Program Description

The Diabetes Training and Technical Assistance Center (DTTAC) at Emory University’s Rollins School of Public Health is training and preparing qualified individuals to serve as Master Trainers Select, who can provide Lifestyle Coach Training and ongoing support for the National Diabetes Prevention Program (National DPP) within their organization or network for in-person or distance delivery of the lifestyle change program. DTTAC Master Trainer Select is not intended to prepare free agent, state or national trainers. This program enables an organization to have a qualified, well trained, quality controlled, embedded National DPP expert to allow for greater sustainability within organizations and networks that are delivering the National DPP lifestyle change program.

Benefits of the Program for Organizations

► **Sustainability**: Having a Master Trainer Select allows organizations to scale and sustain lifestyle change programs efficiently over time, as the number of program participants grows or as there is turnover in Lifestyle Coaches.

► **Quality Control & Standards**: According to the CDC, having Lifestyle Coaches who are properly trained to implement the lifestyle change program is vital for high program quality and consistent results. Having effective, Lifestyle Coaches to deliver the program starts with quality training from a Master Trainer. Additionally, having an embedded organizational Master Trainer provides the opportunity for ongoing mentoring and monitoring of Lifestyle Coaches.

Qualifications

When applying for the program, individual candidates must verify that they:

► Are affiliated with an organization that has pending, preliminary or full CDC recognition;

► Have completed formal Lifestyle Coach Training from a training entity listed on the CDC website or from another DTTAC trained Master Trainer Select;

► At a minimum, have direct experience with delivery of the lifestyle change program, having led at least three groups of participants through the yearlong program prior to attending the Master Trainer Select program. More than the minimum requirement is strongly recommended.

► Demonstrate the following competencies: ability to facilitate versus teach, ability to provide constructive feedback to others, understand the importance of program and training fidelity, understanding of CDC DPRP standards, ability to role model facilitation skills and strong problem-solving skills.

► Have the ability to provide ongoing support to completers of the Lifestyle Coach Training.
Master Trainer Select candidates and their organizations are required to comply with the following quality-assurance steps to achieve and maintain Master Trainer Select status:

► Are affiliated with an organization that has pending, preliminary or full CDC recognition;

► Plan to train the first group of Lifestyle Coaches within 6 months

► Participate in a one-time, Master Trainer Select program training ($1,675 fee)

► After the training:
  – Register each Lifestyle Coach Training they facilitate for their organization or its network with DTTAC (including the date, location, and number of participants) at least one week in advance
  – Ensure a DTTAC online post-evaluation survey is completed by a minimum number of participants in each Lifestyle Coach Training that they facilitate
  – Complete and submit a post training report after each training as instructed by DTTAC
  – As needed, interact with DTTAC staff via phone and email to receive feedback and technical assistance based on participant evaluations and to stay up-to-date on resources and curriculum
  – Train within your organization or defined network partners as agreed upon with DTTAC and a maximum number of trainings agreed upon with DTTAC
  – Use DTTAC-provided structure and materials
  – Participate in an online update course ($675 fee) after 12 months, to renew Master Trainer Select status and continue to comply with the bullets above for the next year
  – Must agree to not train less than 4 lifestyle coaches at a time
  – Provide ongoing Lifestyle Coach mentoring and support

Visit our website, https://emorycenters4phtraining.emory.edu/dttac or contact us at MTS@emory.edu to learn more or apply to become a Master Trainer Select.
The Master Trainer Select Quality Control Process

★ Master Trainers Select candidates satisfactorily meet the eligibility requirements and complete the program application.

★ Master Trainers Select and their organizational sponsor are interviewed by DTTAC staff before acceptance into the program.

★ Once accepted, Master Trainers Select participate in an intensive, in-person or distance training with expert Nationwide DTTAC Master Trainers to prepare them to successfully train and support Lifestyle Coaches.

★ Master Trainers Select receive access to standard DTTAC Lifestyle Coach Training slides, handouts, and a training workbook. DTTAC training materials have been tested, continually improved and proven-successful in training over 5,000 Lifestyle Coaches around the country.

★ DTTAC provides a link to an online evaluation for your Lifestyle Coach Training participants. DTTAC collects and analyzes training evaluation results and shares them with Master Trainers Select and their organizations to identify areas of improvement. DTTAC staff also may conduct in-person audits of trainings, as needed.

★ Master Trainers Select are provided ongoing, personalized DTTAC technical assistance based on their needs, as well as resources to keep them up to date on the national program, the CDC recognition program, the curriculum or updates to training materials.

★ Master Trainers Select are invited to participate in networking sessions to learn from each other throughout the year.

★ Sponsor organizations can communicate to partners, funders, and program participants that their Master Trainers Select are quality-assured by Emory University’s Rollins School of Public Health and the Diabetes Training and Technical Assistance Center (DTTAC), which developed one of the approved National DPP curriculum and the Master Trainer and Lifestyle Coach Training for the National DPP, originally under contract with the CDC.

★ Master Trainers Select receive access to a space specifically dedicated to Master Trainers Select on DTTAC’s Common Ground website where they can access up to date training materials, have the ability to collaborate with other MTS, ask questions of DTTAC’s experienced trainers and receive program updates.