

Virtual Coach:

HealthMatters Program

Health Matters Now More than Ever

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COVID-19 Webinar Series

Captioning Available:

<https://www.streamtext.net/player?event=HealthMatters>

**HealthMatters™** Program

Goals for today

1. Describe our evidence based HealthMatters Program.
2. Demonstrate Virtual Coach: HealthMatters Program in Google Classroom.
3. Report lessons learned from a pilot project at Aspire.
4. Provide information on how you can utilize Virtual Coach: HealthMatters Program for your organization.

Three Components of the HealthMatters Program

Administration on Community Living (ACL) approved, evidence-based program

1. HealthMatters™ Program: Certified Instructor Workshop Webinar (6 hours, 90 minutes over 3 days, 90 minutes offline work)
2. Health Matters: The Exercise and Nutrition Health Education Curriculum for People with Developmental Disabilities (Curriculum)
3. 12-Week HealthMatters™ Program (12-Week-HMP) – three 1.5-2h sessions per week for 12 weeks, total 36 lessons

The Training and the Program

1. HealthMatters™ Program: Certified Instructor Webinar

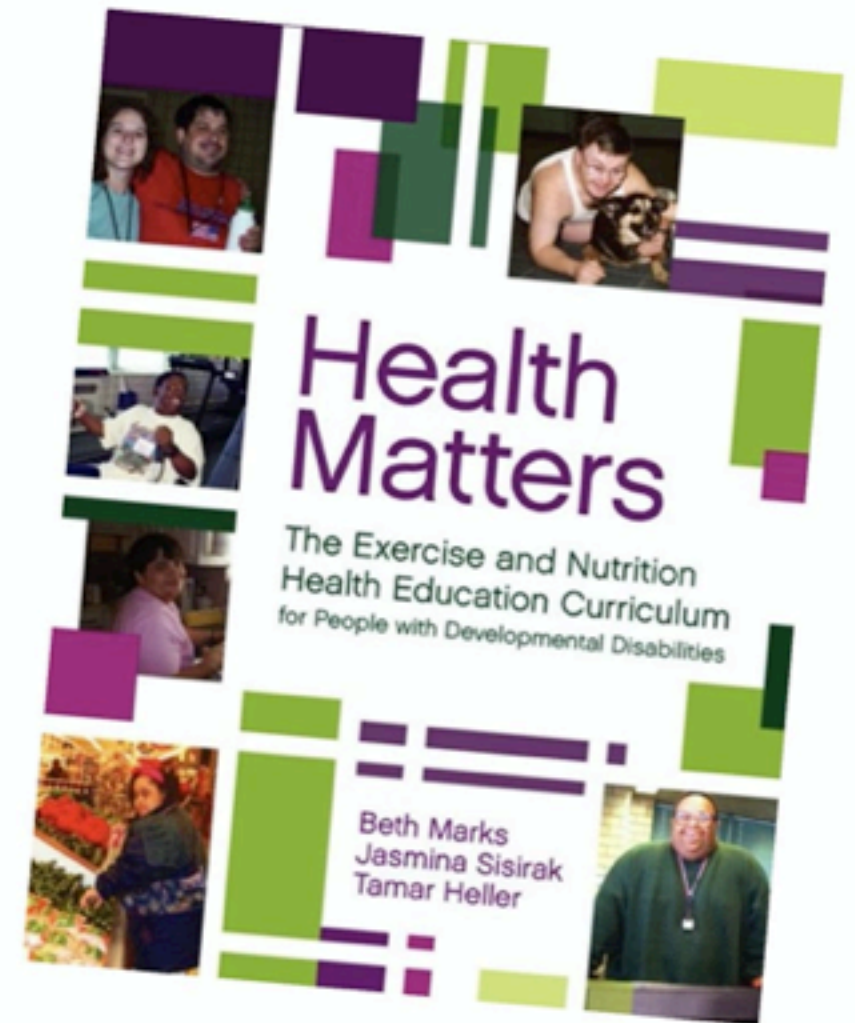
- Implement a 12-week Health Matters Program, a physical activity, exercise, and health education program using the Health Matters: The Exercise and Nutrition Health Education Curriculum for People with Developmental Disabilities and engage people with intellectual and developmental disabilities (IDD) in a physical activity and health education;
- Teach core concepts related to physical activity and nutrition and support people with IDD) to incorporate physical activity and healthy lifestyles into activities of daily living; and,
- Evaluate and sustain the effectiveness of the 12-week HealthMatters Program.

