



Mark Parkinson, Governor
Roderick L. Bremby, Secretary

DEPARTMENT OF HEALTH
AND ENVIRONMENT

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Division of Health

KOHP (Kansans Optimizing Health Program)

Sponsored by the Kansas Department of Health and Environment (KDHE)/ Bureau of Health Promotion

**Stanford's
Chronic Disease
Self-Management
Program**

KDHE/Bureau of Health Promotion is pleased to offer three upcoming leader training in the KOHP (Kansans Optimizing Health Program) in various locations this fall. Organizations interested in offering this 6-week program are invited to apply to send teams of two to the 4-day training. Applications must be received a minimum of two weeks prior to the start date of the training you are applying to attend. Successful applicants will be notified by e-mail when enough people have registered to conduct a successful training. Hotel information and program location will be provided in the acceptance notification.

Please refer to <http://patienteducation.stanford.edu/programs/cdsmp.html> for general information about the Chronic Disease Self-Management Program.

Who May Apply

Each KOHP program held in the community must be led by two trained leaders. Stanford strongly recommends that leaders be individuals living with a chronic condition, and that at least one of the two leaders must be a peer leader and not a health or social service provider. Participants must attend the full 4 days of training and facilitate a program to become a leader. Organizations offering this program through leader training from KDHE must do so under the KDHE Chronic Disease Self-Management Program license with Stanford.

Organizational & Leader Commitment

Organizations sending participants are committing to the initial 4 days of training, plus the time for coordinating and providing 2 six-week community programs within the following 12 months, with the first being held within six months of training. Leaders will be required to sign a leader statement of commitment form along with completing the enclosed application in order to be considered for training.

CURTIS STATE OFFICE BUILDING, 1000 SW JACKSON ST., STE. 230, TOPEKA, KS 66612-1368

Voice 785-296-8916 Fax 785-296-8059

Training Costs

The 4-day leader training is offered at no cost. KDHE will cover mileage to and from the training at .47 a mile as well as hotel expenses at \$99.00 plus tax a night. A light breakfast and lunch will be provided at the training. Evening meals will be the responsibility of the participant. Participants will receive the leader manual and the *Living a Healthy Life with a Chronic Disease* book.

Leader Training

Participation is limited to 20 people with priority offered to registrants demonstrating the following capacities:

- Organizational teams of two or more, including peer leaders with chronic conditions
- Organizational ability to support promotion and implementation of the program
- Commitment to offer at least two 6-week programs within one year of being trained
- Ability to reach diverse audiences including low income and high-risk populations

Please contact Lisa Williams (785-296-2330/lawilliams@kdheks.gov) or Cindy Winters (785/296-8150/cwinters@kdheks.gov) for more information.