

Behavioral Health is Essential To Health



Prevention Works



Treatment is Effective



People Recover

Disclaimer

The views expressed in this training do not necessarily represent the views, policies, and positions of the Center for Mental Health Services (CMHS), the Substance Abuse and Mental Health Services Administration (SAMHSA) or the U.S. Department of Health and Human Services (HHS).



Innovative Approaches to Wellness in Behavioral Health

Announcing the Winners of SAMHSA's 2016
Recognition of Excellence in Wellness

Monday, September 12 | 3pm – 4pm ET



National Wellness Week 2016

September 11 - 17



- National Wellness Week shares the message that practicing wellness provides an essential foundation for good health
- Post your events and view local events online:
<http://www.samhsa.gov/wellness-initiative/calendar>
- Today's National Wellness Week Theme: All Dimensions Work Together

SAMHSA's Recognition of Excellence in Wellness

- Announced in June 2016
- Goal of the Recognition:
 - to identify and showcase innovative programs and practices that put the concept of wellness into action
- Three winners selected from the quality applications received by the Program to Achieve Wellness

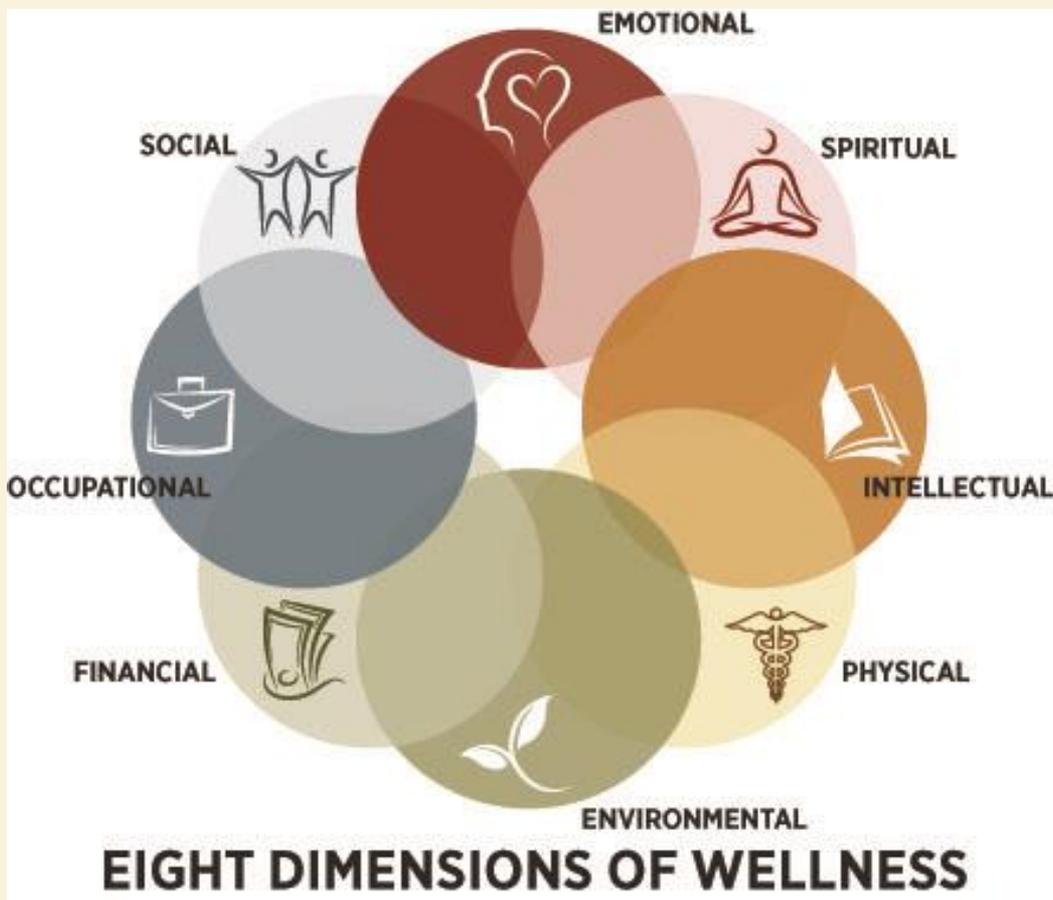
Recognition Eligibility

- National organizations, community-based organizations (including providers, peers, and peer providers), communities, states, and tribes
- Provides services or supports to individuals with mental and/or substance use disorders, or individuals experiencing homelessness/at-risk for homelessness with behavioral health conditions
- Addresses at least one of the Eight Dimensions of Wellness
- Submit a complete application package

Selecting the 2016 Recognition Winners

- 2016 Recognition winners were those that:
 - Created meaningful improvements in the lives of people in recovery from mental and/or substance use disorders
 - Effectively worked to address the increased rates of chronic illness and premature death experienced by people in recovery from behavioral health disorders

