



MCADA is a private, non-profit agency dedicated to strengthening the foundations of individuals and families by empowering them to successfully handle difficult, everyday life situations and the impact of substance abuse. MCADA actively provides quality alcohol, tobacco and other drug abuse prevention & early intervention services in partnership with individuals, families, schools, communities, businesses, and professionals throughout Mercer County.

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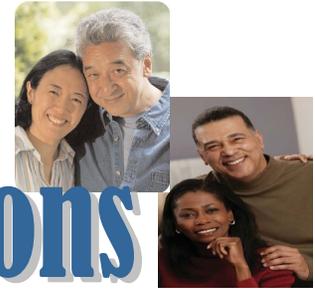
**Are you living
with a chronic
health condi-
tion?**

**Would you like
to take control
of your health?**



**Take Control
of Your
Health:
Chronic
Disease Self-
Management
Program**

Living a Healthy Life with chronic conditions



The Chronic Disease Self-Management Program (CDSMP) is a community workshop designed to give people with chronic conditions (such as arthritis, heart disease, cancer, diabetes, asthma, etc.) and/or their caregivers the knowledge and skills needed to take a more active role in their health care. Participants learn healthier ways to live, gain confidence and motivation to manage their health and feel more positive about life.

The program goal is to help people choose healthy behaviors they would like to follow and design strategies for incorporating these behaviors into daily life.

Setting weekly goals: making an action plan, giving feedback and sharing is an important part of each session.

...Increasing Knowledge

- Participants will learn how to manage their chronic conditions using techniques to control pain, fatigue, emotions, etc.
- Participants will recognize the early signs and symptoms of depression.

.....Increasing Communication Skills

- Participants will learn effective ways to work with their health care professional
- Participants will learn how to navigate the health care system.

.....Positively Changing Behavior

- Participants will learn how their lifestyle choices and behaviors impact their health.
- Participants will learn how to use new tools and feel empowered to manage their healthcare, particularly regarding their use of medications.

Curriculum

Lesson One:

Overview of self-management and chronic health conditions

Lesson Two:

Problem-solving techniques; benefits of physical activity; preventing falls

Lesson Three:

Decision-making strategies; reducing pain and fatigue; relaxation techniques

Lesson Four:

Better breathing; good nutrition; communication skills

Lesson Five:

Medications and making treatment decisions

Lesson Six:

Working more effectively with health care providers