



Available Resources to Support Living Well Programs **Supported by the Oregon Health Authority/Department of Human Services**

Leader Training

OHA/DHS provides financial support for Living Well with Chronic Conditions, Tomando Control de su Salud, and Positive Self-Management Program leader training throughout the state, all of which are free of charge to participants. Find upcoming training opportunities here:

http://public.health.oregon.gov/DiseasesConditions/ChronicDisease/LivingWell/Pages/lwleadersmt_top.aspx.

Living Well Annual Forum

Held in the spring of each year, the Living Well Annual Forum provides the primary statewide opportunity for networking, skills building, and resource sharing to support Living Well programs. Find more information here:

<http://public.health.oregon.gov/DiseasesConditions/ChronicDisease/LivingWell/Pages/lwforum.aspx>.

Upcoming Workshop Schedules

OHA/DHS maintains an up-to-date listing of upcoming Living Well, Tomando Control, and Positive Self-Management workshops in Oregon. Find it here:

<http://public.health.oregon.gov/DiseasesConditions/ChronicDisease/LivingWell/Pages/lworkshops.aspx>.

Living Well Guide to Implementation

The Living Well Guide to Implementation provides all of the information, tools and resources needed to implement Living Well in Oregon. Find it here:

<http://public.health.oregon.gov/DiseasesConditions/ChronicDisease/LivingWell/Pages/guidebook.aspx>.

Living Well Sustainability Toolkit

The Living Well Sustainability Toolkit provides resources and customizable tools for local Living Well programs to successfully market to potential partners and participants, and advocate for ongoing financial support for their programs.

<http://public.health.oregon.gov/DiseasesConditions/ChronicDisease/LivingWell/Pages/LivingWellMarketingToolkit.aspx>

Quality Assurance and Fidelity Monitoring Tools

The Living Well Network Quality Assurance and Fidelity Workgroup has developed fidelity monitoring tools for use in community workshops and leader training for Living Well, Tomando Control, and the Positive Self-Management Program. These tools can help ensure that all programs implemented in Oregon follow the original Stanford model. Find fidelity monitoring tools here:

<http://public.health.oregon.gov/DiseasesConditions/ChronicDisease/LivingWell/Pages/fidelity.aspx>.





Statewide Toll-Free Phone Number – 1-888-576-7414

OHA/DHS operates a statewide toll-free phone number so that potential participants and referring organizations can access information on upcoming workshops and leader training across the state. This number is also used on all statewide marketing materials.

Marketing Materials

Color-printed brochures and posters in English and Spanish are available free of charge upon request. Customizable templates are also available online at <http://public.health.oregon.gov/DiseasesConditions/ChronicDisease/LivingWell/Pages/resources.aspx>.

The “Changing Our Lives” promotional DVD, which includes testimonials from participants and supporters in Oregon, is available free of charge in English or Spanish. Find it here:

<http://public.health.oregon.gov/DiseasesConditions/ChronicDisease/LivingWell/Pages/video.aspx>.

State and County Data Reports

Using program and participant data collected from workshops across the state, OHA/DHS produces annual statewide and county-specific data reports. Find the latest data reports here:

<http://public.health.oregon.gov/DiseasesConditions/ChronicDisease/LivingWell/Pages/pubs.aspx>.

Living Well Network

The mission of the Living Well Network is to promote the expansion, implementation, coordination, and sustainability of quality Living Well programs statewide, which includes the Living Well with Chronic Conditions, Tomando Control, and Positive Self-Management programs. The Living Well Network has three individual workgroups – Marketing and Recruitment, Quality Assurance and Fidelity, and Reimbursement. Find more information here:

<http://public.health.oregon.gov/DiseasesConditions/ChronicDisease/LivingWell/Pages/network.aspx>.

Technical Assistance

OHA/DHS offers technical assistance to all licensed organizations, leaders, Master Trainers, program coordinators, and partners.

Contact us!

Oregon Living Well Program

1.888.576.7414

living.well@state.or.us

www.healthoregon.org/livingwell

