



WANTED: PATH LEADERS

WHAT IS PATH?

PATH (Personal Action Toward Health) is the name Michigan has adopted for the Chronic Disease Self-Management Program developed at Stanford University. PATH workshops empower participants to take an active role in managing their health. PATH groups meet once a week for six weeks; each session lasts 2 ½ hours. During the sessions, participants learn skills needed in the day-to-day management of long-term health conditions (like arthritis, asthma, diabetes, heart disease, among others) to maintain and/or improve their ability to carry out activities of daily living. Family members and other support people of those with a long-term health conditions are also encouraged to attend.

Topics covered include: managing symptoms, relaxation & breathing techniques, improving communication with health care providers, family and friends, and many others. The workshop does not address specific illnesses; rather it addresses the challenges common to many long term illnesses, such as pain, fatigue, physical limitations, and difficult emotions. Each week, participants will create an action plan to accomplish a realistic, attainable goal.

WHAT IS A PATH LEADER TRAINING?

Each PATH workshop is led by two trained leaders, one or both of whom should (ideally) have a chronic or long term illness. Someone who attends a Leader Training can co-facilitate PATH workshops with another trained leader. Leader Trainings are 4 days long.

WHO CAN BECOME A PATH LEADER?

A PATH Leader should meet the following qualifications:

- Possesses good listening skills, is non-judgmental
- Is a role model for healthy behaviors
- Has some experience with, and is comfortable, speaking in front of groups
- Reads, writes and speaks fluently the language in which s/he will be training
- Is able to follow a scripted manual
- Possesses life experience resulting in empathy to the needs and abilities of older adults
- Is dependable and consistent
- May or may not be a health professional. If the leader *is* a health professional, they must be able to facilitate as a peer leader and not has a health professional.

A PATH Leader must also meet these requirements:

- Be willing and available to attend a 4 day Leader Training
- Be willing and available to co-facilitate one workshop within six months of attending training
- Co-facilitate at least one workshop once a year to remain authorized
- Participate in Michigan Partners on the PATH data collection

WHAT ELSE DO I NEED TO CONSIDER?

This program is licensed by the Stanford University Patient Education Center. In order to attend the training, leaders must either have a license with Stanford or have permission from an organization who holds a license. For more information on Licensing, please review the Stanford website:

<http://patienteducation.stanford.edu/licensing/>

Since two trained Leaders are required to lead workshops and trainings, it is recommended that organizations send 2-4 people to the training.

Organizations sending participants to a Leader Training are committing to the initial 4 days of training, plus the time for coordinating and providing at least 1 six-week PATH Workshops within the following 6 months. Potential costs include workshop supplies (chart paper, markers, copies), marketing & promotion, participant books and program licensing. Here are some other questions to consider before committing to attend the Leader Training:

- Do you have staff that can dedicate time to promoting and coordinating workshops, as well as supporting development of PATH Leaders?
- What support is available from organizational leadership to provide PATH workshops on an ongoing basis?
- How many workshops could you realistically plan, promote and hold in the coming six months? In the next year?
- Do you have resources for workshop materials (books and tapes) for workshop participants?
- When are you planning to hold your first workshop? Can you do this within 2 months of the training?
- Who will coordinate the workshops/trainings? Does this person have time to:
 - promote workshops,
 - find appropriate dates for workshops,
 - arrange for and/or set up classroom space,
 - order materials,
 - troubleshoot with leaders,
 - observe leaders at least once to coach and assure quality,
 - take the training and/or class so they understand it fully,
 - recruit new facilitators as needed

How do I apply?

Visit www.mihealthyprograms.org to find upcoming trainings. Contact to the training coordinator to request an application and be approved prior to the training.

Questions?

Contact Karen McCloskey at mccloskeyk@michigan.gov or 517-335-1236.