

Education for Life.



Education
Recognition
Program

Greetings from the Education Recognition Program (ERP) team!

This summer, we are excited to provide you with updates on the latest Know Diabetes by Heart™ initiatives, share new additions to ERP University (ERPU), and highlight the important work of one of our services, Providence Health Care.

We would like to thank each and every one of you for all that you do for people with diabetes.

What's New

ERP Updates

Renewal Applications Reporting Period

Renewal applications submitted starting January 3, 2024 will require services to provide 12 months of reporting data. Services will still be allowed to start the renewal application six months before the end of the current recognition period. This data collection period is already used for annual status reports. This change will allow each of you to highlight the incredible work you are doing by providing additional time for gathering outcome data on your participants!

Behavioral Health in Diabetes Care

For diabetes care and education specialists (DCESS) who have completed the [Mental Health Training](#) of the American Diabetes Association® (ADA), your service will now be recognized on the [ERP Listing page](#) as "Mental Health Trained."

This is an excellent way to promote your service as having DCESS who are trained in this important area of diabetes self-management and education support (DSMES). If you have completed the ADA's Mental Health Training, please let your service coordinator know and they will update your profile within the staff section of the ERP Portal.

ERP University Updates

We are excited to announce that a DSMES Insights, Resources, and Exclusive Webinars section has just been added to ERPU. Find these new webinars within this section of ERPU.

DSMES Interest Group webinar series:

- Building the R.I.G.H.T. Online Brand as a Health Care Professional—The Who, What, & Where
- DSMES Program From A–Z
- Grow your DSMES Program with Person-Centered CGM Technology

Advancing health equity in diabetes webinars:

- Tools to Help Remove Barriers to Health
- Lifestyle Changes as a Diabetes Educator

Additional informative webinars:

- Adding Value to your Conversation: Simplifying OTC and Nutrition Conundrums
- ADA DSMES ERP for Hispanic Populations

Please visit diabetes.org/erpu to access the webinars using the password “ERP1986.”

Keep a lookout as we will be launching webinars for each of the National Standards for DSMES in July of this year.

Advocacy Corner

DaVita’s Kidney Smart Classes

DaVita’s Kidney Smart® classes are an award-winning, no-cost education program designed to give people the tools they need to help manage kidney disease. Participants learn about important topics including how the kidneys work, tips on eating kidney-friendly foods, understanding nutrition labels, and ordering healthier food at restaurants.

[Learn More](#)

Women’s Health Initiative

This four-module continuing education (CE) program delivers education on the health of women with gestational diabetes (GDM) to midwives, doulas, community health workers, and other diabetes care professionals.

Program objectives:

- Describe the purpose of screening for GDM at 24–28 weeks of pregnancy.
- Identify the elements of the treatment plan for women with GDM.
- Determine the role of blood glucose monitoring in women with GDM.
- Understand the implications of stigma, racism, disparity, and social determinants of health in women with GDM.

[Learn More](#)**WOMEN'S**
Health Initiative**Focus on Diabetes®****Equip Yourself with the Practice Tool Kit**

Use these new templates to share important diabetes and eye health information among care team members to eliminate misunderstandings and confusing jargon. And discover the new diabetes-related retinopathy conversation guide written with patient-centered language to guide a meaningful discussion with your patients.

[Learn More](#)**Know Diabetes by Heart Offers Cutting-Edge Resources for Providers, Including Case-Based Learning App and Webinars**

Learn the latest on diabetes care with the brand-new education course, *Cardiovascular Disease in Type 2 Diabetes for Health Care Professionals*, from Know Diabetes by Heart™.

Developed from the *Standards of Care in Diabetes—2023*, this FREE online course will provide you with the latest strategies for treating people with type 2 diabetes and cardiovascular disease (CVD).

Topic highlights include:

- Reducing CVD risk in people with type 2 diabetes by setting and achieving management goals.

- Strategies for managing diabetes and CVD through lifestyle management and motivational interviewing.
- And more!

[Begin Learning Today](#)



ADA Litigation Victory in NYC Schools

On April 21, the U.S. District Court for the Eastern District of New York approved the settlement agreement in the ADA's litigation against the NYC Department of Education. This outcome is not only a victory for New York City public school students with diabetes but is a model for schools nationwide.

[Learn More](#)



New Safe at School[®] Resources Now Available

The ADA's award-winning Safe at School[®] campaign offers comprehensive resources to help ensure children with diabetes are healthy and safe at school, daycare, and other community settings.

