Director’s Vision

The strength of our organization comes from our community leaders and acknowledging that we are not stationary, but mobile; we are meeting those in need of our program services in their local areas. We can implement a multi-faceted collaborative model for patients and healthcare providers that will improve health outcomes, educate on self-management strategies, advocate for a patient-centered approach, and collect data points.

The National Academy of Medicine uncovered a 17 year lag between significant discoveries from research, and when healthcare providers changed their patient care as a result. Fibromyalgia patients and providers need to be directed to these updates sooner.

Through the FibroLife Tour, we will expand on our existing educational events and reach Fibromyalgia patients in food deserts. Educational content will be framed in the latest research and rooted in Positive Psychology and Functional Medicine. The FibroLife Tour will help us gather information on under-funded community projects and those missing completely. I hope you will join us in our efforts and see you on the road!

In unity & health,

Melissa Talwar
ISFN President
Board Certified Functional Medicine Health Coach
Wahls Protocol® Certified Health Practitioner
Bredesen Protocol Health Coach
FibroLife Tour

Tactical Plan
Facts

Fibromyalgia is a chronic (long-term) neurological health problem that causes widespread pain and tenderness (sensitivity to touch), fatigue, unrefreshed sleep, and cognitive problems.

There is no cure and no one-size-fits-all Fibromyalgia treatment. A multidimensional treatment approach is necessary.

It’s believed that over 5 million people in the U.S. have been diagnosed with Fibromyalgia.

Fibromyalgia often leads to disability. Adults with Fibromyalgia may have complications such as more hospitalizations, lower quality of life, higher rates of major depression, higher death rates from suicide and injuries, and higher rates of other rheumatic conditions.

Fibromyalgia often co-occurs with other types of arthritis and autoimmune conditions, such as osteoarthritis, rheumatoid arthritis, systemic lupus erythematosus, and ankylosing spondylitis.

Rheumatologists can detect Fibromyalgia, but for long term care, the American College of Rheumatology recommends primary care physicians provide the care and treatment.
Our Goals

To create a patient empowered education model that will coexist with a collaborative healthcare model. Patients will learn in locally-based community groups. Topics will cover modifiable personal lifestyle factors such as nutrition, stress management, sleep hygiene, relaxation, movement, social support, and art therapy.

To develop relationships with allied providers interested in Fibromyalgia education through the ECHO model and encourage hosting other community events.

To integrate health tracking tools with mobile apps and lifestyle journals.

To build public resource data maps using ESRI software.
Education

Patient empowered education is a multidimensional process that helps patients gain control over their lives and increase their capacity to act on issues that they define as important. Patients will increase their capacity to draw on personal resources to live well and to navigate the healthcare environment. Education will be patient-centered, community-based, and integrate lifestyle and nutritional modifications. English and Spanish materials will be available to Fibromyalgia patients and those with overlapping autoimmune conditions.
Implementation

Our Impact Fund Award will go towards educational resources for the states of South Carolina, New Mexico, Mississippi, and Louisiana. These resources will be distributed to one major city and two food deserts in each of these states.

For each event on the FibroLife Tour, our Community Leaders will provide on-site coordination with providers, health coaches, community gardens, community health workers, and other organizations.

Our Community Leaders will receive updated resources, training, and the necessary support they need to continue empowering patients in their local area.

ESRI StoryMaps will be used to document local resources, healthcare providers will be educated on the ECHO model, and mobile apps like FibroMapp™ Pain Manager will be provided to patients to enhance their health journey.

The FibroLife Tour would like to expand into food deserts in other states.
Types of Events

All educational workshops will utilize local and accessible resources.

Examples include:

- Movement workshops
- Meditation and stress management
- Nutrition
- Arts, crafts, and music
- Roundtables for improving the local Fibromyalgia community
- Provider education events
Data Driven

Patient communities have stories to share. Through Esri StoryMaps we can share those stories and resources with the rest of the world.

Project ECHO is a successful telementoring system created to improve health care in underserved communities by connecting local medical professionals with specialists for training to help provide the highest quality care.

FibroMapp™ Pain Manager+ is a multi-featured pain management app created for people living with complex chronic pain conditions such as Fibromyalgia, ME/CFS, MS, and Lupus.
Community Leaders

Our team of Fibromyalgia advocates continues to expand.

Brandi Clevinger
South Carolina

Meshea Crysup
Mississippi

Jennifer Coleman
Louisiana

Suzanne Kopecki
California

Rick Malta
Texas

Michelle Davis
Kentucky

Norman Hanley
Arizona

Melissa Swanson
Wisconsin

Darian Natasha Leas
Idaho

Kristin Sciarappa
Connecticut

Tammy George Leehy
Illinois

Jason Dean Schutz
Pennsylvania
Consultants

Top leaders in their field, working across the country to support our efforts.

Michael Mondragon  
Creative Director

Estela Mata  
Looms For Lupus

Juana Mata  
Looms For Lupus

Dr. Ginevra Liptan  
Provider Educator

Karen Lorraine  
Health Coach

Beth Day  
Health Coach

Marjannie Akintunde  
Research Advisor

Marco Nunez  
Events Manager

Cyrene Jagger  
Publicity Team
Sponsorship Opportunities
Get Involved

We are looking for corporate donors to sponsor the FibroLife Tour. All events will be promoted through media outlets and on social media.

Examples Include:

- Local Events Sponsors
- Full Tour Sponsorship
- Hotel Points Donation
- Transportation Sponsors
- Food/Beverage Donations
- Product Giveaways
Engagement

This is your chance to engage with patient communities, connect with patient advocate influencers, and healthcare providers.

Our team is comprised of Community Leaders who are bloggers, vloggers, and social media mavens who will promote content online and in local media outlets.
Thank you

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