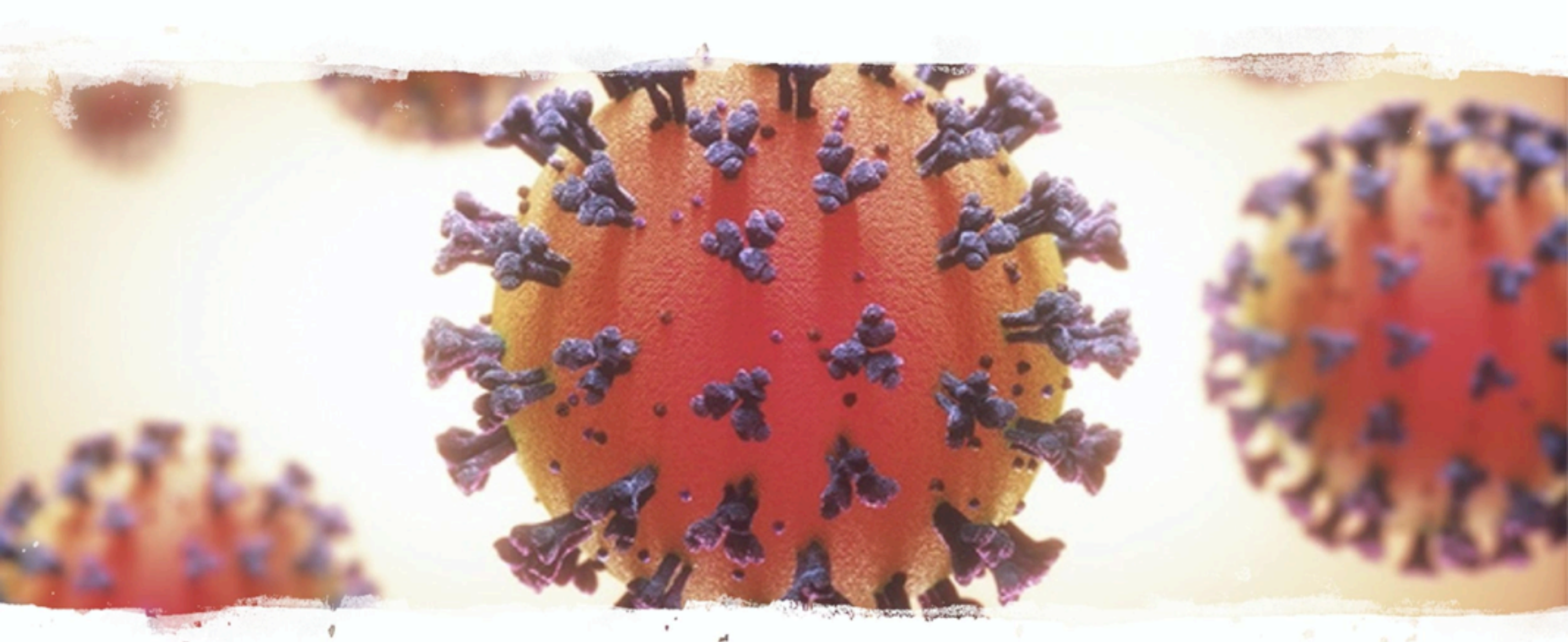
2. 12-Week HealthMatters™ Program (12-Week-HMP)

- Aims to improve health behaviors and health status of people with IDD.
- Provides access to healthy lifestyle opportunities where people with IDD live, work, learn, and play.

Health Matters: Exercise and Nutrition Health Education Curriculum

- Evidenced-Based Curriculum for people with IDD
- 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





Virtual Coach: HealthMatters Program

How do we promote health during COVID-19 pandemic?

e-Learning HealthMatters during COVID-19 pandemic

- March 2020 Shelter in Place
- Delivery of resources, training or material via electronic media.
- To rapidly transfer 'what we know' to people that need it the most.
- To share evidence-based programming utilizing e-learning platforms and their ability for multimedia, interactivity, and integrated feedback.

COVID-19 Grant Award: CCTS Pilot Translational and Clinical Studies Program

- CCTS Pilot Translational and Clinical Studies Program awarded by the Center for Clinical and Translational Science (CCTS), University of Illinois at Chicago
 - Identify issues with individual, system- and organizational-level responses and equity arising during the COVID-19 pandemic with a Rapid Preparedness and Response (RPR) Survey for organizations serving people with IDD.
 - Create a Virtual Coach: HealthMatters Google Classroom and test the effectiveness of this e-learning health promotion program.
 - 1-year grant, June 1st, 2020 start date.

Virtual Coach: HealthMatters Program

- Virtual Coach: *HealthMatters* Google Classroom to Support Frontline Staff to deliver health promotion programming to People with IDD During the COVID-19 Pandemic.
 - 12-Week Program for people with IDD (3 lessons/week).
 - Culturally appropriate, easy access, and online "anytime/anywhere" educational modules, strategies, and messages to improve health literacy skills and increase physical activity/movement.
 - Multimedia, interactivity, and integrated feedback.

