

The Healthy Living System

The Arizona Living Well Institute (AZLWI) at Empowerment Systems, Inc. is the statewide hub for Stanford University's Chronic Disease Self-Management Education (CDSME) programs. In Arizona, we refer to CDSME as Healthy Living because the workshops address more than just chronic conditions. Virtually every aspect of healthful living is considered in our multi-dimensional approach to wellness. The AZLWI system is aimed at promoting and expanding Healthy Living programs across Arizona. The system is comprised of several components including: a consortium of partner organizations involved in the delivery of workshops, community referral network, workshop scheduling, delivery and evaluation, and training, certification mentoring, and tracking of workshop facilitators. This guideline is to describe and communicate the AZLWI Healthy Living System to existing and potential partners.

What is the Healthy Living System?

Under contract with the Arizona Department of Health Services, the Arizona Living Well Institute is tasked with creating, supporting and expanding a structured network of organizations involved in the delivery of Healthy Living programs and services.

Why is the System Needed?

To create a more synergistic approach to the different functions and components of AZLWI in efforts to efficiently promote and deliver Healthy Living programs in Arizona.

What is Involved in the System?

The Partner Consortium

A subscription-based membership of public and private organizations involved in the promotion and delivery of Healthy Living Programs. Membership is formalized by a Memoranda of Understanding with AZLWI to spell out the benefits, role and responsibilities for each organization.

Training and Credentialing

The AZLWI and partners regularly host training events in each Healthy Living program to train and certify Healthy Living Leaders to facilitate Healthy Living workshops.

Mentoring, Fidelity Review & Problem Solving

Available from experienced Regional Mentors and AZLWI Staff. Regional Collaborative calls are regularly provided.

Workshop Registration and Scheduling

Occurs both electronically through the website and via the Community Referral Network. This component is important to partners because it leads to filling, billing and payment for workshops.

Community Referral Network & Data Management

Partners, outside health care providers and others, including individuals, can make referrals into workshops via the Community Referral Network (CRN). Participants are auto-assigned to workshops closest to their locations and other influencing factors.

The CRN also acts as a data repository. Partner organizations have the ability to track their Healthy Living Leaders, run reports based off of data submitted to AZLWI and find substitute Healthy Living Leaders.

More Information

Available at www.azlwi.org.