Collaborative Support Programs of New Jersey, Inc. (CSPNJ)

- a private not-for-profit organization directed, managed, and staffed through collaborative efforts of mental health consumers/survivors and non-consumers.
CSPNJ....

- shares a vision of healing and hope, which is promoted by choice, freedom, inclusion, and de-stigmatization.

- Our greatest resource is the life experiences of persons working through their own recovery.
History

• Where it all started …
PEER RUN SELF-HELP CENTERS
Four major dimensions that support a life in recovery

- **Health**
- **Home**
- **Purpose**
- **Community**
Health

Health: overcoming or managing one’s disease(s) as well as living in a physically and emotionally healthy way.
Wellness: What We Focus on Expands

People we care about are **dying decades earlier** than the general population...

“*By pursuing wellness, we can reduce the disparity in mortality*…”

—Measurement of Health Status for People with Mental Illnesses, NASMHPD (2008)
Defining Wellness\textsuperscript{1,2,3}

• Wellness is a conscious, deliberate process that requires that a person become aware of and make \textit{choices} for a more satisfying \textit{lifestyle}.

\textsuperscript{1} Swarbrick, M. (March 1997). A wellness model for clients. \textit{Mental Health Special Interest Section Quarterly}, 20, 1-4.  
Wellness\textsuperscript{1,2,3}

• Wellness is \textit{self defined} because everyone has individual \textit{needs and preferences}, and the \textit{balance may vary from person to person}.

• Wellness is the process of creating and adapting patterns of behavior that lead to improved health in the wellness dimensions.

\textsuperscript{1}Swarbrick, M. (March 1997). A wellness model for clients. \textit{Mental Health Special Interest Section Quarterly}, 20, 1-4.
• **Wellness** is not the absence of disease, illness, and stress but the presence of:

  – Purpose in life
  – Active involvement in satisfying work and play
  – Joyful relationships
  – A healthy body and living environment
  – Happiness

The Eight Dimensions of Wellness

**Emotional**
Developing skills and strategies to cope with stress.

**Environmental**
Good health by occupying pleasant, stimulating environments that support well-being.

**Financial**
Satisfaction with current and future financial situations.

**Intellectual**
Recognizing creative abilities and finding ways to expand knowledge and skills.

**Social**
Developing a sense of connection and a well-developed support system.

**Physical**
Recognizing the need for physical activity, diet, sleep, and nutrition.

**Spiritual**
Search for meaning and purpose in the human experience.

**Occupational**
Personal satisfaction and enrichment derived from one's work.

Wellness Coaching!

- We saw a unique opportunity to be leaders in supporting peers in their pursuit of health and wellness.
Wellness Coaching!

- Peer Wellness Coaching is a new opportunity for peers to help other peers.

- The wellness coach role is designed to focus on wellness, particularly the physical dimension.

- A combination of communication techniques, motivational strategies, and coaching principles are core components of the model.
Wellness Coaching!

- PWC Starts in NJ
- NY Plays a Key Role
- PWC Spreads
Training Curriculum

• Course developed by UMDNJ in collaboration with CSPNJ

• Topics covered:
  – Wellness Model and Wellness Narratives
  – Coaching Method
  – Role of Wellness Coach
  – Lifestyle Factors for Health & Wellness
  – Metabolic Syndrome, Smoking Cessation, Nutrition, Physical Activity, Sleep and Rest, Heath Habits
  – Heath Literacy
Wellness Coaching Steps

1. Orienting
   - Assessment
   - Goal Setting
      - Planning / Accountability
        - Mentoring / Support
Physical Wellness

– Assess strengths in 8 dimensions and focus on the following areas
  – Diet and Nutrition
  – Physical Activity
  – Sleep and Rest
  – Habits and Routines
  – Medical care and screenings
  – Relaxation and Stress Management
The Eight Dimensions of Wellness

Wellness Coaching

• Able to control blood sugar levels (people with diabetes and those who have been at risk)

• Lower blood pressure and have been able to avoid a prescription for blood pressure medication (and another person avoided having to get prescribed cholesterol meds)

• Sleeping better

• Remain employed
• Losing weight

• Cutting down and quitting cigarettes/decreased intake of alcohol

• Increased level of physical activity

• Becomes a gateway for other valued goals- remain employed, save money
Self Care/Screenings

- Peers helping peers focus on important components of physical wellness
Screenings & Self Care

• Screenings are a strategy that can help counteract the healthcare disparities
• Primary prevention – emerging diabetes, dyslipidemia, hypertension, glaucoma, etc. cannot be detected without testing/screening
• Enhance awareness and efficacy regarding own medical care.
Wellness Coaches Provide Support at the Health Screening
Self Care/Screenings
Blood Pressure


• Words of Wellness [www.welltacc.org](http://www.welltacc.org)
Related Resources

• Healthy People 2020

• National Prevention Strategy

• Wellness Campaign
  http://www.promoteacceptance.samhsa.gov/10by10/wellness_tools.aspx#1

• Million Hearts Campaign
• http://millionhearts.hhs.gov/