

WYOMING DEEP™ FACILITATOR BULLETIN



IN THIS ISSUE

- **Administrative Tidbits:** DEEP curriculum update coming and conference information for you
- **Senior Center Help:** Help senior centers get DEEP funding
- **Facilitator Education:** Strategies for stress management
- **Facilitator Spotlight:** Meet Rachel Wilde of Gillette
- **DEEP Impact:** What effect are we having with participants across the state?

ADMINISTRATIVE TIDBITS

We hope everyone is having a great summer so far! We have received notice from the University of Illinois that there will be an updated Diabetes Empowerment Education Program (DEEP)[™] curriculum released this month. We have not yet been told the official release date or what the changes to the curriculum will be, but when we know more, we will share that information with all our DEEP facilitators.

On August 9 and 10, Mountain-Pacific Quality Health will be hosting the 2017 Wyoming Quality Health Care Conference in Casper. Featured topics will include

- antibiotic stewardship,
- chronic disease management,
- fall prevention,
- infection prevention and more!

If you would like to learn more, please [visit the Wyoming Center of Aging's conference webpage](#).

Once again, thank you for your continued efforts to improve the health of Wyoming's diabetes patients!

Brandi Wahlen
Diabetes Project Manager

Developed by Mountain-Pacific Quality Health, the Medicare Quality Innovation Network-Quality Improvement Organization (QIN-QIO) for Montana, Wyoming, Alaska, Hawaii and the U.S. Pacific Territories of Guam and American Samoa and the Commonwealth of the Northern Mariana Islands, under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. Contents presented do not necessarily reflect CMS policy. 11SOW-MPQHF-WY-B2-17-26

HELP YOUR LOCAL SENIOR CENTER

When a DEEP class is sponsored by a local senior center, that senior center may be eligible for a stipend from the Aging Division of the Wyoming Department of Health. Class facilitator(s) do not have to be on staff or volunteer at the center. All the center has to do is promote and coordinate the class for senior center members/clients and provide the venue and support, as needed.

The senior center can submit the DEEP enrollment form before the class and a reimbursement form upon completion of the six-session class with a SAMS report. Forms are available from Betty Sones at the Wyoming Department of Health. Contact Betty at betty.sones@wyo.gov.

Let's help senior centers get this needed funding, if we can!

FACILITATOR EDUCATION

UNDERSTANDING AND MANAGING STRESS



by Sandra J. Bailey, PhD, CFLE
and Lisa Terry, MS

Stress is part of our daily lives and happens to all of us. The challenge is learning to manage stress and finding a balance between being motivated and not feeling overwhelmed.

Montana State University County Extension provides this [MontGuide](#) article entitled "[Understanding and Managing Stress](#)." Learn about stress management, test your coping skills and share some strategies for reducing stress with your DEEP class participants.

FACILITATOR SPOTLIGHT: RACHEL WILDE

Q: What is your background before becoming a DEEP™ facilitator?

A: I began my journey into health and fitness as a kiddo with a love of sports. I started college with the intention of becoming a Spanish teacher, but my love of helping others and health care won me over. I started my career as a personal trainer and group fitness instructor (for over 20 years now), and I am currently a phlebotomist/wellness tech and health coach for Campbell County Health Wellness. In my free time, I still love softball, volleyball and running half marathons with my family!

Q: What do you like most about being a DEEP facilitator?

A: I enjoy helping others to be better able and prepared to help themselves. I love learning and sharing my knowledge and seeing others do the same.

Q: What are some tips you have learned while facilitating DEEP that you would share with your fellow facilitators?

A: Allow conversations to flow and

the participants to guide one another. So far, I have found the majority of our participants come from similar age groups and backgrounds. The participants do a great job of helping each other, advocating for each other and learning together.



**RACHEL WILDE
GILLETTE**

Q: What do you think is the most effective method for advertising DEEP classes?

A: The hospital in Gillette did the majority of advertising for us, using the Internet and the local media.

Q: What have you heard from your participants about the DEEP class?

A: I have heard A LOT of appreciation! The participants were very thankful for the time and effort all our facilitators put into the DEEP course we offered, and they were working together to start a support group, so they could continue to meet after the class ended.

FOR YOUR TOOLBOX

Test Your Coping Skills: The stress scale highlighted in the *MontGuide* article [can also be found here](#). This educational tool is designed to help you (and your DEEP participants) learn the most effective and healthy ways to cope with stress.

DEEP IMPACT

- **Total DEEP graduates:** 216 (157 Medicare graduates)
- **Total DEEP classes held:** 29
- **Number of Wyoming communities holding DEEP classes:** 14
- **Number of DEEP participants who maintained or lowered their A1C:** 11 (Out of 18, according to pre- and post-class testing)