

# PHC-SCI: SCI&U Community Program Development in Connecticut

Diana Pernigotti MS<sup>1</sup>, Sarah Everhart Skeels MPH<sup>2</sup>, Yaqi Shi OTD, OTR/L, CNS<sup>3</sup>, Susan Jaglal PhD, FCAHS<sup>2</sup>

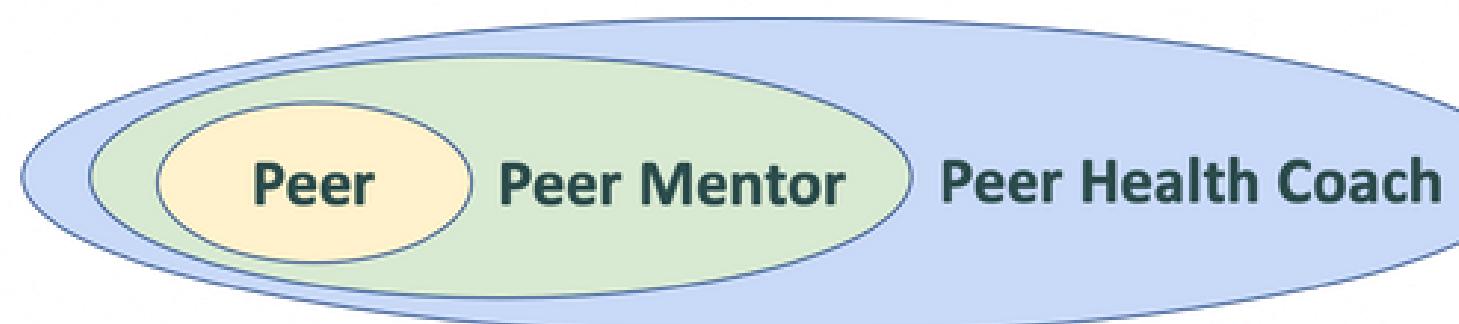
<sup>1</sup>Spinal Cord Injury Association of Connecticut, <sup>2</sup> University of Toronto, <sup>3</sup> Onvida Health Yuma Medical Center

**Introduction:** The Spinal Cord Injury Association of Connecticut (SCI&ACT), a community-based organization for people affected by spinal cord injury/disorders (SCI), adapted the **SCI&U Peer Health Coach Study** process to provide free coaching services to people in the community across their lifespan.

**Design and Setting:** The Peer Health Coach (PHC) model was followed with new and experienced coaches trained to use the SCI&U platform which has Zoom features, a resource database and coaching materials.

**Participants:** Coaches live with an SCI and completed 90 hours of training in motivational interviewing, goal setting, action planning, Mental Health First Aid and the coaching process. Participants also live with an SCI and are at least 18 years old.

**Intervention:** Incorporating PHC-SCI into SCI&ACT program offerings. This entailed educating people, professionals and laypersons about the benefits and unique role of a PHC while building upon knowledge from the medical model. Scan  for the full infographic on PHC role.



**All Peer Mentors are Peers. All Peer Health Coaches are Peer Mentors and Peers.**

## Outcome Measures

- **Provide a fully funded and staffed community program**
- **Incorporate the program into existing community offerings with mutual referrals in the organization**
- **Bolster the health and well-being of SCI community members by improving self-management skills**
- **Enthusiasm for the program by stakeholders**

Funding and support provided by:



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**Results:** Using best practices learned from successful studies, SCI&ACT secured funding for the program, engaged community stakeholders across acute, rehabilitation, outpatient and community care to publicize the program.

**Conclusions:** The PHC-SCI program can successfully be adapted and implemented into a community organization.

**Next Steps:** Continue to educate the rehab community about and expand the PHC-SCI program throughout the country, train more coaches, using a 'train the trainer' approach.