

ONEIDA COUNTY HEALTH DEPARTMENT

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NEWS RELEASE

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For Immediate Release

Contact: Dr. Gayle D. Jones, Director of Health
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Trainers Sought for ‘Self-Help’ Health Promotion Program *‘Health Department Collaborating with Office for the Aging and Continuing Care’*

A program designed to teach adults suffering from chronic health conditions, and their significant others, skills on managing their conditions is seeking fifteen non-health professionals from within the community to be trained as workshop leaders

The Chronic Disease Self-Management Program (CDSMP), or *Living Healthy NY* as it’s known locally, is a health promotion program developed by the Stanford Patient Education Research Center and involves a series of highly participatory workshops.

“Each workshop will be facilitated by two ‘Master Trainers.’ These non-health professionals, one or both of whom have a chronic condition, will lead program participants in sessions that will teach health management skills such as decision-making and problem solving; developing a safe and long-term physical activity program; fatigue management; healthy eating; cognitive management of pain and stress; dealing with anger and depression; proper use of prescription medication; and effective communication with family, friends and health care professionals.”

Michael Romano, Director of the Office For the Aging and Continuing Care (OFA) said his department, in collaboration with the Health Department, is seeking individuals from within the community to be trained as workshop facilitators. *“Those chosen as ‘Master Trainers’ must commit to a five-day instructional course to be held August 15th through the 19th at MVCC’s Information and Technology Building. The sessions will run from 8:30 am to 4:30 pm. All training materials and lunch are provided free of charge,”* Romano said.

“Upon completion of their training, the ‘Master Trainers’ will be qualified to lead a series of workshops which will be held once a week for a period of six weeks. Each workshop will be two and a half hours long,” Jones said. She stressed that no health care training or previous experience is required to be a ‘Master Trainer’ in the *Living Healthy NY* program.

For more information about the program, visit the Stanford Patient Education Research Center’s website at <http://patienteducation.stanford.edu/>. Anyone interested in becoming a ‘Master Trainer’ in the *Living Healthy NY* program can contact the Dr. Gayle Jones, Director of Health at 798-5220, or Mr. Michael Romano, Director of the Office for the Aging and Continuing Care at 798-5456.

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