetes Self-Management Program
December 4, 2018

One-day cross training

Self-Management Education

The self-management education workshops series is offered 2.5 hours, once a week, for six weeks in locations that can include provider offices and community settings. Health consumers, their family members and/or caregivers attend the program together. Workshops are facilitated by two trained leaders, one or both of whom have a chronic condition. Sessions are highly participative, where mutual support and success builds participants confidence in their ability to manage their health and maintain active and fulfilling lives.

Works With Existing Treatment Plans

The workshop series will **not** conflict with existing programs or treatment. It is designed to enhance regular treatment and disease-specific education. Many health consumers have more than one chronic condition and this program is especially helpful for these consumers, as it gives them the skills to coordinate all the things needed to manage their health and to keep them active in their lives.

Program Development

This evidence-based workshop is part of the Self-Management Programs developed by Stanford University's Division of Family & Community Medicine, School of Medicine. This group has over 30 years of experience developing and evaluating programs tested for effectiveness. For more information on the evidence behind the program, visit selfmanagementresource.com

Get Involved

There are several ways to promote self-management education in your community. Anyone can become certified by attending the four-day training. We will supply everything needed to facilitate a workshop, including training, support, books, cd's, and workshop supplies at no cost to you or your organization. Become a partner by referring your patients to self-management workshops. Assistance is available to help streamline a referral process.

[Click here](#) to register for the leader training.

For questions and/or registration information contact:

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