

Integrating Health and Wellness in PROS: Wellness Self-Management

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Agenda

- The problem
- What is WSM and why is it important?
- WSM resources available through CPI
- Reports from the field:
 - Institute for Community Living
 - The Bridge
- Open Discussion, questions and answers



The Problem

Persons diagnosed with serious mental illness are now dying 25 years earlier than the general population.

Parks J, Svendsen D, Singer P, Foti M, Mauer B. *Morbidity and mortality in people with serious mental illness*. National Association of State Mental Health Program Directors, 2006.



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The Problem

Increased Morbidity and Mortality Associated with Serious Mental Illness (SMI)

- Increased Morbidity and Mortality Largely Due to Preventable Medical Conditions
 - Metabolic Disorders, Cardiovascular Disease, Diabetes Mellitus
 - High Prevalence of Modifiable Risk Factors (Obesity, Smoking)
 - Epidemics within Epidemics (e.g., Diabetes, Obesity)

NASMHPD (2006), *NASMHPD Medical Directors Council Technical Report: Morbidity and Mortality in People with Serious Mental Illness* (Editors: Parks, J.; Svendsen, D.; Singer, P.; Foti, M.) Alexandria, VA: NASMHPD, October 2006



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The Problem

What are the Causes of Morbidity and Mortality in People with Serious Mental Illness?

While suicide and injury account for about 30-40% of excess mortality, about 60% of premature deaths in persons with schizophrenia are due to “natural causes”

- Cardiovascular disease
- Diabetes
- Respiratory diseases
- Infectious diseases

NASMHPD (2006), *NASMHPD Medical Directors Council Technical Report: Morbidity and Mortality in People with Serious Mental Illness* (Editors: Parks, J.; Svendsen, D.; Singer, P.; Foti, M.) Alexandria, VA: NASMHPD, October 2006



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The Problem

Schizophrenia: Natural Causes of Death

- Higher standardized mortality rates than the general population from:
 - Diabetes 2.7x
 - Cardiovascular disease 2.3x
 - Respiratory disease 3.2x
 - Infectious diseases 3.4x
- Cardiovascular disease associated with the largest number of deaths
 - 2.3 X the largest cause of death in the general population

Osby U et al. *Schizophr Res.* 2000;45:21-28.

NASMHPD (2006), *NASMHPD Medical Directors Council Technical Report: Morbidity and Mortality in People with Serious Mental Illness* (Editors: Parks, J.; Svendsen, D.; Singer, P.; Foti, M.) Alexandria, VA: NASMHPD, October 2006



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The Problem

Access and Quality of Care

SMI may be a health risk factor because of:

- Patient factors, e.g.: amotivation, fearfulness, homelessness, victimization/trauma, resources, advocacy, unemployment, incarceration, social instability, IV drug use, etc.
- Provider factors: Comfort level and attitude of healthcare providers, coordination between mental health and general health care, stigma
- System factors: Funding, fragmentation

NASMHPD (2006), *NASMHPD Medical Directors Council Technical Report: Morbidity and Mortality in People with Serious Mental Illness* (Editors: Parks, J.; Svendsen, D.; Singer, P.; Foti, M.) Alexandria, VA: NASMHPD, October 2006



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Question

Are these findings consistent with your experience and observations?



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Question

What is your PROS program currently doing to address this issue?



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Wellness Self-Management



Wellness Self-Management
Hope. Choice. Involvement. Recovery.



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What is Wellness Self-Management?

