



WANTED: PATH MASTER TRAINERS

The Michigan Department of Community Health – Arthritis Program is offering a PATH Master Training the week of September 12-16, 2011 in Okemos, MI. We are seeking people who want to make a difference in people's lives to help lead this program and train others.

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 MASTER TRAINING?

Each PATH workshop is led by two trained leaders, one or both of whom should (ideally) have a chronic or long term illness. There are two different ways to become a trained leader- either by attending a Leader Training or a Master Training. Someone who attends the Master Training can lead PATH workshops *and* train other PATH leaders. Someone who attends a Leader Training can lead a PATH workshop, but not train others. Master Trainings are 4 ½ days long. Leader Trainings are 4 days long.

WHO CAN BECOME A PATH MASTER TRAINER?

A Master Trainer 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 master trainer *is* a health professional, they must be able to facilitate as a peer leader and not has a health professional.

A Master Trainer must also meet these requirements:

- Be willing and available to attend a 4 ½ day Master Training
- Have either led two (2) workshops as a Leader before attending Master Training OR be willing and available to lead two (2) workshops within one year of attending Master Training
- Are willing and available to facilitate one 4-day Leader training within one year of attending Master Training
- Lead a full 4-day Leader training once a year to remain certified
- 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, Master Trainers must either have a license with Stanford or be affiliated with 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 Master Training, with at least one paid staff person who can be responsible for program promotion, logistics and data collection.

Organizations sending participants to a Master Training are committing to the initial 4 ½ days of training, plus the time for coordinating and providing at least 2 six-week PATH Workshops within the following 12 months and one 4 day Leader Training. 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 Master Training:

- Do you have staff that can dedicate time to promoting and coordinating classes, as well as supporting development of peer facilitators?
- 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?

If you are interested in attending the PATH Master Training, please complete an application and submit it by August 15, 2011. All applications will be reviewed. If your application is accepted, you will receive a Memorandum of Agreement to sign and return prior to the training.

Questions?

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