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-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).*
  - **Project UPLIFT (Español):** UPLIFT was adapted for use with Hispanic and Spanish-speaking adults with epilepsy and shown to be effective. *(Spruill et al, Translat Behav Med 2021)*

- **SMART** (Self-Management for People with Epilepsy and a History of Negative Health Events): a phone- and web-based program that uses peer-support to promote connection and teach skills to minimize seizure risk and increase health-enhancing behaviors among adults with poorly controlled epilepsy. *(Sajatovic M, et al. Epilepsy Behav, 2019, 96(237024).*

- **TIME** (Targeted Self-Management for Epilepsy and Mental Illness): a person-centered, holistic program for adults with severe and persistent mental illness *(Sajatovic M, et al. Epilepsy Behav. 2016 Nov;64(Pt A):152-159).*

- **MINDSET** (Management Information & Decision Support Epilepsy Tool): a tablet-based clinical aid for both the English- and Spanish-speaking patient and health-care provider to improve communication about self-management *(Shegog et al. Epilepsy Behav 2020 113(107552)).*

**Promising Programs:**

- **PAUSE to Learn Your Epilepsy** (Personalized Internet Assisted Underserved Self-Management of Epilepsy): an online and video-conference self-management program using epilepsy.com education modules for adults *(Pandey et al. Epilepsy Behav 2020;111(107228)).*

- **Project UPLIFT Adaptation for Racial/Ethnic Subgroups:** Adaptation and evaluation of UPLIFT for African-American and Hispanic adults *(Quarells RC et al. Epilepsy Behav 2019(99):106422).*
**LEGACY EVIDENCE-BASED PROGRAMS:**

- **PEARLS** (Program to Encourage Active Rewarding Lives): a home-based, collaborative-care depression treatment intervention for adults with epilepsy *(Chaytor et al., Epilepsy Behav, 2011, 20(3):545-549).*

- **WEBEASE:** An Internet self-management program to improve medication, stress, and sleep. *(DiIorio, et al. Epilepsy Behav, 2011,22(3):469-474.)*

**SELECT STUDIES AND PUBLICATION LIST:**


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

**TOOLS AND TRAINING:**


- The MEW Network supports on-going provider training and technical assistance support for providers interested in implementing the programs. For more information, please contact MEWPrograms@hitchcock.org.

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

**Contact information:**
Barbara Jobst, MD, Dr. med, FAAN, Dartmouth-Hitchcock, Principal Investigator: Barbara.C.Jobst@Hitchcock.org
Trina Dawson, Project Coordinator, Dartmouth-Hitchcock: Trina.K.Dawson@exchange.hitchcock.org
Rosemarie Kobau, MPH, MAPP, CDC Epilepsy Program: rmk4@cdc.gov

Follow us on Twitter @MEWNetwork