



## *My Life, My Health*

# Master Training



## Chronic Disease Self-Management Program (CDSMP)

**When:** September 12<sup>th</sup>, 13<sup>th</sup>, 14<sup>th</sup>, 15<sup>th</sup> and 16<sup>th</sup>

**Where:** Springfield Marriott Hotel, 2 Boland Way, Springfield, MA 01115

**Time:** Four all day trainings from 9:00 A.M. to 4:30 P.M.; one half day (9/16/11)

The Massachusetts Department of Public Health (DPH) is pleased to announce it is offering a 4.5 day **Master Training** in the evidence-based Stanford University's Chronic Disease Self-Management Program. Funding and scholarships for this training are provided through the National Association of Chronic Disease Directors under the Arthritis Intervention Dissemination Grant. The cost of the training is \$1,000, scholarships and accommodations are available for those meeting specific criteria outlined below.

**Who should sign up for this training program?** Individuals who are actively certified as CDSMP Leaders and successfully complete the Master Training course will be able to provide leader training and support to peer leaders in the Western or Southeastern regions of Massachusetts.

### Training Details:

- Training is 4.5 consecutive days. In order to become a master trainer, successful completion of the course and **attendance for the full 4.5 days is required.**
- Registration is limited to **twenty-two** individuals.
- The course will be co-taught by two T-trainers certified by Stanford University in CDSMP.
- All associated materials will be supplied.

Agencies will be required to sign a Memorandum of Understanding that assures that all trainees will: 1) conduct at least two *My Life, My Health* courses; 2) provide at least one leaders training; 3) perform and submit all required program evaluations; and 4) participate in a regional CDSMP coalition.

**To receive an application or for more information**, please contact Bridget Landers at DPH's Healthy Aging and Disability Unit at **617-624-5540** or e-mail: [Bridget.Landers@state.ma.us](mailto:Bridget.Landers@state.ma.us).

**Note: all applications must be received by Friday, August 26, 2011**