

POSITIVE SELF MANAGEMENT PROGRAM (PSMP)

The Positive Self Management Program is an educational workshop series developed by Stanford University based on the principles of self-efficacy.

The methods of instruction are designed to facilitate group interaction and participation, encouraging participants to share personal experiences and find solutions to common problems.

It was developed specifically for people living with HIV and their caretakers, but individuals with other chronic diseases have found it just as helpful.

What is "self management"?

- Self management is taking care of yourself, understanding your body and mind, any diseases you may have, and how to keep yourself healthy.
- Self management is not about doing everything yourself. Instead, it is about smartly using your resources in order to get the help you need.
- Self management helps you to *positively* take charge of your health and wellness.

What is the goal of PSMP?

- To increase the skills of participants to manage their disease while making efficient use of the time they spend with doctors and case managers.

How is it participant-centered?

- PSMP utilizes the experiences, problems and solutions of the participants through group brainstorming, sharing in pairs and staying in touch between sessions through a buddy system.

What topics does the program cover?

- some of the topics covered are:
 - how to make and maintain a medication/symptom log
 - understanding lab tests
 - working with your health care team
 - communication skills
 - depression management
 - dealing with difficult emotions
 - exercise and healthy eating
 - advanced directives
 - problem-solving and goal setting

Program Structure

The program is designed to be between 4 and 7 sessions with two facilitators (organizations may choose what will work best for their clients). Each session will cover different topics with repeated problem solving and action plan activities. The sessions are typically 2 hours long (with one or two breaks).

Every setting has its own restrictions and advantages. We will work with each organization to find a structure that works best for them.

Organizations can choose to have their own staff trained to conduct the program through our Leader Training, or we can provide volunteer facilitators that have already been trained by us.

How much does it cost?

For organizations in the Baltimore EMA (Eligible Metropolitan Area - able to receive Ryan White Funds) the program, including materials, is free. (For organizations outside of the Baltimore EMA please contact us.)

Please contact Harriet Smith for questions or more information — 410-209-2413 or Harriet@taylor-wilksgroup.com