May 18, 2020

As we learn more and get questions, we will update SMRC Guidance during the time of the virus.

There are 4 ways of continuing some or all of the SMRC programs during this time.  Short of a cure or a vaccine we expect that face-to-face programs will be largely suspended until early 2021.

If you use any of the following programs, please complete the short questionnaire at https://redcap.iths.org/surveys/?s=PJXAKHXW8C
If you did this questionnaire previously, you will automatically get the follow up questionnaire.

The link can also be found on the SMRC website in the resources section and the home page.

1. Online Workshops

Better Choices Better Health

- For information on how to purchase less than 150 seats contact Jennifer Raymond jraymond@ESMV.org
- For 150 seats or more contact Katy Plant kplant@canaryhealth.com

BCBH is an asynchronous program.  This means that each week for six weeks, participants can log on as many times and whenever they want.  All communication is done via threaded discussion boards.  For this option Canary provides all materials including books, Leaders, online platform, etc.  Organizations are responsible for recruitment.  Canary will report the number of people who register and those that complete (log on 4 or more weeks).

Vively: Online Programs Platform in Spanish / Programas en línea en español (outside US only)

- For information contact Nacho Muñiz nacho@vively.es
  (Read below for Spanish and English descriptions.)

Vively pone a disposición de las organizaciones los programas de SMRC en formato Online. Manteniendo la metodología de SMRC, en un modelo asíncrono (permitiendo que el participante acceda en cualquier momento durante la semana a la plataforma), con una solución “llave en mano” en un entorno seguro. Servicio basado en modelo de proyecto y adaptándonos a las necesidades de la organización. En español, además de la plataforma, disponemos de Facilitadores y Master Trainers, en el caso de otros idiomas, es posible la traducción del contenido de la plataforma.
Vively makes Online SMRC programs available for the organizations. Vively’s SMRC Online Platform maintains SMRC methodology, in an asynchronous model (this allows the participant to access anytime and anywhere during the week), delivered in a secure “turnkey” solution. Service based in projects, Vively adapts to the organization needs. In Spanish, besides the Platform, Vively has its own Facilitators and Master Trainers. In other languages, the Platform content can be translated.

2. Video Workshop via Zoom, Skype, etc.

- **May be used for CDSMP, DSMP, CPSMP, CTS, PSMP, or BBC**
- These may only be provided for people served by your licensed organization. You **may not** contract with other organizations outside your geographic catchment area to offer programs.
- The workshop is presented for six weeks and uses the existing Leader manuals, adapted slightly.
- SMRC has developed a standardized set of chart slides and guidance on how to adapt the current Leader manuals for use with an online video platform. These materials are available for most SMRC programs. Licensed Organizations can request the slides they need by writing manuals@selfmanagementresource.com.
  Include the name and number of the licensed organization.

Slides are available for:

- CDSMP 2020
- CDSMP 2012
- Workplace CDSMP
- Chronic pain
- DSMP
- Cancer survivors
- BBC
- PSMP
- Tomando
- Spanish diabetes
- Spanish HIV

**Video Platform Workshop FAQs**

- We are standardizing the video platform workshop materials and guidance just as we have for all other SMRC manuals to assure fidelity. You are free to put your own logos on the materials in addition to the SMRC logo. Remember that these materials are copywritten just as are all other SMRC materials.
- Everyone must have a book and should attend via video platform **not** only be phone. Make sure to get books and handouts to participants before the first workshop.
- Workshop size should be between **8-12**.
- Be sure to schedule a session 0 to assure that everyone can get on to the platform and to trouble shoot any technical problems before the workshop starts.
- You must have 2 leaders, just like any other workshop.
- These materials will no doubt change as together we learn more about how best to do video platform programs.
- You will need to ask your program officer if video platform workshop attendance meets your delivery requirements.
3. Mailed Tool Kits

• You must use the whole tool kit or NO tool kit.

