

CDPI Connections

Chronic Disease Prevention Initiative

"COMMUNITY LED, REGIONALLY COORDINATED & GOVERNMENT SUPPORTED"

August 11, 2008

To: CDPI Executive & Regional Leads & Facilitators;

From: Betty Kozak, CDPI Training Coordinator

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Purpose: to provide a short, concise update regarding CDPI Training events, dates and related information.

CDPI Regional Training Plans:

A quick note regarding reporting for the 2008-09 regional training plans; I have attached the reporting template for your use. The two reporting timeframes are: April 1 – Sept. 30 and Oct. 1 to March 31. Please submit your reports to by Oct 15th and April 15, to Jim Evanchuk & Betty Kozak. Thank-you!

CDPI Funding 2008-09:

Funding letters have gone out to the Regions the week of August 5-8.

CDPI Training Committee:

Communications: A huge thank – you to everyone for providing us with your CDPI contact names for the CDPI stories process in a very timely fashion. Rosetta Projects has completed several telephone interviews already and has written three (3) CDPI human interest stories (approx. 500 words) for our working committee to review – they look great!

- ★ Our working committee identified the following objectives for our CDPI stories: capture the successes of CDPI across the province
- ★ be motivating & inspiring for others (portray the human interest – “real people, real actions”)
- ★ capture the culture of CDPI (diversity, partnerships & community action on the ground)
- ★ be a source of ideas for other CDPI communities to use &/or further explore
- ★ will be part of the community communications toolkit.

Just a note; please do realize that we may not have a story from every community as there are a number of variables that are in play, sometimes the contact person still can not be reached after a number of attempts, or the interview does not yield a story. We will do our best though!

Risk Factor/Chronic Disease training workshops

As an update about the Not on Tobacco (NOT) training - There is currently no Master Trainer in Manitoba that can deliver the Not on Tobacco (NOT) training. The Not on Tobacco (NOT) training that is being offered by Manitoba Lung Association Sept 23 &

24 is being facilitated by Sarah Davis, Master Trainer from the American Lung Association. In discussion with Loretta Corbeil at Manitoba Lung, we now have 10 spots (1 per region) which will be supported through the CDPI Training budget. We will support the following costs: travel, 2 nights' accommodation & meals for 1 person per region. I have attached a power point which highlights the evidence through evaluation of why NOT worked for 12,000 teens.

I have also attached the registration form for NOT training – as we need to coordinate our 10 CDPI spots through **this office – please register with Kim Forsman, 476-7841!** Please call if you have questions.

CDPAC Conference: Nov 24-26: There has been a small working group formed that has started planning for the 2008th conference workshop “Thinking and working as an Integrated Chronic Disease Prevention System”. This working group consists of Jim Evanchuk, Deb Clevett, Don Gamache and Betty Kozak. Further information will be coming soon.

Important dates for your Calendar:

- ★ Dec. 1, 2008 - 1 day workshop/session for Core Competencies for Health Promoters. Location; Canad– Inn Polo Park.
- ★ Dec. 2 & 3, 2008 – 2 day Provincial CDPI Share & Learn session; Location; Canad– Inn Polo Park. Some of the content suggestions are: a Share & Learn process, highlighting communication work to date, a summary of Community Capacity Building tool evaluation process, a training/information session about working with media (community newspaper & radio), social marketing and an update regarding Get Better Together!
- ★ Pending fall of 2008 or spring 2009: Towards Evidence Informed Practice (TEIP) is a model for knowledge transfer to practitioners and stakeholders involved in health promotion. CCS KEN would provide training and mentoring for RHAs to increase their comfort levels in finding and using promising practice evidence. The province of Manitoba has recently completed surveillance of youth in public schools and communities (schools are considered a community) will need assistance in how to determine priorities for their communities as well as programs to implement which are relevant to the community. There are two aspects to the proposed project – to train users and to evaluate the process.
- ★ Pending Feb or March 2009 at Seven Oaks Wellness Institute

Self-Management Support Skills: What the Busy Health Professional Needs to Know! Learn skills to help individuals assume greater responsibility for their own health Strategies for boosting patient “self-management” skills have been shown to improve patient health outcomes and are now being taught across Canada and internationally.

Motivational Interviewing Skills for Health Professionals: An interactive hands-on workshop that looks at behaviour change and an individual’s motivation to change. You’ll examine the different stages of change and learn strategies and techniques that can be used with your patients/clients. You’ll also have the opportunity to practice these techniques.

If you have questions, suggestions or comments please call: Betty Kozak, CDPI Training Coordinator; 476-7843 or 476-0467 (cell) bkozak@arha.ca