



BETTER CHOICES
better health[®]
GOOD&HEALTHY SOUTH DAKOTA COMMUNITIES

Application information to become trained and certified as a
CDSMP Lay Leader for BCBH[®]SD

April 11th, 12th, 18th, 19th 2018

**SDSU Extension Regional Center
13 Second Ave. SE; Aberdeen, SD 57401**

CLICK [HERE](#) TO APPLY ONLINE

Or go to www.betterchoicesbetterhealthsd.org

*Better Choices Better Health[®] 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 – March 30th 2018

1-888-484-3800 | 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 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



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Lay Leader (LL) Position Description for Better Choices, Better Health® SD

Better Choices, Better Health® SD (BCBH), is South Dakota's licensed evidence-based chronic disease self-management education (CDSME) suite of programs, originally developed by Stanford University & offered by the Self-Management Resource Center (SMRC). BCBH offers workshops designed to provide skills & tools to help participant's increase their self-confidence in managing their chronic physical & mental health conditions. Lay Leader Training teaches you how to facilitate CDSME workshops following a specific process & curriculum. Lay Leader's co-facilitate workshops for persons with chronic diseases in their community. Each workshop consists of six (2.5 hours each) weekly sessions. Each workshop is always co-facilitated by 2 trained leaders. Lay Leader applicants are living with & managing one or more chronic physical &/or mental health condition(s) OR have experience with a family member or friend who has a chronic health condition(s). Lay Leader are certified by BCBH & gain & maintain active status by attending a BCBH Lay Leader training, performing workshop activities as instructed, & following the certification requirements set by SMRC (see SMRC Certification Guidelines document https://www.selfmanagementresource.com/docs/pdfs/Certification_Guidelines_2017.pdf).

Requirements to Serve as a Lay Leader (LL) for BCBH

- Must attend all days of a 4-day LL training (may be split over two weeks)
- Must demonstrate program skills during training to obtain certification
- Obtaining Active LL Status for BCBH: Commit to co-facilitating a 6-week workshop within six months of completing training; agrees to, at minimum, co-facilitating at least one BCBH workshop per year after training
- Must present BCBH curriculum exactly as instructed at training (SMRC model)
- Agrees to ensure all workshop paperwork is collected & returned as instructed
- Agrees to submit yearly performance record to BCBH leadership
- Keep confidential workshop information protected (i.e. workshop roster, participant information)
- Agrees to follow BCBH fidelity, commitment, non-disclosure, confidentiality, AA/EEO guidelines, & volunteer policies

Additional Skills, Abilities, & Values

- Dependable & consistent participation in the BCBH program (i.e. maintains certification requirements, participates in quarterly virtual meetings, attends annual recognition events, offers newsletter contributions, submits yearly LL certification tracking documents)
- Able to be non-judgmental, respect different opinions, not offer advice/opinions to workshop participants
- Able to talk easily with a variety of individuals, including adults with disabilities & older adults
- Ability to listen to what others are saying without interrupting; work comfortably in front of small groups
- Feels comfortable with being evaluated as a workshop leader & welcomes constructive feedback
- Able to read aloud & follow a script, & to write clearly on charts
- Willingness to share some personal information & experience with the group
- Demonstrates a caring, respectful & compassionate attitude towards all people
- Able to safely perform the physical requirements of the program
- Understands no healthcare training or experience is needed

Retaining Active LL Status for BCBH (CDSMP)

- Co-facilitate at least one 6-week workshops every 12 months from the last day of your LL training date

Obtaining & Retaining Active LL Status for Additional Programs (ex: BCBH Diabetes-DSMP)

- Once trained in CDSMP, you may become cross-trained in another BCBH program. The cross-training is one full day. You must co-facilitate at least one 6-week workshop within 12 months from cross-training date
- Every 12 months, you must co-facilitate one 6-week workshop in any program you are trained in
- Every 2 years you must conduct a 6-week workshop for every program in which you are trained

Chronic Disease Self-Management Program (CDSMP)

Lay Leader Training

To Assist in the Planning, Preparation, & Promotion of Co-Facilitating BCBH Workshops, You May:

- Help promote workshops (distribute posters, brochures, offer session zero presentation)
- Help to arrange the space, time, & dates for a workshop; obtain implementation site agreements
- Help to recruit & register workshop participants
- 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 April 11, 12, 18, 19 OR be a certified BCBH® SD Lay Leader in a program other than DSMP

Friday, April 20th 2018

**SDSU Extension Regional Center
13 Second Ave. SE; Aberdeen, SD 57401**

CLICK [HERE](#) TO APPLY ONLINE

or visit www.BetterChoicesBetterHealthSD.org

*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 – March 30th, 2018

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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