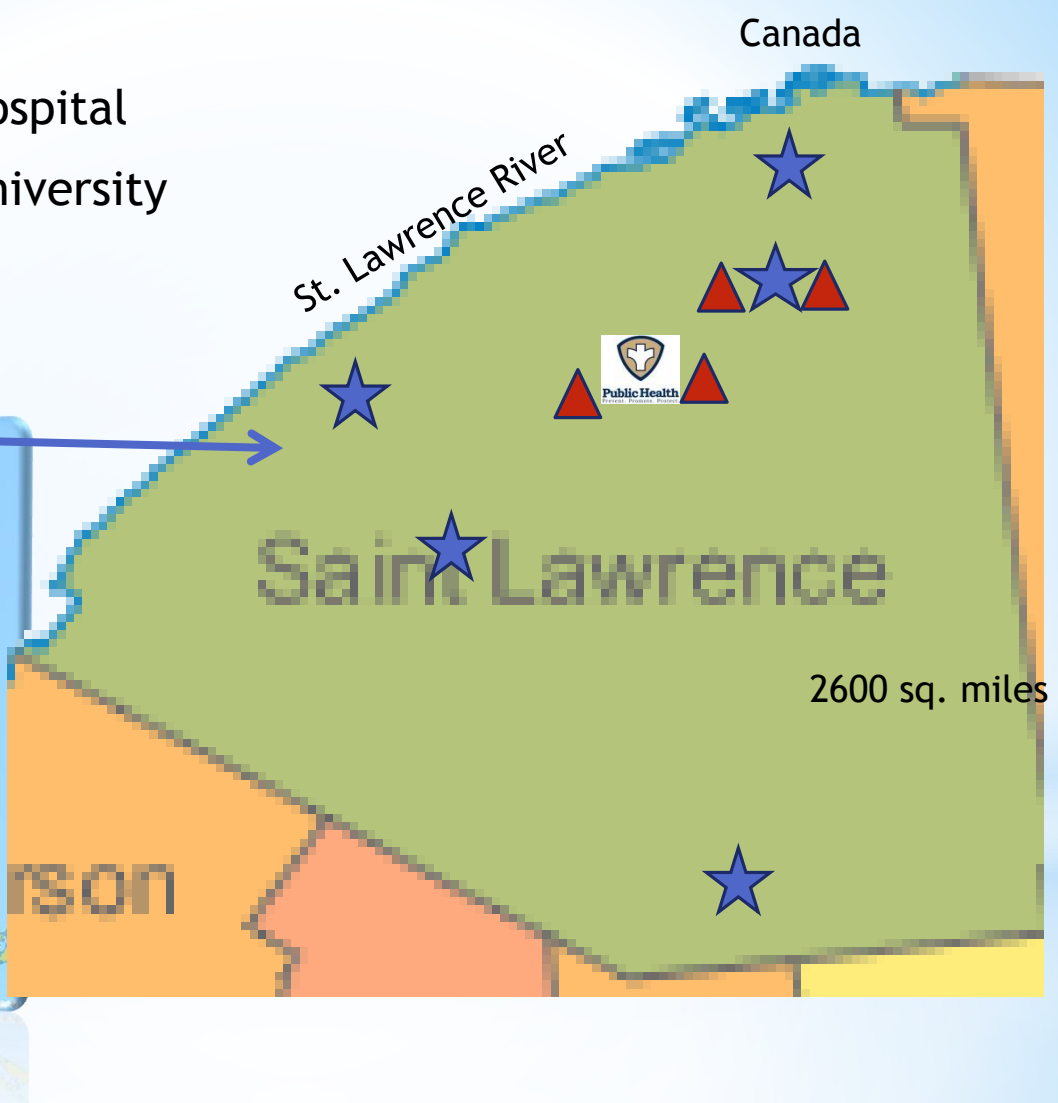


# \* Bridging Collaboration to Wellness

St. Lawrence County  
Prevention Coalition

- ★ Hospital
- ▲ University



# \* Bridge Builders

- \* Canton-Potsdam Hospital
- \* Claxton-Hepburn Medical Center
- \* Clifton-Fine Hospital
- \* CNY Regional Center of Tobacco Health
- \* Community Health Center of the North Country
- \* Cornell Cooperative Extension of St. Lawrence County
- \* Fort Drum Regional Health Planning Organization
- \* Health Initiative
- \* Hospice and Palliative Care of St. Lawrence Valley
- \* Massena Drug Free Coalition
- \* Massena Memorial Hospital
- \* Seaway Valley Prevention Council
- \* St. Lawrence County Office for the Aging
- \* *St. Lawrence County Public Health*
- \* *State University of New York at Potsdam*

## \* Challenges:

- \* Funding
- \* Decreased Personnel
- \* Vast Geographical Area
- \* Integrated Data Collection process

## \* Strengths/Successes

- \* Coalition Formation
- \* Member Diversity
- \* Member Cooperation
- \* Vested Members
- \* Rural Local Connection
- \* Making changes

**\* Bridges to the Future**

# \* Prevent Chronic Disease

- \* **Focus Area 3 - Increase Access to High Quality Chronic Disease Preventive Care and Management in Both Clinical and Community Settings**
  - \* **Goal #3.3: - Promote culturally relevant chronic disease self-management education.**



# \* Chronic Disease Self Management Program

\* April, 2011 - Present

\* 37 Workshops

\* 322 Participants

\* 251 Completers (Attended at least 4 out of 6 sessions)

## \* Success Story

\* A young woman (late 30s) with multiple chronic conditions, including Fibromyalgia and Depression, joined the group extremely quiet and withdrawn, wore dark glasses and sat quietly for the first couple of sessions. In the process of having the group come up with action plans each week, she admitted that she was an artist, but had not done any drawing or painting in several years due to pain and depression. Her action plan was to draw a small picture for the next week. She returned with the most beautiful drawing, which everyone in the group reacted to in a very positive way. Through the remainder of the program, and well beyond, this young woman continued to draw and paint, and I recently saw an exhibition of her work in a local gallery.

# \* Diabetes Self Management Program

\* September, 2014 - Present

\* 5 Workshops

\* 49 Participants

\* 41 Completers (Attended at least 4 out of 6 sessions)

## \* Success Story

\* A middle aged man came to the DSMP program having recently been diagnosed with Type 2 diabetes. He was depressed, scared, and clueless as to how to manage his disease. Through the six week program, he asked many questions, gained knowledge and confidence, and told us at the last sessions that he felt much more confident and positive about his future and his ability to take care of himself and live a full life.

# \* Diabetes Prevention Program

## \* July, 2013 - Present

- \* 13 Year Long Workshops (2 still in progress - post core till Fall, 2016)
- \* 93 Participants
- \* 53 Completers (attended at least 9 core and 2 post core sessions)

## \* Success Story

- \* A woman in her forties joined our group because her doctor informed her that she had pre diabetes and was on the road to becoming a Type 2 diabetic. She was frightened and knew she needed to make some big changes in her lifestyle. She became extremely dedicated to the program and lost over 100 lbs. over the course of the year curriculum. The last check in with her, she had been recording everything she eats and drinks for over 400 days, was exercising most days of the week, had dramatically changed her diet, and no longer has blood levels in the pre diabetic range.



## \* Questions



Thank you,

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