

Lessons Learned
Living Healthy with Chronic Disease Self Management Education Outreach to the
Migrant Education Program of Buncombe County, NC



OVERVIEW

Migrant Education Program (MEP)

The Migrant Education Program (MEP) is a federally funded program that assists migratory farm worker students in achieving academic success. It assists children and youth whose families have moved to Buncombe County within the last three years in search of work in agriculture. The MEP serves youth ages 3-21 who have not yet completed high school. Eligible students are offered: home visits, interpreters, parent meetings, academic help, school supplies, help finding health resources, free books and materials for English language learning, and assistance in transferring records to new schools.

Chronic Disease Self Management Education

The Chronic Disease Self-Management Education Program (CDSMP) was developed by Stanford University and is a two-and-a-half-hour workshop offered once a week for six weeks in community settings. People with different chronic health problems attend together. Subjects covered include: 1) techniques to deal with problems such as frustration, fatigue, and pain, 2) appropriate exercise for improving strength, flexibility, and endurance, 3) appropriate use of medications, 4) communicating effectively with family, friends, and health professionals, 5) nutrition, and 6) decision making.

“Tomando” is the Spanish-language version of CDSMP.

Results show that participants demonstrate significant improvements in exercise, cognitive symptom management, communication with physicians, self-reported general health, health distress, fatigue, disability, and social/role activities limitations. They also spent fewer days in the hospital, and trended toward fewer outpatient visits and hospitalizations.

The North Carolina Center for Health and Wellness (NCCHW) anchored at UNC Asheville receives funding through the Administration for Community Living to increase the number of older adults and adults with disabilities in underserved populations participating in the Living Healthy with Chronic Disease Self Management Education Programs and create the systems to embed these programs into an integrated, comprehensive, sustainable statewide network



BEST PRACTICES

Let's learn more from the Migrant Education Program (MEP) Recruiter and Family Liaison, J. Rosario Villarreal, about how MEP was successful in the implementation of the Spanish-version of the Living Healthy Chronic Disease Self Management workshop, *Tomando*:

Q: How did you first learn about the Living Healthy workshop?

A: Last year, the Migrant Education Program served 162 students, this number has increased every year since the Program was started. I work with the parents of the students as much as I can. We work in all 5 school districts as a part of the Buncombe County School System.

It is very important to help people with knowledge. So I reached out to Stephanie Stewart, Aging Specialist, with the Land of Sky Area Agency on Aging. She told me about the training, and about a grant to support me and Roxana with this program.

Three of us went through the Master Training, and we held our first Tomando workshop—seven of the 15 participants completed the workshop. There were some scheduling problems. Of the seven participants that completed the workshop, one began taking medication for blood pressure, one used the workshop as a basis for a school project, and one reached out to schedule their very first meeting with a doctor. Another started walking each day, and invited his caretaker to come to the workshop also. This workshop really helps.

And we just finished our second workshop—this time with 9 graduates!

Q: Can you talk about your outreach and recruitment?

A: I never work by myself—I always work with people in the community. I focus on building relationships with others who can help.

For the workshop, I reach out to the people who will be there for the full six weeks of the workshop. I taught a similar class before, so I was familiar with the information and the importance of attending the full number of sessions.

When I talk about the workshop, I focus on the more practical things—it is the application of the tools that is so important. I seek out people who need the program, I do more direct outreach—I focus on an area that has a lot of migrant workers and I collect names of parents. I want to do the most outreach—the biggest bang for the buck. Migrant parents are going through a lot of stress right now—depression, fatigue. This workshop fits in with student health and their parents' health.

I promote the workshops at health fairs and any way that I can put the thought in their minds.

Q: Have you experienced any challenges or barriers?

A: One of my colleagues, Adrianna, had been trained at the Chronic Disease Self Management Master Training, but wanted to get cross-trained in Tomando (the Spanish-language version of Chronic Disease). There were some difficulties with taking the training on-line.

Transportation is always a big issue.

Q: Any words of advice?

A: The importance of finding the right people—the right people to work with, the right help with providers, and help with sustainability. It is important to have delegated roles—some people can help with outreach, some can help to facilitate.

I was able to facilitate these workshops because of the partnership and grant support from the Land of Sky—I recommend reaching out to your local area agency on aging.

My heart is in giving help to the community—and that is what I do.

To learn more about MEP and their efforts, please visit:

<https://buncombeschools.org/cms/One.aspx?portalId=92531&pageId=236211>

To learn more about the Land of Sky Area Agency on Aging, please visit:

<http://www.landofsky.org/healthpromotion.html>

To learn more about Living Healthy Chronic Disease Self Management Education across North Carolina, please visit: www.healthyagingnc.com



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