



HealthMatters™ Program

This webinar is being recorded
August 3, 2021

Virtual Coach:

HealthMatters Program

Program Application Informational Webinar



Meet our Team

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Virtual Coach Assistant
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Meet our Team

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Project Co-Director
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Goals for today

1. Introduce Virtual Coach: HealthMatters Program and how to access Application Instructions and Online Application.
2. Describe the components of the Virtual Coach: HealthMatters Program.
3. Identify who can participate.
4. Describe Application requirements.
5. Outline program timeline and important dates.
6. Answer your questions! Please use Chat or Q&A box to ask your questions. We will answer them at the end.

Where to find Application and Instructions?

1. About the program:
<https://www.healthmattersprogram.org/virtual-coach-healthmatters/>
2. Online Application link:
<https://www.healthmattersprogram.org/machform/view.php?id=36677>
3. **Application deadline is August 16th, 2021.** Approved Organizations will be contacted by August 23rd, 2021.

What is Virtual Coach: HealthMatters Program?

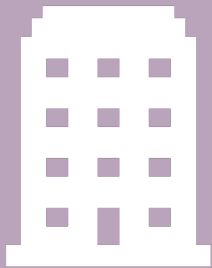
- 12- Week Health promotion program for people with intellectual and developmental disabilities (IDD)
 - *Evidence-based Administration on Community Living (ACL) approved health promotion program designed specifically for and by the people with intellectual and developmental disabilities.*
 - *Three components*
- **FREE** program for 12-months
 - Centers for Disease Control and Prevention (CDC), National Center for Chronic Disease Prevention and Health Promotion, The Healthy Brain Initiative Award #1 NU58DP006782-01-00

Our Reach since 2008



Marks, Sisirak, Chang, & Murphy, 2019; Marks, Sisirak, and Chang, 2013; Heller, Hsieh, & Rimmer, 2004

Virtual Coach 2020-21 – who is participating



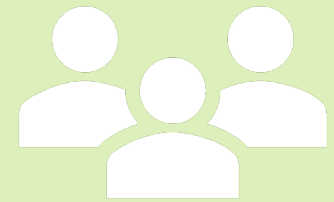
53 organizations



23 states



200+ staff team
members



Projected 1700
participants with IDD



What will you get with the Virtual Coach: HealthMatters Program?

Staff training | Google classroom materials for 12-week HealthMatters Program
| Health Matters paper curriculum

Staff Training | HealthMatters™ Program Virtual Instructor Certification

A 3-hour webinar training for support staff (organizational HealthMatters Program Team) to learn how to do the following:

- Access online Virtual Coach: HealthMatters™ Program using Google Classroom,
- Use the paper Health Matters Curriculum,
- Develop a Program Plan for your Virtual Coach: HealthMatters Program, and
- Obtain strategies and resources to improve health behaviors and health status of people with IDD.

**Certification received upon completion 3-hour webinar and Program Plan activities and Lesson 1 in Google Classroom (3 additional hours).*

****Six (6) CEUs/CPEUs provided for Advance Practice Nurses, Registered Nurses, Licensed Practical Nurses, Licensed Clinical Social Workers (LSW, LPC, LCPC), Licensed Dietitian Nutritionists (RD), Nursing Home Administrators, Occupational Therapists, Physical Therapists, Qualified Intellectual Disabilities Professionals (QIDP), Speech Language Pathologists, and Illinois Teachers (CPDUs). Add extra \$15 per person for CEUs.**

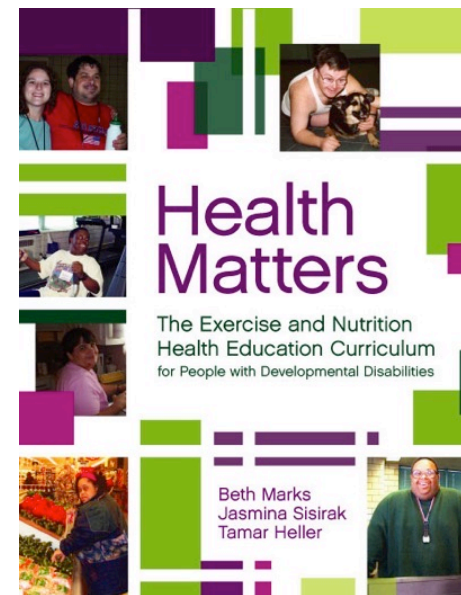
Online Classroom Materials | Virtual Coach: 12-Week HealthMatters™ Program

NEW! Access to Google Classroom Online Classroom Materials

- Single access point to 36 lessons, resources, and support which allows for an interactive communication, feedback and collaborative learning.
 - **Activities** – health education activities
 - **Let's Move Section** – exercise videos
 - **Do this Last** – evaluation section
 - Recommended to be run 3x/week; 60-90 minutes per session; 4-6h/week total
- **Virtual Coach Assistant** by the national HealthMatters™ Program Team members.
 - Contact via Google Classroom posts
- Mirrors paper copy of the **Health Matters: Exercise and Nutrition Health Education Curriculum**

Paper curriculum | Health Matters: Exercise and Nutrition Health Education Curriculum

- A FREE COPY of the paper curriculum, which mirrors Google Classroom
- Evidenced-Based Curriculum - Administration on Community Living (ACL) approved health promotion program designed specifically for and by the people with intellectual and developmental disabilities.
- 36 interactive lessons with 23 additional lifelong learning lessons
 1. Understand attitudes toward health, exercise & nutrition.
 2. Identify current behaviors.
 3. Develop clear exercise and nutrition goals and stick to them.
 4. Gain skills and knowledge about exercising & eating nutritious foods.
 5. Support each other during class.
- To view Table of Contents: <https://products.brookespublishing.com/Health-Matters-P405.aspx>



Marks, Sisirak, & Heller (2010). Health Matters: The Exercise, Nutrition, and Health Education Curriculum for People With Developmental Disabilities , Brooks Publishing.




