



The Loop

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MICHIGAN PARTNERS ON THE PATH QUARTERLY NEWSLETTER

This quarterly newsletter has been created to keep all partners, leaders, and stakeholders updated on our progress, and upcoming events. We encourage everyone to submit stories for upcoming issues and hope you find this newsletter helpful and enjoyable!

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Statewide PATH Conference

On June 18th many of you were able to join us at the annual PATH statewide conference. Terry Brady, PhD, from the CDC gave a wonderful presentation that covered engaging participants and health care practitioners in evidence-based community programs. Here are some highlights from her talk:

- An online survey of over 400 primary care offices found that physicians prefer personal visits and that repeated contact is helpful.
- When it comes to recommending programs to patients, **cost, credibility of program leaders (having trained leaders), and convenience** are the most important factors to providers.
- Terminology to use for CDSMP:
 - Self-Management (not self help or self care)
 - Help you learn (rather than teach or help build skills) techniques or strategies (not tools or skills)
 - Workshop (not classes or course)
- Use more appealing terms such “physical activity” instead exercise, and “30 minutes a day” instead of weekly total of exercise.
- Providers prefer to “recommend” a program to patients rather than to “refer” them.

MI Partners on the PATH Background

In 2005, the Michigan Department of Community Health, the Office of Services to the Aging, and Michigan State University Extension established Michigan Partners on the PATH to build a system for coordinating, implementing, and expanding the Stanford Chronic Disease Self-Management Program (CDSMP) in Michigan. Michigan Partners on the PATH (*MI PATH*) has grown from a handful of partners to almost 100.

Initially, MI PATH partners formed work groups to develop the centralized data base, and the common marketing and evaluation tools that our partners use today. Once the work group initiatives were completed, MI PATH was restructured to form regions so that partners could work together locally to coordinate resources and workshop schedules. A statewide MI PATH steering committee was convened with representatives from each region. The steering committee addresses issues of statewide interest, including statewide meetings. See page 3 for the regional map and contacts.

Surgeon General Recommends Evidence-Based Programs:

“Community-based self-management programs will be particularly important in helping older adults manage their chronic conditions. Self-management programs help individuals gain self-confidence in their ability to control symptoms and manage the progression of several long-term and chronic age-related illnesses. Programs such as Stanford University School of Medicine’s “Chronic Disease Self-Management Program” and Senior Services of Seattle’s “Enhance Fitness” program significantly increase the self-confidence of older adults when it comes to their health and managing their chronic illnesses.”

-Steven K. Galson, MD, MPH RADM, USPHS Acting Surgeon General



Regional Spotlight

Southeast Michigan Regional Group:

- Doctors' Hospital of Michigan, in collaboration with Total Health & Wellness Associates, is conducting two PATH groups with all Family Medicine residents and faculty beginning in August. The groups will include first, second and third year residents and the core faculty. Through this opportunity, the physicians will have first hand experience as participants in PATH so that they will be very aware of what exact service they are recommending to their patients.
- The Chelsea Senior Activities Center just conducted its first PATH workshop and was spotlighted in an article in The Chelsea Standard. Another PATH class is scheduled at the CSAC on September 15th.
- The National Kidney Foundation of Michigan was contracted by the Michigan Department of Community Health, Mental Health Section, to conduct four leader trainings for Certified Peer Support Specialists. Approximately 80 individuals were trained as PATH leaders in Midland, Kalamazoo, Novi, and Dearborn.



**Allen Park Manor Workshop,
February 2009**

Community Mental Health Involvement:

Did you know that people with serious mental illness are dying 25 years before the general population? This is due in part to the effects of on-going health conditions.

The Michigan Department of Community Health, Bureau of Community Mental Health Services is taking the initiative to do something about this startling statistic. They are training Certified Peer Support Specialists (CPSS) to become PATH leaders and Master Trainers to bring this program to more and more people across the state. CPSS are people in recovery who receive training to help others who are living with a mental illness. To date, there are over 100 Peers who are now PATH Leaders or Master Trainers.