- Curriculum based practice designed to assist adults to effectively self -manage serious mental health and related problems
- The topics covered include a number of research informed approaches that are organized into a comprehensive and coordinated set of practices
- Integrates 3 key areas:
 - Recovery
 - Mental health wellness and relapse prevention
 - Physical health



What is Wellness Self-Management? Continued

Based upon several sources:

- Dartmouth/SAMHSA *Illness Management and Recovery* materials and implementation resource kits
- OMH Bureau of Recipient Affairs revision of Dartmouth materials
- Eli Lilly NTTP materials
- Feedback from focus groups involving consumers, practitioners, and experts on cultural competency



Eight Goals of the Program

- Learning about recovery and what it can mean for you
- **Making the best use of your mental and physical health services**
- **Learning how mental health and physical wellness will help you to achieve your goals and support your personal recovery**
- Staying well by decreasing symptoms of a mental health problem



Goals of the Program (continued)

- Learning how to manage day-to-day stress and prevent relapse
- Staying well by connecting with others
- **Staying well by living a healthy lifestyle**
- Recognizing and building on your cultural values and experiences to support your personal recovery



WSM: The Personal Workbook

- 57 lesson curriculum
- Integrates concepts of Recovery, Mental health wellness and Physical health
- Structured lesson format
 - Important information
 - Discussion points
 - Personalized worksheet
 - Action step planning
- Non-prescriptive language

