A WELLNESS APPROACH!

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Overview

- **Focus on Wellness**: The 8 wellness dimensions and the 6 physical wellness domains; the vital role peer staff play in promoting wellness

- **Peer Workforce Innovations**: Peer Wellness Coaching, Health Literacy and Health Navigation

- **Partnership /Collaboration** is key!
Wellness

Moves the focus from thinking people need treatment forever to capitalizing on the strengths and abilities of the individual, his/her family and community.
connotes the idea that everyone has human needs (in the 8 dimensions and 6 physical wellness domains) that are not only met, but are nourished through opportunities and support.
Why Wellness?

Model of the Interaction Between Mental Disorders and Medical Illness

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)
Wellness is a conscious, deliberate process that requires that a person become aware of and make choices for a more satisfying lifestyle.

A Wellness Lifestyle

includes a *self-defined balance* of **health habits** such as adequate sleep and rest, diet and nutrition, physical activity, participation in meaningful productive activity, and access to supportive relationships.
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

Wellness Dimensions

Wellness is the *Lens*..

...people can view themselves and how we should consider viewing the individual, their supporters and their community.
Environment
Emotional
Emotional

- Support
- Stress Management
  - Meditation
  - Yoga
  - Mindfulness
- Mindful Movement
- Relaxation
- Journal
Intellectual Wellness
Physical

Eating well

Keeping Active

Hydration

Sleep

Medical Care

Screenings

Dental Care
Medical Self-Care

- Responsibility and care for minor illnesses and also knowing when medical attention is needed.
- Regular self-tests and check-ups.
- Proper use of medications.
- Taking necessary steps when feeling stress, ill or vulnerable.
Self Care/Screenings
Acquired pattern of behavior that often occurs automatically

Routines of behavior that are repeated regularly and tend to occur subconsciously

So very important for overall wellness and cognitive-mental-emotional well-being
Workforce Transformation

- Peer Wellness Coaching
- Health and Wellness Screenings
- Health Literacy & Health Navigation Training


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

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

- low levels of physical activity (sedentary lifestyle),
- the use of tobacco and other addictive substances,
- the lack of nutrition and dietary education,
- diet and glucose monitoring for diabetes prevention and management,
- oral hygiene / dental health practices, and
- dealing with the effects of medications that contribute to metabolic syndrome, obesity, and other health conditions.
Peer Wellness Coaching is Growing Across the US – and Beyond!

- PWC Starts in NJ
- NY Plays a Key Role
- PWC Spreads
Screenings & Self Care

Weight loss

Lower blood pressure

Maintain blood pressure

Keep blood sugar levels in check
Habits & Routines
People who received WC reported less difficulty concentrating, more comfortable being around people; more energy and less days troubled by physical health problems.

I stopped thinking about what I should do; now I am doing it. The quality of my mental & physical health has improved.

My coach helped me to identify my strengths, and encouraged me to maintain medical appointments helping ensure my health.
I feel I am healthy by purchasing food with less salt & sugar and exercising more.

I had much more success than I expected.

My coach motivated me to fulfill my goal. I have a family history of breast cancer, and got all my tests done and I am clear.

The coach was always available for me, and he understands my point of view.
Promoting **Wellness** for People in Mental Health Recovery:

*A Step-by-Step Guide to Planning and Conducting a Successful Health Fair*

The manual is a step-by-step guide to designing a health fair. Health fairs help people in mental health recovery better manage medical conditions that can be improved with screening, education, and support. Fairs also help people learn about their health and support them in making choices that lead to a satisfying lifestyle.

Download the manual and health fair planning forms at: [http://www.cmhsrp.uic.edu/health/designing_health_screening.asp](http://www.cmhsrp.uic.edu/health/designing_health_screening.asp).
Health and Wellness Screenings

Staff became more comfortable and confident to help persons served address health and wellness concerns.

They were trained/support to address health and wellness concerns, as evidenced by physical wellness discussions and goals described in documentation, on the recovery plan, and evidence of health literacy strategies recorded in progress notes.
Improvements in perceived physical wellness status as evidenced by improved scores on health perception surveys (PAM and Duke Health Survey) taken at baseline and again at six months.

Improvements on physical wellness status, based on a comparison of measurements taken at baseline and six months on blood sugar level, blood pressure, weight (BMI), physical activity levels, and efforts to reduce tobacco use.
Health Navigation

- Support the **health and wellness** efforts of persons served.
- **Collaborate** to create personalized wellness self-care habits and routines.
- Facilitate linkages to follow-up services.
- Develop resource listing and **coordinate appointments and linkages** with providers and **community resources** to ensure timely access and follow up.
Activities that bring purpose, balance, pleasure, become part of our habits and routines.
Pursuing Our Passion
Wellness


Wellness Coaching/Screenings


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/