Why Google Classroom?

- FREE!!!
- Streamline communication and workflow for users by providing a single access point to discussion threads and assigned lessons.
- Interactive - real-time feedback and communication gives ability to improve materials instantaneously, promotes collaborative learning.
- Easy to use (still needs a bit practice).
- Saves time – everything is in one place.
- Flexible
- Mobile-friendly



Piloting Virtual Coach: HealthMatters Program

Reports from the Community

The Setting: Aspire

- Aspire was founded in 1960
 - Recognized throughout Illinois and Wisconsin as a leader with bold and enterprising initiatives.
 - Provide services to children and adults with developmental disabilities, their families and their communities.
- Dedicated team of 200 plus, serve nearly 1,000 kids and adults each year
 - Community Day Services
 - ✓ Life Enrichment
 - ✓ Weinberg Career Academy
 - Living
 - ✓ Residential
 - ✓ Life On My Own
 - Clinical Services
 - Employment Services



Capacity to Implement Virtual Coach

- “Together We Are Better”
 - NorthPointe joined the Aspire Family in August 2019
 - Programs in Cook and Lake County, Illinois
 - NorthPointe had previously partnered with UIC and HealthMatters Program for 15+ years
- Aspire HealthMatters Program
 - Received grant in 2019 to implement / integrate HM Program in Cook County
 - Staff trained in February 2020; 12-week program start date was March 2020
 - March 16th - Shelter in Place – start of HM program put on hold
- Aspire Virtual Programming began in April
 - CILA homes access virtual programs via tablets and Zoom
 - Virtual Coach: HealthMatters Program started in May 2020

Two Approaches

- **Lake County – In person using Virtual Coach**
 - HealthMatters Program is part of our culture and programming
 - Two homes piloting virtual program
 - Staff facilitating are in houses they support daily
 - DSPs in homes certified through HM Train the Trainer
- **Cook County – Remote instruction to participants with IDD and DSPs**
 - HealthMatters Program had not yet been implemented in person
 - Two homes piloting virtual program
 - Staff facilitating virtual program remotely
 - DSPs in homes not Certified
 - DSPs in homes are not certified through HM Train the Trainer

Progress

- **Lake County**
 - 2 CILA Homes
 - 12 participants, 2 staff
- **Cook County**
 - 2 CILA Homes
 - 10 participants, 1 staff
- **Lesson Feedback**
 - Built into each lesson on Google Classroom
 - We have been able to respond to questions timely and provide additional resource as needed.
- **End of Unit Check Ins**
 - Meet once a month to review progress and brainstorm, usually after completion of each Unit (5 units).

Aspire's conclusions so far...

- Curriculum translates effectively to the virtual platform.
 - Feedback has been positive from participants and staff.
 - Increased use of technology.
- Allowed us to continue health promotion activities during physical distancing.
- Will provide for greater outreach within our Aspire network and beyond.
 - Community participants who do not live within our Residential Program.
 - Virtual programming will continue in our daily schedule as we plan for a return to Community Day Services.
- We are adapting to change and to our environment.
 - Making us think outside the box for other programs and virtual programs.

How to get started...training, bandwidth, preparation

- Get a buy-in from management and staff
 - Consider staff time and expectations.
 - Put together a team (at least 2-3 staff).
- Think about IT support and technology
 - Do you have the right equipment?
 - Practice with the technology more to increase comfort level.
 - Increase use of technology for individuals and staff.
 - Ensure staff's comfort level for this type of platform, how to use Google Classroom.

How to get started... training, bandwidth, preparation

- Decide if staff should go through HealthMatters™ Program: Certified Instructor Webinar Train the Trainer.
- Adapt HealthMatters to your organization (timing, which homes).
 - Every environment will need a different way to approach lessons.
 - Not everyone is going to be comfortable facilitating in this format.
- Get the print materials ready for each site.
- 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.
 - Virtual meetings after completing each Unit (5 units)
- Don't be afraid.

Virtual Coach: HealthMatters Program in Your Organization

How to get involved

Interested in Virtual Coach: HealthMatters Program

- Looking for 50 community-based organizations (residential or day program).
- Access to FREE HealthMatters™ Program: Certified Instructor Webinar Train the Trainer.
- Access to Virtual Coach: HealthMatters Program.
- Free Health Matters: The Exercise and Nutrition Health Education Curriculum for People with Developmental Disabilities
- Fill out Participation Interest Form:
<https://www.healthmattersprogram.org/machform/view.php?id=33966>
- Our team will follow up.
- Making it work to fit your needs.

Questions

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**THANK YOU
FRONTLINE WORKERS**



HealthMatters™ Program