Diabetes Empowerment Education Program

University of Illinois Chicago (UIC)

deep™

diabetes. empowerment. education. program.

Our goal is to improve the quality of life for people with diabetes.

deep-info@uic.edu
https://otm.uic.edu/deep-program/

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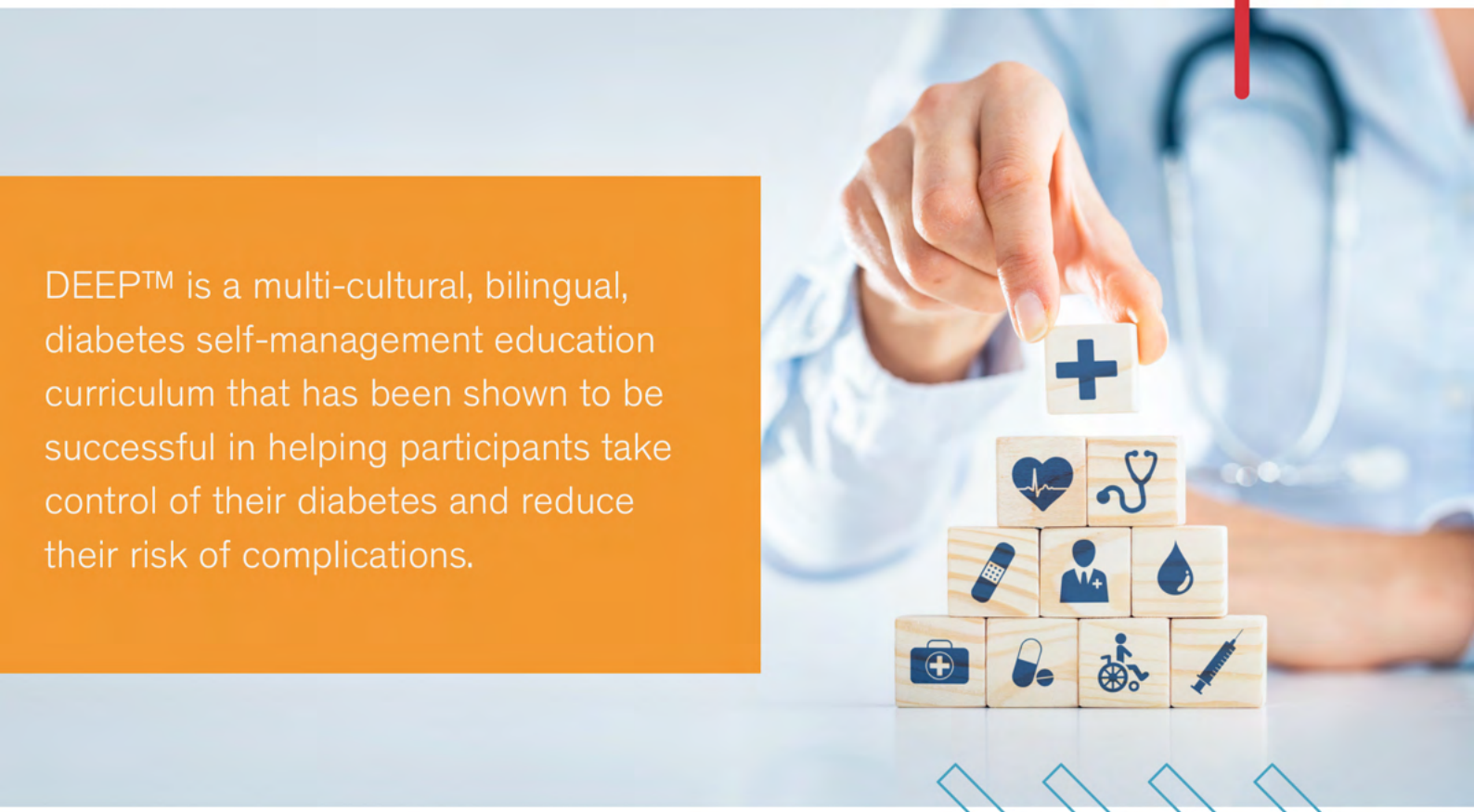


DEEP™ is a multi-cultural, bilingual, diabetes self-management education curriculum that has been shown to be successful in helping participants take control of their diabetes and reduce their risk of complications.

What is DEEP™?

DEEP™ is a program developed for low-income, racial, and ethnic minority populations that consist primarily of Latinx and has been successfully implemented in Latinx, African American, Asian American, and non-Hispanic White, and many other populations. The primary goal of DEEP™ is to improve the quality of life for for people with diabetes.

