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FOR IMMEDIATE RELEASE

November 8, 2011

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Master Trainer Status is Achieved by Two County Employees in the Stanford University's Chronic Disease Self-Management Program

(Newton, NJ) The Sussex County Department of Human Services, Division of Senior Services is proud to announce the successful training and certification of two of its employees as Master Trainers of Stanford University's Chronic Disease Self-Management Program. The Chronic Disease Self-Management Program known as "Take Control of Your Health" in New Jersey is an evidence based program proven to delay or reduce the disabilities that frequently accompany chronic diseases. Sarah Balzano, RN and Regina Hannapple, SW represented the County at a five day training session for health care professionals to become Master Trainers of the program. A Master Trainer is qualified to teach Program Leaders how to guide participants through the program. Master Trainers are certified by Stanford University and/or T Trainers who conduct their Master Training.

"Take Control of Your Health," one of the Division of Senior Services evidence-based programs has been improving the lives of its participants for over three years. A study of its effectiveness conducted by The Federal Agency for Healthcare Research and Quality showed that participants had improved on a variety of health related measures including more energy and less fatigue, reduced stress and fewer visits to physicians and emergency rooms.

Stephen Gruchacz, Administrator for the Sussex County Department of Human Services stated, "This evidenced based program provides individuals with tools to manage their chronic conditions without relying solely on physicians and emergency rooms, which are costly. As the result of having two Master Trainers, the County will be in a better position to conduct more programs for citizens. We are thankful to the New Jersey Department of Health and Senior Services, Division of Aging and Community Services for their funding and support."

The Department of Human Services, Division of Senior Services continues its efforts to expand and sustain high quality delivery of the "Take Control of Your Health" program. By having their own Master Trainers, the Division of Senior Services will be able to increase local training and recruitment and sustain delivery of the Chronic Disease Self-Management Program.

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For more information on this or any of the Wellness Programs offered by the Department of Human Services, Division of Senior Services please contact Regina Hannapple at 973-579-0555 ext 1281 or by email at Rhannapple@sussex.nj.us

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Our mission is to improve the quality of life of Sussex County residents through an integrated approach to comprehensive services that meet the needs of individuals, families and communities.

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