Would you like to be featured in the next regional spotlight?

*Send your updates, events, or tips to
Karen McCloskey to be featured!*

Changing lives...

"There is hope and strength in groups because we are all working together"

- Frankie B.

"My experience turned out to be so much more than I expected. It came at a time when I was feeling "low and blue", and by setting some goals and adjusting my outlook I am now doing much better."

-Phyllis M.

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Keeping you in.....

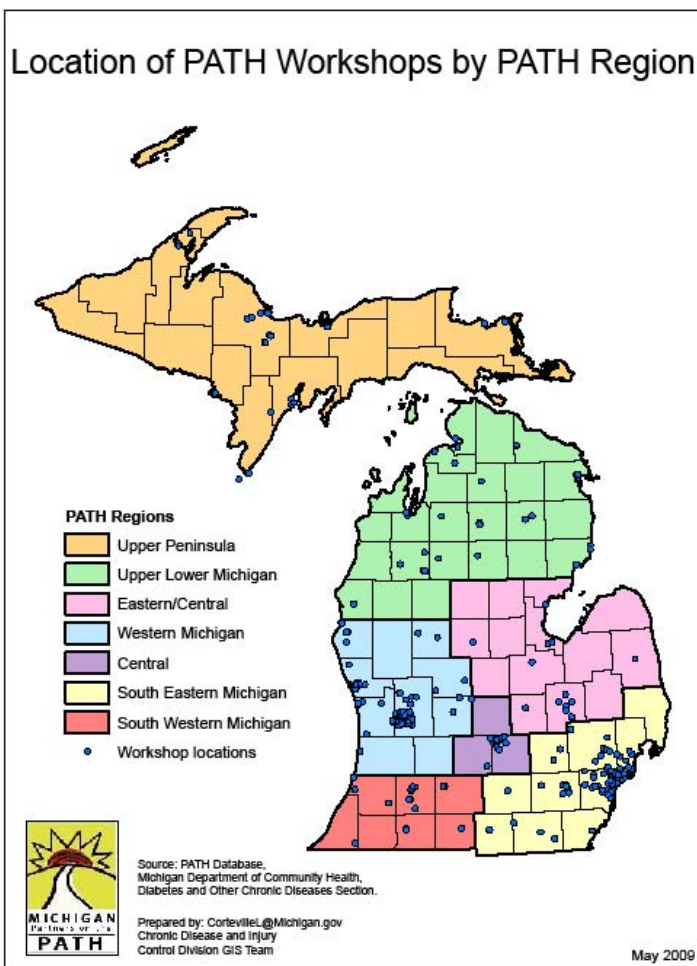
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PATH Updates:

- We will soon have new PATH forms! They will be available online at www.mipath.org, under the Partner Login link (password is Path1).
- 2182 people have completed a PATH workshop
- There are now 530 active PATH leaders (430 lay leaders, and 100 master trainers).

NEW CONTACT INFO:
 KAREN (OLSON) MCCLOSKEY
 517-335-1236
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MI PATH Regional Groups



There are 7 PATH Regional Groups across the state. Each group meets regularly to discuss implementation and coordination of PATH workshops and leader trainings. Get in touch with your regional contact *today* to get “in the loop” with your Region!

Regional Contacts:

Upper Lower Peninsula

Julie Shippy
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South Eastern Michigan

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Upper Peninsula

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Statewide Contact

Karen McCloskey- Lansing, MI
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Upcoming Leader Trainings:

- University Lutheran Church, East Lansing: November 5, 6, 12 & 13
 Contact Jane Braatz 517-699-1864
- LMAS Health Department, Newberry: September 9, 10, 16 & 17
 Contact Kay Bammert 906-228-9203

(Additional leader training will be held in Holland but is closed to the public.)

If you have comments, questions, compliments, or stories for the newsletter please contact:

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