

Community Building

[patient-engaged, CR staff-administered]

Implement community building activities that meet site needs to provide community to participants in Telehealth CR. The following ideas have been proposed for community activities:

1. Group in-person intake for Telehealth CR participants. Participants will be encouraged to maintain communication with others in their telehealth group.
2. Group exercise sessions (see Weekly Telehealth Group Session Script)
3. Group education and mental well-being sessions (see Weekly Telehealth Group Session Script)
4. Rewards or positive reinforcement for attending group sessions
5. Reminders and peer follow-up of missed sessions
6. Engagement with local community organizations, such as fire departments, senior centers, YMCA, and religious organizations.
7. CR Buddy program – pairing a Telehealth CR participant with a graduate of the program.