DIVE DEEP™ INTO OUR HISTORY

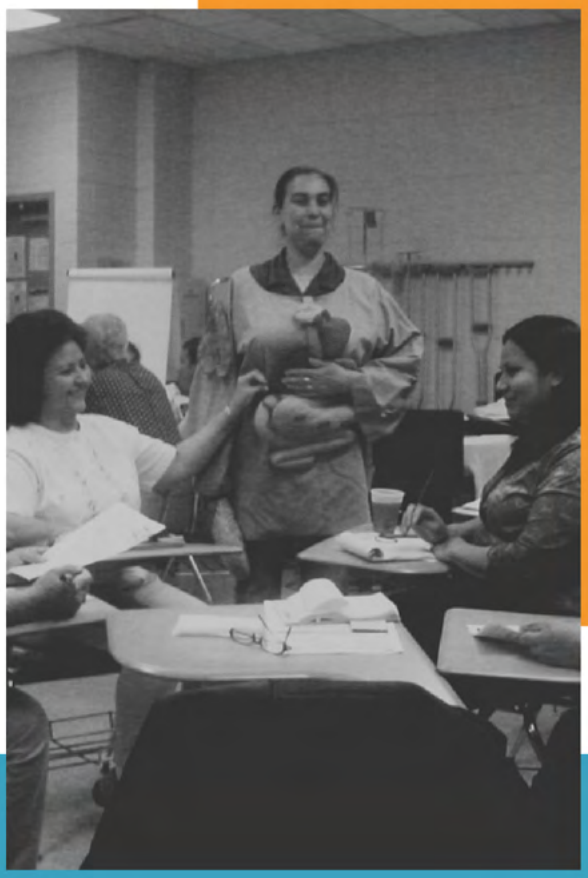
All about the beginnings of DEEP™

DEEP™ began under the Midwest Latino Health Research, Training, and Policy Center at the University of Illinois Chicago (UIC) in 1996. This sparked the new journey of becoming an internationally known diabetes self-management education (DSME) program in the U.S.

After years of development and approval, DEEP™ was able, to get their first licensee issued in 2012. This was a great step in starting the reputation that DEEP™ has today.

Because the curriculum was developed for low-income, racial/ethnic minority populations, the curriculum is available in two languages; English and Spanish. This allowed the teaching material to be taught to US groups of multiple backgrounds and languages.

Today, DEEP™ can be found headquartered at UIC's Office of Technology Management. DEEP™ has been growing over the years with having over 5,000 educators/trainers and having been implemented in all 50 states, 2 US territories, and several countries.



DEEP™ MODULES EXPLAINED

The DEEP™ curriculum consists of eight (8) modules that all contribute to improving the quality of life for a person with diabetes. From learning about the body, diet/nutrition, and adjusting one's lifestyle for better prevention of complications, this curriculum will empower participants to learn how to successfully live with diabetes.

DEEP™ is recommended to be led by two (2) facilitators in six (6) to eight (8) weekly sessions. Each module takes approximately 1.5 to 2 hours per session to be taught. Modules use participatory and empowerment adult education methods to give community participants the necessary skills and knowledge for an improved quality of life.

MODULE 1: UNDERSTANDING THE HUMAN BODY

- To establish trust and solidarity among group members and how to encourage be engaged during their workshop. their full participation
- Learn the functions of the human body and how it relates to diabetes
- Strategies to manage and control the effects of diabetes diabetic effects

MODULE 2: UNDERSTANDING THE RIST FACTORS FOR DIABETES

- What is diabetes?
- The different types of diabetes
- Symptoms and risks of diabetes
- Introduction to implementing the Weekly Action Plan

MODULE 3: MONITORING YOUR BODY

- Diagnosis of diabetes, understanding hypoglycemia, hyperglycemia, and ways to control them
- How to manage their Diabetes management
- How to use a glucose meter and the benefits of the using a glucose meter

MODULE 4: DIABETES AND PHYSICAL ACTIVITY

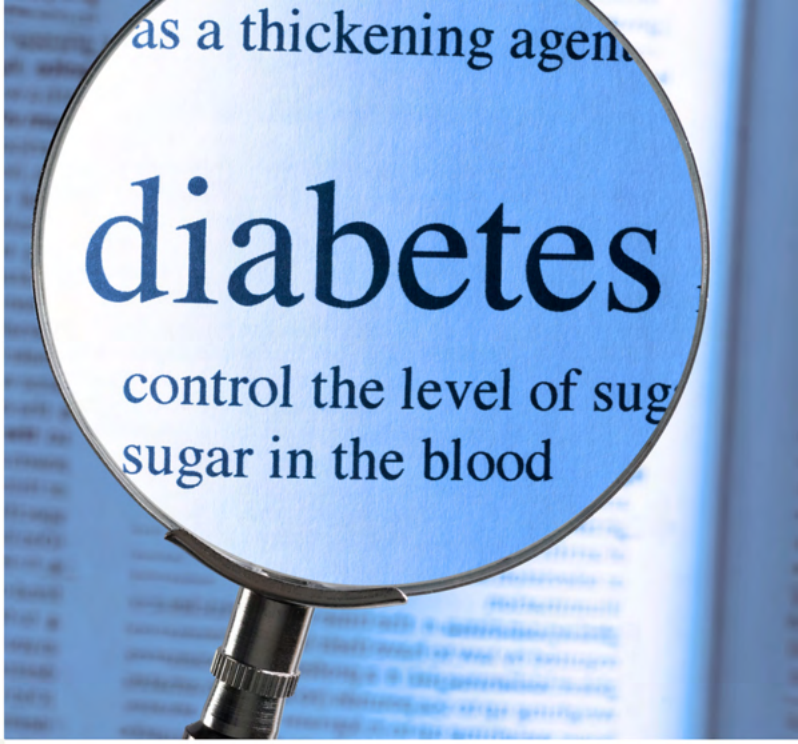
- The importance of regular physical activity as a method to control diabetes
- Incorporating physical activity into daily living

