



## Application Instructions for the HealthMatters, NEBRASKA! (Nebraska Total Care)

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**What is the Project?** HealthMatters, NEBRASKA! (Nebraska Total Care) is a health promotion initiative aimed at improving health and health promotion of people with intellectual and developmental disabilities (IDD) throughout the state of Nebraska. The HealthMatters, NEBRASKA! is a part of larger scale-up project led by HealthMatters Program team at the Rehabilitation Research and Training Center on Developmental Disabilities and Health (RRTCDD) at the University of Illinois at Chicago partnering with **Nebraska Total Care** to assist provider organizations with promoting healthy lifestyles to people with IDD.

**Who can participate?** Organizations that provide Supports for Community Living services or implement health promotion programs for people with IDD in the state of Nebraska may participate at this time. Nebraska Total Care will select provider organizations to participate and receive resources to benefit people with IDD, the organization, and their employees. Each organization will need to devote the staff to make up a team that includes but is not limited to two (or more) staff leaders and a HealthMatters Team Coordinator (at least three-staff team) Nebraska Total Care will support provider organizations with a Technical Advisor for the HealthMatters, Nebraska!

**What training will we get?** Through in-state support, free consultations on Wellness Committee and Strategic Plan development, convenient FREE training via webinar, and evidence-based curriculum tailored to improve health and wellness of people with IDD, participating provider Organizations will be equipped to improve their health promotion programming for people with disabilities. In addition, at least three staff members will ultimately become Certified Instructors to teach 12-week HealthMatters Program to people with IDD.

**What is the cost?** HealthMatters Program: Train-the-Trainer Certified Instructor Webinar is FREE of charge (funded by Nebraska Total Care). However, **each organization will need to purchase Health Matters: The Exercise and Nutrition Health Education Curriculum for People with Developmental Disabilities (Amazon, ~\$56) Workbooks (\$20) for each staff participant. Additional materials (posters, surveys, sign in sheets) are \$10/set**, the number of sets depends on how many groups of 12-week program you will run. **CEUs (\$15/person)** are available and at the discretion of the provider organization.

**Other questions?** Contact Joni D. Thomas ([Joni.D.Thomas@nebraskatotalcare.com](mailto:Joni.D.Thomas@nebraskatotalcare.com)), Technical Advisor, HealthMatters, NEBRASKA (Nebraska Total Care)

**Deadline for Application: January 29, 2018.** Approved Organizations will be contacted by February 5<sup>th</sup>, 2018.

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We encourage Provider Organizations HealthMatters Teams to meet to review Application Instructions and information found on <http://www.healthmattersprogram.org/nebraska/> and to collaboratively examine their existing efforts prior to beginning their applications.

Provider organizations who have chosen to participate in HealthMatters, Nebraska! must:

1. Complete this application **online** at <http://www.healthmattersprogram.org/nebraska/>.
2. Agree to commit to the program requirements and **submit a Statement of Interest**.

### **This program requires the following commitments:**

1. Complete this application and Submit a Statement of Interest	January 29, 2018
2. Creating a Wellness Committee (if not in place)	January-February 2018
3. Completing organizational HealthMatters Assessments (this is voluntary and would be at the expense of the provider organization)	OPTIONAL Fee for service, \$750/organization (2 Reports). Time 1 due March 2 <sup>nd</sup> , 2018. Time 2 due March 2 <sup>nd</sup> , 2019.
4. Creating and implement to Strategic Plan for health promotion	April 2018-February 2019
5. Attending three (3) 90-minute HealthMatters Train-the-Trainer Webinars (minimum 3 participants)	April 2, 4, 6, 2018 (1pm-2:30pm CST)
6. Running at least one 12-week HealthMatters Program (4-6 hours per week; meet 3 times per week) for people with I/DD (minimum 6 participants)	April 1, 2018 – April, 2019 (start within 2 weeks of the last webinar)
7. Providing structured time for staff and Wellness Committee to meet	January 2018 – January 2019

### **Part I - Application Questions**

You must answer all questions to submit this application. You may prefer to draft the answers prior to submitting them online.

1. Please describe how you see this program as part of your organizational Strategic Plan. With this in mind, what barriers might need to be addressed in order to be successful and how do you anticipate addressing them? What supports can we provide to help you be successful?
2. Describe your current partnerships for health promotion programming with other community organizations. Include information about what is working and what aspects need improvement. You might also describe how you have historically allocated resources to connect with community opportunities outside your organization.
3. Please identify the staff who will be part of your HealthMatters Team and become Certified Instructors. Please note any stellar achievements of the team members as related to health promotion.

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### Part II – Statement of Interest

The final application component is the **Statement of Interest**. We ask that the members of your Organization HealthMatters Team be identified and sign the Statement of Interest to demonstrate their understanding and acceptance of the program commitments.

Please print the Statement of Interest attached to the announcement. The members of your Organization HealthMatters Team must be identified and each must sign the Statement of Interest.

An application will be reviewed once the Statement of Interest is submitted. You may scan and attach your Statement of Interest to your online application. You may also fax the Statement of Interest with the subject line “HealthMatters, NEBRASKA! Program Application” to **Jasmina Sisirak** at [info@healthmattersprogram.org](mailto:info@healthmattersprogram.org) or fax 312-929-0326.

*The \$3,000 fee for the organizations attending three (3) 90-minute HealthMatters Train-the-Trainer Webinars is being funded by Nebraska Total Care to*  
**improve the health of each individual one person at a time.**