The Centers for Disease Control and Prevention (CDC) supports the Managing Epilepsy Well (MEW) Network, whose mission is to advance epilepsy self-management by facilitating and implementing research, conducting research in collaboration with network and community stakeholders, and broadly disseminating the findings.

**EVIDENCE-BASED EPILEPSY SELF-MANAGEMENT PROGRAMS:**


- **PACES** (Program for Active Consumer Engagement in Epilepsy Self-Management): an in-person and phone-based program developed to improve self-management and related health outcomes in adults (Fraser et al. Epilepsia, 2015, 56 (8), 1264-74)


- **Project UPLIFT** (Using Practice and Learning to Increase Favorable Thoughts) for **Epilepsy**: a phone- and web-based program designed to prevent or reduce depression in adults. (Thompson et al., Epilepsy Behav, 2010, 19(3):247-254; Thompson et al, J Consult Clin Psych, 2015, 83(2), 304-313.)


**PROMISING PROGRAMS:**

- **MINDSET** (Management Information & Decision Support Epilepsy Tool): a tablet-based clinical aid for both the patient and health-care provider to improve communication about self-management (Shegog et al. Epilepsy Behav, 2013, 29(3), 527-36; Begley et al. Epilepsy Behav, 2015 44, 143-50)

- **SMART**: an on-line program to improve self-management and quality of life for adults with recent negative health events (Sajatovic et al. A 6-month prospective randomized controlled trial of remotely delivered group-format epilepsy self-management vs. waitlist control for high-risk people with epilepsy. Epilepsia, 2018, in press)

**PROGRAMS UNDER EVALUATION:**

- **PAUSE to Learn Your Epilepsy** (Personalized Internet Assisted Underserved Self-Management of Epilepsy): an on-line and video-conference self-management program using epilepsy.com education modules for adults

- **Project UPLIFT** (Using Practice and Learning to Increase Favorable Thoughts): Adaptation and evaluation of UPLIFT for African-American and Hispanic adults.

- **Youth, Epilepsy and Successful Self-Management**: An on-line program for youth accounting for youth development needs

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LEGACY PROGRAMS


SELECT STUDIES AND PUBLICATION LIST:

- 40+ peer-reviewed publications and 7 book chapters for MEW research studies available at: [http://managingepilepsywell.org/research/publications.html](http://managingepilepsywell.org/research/publications.html)

TOOLS AND TRAINING:

- University of Michigan’s Center for Managing Chronic Disease Key Informants’ Perspectives on Managing Epilepsy Report: [https://managingepilepsywell.org/documents/reports/Key_Informants_Perspectives_on_Managing_Epilepsy_v5.pdf](https://managingepilepsywell.org/documents/reports/Key_Informants_Perspectives_on_Managing_Epilepsy_v5.pdf)
- UPLIFT Training for Mental Health Professionals: Contact uplift@emory.edu.
- Webinars and Podcast Series: [http://managingepilepsywell.org/resources/webinars.html](http://managingepilepsywell.org/resources/webinars.html)

COMMUNITY OF PRACTICE WORKGROUPS:

- Self-management in pediatric epilepsy
- Integrated database for the MEW Network
- Program dissemination and sustainability

[www.ManagingEpilepsyWell.org](http://www.ManagingEpilepsyWell.org)

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