MODULE 5: MANAGEMENT OF DIABETES THROUGH MEAL PLANNING

- Understanding meal planning and how to properly manage food portions
- What are food labels, what they mean on labels and how to read them

MODULE 6: COMPLICATIONS OF DIABETES

- Problems that can start from having diabetes
- Knowing the different doctors and healthcare members to visit and when
- Ways to communicate with your doctors and other healthcare members



MODULE 7: LEARNING ABOUT MEDICATIONS AND MEDICAL CARE

- Medications to control symptoms of diabetes like hypertension, high cholesterol and triglycerides
- Side effects and other facts about different medications
- Self-care guides for participants

MODULE 8: LIVING WITH DIABETES: MOBILIZING YOUR FAMILY AND FRIENDS

- The emotional effects of diabetes like stress and depression
- Participant's healthcare rights
- Involving participants family and friends their empowerment journey

DEEP™ LICENSING

HOW TO OBTAIN A LICENSE WITH DEEP™

DEEP™ is the property of the University of Illinois Chicago (UIC). Every organization that wishes to provide DEEP™ training and/or programming to its participants must be licensed by UIC. Please contact Kateri Castillo Nelis in UIC's Office of Technology Management at Nelis@otm.uic.edu if interested in obtaining a DEEP™ license.

Please include the following information in your email:

- Size of your organization (organization size, number of participants reached, etc.)
- The number of full workshops (8 modules) your organization plans to complete in a calendar year.

This information will help UIC determine the best license for your organization.

In short, a DEEP™ Licenses will:

- Cost $600 (for most community-based organizations, could be slightly more for larger organizations)
- Be valid for five (5) years
- Allow an organization to use UIC intellectual property
- Grant an organization to all digital DEEP™ materials

DEEP™ TRAINING

The University of Illinois currently has a limited number of DEEP™ workshops that are conducted per year. In 2023, DEEP™ will be conducting two (2) trainings, a Peer Educator training in May (18th – 20th) and a Lead Trainer training in October (12th – 14th). In addition, UIC DEEP™ staff are available to travel to off-site locations upon request, for a fee, to conduct trainings at a location that is convenient for your organization. For more information on these trainings or to request an off-site training, please contact the DEEP™ program at DEEP-Info@uic.edu.

An alternative to UIC training is working with one of the two (2) Senior Master Trainers that UIC works closely with - Laura Gamba (lgamba@live.com) and Sharon Ayers (ayersandassociates@gmail.com). Both Laura and Sharon do online and in-person training for a fee. UIC does not have a contractual relationship with either Laura or Sharon and therefore any training fees asked for by Laura and Sharon are not associated with UIC.

Please note, in addition to any fees associated with any training (UIC or through another trainer), organization/individuals are responsible for remitting certification costs (see below) to UIC to become certified as a DEEP™ facilitator.

Our staff is also happy to work with you to find trainers in your area or a virtual trainer if none of the above options meet your current needs.

DEEP CERTIFICATION

HOW TO OBTAIN A CERTIFICATE WITH DEEP™

Certification Requirements & Additional Information

- DEEP™ certification can only be issued by UIC's Office of Technology Management (OTM)
- Certification requires recommendation from a certified and active DEEP™ trainer
- Certification can only be given to an individual who works for an organization holding an active DEEP™ license.
  - (Please contact DEEP-info@uic.edu if you have any questions about the status of your organizations DEEP™ license)
- Certification is portable – it moves with the DEEP™ facilitator.
- Before an organization can hold any DEEP™ workshops or trainings, an organization must hold an active DEEP™ license and all facilitators must be certified by OTM.

Certification Costs

Once an individual has completed their DEEP™ training, organizations (or individuals) must submit the following certification fee's to UIC according to their educator/trainer level. The initial certification is good for a period of three (3) years.

Organizations should remit certification fees to UIC as follows:

- Lead Trainer (LT): $900 for initial three (3) year certification
- Peer Educator (PE): $75 for initial three (3) year certification

To learn more, please visit our website at https://otm.uic.edu/deep-program/

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