



**BETTER CHOICES**  
**better health**<sup>®</sup>  
GOOD & HEALTHY SOUTH DAKOTA COMMUNITIES

Application information to become trained and certified as a  
**CDSMP Lay Leader for BCBH<sup>®</sup>SD**

**February 12<sup>th</sup>, 13<sup>th</sup>, 19<sup>th</sup>, 20<sup>th</sup> 2018**  
**SDSU Extension Regional Center**  
**13 Second Ave. SE; Aberdeen, SD 57401**

**APPLY ONLINE [HERE](#)**

**Better Choices Better Health<sup>®</sup> SD (BCBH)** is a chronic disease self-management program designed to help others **gain confidence** and **learn skills** to better **manage** their own health, stay active, and **TAKE CHARGE!**

**YOU CAN MAKE A DIFFERENCE!**

- You will enhance your health and the health of your community as you share the gift of self-management with others.
- You don't need any previous teaching or healthcare experience, but you must plan to attend **all four days** in order to be certified.
- Registration is \$250. All materials, handouts, and supplies are included, along with lunch/refreshments during your training.
- After completing the four-day training you will be able to co-lead the six week BCBH workshop in your community.



**Don't miss a chance to be a part of this life-changing program!**

**DEADLINE TO APPLY – January 29<sup>th</sup> 2018**

1-888-484-3800 | [www.betterchoicesbetterhealthsd.org](http://www.betterchoicesbetterhealthsd.org)

# Lay Leader Application Information

## Application Details:

### **\*\*If you are applying as...**

- A **Volunteer**, not sponsored by an employer or organization, we ask that you complete the SDSU Volunteer Work Agreement\* and agree to a background check\* by SDSU.
- **Sponsored by your employer/organization** to attend the training and become a certified Lay Leader for BCBH, your sponsoring employer/organization will need to sign the BCBH Memorandum of Agreement\* (MOA).

*\*these agreements will be sent to you after you have been interviewed and selected.*

### **Registration is \$250**

*If you are applying as a volunteer, and are in need of financial assistance, discounted registration may be available. Contact [Megan Jacobson](mailto:megan.jacobson@sdsu.edu), SDSU Extension Nutrition Field Specialist for more information by email, [megan.jacobson@sdsu.edu](mailto:megan.jacobson@sdsu.edu) or phone, 605-995-7382.*

### **Please note that all Lay Leaders will be asked to sign an agreement in which they will:**

- Co-lead one or two six-week workshops each year
- Agree to a minimum two-year commitment of being a Lay Leader
- Join the BCBH Network (attend Lay Leader meeting, annual conference, update trainings, etc.)
- Respect confidentiality of participants
- Maintain integrity and fidelity of the BCBH program

After your application is received, you will be contacted to set up a phone interview. At that time you will be provided with more information on the training and have the opportunity to ask any questions you may have.

**THANK YOU** for your interest in becoming a CDSMP Lay Leader for BCBH!

**Lori Oster**, BCBH Program Coordinator  
**Megan Jacobson**, BCBH Program Associate  
1-888-484-3800  
[betterchoices.betterhealth@sdsu.edu](mailto:betterchoices.betterhealth@sdsu.edu)



**BETTER CHOICES**  
**better health**<sup>®</sup>  
GOOD & HEALTHY SOUTH DAKOTA COMMUNITIES

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

## **Lay Leader Position Description for Better Choices, Better Health<sup>®</sup> SD**

The Better Choices, Better Health (BCBH) program offers workshops that are designed to provide education, skills, and tools to increase participant's self-confidence in their ability to better manage their chronic health conditions and feel better. Lay Leader Training teaches you how to lead BCBH workshops, enhance your health, and the health of your community as you share the gift of self-management with others. You can make a difference by helping others to feel better, live better, be better, and age strong.

### **Requirements**

- Must attend/complete all days of the 4-day training (training may be split over two weeks)
- Must demonstrate practice teaching skills to become a certified workshop Lay Leader
- Agree to lead at least 1 BCBH workshop per year after training
- Agree to co-lead BCBH workshops with a co-leader (Master Trainer or Lay Leader)
- Able to lead a 6-week workshop (6 weekly sessions, 2.5 hours each, plus preparation time)
- Must present BCBH curriculum exactly as instructed at training (SMRC Model)
- The BCBH program relies on leaders to complete the required documents and submit as instructed

### **Additional Skills, Abilities, and Values of a Lay Leader**

- Understands the importance and purpose of fidelity (following the curriculum)
- Ability to be dependable and consistent
- Able to talk easily with a variety of individuals, including adults with disabilities and older adults.
- Ability to listen to what others are saying without interrupting
- Ability to work comfortably in front of small groups
- Feels comfortable with being evaluated as a Lay Leader and welcomes constructive feedback
- Able to read aloud and follow a script, and to write clearly on charts
- Able to be non-judgmental and respect different opinions
- Will not offer advice or own opinions to workshop participants
- Keep confidential workshop information protected (i.e. workshop roster, participant information)
- Ability to encourage others, be a positive role model
- Ability to be optimistic about a person's ability to make step by step changes
- Focused on caring, not curing
- Willingness to share some personal information and experience with the group
- Demonstrates a caring, respectful, and compassionate attitude towards all people
- Able to safely perform the physical requirements of leading the program
- Understands no healthcare training or experience is needed
- Follows all fidelity, confidentiality, AA/EEO guidelines, and volunteer policies of the BCBH program in compliance with the signed agreement

### **Additional Opportunities of Interest**

In addition to co-leading Better Choices, Better Health SD workshops, if you are interested, you may:

- Distribute posters or brochures
- Arrange space, time, and dates for a workshop
- Help to recruit and register workshop participants
- Do a *Session Zero* to promote BCBH in your community
- Share your BCBH testimony to others (i.e. family, friends, colleagues, employers)



Application information to become trained and certified as a

## **DSMP Lay Leader Cross-Training for BCBH®SD**

**PRE-QUALIFICATION:** You must be attending the CDSMP Lay Leader Training on February 12, 13, 19, 20 OR be a certified BCBH® SD Lay Leader in a program other than DSMP

**Wednesday, February 21, 2018**  
**SDSU Extension Regional Center**  
**13 Second Ave. SE; Aberdeen, SD 57401**

### **APPLY ONLINE [HERE](#)**

**BCBH® Diabetes** is a diabetes self-management program designed to help adults with pre-diabetes or type-2 diabetes **gain confidence** and **learn skills** to better **manage** their own health, stay active, and **TAKE CHARGE!**

### **YOU CAN MAKE A DIFFERENCE!**

- You will enhance your health and the health of your community as you share the gift of self-management with others.
- You don't need any previous teaching or healthcare experience, but you must plan to attend **the full day (9:00am – 5:00pm)** in order to be certified.
- Registration is **FREE**. All materials, handouts, and supplies are included, along with lunch/refreshments during your training.
- After completing the 1-day cross training you will be able to co-lead the six week BCBH workshop in your community.

**Don't miss a chance to be a part of this life-changing program!**

**DEADLINE TO APPLY – February 7th 2018**

1-888-484-3800 | [www.betterchoicesbetterhealthsd.org](http://www.betterchoicesbetterhealthsd.org)

THANK YOU for your interest in becoming a DSMP Lay Leader for BCBH® SD!

**Lori Oster**, BCBH Program Coordinator

**Megan Jacobson**, BCBH Program Associate

**Denise Kolba**, BCBH Program Support Specialist, Diabetes – East River

**Vicki Palmreuter**, BCBH Program Support Specialist, Diabetes – West River