

# Diabetes Self-Management Program Training

## Session III

(program code: 1.-082.17)

**(REVISED DATES)**

**Nov. 6, 7, 13 and 14, 2017**

**9 am – 4:30 pm**

## LOCATION

IHA's Springfield Office  
700 South Second Street  
Springfield, IL 62704

## Session IV

(program code: 1.-083.17)

**Sept. 18, 19, 25 and 26, 2017**

**9 am – 4:30 pm**

## LOCATION

Perry Memorial Hospital  
530 Park Avenue East  
Princeton, IL 61356-2598

## REGISTRATION

Select only one four-day session to participate in. Other sessions will take place in October.

## FEE

**There is no fee for the training.**  
Meals are not provided.

*The cost of the training is complimentary. Funding for this program was provided by IDPH State Public Health Actions to Prevent and Control Diabetes, Heart Disease, Obesity and Associated Risk*

## TRAINING INFORMATION

Through the CDC-1305 Chronic Disease and School Health (CDASH) grant and in partnership with the Illinois Dept. of Public Health (IDPH) Chronic Disease and School Health (CDASH) team, complimentary training is available for federally qualified health centers (FQHCs), hospitals and community organizations in Illinois\* that are interested in becoming Stanford Diabetes Self-Management Program (DSMP) accredited/recognized providers.

The DSMP trainings will be provided by AgeOptions and will be held over four days. Because the self-management workshops must be delivered by at least two facilitators, you must have a minimum two individuals trained to become workshop facilitators. In addition, prior to training, participants will need to sign a letter of commitment and details on how they want to proceed with a license.

## LEARNING OBJECTIVES

Upon training completion, IHA and AgeOptions will work with organizations to implement workshops in their community. The self-management workshops are designed to:

- Be taught in a community setting;
- Offered as a 2 ½ hour per workshop for six weeks;
- Be led by two trained facilitators;
- Help participants learn how to take control of their diabetes as they develop goals and created personalized action plans;
- Encourage interaction and mutual problem-solving and support; and
- Complement clinical treatment and disease-specific education programs.

*\*Please note that organizations located in the counties of Alexander, Franklin, Gallatin, Hardin, Jackson, Johnson, Massac, Perry, Pope, Pulaski, Randolph, Union, Saline, White and Williamson will be referred to the Diabetes Today Resource Team for their schedule of trainings. For more information you can contact Southern Illinois Healthcare at 618-457-5200, Ext 67837 or visit [www.hsidsn.org](http://www.hsidsn.org).*

**CLICK HERE TO REGISTER**