

Capacity Building & Implementation

How can you get started?

How is this done in the real world?

Times of Transformational Change

- The healthcare sector is in a sea change
- We are moving to population health management
- The opportunity to improve lives and change the system is great
- There are many powerful initiatives underway which help advance the evidence-based health promotion movement
 - It is a welcoming environment

What Can I Do?

- Seize the moment – select something you can do
- Each organization and each person is unique
- Build evidence-based health initiatives into your mainstream
 - Where is the fit – staff, clients, patients?
 - Which lives can you touch best?
 - What target group/approach fit your setting?

Many Ways to Engage & Get Started

- Visit or take a workshop yourself!
- Offer space to provide workshops
- Provide outreach to potential participants (including multigenerational)
- Provide additional programs to reinforce behavioral changes
- Create Awareness, Referrals and Linkages

Cross-sector Collaboration & Adoption



Find the Fit and Find Allies

- Bringing change requires alignment with host setting needs and directions
- Once you find the kind of role, the lives you want to impact and the program you want to support –
- Determine the program champion – who is the best voice for the change you seek?

Getting Started!

Create
Awareness

Refer &/or
Host

Adopt &
Offer

Create Awareness



Refer & Host EBPs

Connect with Local Leaders

Partner with Local Providers

Determine Workshop Dates & Referral Process

Promote Workshop & Refer

Offer Workshop

Adopt & Offer EBPs

Connect with Local Leaders

Identify Internal Coordinator

Identify Staff/Volunteers to Train

Train & Gather Materials

Schedule, Recruit & Offer
Workshops

Getting Started

- Set your goals
- Establish your action plan
- Find supportive partners
- Articulate the benefits of the change
- Craft a financial strategy

Program Costs & Fees

Leader Training

Local Training – 4 full days	Free - \$1600/person
Stanford Training – 4 to 5 days	\$900 - \$1600/person + Travel

Sub-license from Partners in Care

Up to 8 workshops per year (Multiple Programs)	\$150
Up to 16 workshops per year (Multiple Programs)	\$300

Single-Program License Fees from Stanford

30 or fewer workshops, 6 Leader trainings	\$500
90 or fewer workshop, 12 Leader trainings	\$1000

Multiple-Program License Fees from Stanford

Up to 75 total workshops and 6 Leaders trainings	\$1000
Up to 120 total workshops and 12 Leaders trainings	\$1500

Other Program Costs

- **Program Coordinator**
 - Schedule and coordinate workshops
 - Outreach and registration
 - Identify and support implementation sites
 - Collect data and reporting
- **Volunteer Coordinator**
 - Recruit and orient volunteers
 - Provide volunteer appreciation/stipends
 - Monitor volunteers, provide fidelity checks
- **Program Materials**
 - Book (\$30), CD (\$15), Leader Kits (Vary)
 - Can create lending library or fee for service

Getting Started – Example: Healthier Living

1. Get Technical Assistance: Connect with Partners in Care or Stanford University
2. Secure CDSMP License
3. Order workshop materials
4. Identify/recruit staff/volunteers for training
5. Complete CDSMP Leader Training
6. Plan recruitment & outreach strategies
7. Schedule & promote workshops

Working through Associations or Systems May be Preferable

- City of L.A. Department of Aging
- Advantages of regional strategy:
 - Shared license
 - Shared local training
 - Sharing staffing
 - Shared learning
- Other examples of early adopters
 - CAPG; L.A. Care; CHW (Dignity Health)

Other Kinds of Programs

- Healthcare redesign – HomeMeds, Home Palliative Care, Workforce Wellness
- Partners could include health plans, physician groups, self-insured large employers
- EB proven to yield better health
 - = better productivity/ reduced service use lower costs, high mission/values

Make it Fun

- Powerful programs with tremendous impact on quality of life
- Leading positive change – why we are here
- Once groundwork is laid, operating is fairly simple
- The reward is in the results seen in self-reported transformation
- Join us!! Lets partner!!

Thank you!

W. June Simmons, M.S.W.

CEO, President

Partners in Care Foundation

(818) 837-3775

jsimmons@picf.org