



Wyoming Center on Aging

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### **Call for Applications:**

The University of Wyoming Center on Aging (WyCOA) is pleased to announce a funding opportunity to support Chronic Disease Self-Management Education (CDSME) programming for organizations in Wyoming interested in incorporating Healthy U programming into their existing organizational structure. Awards for this funding are intended to support Healthy U program initiatives and long-term sustainability, including, but not limited to, facilitator training, workshop delivery, etc. Preference will be given to applicants demonstrating a strong capacity to offer sustainable programming with a vision for long-term implementation.

### **Program Description:**

Healthy U is the name for the Wyoming Center on Aging's implementation of the Self-Management Resource Center's renowned, evidence-based Chronic Disease Self-Management Program (CDSMP). This program was created at Stanford University and has been extensively studied, and research findings regarding this program have been widely published and peer reviewed. The program is delivered in 2.5-hour sessions, weekly for a period of six weeks. The program helps people with chronic disease (e.g., diabetes, high blood pressure, chronic pain) play a more active and productive role in their own health management.

Healthy U does not focus on any particular illness or symptoms and will not conflict with existing programs or treatment. It is designed to enhance regular treatment and disease-specific education. Program sessions are highly participative; mutual support and success build participants' confidence in their ability to manage their health and maintain active and fulfilling lives.

All Healthy U workshops are delivered by certified Leaders who receive four days of training. Leaders are typically volunteers, church members, senior center staff, patient educators, public health workers, or wellness advocates. To learn more about Healthy U, please visit our website at [www.uwyo.edu/healthyu/](http://www.uwyo.edu/healthyu/).

### **Award Information:**

WyCOA will award up to six, \$5,000 "mini-grants" totaling \$30,000 to successful applicants. The successful applicant will receive ongoing program support from WyCOA and establish a scope of work and implementation plan. Grants will be dispensed progressively as awardees complete critical benchmarks (i.e. identifying leaders, planning a class, executing a class).

### **Eligibility:**

Any organization operating within Wyoming is encouraged to apply. Applicants should have an interest in health programming or work with populations affected by chronic disease. Eligible organizations can be, but are not limited to, community groups, non-profit organizations, or faith-based organizations.

### **Application Requirements:**

Each applicant will need to complete a vendor application for the University of Wyoming as well as an application consisting of the following questions:

1. Organization name and address.
2. Organization primary contact to include name, email address, and physical address.
3. A brief background of the organization.
4. A description of how Healthy U programming will be integrated into the existing programming or organizational structure.
5. An estimation of the number of anticipated individuals to participate in Healthy U programming in the first year/annually.
6. An affirmation of the following funding requirements:
  - Your organization will provide two individuals who will participate in Healthy U Leader training (travel and training costs will be reimbursed by WyCOA).
  - Your organization will host a Healthy U workshop by June 30, 2022.
  - Your organization will work with the support of WyCOA to integrate Healthy U into existing programming.

The Wyoming Center on Aging will host an informational session on this funding opportunity on Monday, February 28, 2022 at 3pm. Please join using this link: <https://uwyo.zoom.us/j/91895441745>. Complete details and the online application can be found on the Healthy U Website at [www.uwyo.edu/healthyu/news/index.html](http://www.uwyo.edu/healthyu/news/index.html).

We look forward to seeing your applications. **All submissions must be received by 11:59pm MST on 3/7/22.** If you have questions about this funding, you can contact WyCOA at (307) 766-2765 or [healthyu@uwyo.edu](mailto:healthyu@uwyo.edu). Thank you for all that you do to make Wyoming healthier!