

## Living Well in Oregon: Talking Points for Master Trainers

Please review the document titled “Living Well in Oregon”, which is included in the leader manuals during your leader training. One logical point on the agenda where it would be possible to review the document is on Day 4 during the “Looking Back and Planning for the Future” section on the agenda. It should take 10-15 minutes to present this information to the leaders.

### Talking Points

Please take out the “Living Well in Oregon” handout, which is included in the pocket of your leader’s manual. This document was prepared by the Oregon Living Well Program to help provide you with information and resources so you can be successful in implementing Living Well workshops.

The document is divided into five sections - an Overview, Data Collection, Quality Assurance and Fidelity, the Oregon Living Well Network, and Resources and Support.

- *Data Collection* -The “Participant Information Form” should be completed by all participants during Session 1 of the workshop (or Session 2 if a participant misses the first day). Therefore, when you lead the workshop, you will need enough of these forms for each participant. Fill out the “Attendance Form” as you go. The “Program Summary Form” is completed by leaders at the end of the workshop series. All information should be submitted to the Oregon Health Authority via the Compass by QTAC data portal.
- *Quality Assurance and Fidelity* - since Living Well is a licensed curriculum that was developed and researched by Stanford University, it is important to follow the curriculum exactly as it was written so that the best outcomes found in the research can be found in participants in Oregon. Living Well programs in Oregon recommended a process by which newly-trained leaders are observed by Master Trainers and provided feedback on how they’ve led a workshop to help them become even better leaders. Attached is an example of the fidelity tool that is used by many Master Trainers in Oregon.
- *Oregon Self-Management Network* - the Network is comprised of leaders, Master Trainers, and coordinators across Oregon who meet by phone quarterly to discuss ways to share resources and build and support self-management programs. For information, please visit <http://public.health.oregon.gov/DiseasesConditions/ChronicDisease/LivingWell/Pages/network.aspx>
- *Resources and Support* - the Oregon Health Authority offers several resources for leaders, Master Trainers, and program coordinators on the state Web site, [www.healthoregon.org/livingwell](http://www.healthoregon.org/livingwell).