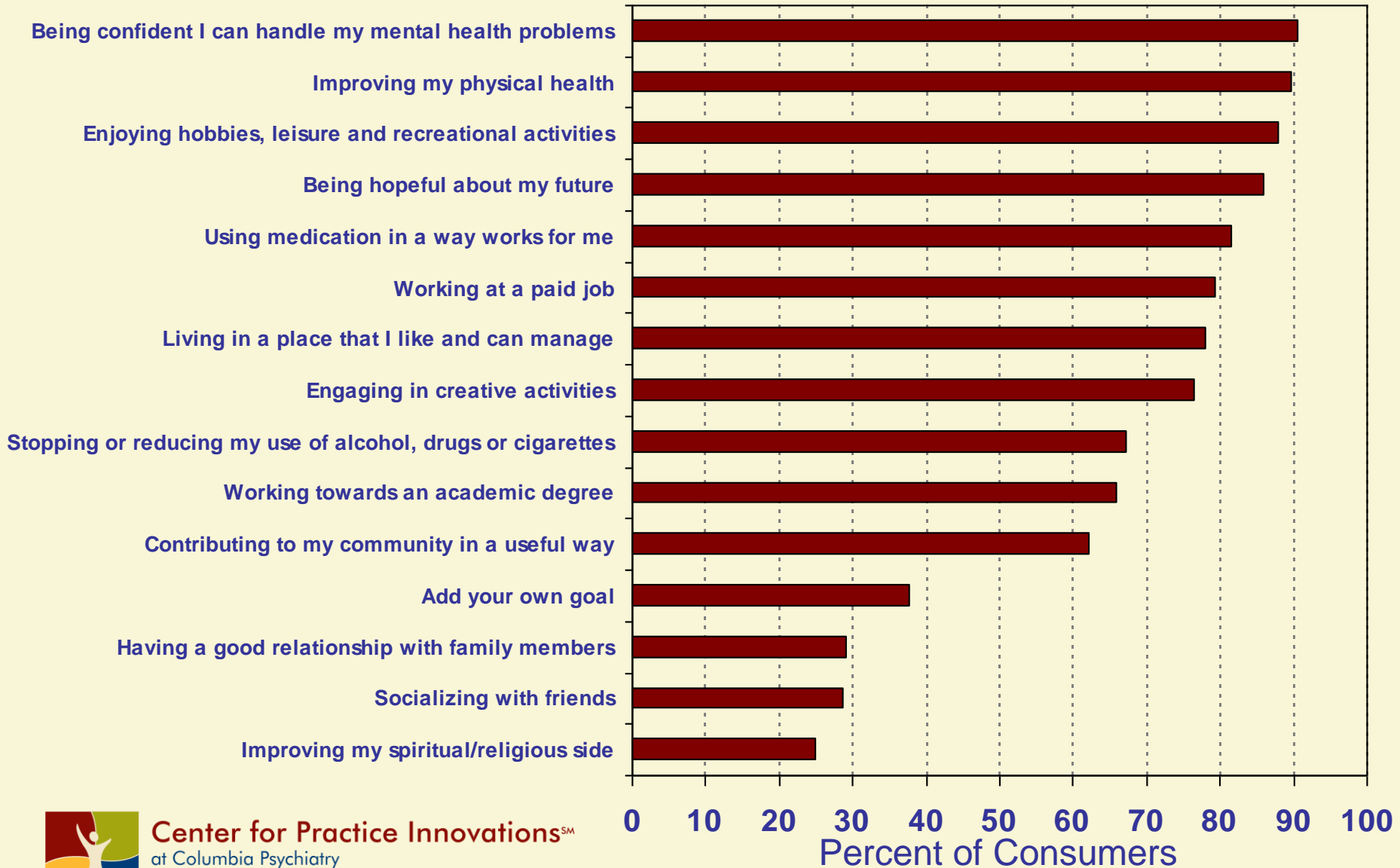


WSM: Logistics

- Group or individual format
- Meets at least once a week for 45+ minutes
- Group meets around a table
- Optimally closed group with 8-10 members
 - Successfully employed in open groups
- Optimally co-led with a peer counselor
- **May be customized to setting and population (Selected chapters and lessons)**

