

## Update on Center for Disease Control's Managing Epilepsy Well Programs

The CDC Managing Epilepsy Well (MEW) Network has developed provider training and patient referral opportunities to increase access to evidence-based self-management programs for comprehensive epilepsy center patients. Programs range from 8 – 29 weeks and are delivered by trained licensed providers and, where relevant, a trained peer with epilepsy; most are delivered by phone/online to eliminate barriers to care.

Licensed professionals can sign up for free (CDC-sponsored) training for program delivery and/or refer patients into currently open programs available nationwide (e.g., HOBSCOTCH) or locally (e.g., PACES, MINDSET, SMART, UPLIFT) via local offices with the Epilepsy Foundation, Epilepsy Alliance, and other partners. Program snapshots and contact information follow below:

### **HOBSCOTCH** – HOme-Based Self-management and COgnitive Training CHanges lives

- An 8-week one-on-one memory program for adults with epilepsy delivered by phone
- More info: [HOBSCOTCH At-a-glance](#); [Publications](#); [Success Story](#)
- Contacts: [Trina.K.Dawson@hitchcock.org](mailto:Trina.K.Dawson@hitchcock.org); [barbara.c.jobst@hitchcock.org](mailto:barbara.c.jobst@hitchcock.org);

### **PACES** – Program for Active Consumer Engagement in Self-management in epilepsy

- An 8-week group-based program to increase the medical, psychosocial, and community adjustment of adults with epilepsy delivered by phone/online
- More info: [PACES At-a-glance](#); [Publications](#); [Success Story](#)
- Contacts: [ericajohnsonphd@uwalumni.com](mailto:ericajohnsonphd@uwalumni.com); [rfraser@uw.edu](mailto:rfraser@uw.edu);

### **MINDSET** – Management Information & Decision Support Epilepsy Tool

- A clinical decision aid for English- and Spanish-speaking adults with epilepsy to promote shared patient-clinician communication and decision making on epilepsy self-management (tablet-based in clinic; online)
- More info: [MINDSET At-a-glance](#); [Publications](#); [Success Story](#)
- Contacts: [refugio@email.arizona.edu](mailto:refugio@email.arizona.edu); [labinerd@neurology.arizona.edu](mailto:labinerd@neurology.arizona.edu)

### **SMART** - Self-Management for People with Epilepsy and a History of Negative Health Events

- An 8-week individual and group-based program for adults with epilepsy, especially those who belong to disadvantaged subgroups, are under-insured, and veterans with epilepsy, delivered by phone/online.
- More info: [SMART At-a-glance](#); [Publications](#); [Success Story](#)
- Contacts: [martha.sajatovic@UHhospitals.org](mailto:martha.sajatovic@UHhospitals.org); [gena-ghearing@uiowa.edu](mailto:gena-ghearing@uiowa.edu)

### **Project UPLIFT** – Using Practice and Learning to Increase Favorable Thoughts.

- An 8-week group-based cognitive-behavioral therapy + mindfulness program aimed at teaching mental health skills to reduce depression and improve QOL; delivered by phone.
- More info: [UPLIFT At-a-glance](#); [Publications](#); [Success Story](#); [Project UPLIFT en Español](#)
- Contacts: [tanya.spruill@nyumc.org](mailto:tanya.spruill@nyumc.org); [daniel.friedman@nyumc.org](mailto:daniel.friedman@nyumc.org)