ADMINISTRATIVE TIDBITS
We hope everyone is enjoying the summer! Great job to everyone who has been able to host classes during this busy time of year. You all do such good work! Just a reminder to please send us all final forms as soon as you finish a class, as the timing can be critical for our reports to the Centers for Medicare & Medicaid Services (CMS).

Do you know someone who would make a great Diabetes Empowerment Education Program (DEEP)™ facilitator? We are hosting a facilitator training August 21 and 22 in Kalispell. Details and a flyer with more information will follow, but feel free to email me if you know someone who might be interested.

A DEEP curriculum update is on its way! The University of Illinois has given notice it will be updating the curriculum, but we don’t have a release date yet. We will update you when we know more.

We hope you enjoy reading this issue’s Facilitator Education article, co-authored by fellow DEEP facilitator Lisa Terry.

The Mountain-Pacific diabetes team thanks you for all your hard work and for supporting good health among all those in Montana who have diabetes!

Stephanie Paugh
Diabetes Project Lead/Clinical Pharmacist

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.

UPCOMING CLASSES
• Eureka (Lincoln County)
  July 17 – Aug. 21 (Mondays)
  Two times to choose from:
  4:00 to 5:30 PM or 6:00 to 7:30 PM
  Facilitator: Karen Suchy

• Billings
  Aug. 9 – Sept. 13 (Wednesdays)
  1:00 to 3:30 PM
  Facilitator: Jackie Rumph

• Missoula (Indian Health Service)
  Planning for Sept. start (TBD)
  Facilitators: Starlite Night Gun, Cherith Smith, Trilanda No Runner and Quentin Means
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: STEFANI GALVAN

Q: What is your background before becoming a DEEP™ facilitator?
A: I have been a medical assistant for 15 years and am currently working with Community Health Partners (CHP). I am also enrolled with MSU-Billings in the Licensed Practical Nurse (LPN) Program.

Q: What do you like most about being a DEEP facilitator?
A: I absolutely love the group setting and being able to give new information to people about diabetes. Knowing you are truly helping someone is a huge reward, and there’s satisfaction in helping someone really understand his or her disease.

Q: What are some tips you have learned while facilitating DEEP that you would share with your fellow facilitators?
A: If you are able, it is great to share classes with another facilitator. Sharing each person’s knowledge is a huge benefit to the participants, and if you are not sure about something, your partner may know the answer. Keep the atmosphere light. This helps participants open up more and feel more comfortable asking questions and sharing personal experiences.

Q: What do you think is the most effective method for advertising DEEP classes?
A: The classes were mentioned to every employee and provider at our clinic meetings, and we put up flyers in every exam room and waiting room. I kept a running list of names and phone numbers of everyone interested in attending the classes. Our classes were held every Tuesday, so every Monday afternoon, I placed a reminder call to everyone on my list. They all stated the call was very helpful and appreciated.

Q: Can you describe how the CHP partners with the local hospital to provide DEEP in the community?
A: I partnered with Chelsie Clark, diabetes educator and nutritionist; Cidnee Morrison, RN; and Jessica Wilcox, the nutritionist from Livingston HealthCare. Together we were able to reach more people and combine all our knowledge to give the best possible information to participants. Since we all come from different backgrounds, we all had something different to add to the lessons. I feel this made for a better learning experience for the group.

Q: What have you heard from your participants about the DEEP class?
A: We had an amazing group of participants. They all stated how much they enjoyed coming to the classes every week. They said they were going to take this information back to their providers to help them better control their diabetes. They mentioned they were going to tell others they know about the classes. Some even asked if they could sign up again. The few days following our class, I received phone calls from some of the group just to say thank you.