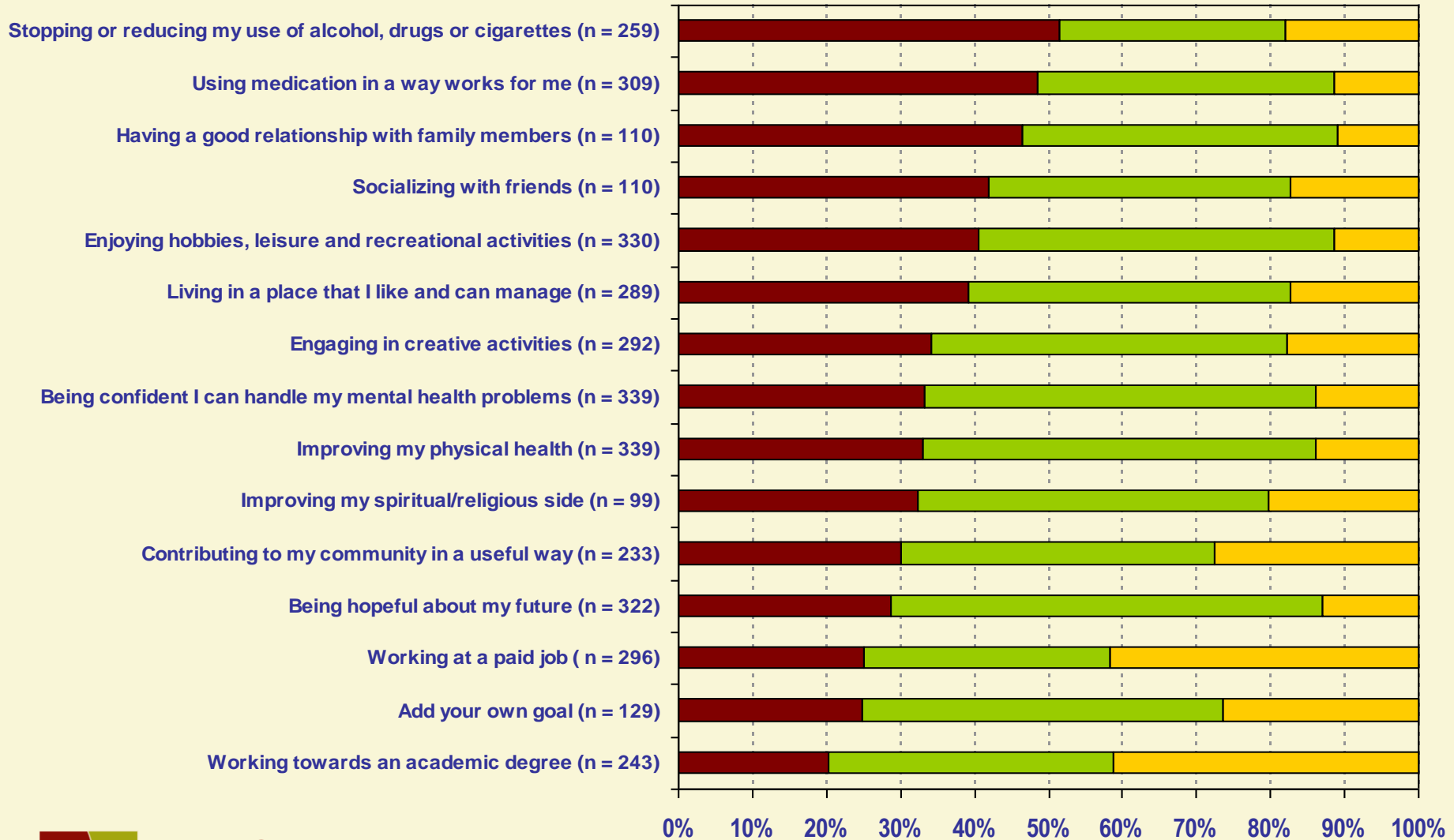


Goals Identified by Consumers at the Beginning of the WSM Program (n = 409)



Personal Assessment of Progress at the End of the Program

■ Achieved Goal
 ■ Improvement
 ■ No Improvement

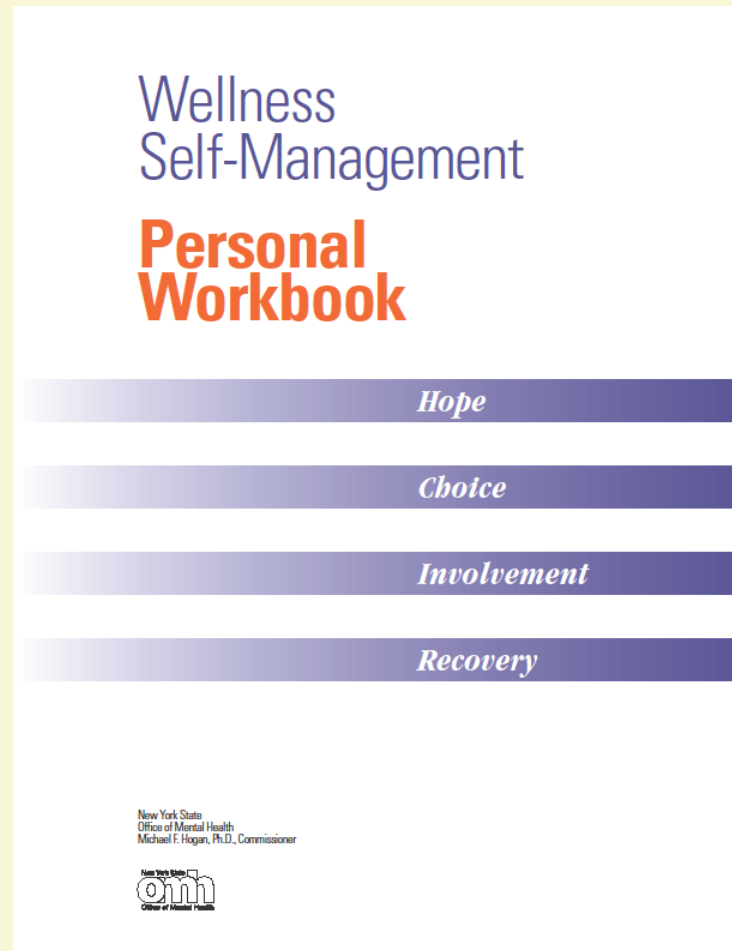


WSM Summary

- Winner of 2010 SAMHSA Science to Service Award
- Offered throughout NYS in inpatient and community services programs
- Over 100 programs have used WSM
- Over 4000 consumers have benefitted
- Online training course and workbook materials available



WSM Workbook



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WSM Supports Available

CPI's website (www.practiceinnovations.org) offers:

- Electronic versions of WSM Workbook, free of charge
- Bound, paper copies of workbook, for a cost
- Online training course, free of charge within NYS (through CPI's Learning Community)



Reports from the Field

Institute for Community Living PROS

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Wellness Self Management

Service Provision at ICL PROS
Brooklyn, NY



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Overview of WSM services offered

At the ICL PROS program a number of services under Wellness Self Management Category are offered.

