Self-Management Committee Quarterly Call

December 21, 2017 1:00 pm – 2:30 pm

In attendance:

* Alissa Dorman (Clatsop County)
* Karen Larson (Curry County)
* Crystal Sully (Deschutes County)
* Angela Weaver (Oregon Office on Disability and Health)
* Kelly Collums (Salem Living Well leader)
* Kate Kavern (Eugene Family YMCA)
* Leslie Gilbert (Senior & Disability-Lane County)
* Claire Catt (Columbia county)
* Judy Wick (Living Well facilitator in Portland)
* Judy Sundquist (Marion and Benton counties)
* Marty Hogue (Central Oregon)
* Sandra Hernandez (Community in Action)
* Lena Teplitsky (OHA)
* Jan McManus (Multnomah County)
* Kylie Loving (Crook County)
* Elaine Lozier (Northwest Senior & Disability Services)

Agenda Items:

* Introductions
* Debrief September webinar/meeting
  + Jan shared that a repeat Webinar was shared her regional group and that it was very good.
  + Webinar slides are posted online
* Living Well with Chronic Pain class-challenges with session #1, “What is Chronic Pain? (Leslie Gilbert-Lane County)
  + Some participants feel like it is not geared toward those who have pain that can be explained. They feel like it is more for those with conditions like Fibromyalgia, where the pain is unexplainable. Sometimes it comes across to the participant that there is something wrong with them.
  + Crystal shared that this was discussed the last CPSMP leader training. Half of the leaders were professionals and half were lay-leaders. She encourages participants to think about it as how they manage pain, instead of how they experience pain. Train your body to use additional tools to manage that pain. Leader can re-direct things back to pain management and tool box.
  + Leslie mentioned that the phrase, “mind over matter, but mind matters” gets people fired up.
  + Crystal shared that feedback from the recent CPSMP training was sent to SMRC. Crystal has not heard back from SMRC yet, but will share when she does.
  + Jan mentioned recent research shows that in people who have the same condition, some report excruciating pain and others do not seem to experience pain at all. Some people’s experience of pain is related to the level of stress in their lives, what they know, and how to manage the pain
  + Karen mentioned that acknowledging people have pain, goes a long way. Telling them that the tools may or may not help them can help.
  + Leslie feels that there is hardly any space in the curriculum to let people grieve or vent.
  + Kelly shared that often people struggle to find a physician that listen to them regarding their pain. People may be anxious or afraid because they are worried they will no longer be able to get opioids for their pain.
  + Alissa recently led a Cancer: Thriving and Surviving class. She received feedback from a participant that they would like more open-conversation and less material taught directly from the book.
* Upcoming trainings (Elaine Lozier-Northwest Senior & Disability Services)
  + NWSDS is hosting a CDSMP training in Woodburn on January 19, 25, 26, and February 2. Please contact Lavinia Goto for more information or to apply at [Lavinia.goto@nwsds.org](mailto:Lavinia.goto@nwsds.org)
  + Yakima Valley Farm Worker Clinic is also offering a CDSMP leader training in March. Contact Gizelle Polanco at Salud Medical Center for more information.
* Crisis De-escalation and Trauma Informed Care presentation update (Leslie Gilbert-Lane County)
  + Leslie recently attended a Trauma Informed Care training and found it helpful. She is excited about looking at things we can control and how we can deliver workshops with this in mind.
  + Trauma Informed Care is developing an understanding that peoples behaviors and responses come from things in their past and traumas. Sometimes being trauma informed gets dismissed by the healthcare community, because they don’t want to excuse people’s inappropriate behaviors. When you become trauma informed, and understand behaviors, it makes it easier to have compassionate and helpful conversations. This is a useful tool at many different levels. For us as leaders and coordinators, this could include the space for workshop, fliers, and the way participants register. Look for ways to be more welcoming, inclusive and understanding. Don’t use the phrase, “I understand” because it can feel condescending. Instead, use phrases like, “That must be really difficult” or “How can I help?”. It is important to be in touch with ourselves and be aware of our own boundaries and triggers. This could mean asking a co-leader to do an activity for you or asking for a sub if you have a tough week. We have to take care of ourselves in order to take care of our participants.
  + Kelly shared that she would like this incorporated more in upcoming meetings. Background and understanding helps us become better leaders.
  + Leslie mentioned that a lot of tricks are in the back of the leader manuals. It has many tips on how to handle participants to get very emotional. It can give good guidance on being compassionate while you continue to lead the class.
  + Leslie will share more on this during the March call.
  + Karen said that she appreciates this. Her organization gets a lot of referrals from mental health. She feels the appendices are very helpful and suggests encouraging participants to see what you can take away for each session.
* Future topics/trainings
  + Trauma Informed Care presentation: Leslie Gilbert
* Update on Diabetes Prevention Program (Elaine Lozier-Northwest Senior & Disability Services)
  + Elaine shared that there are a lot of changes coming regarding the National Diabetes Prevention Program. For those unfamiliar with the program, she directed them to the CDC website for more information. She also cautioned people that the procedures for becoming recognized are out of date on the website. If people would like an updated manual, they can email [DPRPAsk@cdc.gov](mailto:DPRPAsk@cdc.gov). There was a recent webinar regarding these changes held on December 11, 2017. Here is the link to the recording: <https://adobeconnect.cdc.gov/p82b82nplyd/?proto=true>
  + Elaine then asked the group if there is any interest in an informational session and Q and A regarding this during the March call. The group largely gave feedback that either their organization was not doing DPP, or that they feel like they already have enough information regarding the changes. Instead of giving a presentation during the March call, people can email Elaine with any questions at [elaine.lozier@nwsds.org](mailto:elaine.lozier@nwsds.org) .
* Bright Spots
  + Leslie shared that Pacific Source started mailing out flyer for her organization’s self-management classes. Their DSMP class was filled for the first time. Leslie said that the maximum number of sign-ups is 20 people per workshop.
  + Kylie asked Leslie if they have sample of the letter Pacific Source sent out. Leslie doesn’t have it, but will send her the flier for the workshop. Leslie will ask one of the participants for more information
  + Angela shared that they recently received grant money and is contracting with OWN to provide 7 DPP and DEEP classes between January and July 2018. They are specifically focusing on recruitment from the disability community and participants with mobility issues. She mentioned that she was excited about the partnership with OWN.
  + Kelly asks if there is any movement in the rural counties who have not been able to hold classes. Kate responded that virtual classes will be offered soon through the Eugene YMCA.
  + Jan mentioned that OWN’s objective is to offer classes to rural counties and online.
  + Elaine shared that OWN stands for Oregon Wellness Network. This is a non-profit organization supporting AAA throughout the state to offer Self-Management classes. They will be offering in person and online programs.
  + Marty shared an update about her organization’s Positive Self-Management Program workshops. In areas with a small population, people are referred to CDSMP instead of PSMP. Incentives are given by the state for this.
  + Alissa shared that her organization is leading DSMP starting in February. CTS is scheduled in April. TCMBB starting in February and already has waitlist. April’s TCMBB class is almost full already.
* Other Business
* Next planning Steering Committee Meeting: Friday, February 16, 2018, 10-11 am
* Next Self-Management Quarterly meeting: Thursday, March 15, 2018 1-2:30 pm

Next Quarterly Meeting Call is Thursday March 15, 2018 1:00 – 2:30 pm.