

# Health Promotion and Chronic Disease Prevention

## Grantee In-Person Training

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### Cessation and Self-Management Training

June 9<sup>th</sup>, 2015, 9am-4:30 pm  
Klamath Falls, Running Y Ranch

#### Agenda

- 9:00 Welcome and Introductions (*Tamara Burkovskaia*)
- 9:30 Overview: What is cessation and why is it part of self-management? (*Scott Montegna*)
- 9:45 QuitLine from the consumer's perspective (*Maria Martin, Alere Wellbeing, Inc.*)
- 10:45 Break
- 11:00 Comprehensive Cessation Benefits: Providing support for success (*Scott Montegna*)
- 11:30 Q&A on cessation (*Scott Montegna and Tamara Burkovskaia*)
- 12:00 Working lunch: table discussions about coordinators' roles with regard to cessation
- 12:30 Physical activity break
- 1:00 Self-management programs: resources and guidance (*Andrew Epstein*)
- 1:30 Panel discussion: Collaborating with CCOs and other partners to promote cessation and self-management programs  
*Panelists: Caryn Wheeler, Janet Jones and Shellie Campbell*  
*Facilitators: Jennifer Diallo*
- 2:30 Break
- 2:45 Facilitated discussion - Exploring the coordinator's role in promoting self-management programs: successes and barriers to creating systems and environments supportive of self-management (*Jennifer Diallo*)
- 4:00 Workgroup project: discussion and Q &A (*Jennifer Diallo and Scott Montegna*)
- 4:20 Wrap-up (*Tamara Burkovskaia*)