

# Rural Health Network of South Central New York (SCNY), Inc.

## 2023 Chronic Disease Self-Management Education Program Grantee



### Goals

The overall purposes of this 4-year grant are to:

Goal 1: Develop capacity to increase the number of older adults and adults with disabilities who participate in evidence-based Chronic Disease Self-Management Education (CDSME) and self-management support programs to empower them to better manage their chronic conditions.

Goal 2: Identify and implement one or more robust strategies that will promote the sustainability of evidence-based self-management education and self-management support programs.

### Strategies and Activities

The grantee and its partners will:

- Engage rural older adults in programs across five counties in New York's Southern Tier.
- Coordinate regional expansion, delivery, and sustainability of self-management interventions.
- Launch new data collection strategies to demonstrate program impact.
- Build a strong case for funding of self-management interventions in value-based contracts.

### Proposed Interventions

- Chronic Disease Self-Management Program (CDSMP) (in-person and remote)
- Chronic Pain Self-Management Program (CPSMP) (in-person and remote)
- Walk With Ease (WWE) (in-person)

Prevention and Public Health Fund 2023, effective May 1, 2023



## Partnerships

To achieve the goals of the grant, grantee will collaborate with the following key partners:

- Aging services in five NY counties: Steuben, Chemung, Tioga, Broome, and Delaware
- Gerould's Professional Pharmacy (Elmira, NY)
- HealthConnections Regional Health Information Organization (Vestal, NY)
- Institute for Human Services & Steuben Rural Health Network (Bath, NY)
- Tioga Opportunities, Inc. (Owego, NY)

## Anticipated Results

The grantee and its partners propose to achieve the following results:

- Engage 660 participants in 62 workshops across all proposed interventions.
- Increase the number of peer leaders by 11 and Master Trainers by 6.
- Develop a regional collaborative delivery model with ongoing leader training and support.
- Evaluate long-term impact on participants' knowledge, behavior, and health outcomes.

### Contact:

Mary Maruscak, Director, Community Health  
Rural Health Network of SCNY, Inc.  
mmaruscak@rhnscny.org

### For more information:

Administration for Community Living  
U.S. Department of Health and Human  
Services Washington, DC 20201  
<http://www.acl.gov>

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