First, our updated school guide, [Helping the Student with Diabetes Succeed: A Guide for School Personnel](#), provides recommendations for best practice in the school setting in alignment with federal and state laws. School training slide decks, [Diabetes Care Tasks at School](#), have been updated to reflect new technology and treatment therapies and were designed to be used by diabetes health care professionals and school nurses to train non-clinical school staff.

In addition, our new [Electronic Devices for Diabetes Management wallet card](#) for students may be used to enable students to access their diabetes technology and smart devices in the school setting. The wallet cards are being distributed to ADA campers nationwide this summer at ADA Camp. Many other resources for health care professionals, schools, and parents/guardians of children with diabetes are available at diabetes.org/safeatschool.

Call 1-800-DIABETES (342-2382) or email AskADA@diabetes.org for more information or help with a specific school or daycare diabetes management concern.

Type 1 Diabetes Mental Health Workbook

Living with a chronic health condition like type 1 diabetes is complicated, expensive, and burdensome. Most people live long, happy, healthy, and satisfying lives with type 1 diabetes, yet there is evidence that mental health concerns and behavioral challenges are common and interfere with self-management, quality of life, and health.

At the same time, there are not enough professionals who have knowledge of the complex relationship between diabetes and psychosocial factors to meet the needs of the large and growing population of people with type 1 diabetes, and their families.

The Type 1 Diabetes Mental Health Workbook was created to provide a concise, practical resource for mental health clinicians and therapists to use in their care of young people with type 1 diabetes. The workbook is divided into eight sections:

1. Overview of type 1 diabetes
2. Language and communication about type 1 diabetes
3. Challenges associated with a new type 1 diabetes diagnosis
4. Approaches to addressing type 1 diabetes self-management challenges
5. Emotions associated with type 1 diabetes
6. Mood concerns and type 1 diabetes
7. Type 1 diabetes-related worries and anxiety
8. Additional considerations

[Get the Workbook](#)



TYPE 1 DIABETES MENTAL HEALTH WORKBOOK

A Practical Resource for Providing Behavioral and Mental Health Support to Young People with Type 1 Diabetes, and Their Families



Kimberly A. Driscoll, PhD & Marisa E. Hilliard, PhD

ERP Spotlight -Providence Health Care

Our ADA-recognized program serves Providence Medical Group and is provided by Providence Community Wellness. Our main site is at Providence Endocrinology in Spokane, Washington, and we have eight expansion sites in primary care offices throughout Spokane County. We also have one multisite in Colville, Washington. In 2022, we served over 1,000 individuals with diabetes through our team of four registered dietitians and two registered nurses.

A majority of our DSMES appointments are one-to-one, which allows education to be individualized and person-centered. In addition to DSMES, we offer insulin pump training, continuous glucose monitoring (CGM) services, and medical nutrition therapy through virtual and telephone visits as well as in-person visits. We also restarted group classes for individuals with newly diagnosed type 2 diabetes in 2023 and completed our first class series in April. We plan to explore other types of group class options for our participants and hope to start a support group in the upcoming year.

Our team is proud to exemplify our organization's promise, mission, and values. The Providence Promise is "Know me, care for me, ease my way." Our promise aligns closely with the work of diabetes education. Every day, our DCEs listen to the stories of people with diabetes and educate and support them on their journeys in diabetes management. Our values are compassion, dignity, justice, excellence, and integrity.

Compassion: Our team recognizes that managing diabetes can be challenging, overwhelming, and stressful. We listen to the feelings, thoughts, and concerns of each person with diabetes and help encourage them as they move forward.

Dignity: We recognize that each individual is more than their diabetes diagnosis and our educators work to honor the whole person. Our team has provided education to other health care professionals on trauma-informed care, weight-stigma, and

diabetes-stigma to help improve the quality of care beyond our own individual interactions.

Justice: In Spokane, Washington, diabetes was the seventh leading cause of death in 2014. It is estimated that 11.2% of adults living in Spokane County have diabetes. The rate of diabetes is higher in Spokane County than the Washington state average, and the residents experience disparities in age, education, race, and income. Our DCEs work to address and remove barriers for the most vulnerable populations. We help our participants complete patient assistance applications, access medication cards, and connect them to additional resources in our community.

Excellence: Four of our DCEs are certified diabetes care and education specialists (CDCESs) and one is also board-certified in advanced diabetes management. Our educators spend time in our local community, constantly furthering their education on the newest medications, diabetes technology, and resources available to help support our patients. Our educators also spend time educating and supporting primary care providers in managing diabetes.

Integrity: Our educators advocate for the needs of each of our participants with diabetes. We ensure everyone is treated with honesty and respect.

The efforts provided by DSMES programs change and improve the health and lives of people living with diabetes. We are proud to serve our participants and communities.



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