Who can participate?

10 organizations across USA | age of participants with IDD

Who can Participate?

- Up to 10 organizations may participate. These include, but are not limited to the following:
 - Community based organizations (including schools and recreational centers) who provide services to people with intellectual and developmental disabilities (day and residential programs)
 - Project SEARCH school to work transition sites
 - Managed Care Organizations
- Age of participants with IDD
 - The 12-week HealthMatters Program was tested with adults with IDD.
 - Has been used in schools, but not formally tested
 - We recommend the program can be taught from Middle School and up.



What do you need to consider in order to participate?

Online Application | Staffing capacity | Technology capacity | Progress reporting

Complete a brief online Application

- Complete a brief online Application
- Obtain support from your Executive Director to ensure buy-in and program continuity.
- Identify a Team Coordinator
- One Application per Organization (you may have multiple sites/teams)
- Think about participants with intellectual disabilities and who can participate
 - Individually or group
 - 4-6 participants per group at the time
 - May run multiple groups at the same time, if you have staffing and technology capacity
 - Enrolling/Consenting participants with IDD: follow your organizational policy

Staff Capacity

- Build a team of at least 2-3 staff members (this will depend on the number of groups/homes participating and your capacity to support them).
- Devote 6-10 hours for initial planning and training.
- Be able to devote 4-6 hours per week for 12-weeks to deliver the Virtual Coach: HealthMatters Program (this includes preparation time).

Technology Capacity



- Computers, tablets, iPads for each team/site that will participate.
- Access to the Internet.
- Ability to view Google Classroom and YouTube.
- **Set up Gmail email account.**
 - Each team will need to set up Gmail account.
 - For example, if you have multiple houses/sites participating, it is recommended to have one Gmail account per house (e.g. chitown_house1, chitown_house2 or you can get creative!).
 - To protect privacy, please do not use your personal Gmail accounts.

Supplies, space, and equipment capacity

- What space do I have for exercise?
 - Community home
 - Day program
 - Park district
 - Outside
- What exercise equipment do you have?
 - Light weights or make your own from water bottles or even use food cans
 - Exercise bands
 - Chairs
- Printer to print handouts (optional)
 - All activities online
 - Make copies of handouts in paper Health Matters Curriculum (optional)
 - Print out Certificate of Achievement (end of 12-weeks)

Progress Reporting

- Monthly progress check ins to see how you are doing.
- Report on the number of participants with intellectual disabilities that are currently participating and/or have completed the 12-Week Program.
- All web-based surveys/reports



Timeline and Important Dates

Program Timeline | Training Webinar

Deadlines

- August 3rd, 2021 (1pm-2pm CT) - Informational Webinar
- August 16th, 2021 - Application Deadline
- August 23rd, 2021 - Application decision letters emailed
- August 30th, 2021 - Deadline to register for HealthMatters Program: Virtual Instructor Certification training
- September 8th, 2021 (1pm – 2pm CT) – Welcome Webinar Virtual Coach: HealthMatters Program (optional)
- Training Dates
 - Option 1: September 22nd, 2021 (1pm-4pm CT)
 - Option 2: September 23rd, 2021 (10am-1pm CT)
- Free Program will run September 2021-October 2022.
- January 2022 – Application open for additional enrollment

When do you attend HealthMatters™ Program Virtual Instructor Certification?

- Training Dates – must attend ONE option. We will not record this webinar.
 - Option 1: September 22nd, 2021 (1pm-4pm CT)
 - Option 2: September 23rd, 2021 (10am-1pm CT)
- Approved Organizations – training webinar registration link will be emailed by August 23rd, 2021. **Must register by August 30^h, 2021.**
- You must have Gmail email account to register for webinars.
 - NOT personal Gmail account, to protect your privacy.
 - Used by all team members to access Google Classroom. One Gmail account per site/team
- **If you have multiple sites/teams, each site/team must attend the same webinar training.**
- **Materials will be mailed to your Team Coordinator** (This is the main contact for the Virtual Coach: HealthMatters Program) - they will be responsible to ensure that you have materials for the webinar training. Presentation slides will be emailed, you will have to print them out.

HealthMatters Heroes: Monthly Meetings

- Continued support
- Optional
- All welcome, including participants with intellectual and developmental disabilities
- Build community and brainstorm together
- Hero Focus – share your success story



Making it work to fit your needs

- Adapt HealthMatters to your organization (timing, which sites).
 - Different environment may need a different way to approach program delivery (e.g. virtual lessons, in person vs virtual, etc.).
 - Not everyone is going to be comfortable facilitating in virtual format.
- Create touch base points throughout the program.
 - Feedback from staff immediately following lessons provides ability to trouble shoot in real time.
 - Google Classroom enables immediate feedback on lessons and ability to ask questions, go deeper into topics.

**WE WON'T DO
EVERYTHING PERFECT,
BUT (WE) WILL TRY
HARD.**

Questions

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www.HealthMattersProgram.org

The logo for the HealthMatters Program features a stylized green apple icon with a stem and two leaves, positioned above the word 'Matters'. The word 'Health' is in a bold, green, sans-serif font, 'Matters' is in a purple, sans-serif font with a trademark symbol, and 'Program' is in a purple, sans-serif font.

HealthMatters™ Program