

# PATH Fidelity Webinar

## How to keep your PATH certification

August 15, 2017 from 2:00pm-3:00pm

Presented by Jodi Burke & Lisa Hall, MSW



# What is certification?

Permission granted by the Self Management Resource Center to individuals who have completed training in any of the PATH programs originally developed at Stanford University.



**NOTE:** Stanford Patient Education Research Center has moved and changed their name to the Self-Management Resource Center

# What is an anniversary date?

Your anniversary date is the date at 12 month intervals from the training date. Activity within each 12-month period is necessary to remain active.

If you are trained in multiple programs, then the anniversary date may be different for each one.

# When is my anniversary date?

- **Anniversary date** – The last day of your training. You have until that date the following year to lead your first workshop.
  - **Example:** Last day of training is 3/15/15 so you have until 3/15/16 to complete your first 6 week workshop.
- **Beyond your first workshop** – you can do either of the following:
  - You can lead another 6 week workshop
  - You can take a refresher training. You can only do this every other year.

**Certification Example:** These 3 people all attended the same leader training. The training ended on March 15, 2015 which is their anniversary date.

	Year 1 3/15/15 – 3/15/16		Year 2 3/15/16 – 3/15/17		Year 3 3/15/17 – 3/15/18		Year 4 3/15/18 – 3/15/19	
	Workshops	Refresher	Workshops	Refresher	Workshops	Refresher	Workshops	Refresher
Daisy	1 Remains Active	Not allowed the first year after training	0 * Certification Lapses		N/A	N/A	N/A	N/A
Minnie	1 Remains Active		0	1 Remains Active	1 Remains Active	0 Not Needed or able to	1 Remains Active	0 Not Needed
Mickey	2 Remains Active		1 Remains Active	0 Not Needed	0	1 Remains Active	0 * Certification Lapses	

\* Certification lapsed – No workshop was led and no refresher training was taken

# Details of Staying Certified

- **First** - After training or cross-training in a new program, you must facilitate at least one 6-week workshop (all six 2.5-hour sessions) within 12 months from training date.
- **Beyond Your First Workshop** - Every 12 months, you must facilitate all six sessions of one 6-week community workshop. If you are unable to conduct a full workshop then you may take a refresher training.

# What is a refresher training?

- A refresher training helps you stay certified when you are unable to lead a workshop
- It's usually no longer than 1 day
- It covers all programs
- You can only take a refresher training every other year after you lead your first workshop
- A refresher training date does NOT replace your anniversary date

# Curriculum Update Trainings

- When you take a required curriculum update training the date of that replaces your previous anniversary date.

**Example:** In Fall 2016 there was a Diabetes PATH curriculum update. All active leaders were required to take a Diabetes PATH update training in order to stay active. That training date is your new anniversary date.



# The PATH Programs in Michigan

- **PATH** - people with a chronic health condition such as arthritis or hypertension
- **Diabetes PATH** - people who are living with Type 2 Diabetes
- **Chronic Pain PATH** - people living with chronic pain
- **Tomando Control De Su Salud** – entirely in Spanish and for people with a chronic health condition(s)
- **Cancer Thriving and Surviving (Cancer PATH)** – people that have cancer or are cancer survivors
- **Building Better Caregivers** – caregivers of people with long term health condition(s).
- **Positive Self Management Program** – people who are living with HIV

# Multiple Programs - Anniversary Date

- **Anniversary Date** - the last day of that specific programs training date
  - **Example:** You were trained in both PATH and Diabetes PATH. The last training date for PATH was 8/7/15 and Diabetes PATH was 2/20/16.

**Leader Certification Guidelines:**

<https://www.selfmanagementresource.com/submit-reports/master-trainer-certification/certification-guidelines-leader-requirements>

# Multiple Programs – Staying Active

1. Every 12 months – must facilitate all six sessions of one 6-week community workshop.
2. Every 2 years – you must conduct all sessions of one 6-week workshop for every program for which you are active.

**Example:** You are trained in PATH and Diabetes PATH.

- Year 1 – you lead 1 PATH workshop and 1 Diabetes PATH workshop
- Year 2 – you only lead a Diabetes PATH workshop
- Year 3 – you have to lead a PATH workshop to stay current in PATH

# Multiple Programs Example - Watson

If you are trained in 2 Programs

Leader	Program Trained	Last Day of Training Date	Yearly Anniversary Date
Watson	PATH	8/7/15	August 7 <sup>th</sup>
	Cancer PATH	12/5/15	December 5 <sup>th</sup>

# Example: Watson was trained in 2 programs: PATH and Cancer PATH. Trainings ending: August 7<sup>th</sup> 2015 and December 5<sup>th</sup> 2015

		Year 1		Year 2		Year 3		Year 4	
		Workshops	Refresher	Workshops	Refresher	Workshops	Refresher	Workshops	Refresher
Programs Trained		Workshops	Refresher	Workshops	Refresher	Workshops	Refresher	Workshops	Refresher
Watson	PATH 8/7/15	1 Remains Active	Not allowed the first year after training	0 Remains Active	1 Refresher Covers all programs that Watson is trained in	2 Remains Active	Not allowed to take this since took the previous year	0 Remains Active*	0 Not Needed
	Cancer PATH 12/5/15	1 Remains Active		0 Remains Active		0 Remains Active		1 Remains Active	0 Not Needed

\* Every 2 years, you must conduct all sessions of one 6-week workshop for every program for which you are active. In order for Watson to remain active in year 5 he has to conduct a full PATH workshop otherwise his certification will lapse.

