



HealthMatters™ Program

December 10th, 2024

Virtual Coach:

HealthMatters Program

Program Application Informational Webinar





Meet our Team

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Project Co-Director
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Meet our Team

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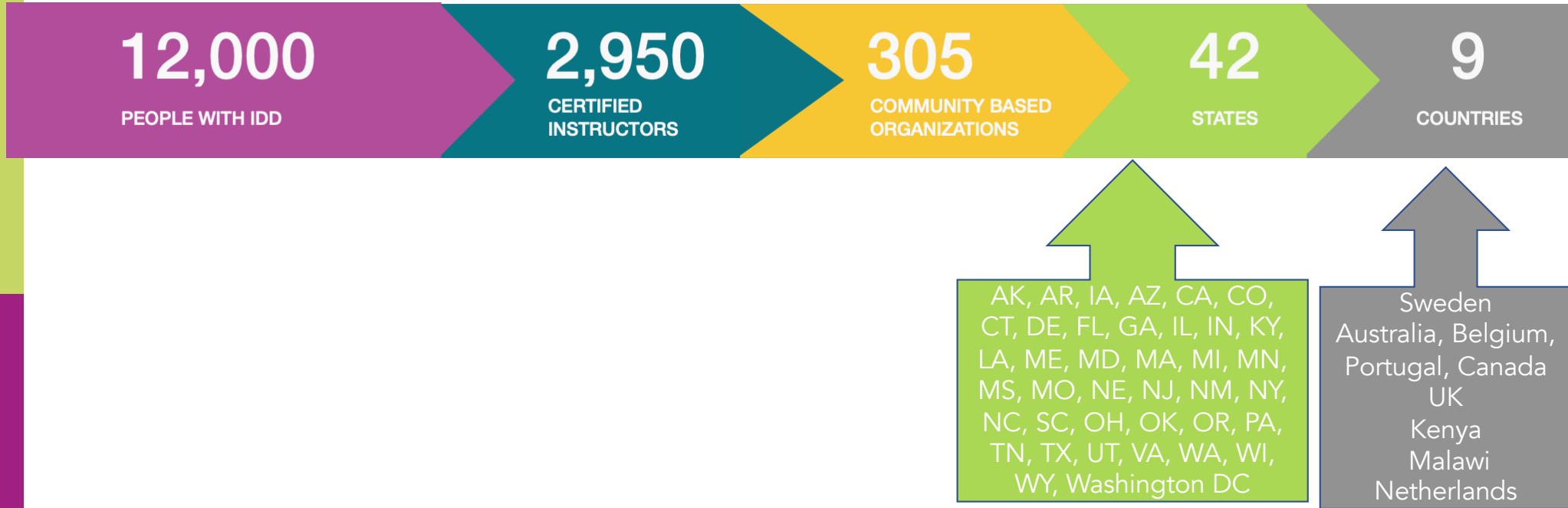
Goals for today

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://machform.healthmattersprogram.org/view.php?id=54091>
3. Application deadline is January 10th, 2025, end of the business day. Approved Organizations will be contacted by January 17th, 2025.

Our Reach since 2008



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

OUR REACH

Since November 2020



2850

PEOPLE WITH INTELLECTUAL DISABILITY

Received health promotion programming



153

ORGANIZATIONS

Took part in the HealthMatters Program

Virtual Coach



655

STAFF MEMBERS

Trained



37

STATES

Across the U.S., plus Canada, the Netherlands, and Portugal

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



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.

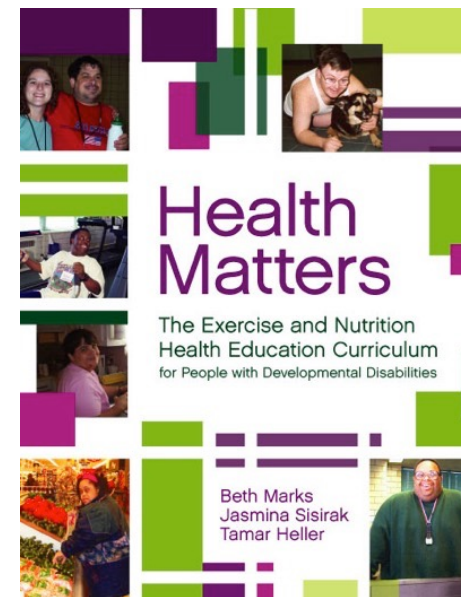
**Certification received upon completion 3-hour webinar and Program Plan activities and Lesson 1 in Google Classroom (3 additional hours).*

****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.**

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 and after 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.

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

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**




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

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)



Timeline and Important Dates

Program Timeline | Training Webinar

Deadlines and Timeline

- January 10th, 2025 EBD - Application Deadline
- January 17th, 2025 - Application decision letters emailed
- January 24th, 2025 - Deadline to register for HealthMatters Program: Virtual Instructor Certification training (accepted Organizations only, this is a hard deadline, late registrations not accepted)
- February 6th, 2025 (1pm – 1:45pm CT) – Welcome Webinar Virtual Coach: HealthMatters Program (optional, only for accepted Organizations)
- Training Dates
 - **Option 1** | Tuesday, February 11th, 2025 (1pm-4pm CT)
 - **Option 2** | Wednesday, February 12th, 2025 (10am-1pm CT)
- Free Program will run February 2025 - February 2026.
- PENDING FURTHER FUNDING - June 2025 – Application open for additional enrollment for September 2025.

When do you attend HealthMatters™ Program Virtual Instructor Certification?

- **Training Dates – must attend ONE option. We will not record this webinar.**
 - Option 1 | Tuesday, February 11th, 2025 (1pm-4pm CT)
 - Option 2 | Wednesday, February 12th, 2025 (10am-1pm CT)
- **Approved Organizations – Must register for the training by January 24th, 2025. 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, it would be most ideal for each site/team to 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.

Making it work to fit your needs

- Adapt HealthMatters Program 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.).
 - How can you enrich your existing programming with the new one?
- Create touch base points throughout the program.
 - Feedback from staff and participants 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

 **HealthMatters™ Program**