

# Behind the Scenes of Program Implementation

by: Patricia Terstenyak

## At A Glance

The programs were in place, the staff was excited, and we had literature promoting the programs available at the clinics. We were ready for take off. The average appointment time was just over an hour. The majority of clients signed up for the Growing Younger Together program. The Growing Younger Together sessions received glowing evaluations with participants wanting more time.



## PUBLIC HEALTH CHALLENGE

Chronic Diseases are the most prevalent and costly of disease conditions in the United States. It is an alarming concern for our health and fitness because it will exact a toll in cost and dollars by way of health care services and function capabilities. Those with multiple diagnosis might be at a higher risk of mental health decline such as depression, readmission to the hospital, loss of time on the job, face more financial strife, and increased health care expenses. In the US at least 60% of adults have a chronic disease. Clevelanders in Motion along with the REACH grant is committed to addressing high-risk populations by incorporating healthy lifestyle habits to promote healthier individuals and communities.

## Find Out More

For those of you interested in the Body Age Screening and Growing Younger Together programs contact The YMCA of Greater Cleveland to find out how you too can learn “Your Body Age” and sign up to “Grow Younger Together.”

*“I like learning how I can eat a more healthy diet. I really enjoy the one on one time with Nancy learning the significance of my blood pressure and weight. I also like using the time of reflection. It helps me a lot.”*

*Anonymous Program Participant*

## Contact

### Patricia Terstenyak

1801 Superior Avenue E  
Suite 130  
Cleveland, OH 44114  
216-263-6295 phone

## Approach

CCL works toward chronic disease prevention, risk reduction, and improved management through health-literacy, self-efficacy, and advocacy. In 2015 Clevelanders in Motion approached Neighborhood Family Practice and NEON Health Services sharing a vision of partnership. The partnership consisted of The YMCA providing some supplemental programs for lifestyle modification to healthier choices. Clients are referred to The Body Age Screening. This program is a 3-step process to assess risk factors for chronic diseases. The second program, The Growing Younger Together program focused on health behavior modification.

## RESULTS

We established a partnership with two Federally Qualified Health Centers. Initially our talks began by identifying the benefit of our 2 programs as a supplement to their care interventions. The planning process consisted of detailed meetings and numerous attempts to survey and evaluate the needs of clients. Of course we had to attend to the business side of signing contracts of agreement. These articulated each entity's obligation and helped to maintain our integrity in adhering to our REACH Grant. Developing and using timelines established a full schedule to plan and organize the process. This would include staff trainings to familiarize them with the programs and promote the referrals. As with any strategy there were more meetings for evaluation and re-evaluation. This was an ongoing process.

## SUSTAINING SUCCESS

The goal is to use the evidence from the experience with Clinical Community Linkages to become a classified Fee For Service preventative intervention with Medicaid.