# Multiple Programs Examples - Sherlock

If you are trained in 3 or more Programs

Leader	Program Trained	Last Day of Training Date	Yearly Anniversary Date
Sherlock	PATH	8/7/15	August 7 <sup>th</sup>
	Diabetes PATH	2/20/16	February 20 <sup>th</sup>
	Chronic Pain	10/12/15	October 12 <sup>th</sup>

Example: Sherlock was trained in 3 programs: PATH, Diabetes PATH and Chronic Pain. Trainings ending: August 7<sup>th</sup> 2015, February 20<sup>th</sup> 2016, October 12<sup>th</sup> 2015

		Year 1		Year 2		Year 3		Year 4	
		Workshops	Refresher	Workshops	Refresher	Workshops	Refresher	Workshops	Refresher
Sherlock	PATH 8/7/15	1 Remains Active	Not allowed the first year after training	1 Remains Active	0 Not Needed	0 Remains Active	1 Refresher Covers both PATH & Diabetes PATH programs that Sherlock is trained in	1 Remains Active	Not allowed to take this since he took a refresher the previous year
	Diabetes PATH 2/20/16	Not Trained Yet		2 Remains Active	0 Not Needed	0 Remains Active		1 Remains Active	
	Chronic Pain 10/12/15	1 Remains Active		0 Remains Active	0 Not Needed	0 *Certification Lapses	Refresher does not count. He had to lead a workshop	No longer certified in Chronic Pain. To be recertified he has to take a 4 day training or 2 day cross training.	

\* Every 2 years, you must conduct all sessions of one 6-week workshop for every program for which you are active.

# The Skinny on Master Training

1. Every 12 months – must conduct one of the following in **at least one program** you are trained in:
  - One 6-week workshop
  - One 4-day leader training
  - One leader cross-training
  - Leader update training (if relevant).
2. Every 2 years – you must also conduct at least one of the following in **every** program you are Master Trained in:
  - One 6-week workshop
  - One 4-day leader training → This HAS to be done every two years **for each program** you are Master Trained in.
  - One leader cross-training
  - Leader update training (if relevant)



# Master Trainer Reporting

If you are Master Trained - Every Year you have to complete an online report to the Self-Management Resource Center, previously Stanford University.

You will be notified by email when your annual report is due with details on how to complete the report. This report usually comes out in January.

If you do not fill this out than you will no longer be certified as a Master Trainer. You can remain a Leader though.

**Master Trainer Certificate Guidelines & Other Resources:**

<https://www.selfmanagementresource.com/submit-reports/master-trainer-certification>

# Master Trainer Example – Mrs. Hudson

If you are Master Trained in any PATH programs

Leader	Program Master Trained	Last Day of Master Training Date	Yearly Anniversary Date
Mrs. Hudson	PATH	1/27/15	January 27 <sup>th</sup>
	Diabetes PATH	2/2/15	February 2 <sup>nd</sup>

**Example:** Mrs. Hudson was trained in 2 programs as a Master Trainer: PATH and Diabetes PATH. Trained: January 27<sup>th</sup> 2015 and February 2<sup>nd</sup> 2015

		Year 1		Year 2		Year 3	
		Programs Master Trained		Workshops	Leader Training	Workshops	Leader Training
Mrs. Hudson	PATH	2 Remains Active	0 Remains Active	0 Remains Active	1 Remains Active	1 Remains Active	0 Remains Active
	Diabetes PATH	2 Remains Active	1 Remains Active	0 Remains Active	0 Remains Active	0 *certification Lapses	0 *Certification Lapses

**\* Certification Lapsed** – In year 3 Mrs. Hudson would have had to lead at least 1 Diabetes PATH workshop and 1 Diabetes PATH leader training in order to stay certified as a leader and a Master Trainer. If she had just led a workshop she would still have been current as a Diabetes PATH leader.

# Tracking

## **Don't remember your training date?**

The organization you work with or Michigan Department of Health and Human Services (MDHHS) will most likely have your training date. Ask your organization first before going to MDHHS.

## **Help Us Help You**

If you get trained in one or multiple programs it is your responsibility to keep track of your training date.

MDHHS has created a tracking document that will be up on the [www.mihealthyprograms.org](http://www.mihealthyprograms.org) website.

# Other upcoming webinars

Topic	Date & Time
<p><b>Program Changes</b> New Brainstorming Guidelines and Diabetes PATH curriculum</p>	<p><b>Wednesday August 23, 2017</b> <b>1:00pm - 2:00pm</b> <i>Register by August 16, 2017</i></p>
<p><b>Reality versus Fidelity</b> Keeping participants and dealing with low turn out</p>	<p><b>Thursday September 14, 2017</b> <b>10:00am - 11:00am</b> <i>Register by September 7, 2017</i></p>

# Upcoming Refresher Training

**Save the Date!**

**October 10, 2017**

A half day Leader Refresher Training will be held in Okemos, MI

Details and registration information will be coming in late August

# Questions

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On Behalf of the Michigan Partners on the PATH  
Thank You for all the hard work you do!



[www.mihealthyprograms.org](http://www.mihealthyprograms.org)



[www.selfmanagementresource.com](http://www.selfmanagementresource.com)

**If you have questions or comments about this webinar please contact the presenters:**

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