



MISSISSIPPI STATE DEPARTMENT OF HEALTH

March 6, 2019

The Mississippi State Department of Health (MSDH)-Office of Preventive Health (OPH)-Mississippi Delta Health Collaborative (MDHC) will sponsor a Chronic Disease Self-Management (CDSM) and Diabetes Self-Management (DSM) Leaders five-day Training on March 26-27, 2019 and April 2-4, 2019.

The Training on March 26 – 27, 2019, will be held at the Noxubee Civic Center, 16291 U. S. Highway 45, Macon, MS. On April 2-4, 2019, the training continues at the Mississippi State University Ext. Service Building, 155 Vance Street in Louisville, MS. This five day training is being offered free of charge.

Guidelines for obtaining and retaining leader certification:

The Ideal Leader is someone who:

- Has a chronic condition or diabetes themselves, or has life experience of living with a family member with a chronic illness or diabetes.
- Is not fearful of public speaking.
- Is able to commit to attend the five day training. NO Exceptions!
- Is interested in helping people learn how to make healthy behavioral changes.
- Is comfortable working with a partner and presenting the program as written in the Leader Manuals

Leader Certification and Authorization to facilitate a participant workshops:

- Must attend the training and successfully complete the two practice teachings during training.
- Facilitate a six-week participant workshop within 12-months from training date (*better if happens within 6 months*).
- Remain active as Leader, and commit to facilitating a one 6-week workshop (*all six sessions*) in each discipline every 12 months from the Certification Date.

T-Trainer, **Alice Miller** and Master Trainer, **Courtlandt Fouche'** (*Mississippi State Department of Health*), will facilitate the 5 day training. Participants will receive all instructions, training materials, morning refreshments and lunch. Overnight accommodations will be the responsibility of the individual and/or organization (travel, lodging, evening meals).

Space is limited to 18 participants. The deadline for registering is **Monday, March 18, 2019**. For more information on the CD(D)SMP visit Self Management Resource website at <https://www.selfmanagementresource.com/>.

Please complete the attached registration form and return to me via email or fax. Logistics for the training will be sent in advance to all registered participants. If additional information is needed, please contact me at 662.455.1344 or via email at Alice.Griggs@msdh.ms.gov

Sincerely,

Alice Griggs-Miller, T-Trainer
MS Delta Health Collaborative

LEADER TRAINING REGISTRATION FORM

CDSMP/DSMP CROSS TRAINING

March 26 – 27, 2019 (Noxubee Civic Center, 16291 U. S. Highway 45, Macon, MS)
April 2-4, 2019 (Mississippi Ext. Service Building, 155 Vance Street in Louisville, MS)

****Must attend all 5 days to be eligible for certification****

NAME:		Knox	Regina		
		<i>Last Name</i>	<i>First Name</i>		
PHONE NUMBER:		(409) 877 - 2105			
MAILING ADDRESS		1908 South Street	Greensboro	AL	36744
		<i>(Street or P. O. Box #)</i>	<i>City</i>	<i>State</i>	<i>Zip</i>
EMAIL ADDRESS		<u>knoxr@marshall.edu</u>			
ORGANIZATION:		Marshall University			
ORGANIZATION PHONE NUMBER:		(409) 877 - 2105			
MAILING ADDRESS:		<i>(Street or P. O. Box #)</i>	<i>City</i>	<i>State</i>	<i>Zip</i>

Please Share Plans of Implementing this Program within your Organization or Community	
Marshall University Staff member.	