These service are generally provided within a group format of 12 people or less.

The services may also be provided on an individual basis as well.

Groups offered include: WRAP, WRAP Plus, Understanding My Schizophrenia, Diabetes Management, Healthy Living, Advocating for Myself



Techniques Utilized

Motivational Interviewing and engagement techniques are used to support participants around their mental health and medical needs. Participant are assisted in identifying health goals. Throughout group curriculum (especially the diabetes & healthy living curriculums) participant are asked to identify goals and action steps to meeting these goals.



WRAP

Several WRAP groups are offered at the program as part of the WSM services provided.

In these group various topics are covered including:

- Key concepts in recovery
- Caring for my mental health
- Developing a Wellness Recovery Action Plan
- Values that will support recovery
- Crisis planning
- Early warning signs
- Daily maintenance plan and triggers



Diabetes Initiative

Education and Information around diabetes is provided through a workbook format.

Workbooks can be used on a 1 to 1 base or within a group format

The workbook serves as a resource for the clinicians to provide support to participants in managing symptoms of diabetes.

This curriculum is available electronically to all staff so that it may be used during individual counseling sessions.



Healthy Living Initiative

Education and Information to support and assist participants in developing self management skills to take an active part in eating healthier and being physically more active through a workbook format.

Workbooks can be used on a 1 to 1 base or within a group format

The workbook serves as a resource for the clinicians to provide support to participants in developing health goals.



Healthy Living Initiative

Some of the topics included in the healthy living curriculum are:

- Why healthy living is important
- Benefits of eating healthy
- Understanding nutritional labels
- Navigating the supermarket
- Maintaining your physical health
- Healthy weight
- Hygiene



Practical engagement around food in the program

Nutritionist give food demonstrates to participants to help engage them in making healthy foods and exploring alternative dishes.

We provide an alternative snack 1 day a week at the program.

- It's been coined '*Snack Wise Thursdays*'
- On Thursdays a alternative snack is served such as fruit smoothie, chic pea salad, homemade granola etc.
- We share the ingredients and encourage them to try to make it at home as well.
- Participants are encouraged to make suggestions



Medical Follow up

Upon intake participants are asked about their medical provider.

Participants are encouraged to get a medical doctor & annual physicals

ICL has a medical services division - HealthCare Choices (HCC)- **Health, Dental and Mental Health Care & One Convenient Location**

Participants may be referred to HCC for medical care if they choose



Others Services Offered at HCC

Primary Medical Services

Gynecology

Dental Care

Psychiatry

Psychological Testing

Neurology

Gastroenterology

Physical Therapy

Podiatry

Pulmonology

Cardiology

Treatment is coordinated by **skilled medical professionals** to insure the **highest quality care** and the **best possible treatment** outcomes. ICL HealthCare Choices multilingual doctors, nurses, therapists and dentists listen to your needs, concerns and preferences, and work with you to help you understand your treatment choices. They will also teach you how to stay healthy and manage your illnesses with:

A pioneering diabetes self-management program

Hypertension and smoking cessation education

Exercise and weight management services

Healthy eating workshops and education



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Reports from the Field

PROS Program at The Bridge in NYC

Sharon Gold, LCSW

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The Bridge

Health-related groups offered include:

- WSM
- Nutrition
- Smoke stoppers
- Weight management
- Diabetes management



Contact Information for WSM

For additional information about WSM,
please contact

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