

**CHRONIC DISEASE SELF-MANAGEMENT PROGRAM (CDSMP)
“BETTER CHOICES, BETTER HEALTH” (BCBH)
LEADERS QUALIFICATIONS AND EXPECTED SKILLS**

Two trained leaders, one of which must have a chronic health condition, co-facilitate the six-week workshop series which is designed to build knowledge and self-confidence in the management of chronic health conditions.

Characteristics of a Good Leader:

1. Comfortable talking before a group of people
2. Demonstrates a caring, respectful and compassionate attitude towards others
3. Communicates well with a variety of individuals
4. Literate (about 10th grade level) in the language the workshop will be facilitated in
5. Good listening skills
6. Ability to guide discussions non-judgmentally and has respect for differing opinions
7. Ability to encourage others
8. Models healthy behaviors
9. Willingness to share some personal information and experience with the group
10. Dependable

Qualifications:

1. Successfully complete the screening interview process
2. Successfully complete the 4 day training as required by Stanford Patient Education Standards
 - a. Attend an update refresher session if the first workshop is not led within six months of training
3. Co-facilitate at least two BCBH workshops per year
4. Has reliable transportation and/or arrangements

Leader Requirements:

1. Adheres to the guidelines, content, curriculum and time frames set by Stanford Patient Education for facilitation of CDSMP to include appropriate presentation of charts
2. Arrive at least 10 minutes before the start of each session. Start on time and end on time
3. Set up classroom and clean up after sessions. Leave classrooms neat and in condition as required by host site
4. Administers, collects and sends all required paperwork to SC DHEC
5. Maintain all class materials and equipment throughout the 6 week period
6. Provide adequate notice (at least 24 hours) to _____ if necessary to miss session due to illness, and make an effort to find a replacement
7. Have reliable transportation and/or arrangements
8. Models healthy behaviors, manages own chronic condition(s) and has the ability to encourage others