

WIHA Program Requirements for Facilitators

			# of Participants Required			
	Program	# of Facilitators Required	In-Person	Virtual	Other	# Workshops Required to Maintain Active Status
CDSME Suite	Healthy Living with Chronic Pain	2 Trained facilitators for full workshop	Full: Min: 8 Max: 16	Full: Min: 8 Max: 12	Telephone (Tool Kit Only) Min: 3 Max: 6	1 CDSME suite workshop per 12-month period, starting with their training date.
	Healthy Living with Diabetes					
	Vivir Saludable con Diabetes	1 Trained facilitator for Tool Kit workshop	Tool Kit: Min: 4 Max: 6	Tool Kit: Min: 4 Max: 6		1 workshop for each program they're trained in at least once per 24 months, starting with their training date.
	Living Well with Chronic Conditions					
	Tomando Control de su Salud					
	Get Med Wiser	1 Trained facilitator	Min: 6 Max: 14	Min: 6 Max: 12	N/A	1 workshop per 12-month period.
	Mind Over Matter: Healthy Bowels, Healthy Bladder	1 Trained facilitator	Min: 6 Max: 14	Min: 6 Max: 10	N/A	1 workshop per 12-month period.
	Stand Up for Your Health	1 Trained facilitator	Min: 6 Max: 15	Min: 6 Max: 12	N/A	1 workshop per 12-month period.
	Stepping On	2 Trained facilitators or 1 trained facilitator + 1 peer facilitator	Min: 8 Max: 14	Min: 6 Max: 10	N/A	1 workshop per 12-month period.
	Pisando Fuerte	2 Trained facilitators or 1 trained facilitator + 1 peer facilitator	Min: 8 Max: 14	Min: 6 Max: 10	N/A	1 workshop per 12-month period.
	Walk With Ease	1 Trained facilitator	Min: 6* Max: 15	N/A	Self-Directed: 1 Self-Directed Enhanced: 1+	1 workshop per 12-month period. *No minimum participants, but encourage >6