• CDSMP Tool Kit for Active Living with Chronic Conditions (English and Spanish) is available now from Bull Publishing.
   The CDSMP tool kit includes the 2020 Living a Healthy Life book, a CD for exercise (with 3 different exercise routines) a relaxation CD, tip sheets, a self-test that directs people on how to individualize their use of the tool kit, and drawings of all the exercises in each routine on the CD.

• The DSMP Tool Kit (English) will be available for order this week and shipping in a couple of weeks. You can pre-order from Bull Publishing emily@bullpub.com
   The DSMP kit includes the 2020 Living a Healthy Life book, exercise CD, a My Diabetes Plate magnet, tip sheets, self-test, and drawings of all the exercises in the routines.

• By early July we will have a CPSMP tool kit. It will contain the Living a Healthy Life with Chronic Pain book, moving easy CD, a relaxation CD, self-test and booklet. You can contact emily@bullpub.com

Mailed Tool Kit FAQs

• Yes, you can make your own tool kits, but they must each contain all the materials listed above.

• You may not copy any materials; they must be purchased either as a complete tool kit or as individual pieces from Bull Publishing. This is an issue of copyright.

• Kits can be mailed directly by the publisher to the participant (allow 2 weeks for receipt), or you can mail them.

• The CDs are also available as MP3s; contact Bull Publishing for download codes in place of CDs.

• The kits can be used without phone calls.

• The CDSMP tool kit is an approved evidence-based mode of delivery.

• You will need to ask your program officer if they will accept the DSMP tool kit to meet your delivery requirements.

• Let us know if you want a Spanish DSMP Tool Kit. manuals@selfmanagementresource.com

4. Mailed Tool Kits with Short Weekly Telephone Contact

• This is a new mode of delivery. It was developed specifically to reach the most isolated, those without computer access, or those who cannot or will not use a computer or attend face-to-face classes.

• Participants receive tool kits and weekly conference calls (4-6 people) with Leaders. SMRC has both English and Spanish scripts for the CDSMP program.

• English scripts for the DSMP program are available.

• CPSMP scripts will be available by July 1

• These are available to all licensed organizations by writing to manuals@selfmanagementresource.com. Please name the organization and if possible, provide your license number. The organizations then distribute the scripts to the leaders.
Tool Kit and Telephone FAQs

- Please use telephone only for this mode. Remember the population you are trying to reach.
- May we make our own scripts or change the scripts? No, just as with the face-to-face programs, do not have innovation attacks. Stick to the scripts!
- You should be able to count those using this mode of delivery to meet your delivery requirements, at least for CDSMP, as the tool kit is evidence-based.
- For DSMP you will need to ask your program officer if they will accept the DSMP tool kit plus phone calls to meet your delivery requirements.

Leader and Master Trainer Certification

We have been getting questions about whether or not virtual workshops and/or mailed tool kits with phone calls will count toward certification for Leaders and Master Trainers during this time, with the restrictions brought on by the COVID-19 crisis. The following is what we will be allowing:

- Conducting the 6-week virtual workshop (2.5 hours per session) will be counted (just as in-person workshops were) to meet the requirement for new Leaders or Master Trainers to complete certification and become active in a program. Facilitating a virtual workshop will also count for active Leaders to remain certified/active in a program, where the requirement is to complete at least one workshop per year.
- New Leaders will need to complete at least one workshop (in-person or virtually) within 12 months of the date they were trained. New Master Trainers will need to complete 2 workshops (in-person or virtually) within 12 months before or after the date of their Master Training.
- Facilitating the 6-weeks of phone calls with participants using the mailed tool kit will not count toward completing certification for new Leaders or Master Trainers, as these phone calls to not encompass all of the expected skills required to conduct a full 6-week workshop.
- We will, however, allow active Leaders or Master Trainers (who have already conducted workshops) to count the mailed tool kit with phone calls toward their requirements to remain active.

What is coming next

- Implementation kit for using online video platforms that will contain ways to specifically modify the activities in the Leader’s Manual for online use, slides for charts, and best practices for online video workshops.
- We are looking at ways that some training might be done online.

How can I help?

- If you can help with translations to other languages, please let us know.

Together we will turn this ship and serve our populations!