Eight Dimensions of Wellness



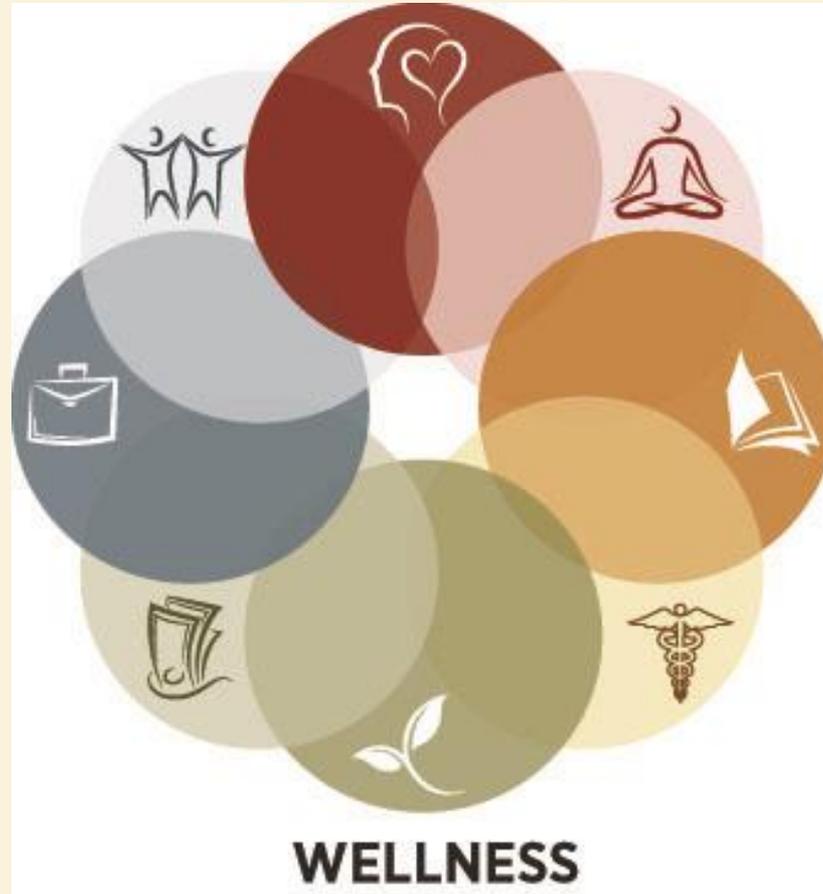
Incorporating Wellness Into Recovery

- For those living with serious mental illness, *physical* illness is largely responsible for high rates of premature mortality (early death) (De Hert et al., 2011)
- People with serious mental and/or substance use disorders are 25 to 40 percent more likely to die from heart disease than the general population (Kilbourne et al., 2009); and twice as likely to be overweight or obese (Daumit et al., 2013)

Recognition Judging

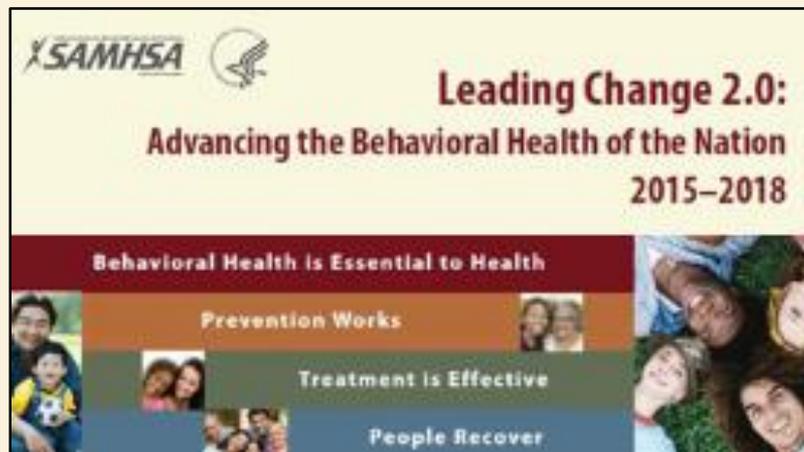
- The winners were selected by a committee of national experts for their meaningful work to improve health outcomes for individuals with mental and/or substance use disorders
- Judging Criteria
 - Innovation
 - Replicability
 - Impact

The Importance of Wellness in Recovery



Honorable Mentions

- In addition to the three winners of the 2016 Recognition, three programs received honorable mention for their dedication to SAMHSA's Strategic Initiatives



Congratulations to the 2016 Honorable Mentions!

- Advocacy Unlimited's Toivo, CT
 - *Creative Innovations in Workforce Development*
- Baby Love of Hamilton Health Center, PA
 - *Exemplary Integration of Health Care and Health Systems*
- Seven Hills Homeless Center's Supportive Services for Veteran Families, AR
 - *Outstanding Integration of Recovery Supports*

Introducing the Winners of the 2016 Recognition...



The 2016 Recognition of Excellence Winners

- The Behavioral Health Alliance of Rural Pennsylvania (BHARP)'s **Behavioral Health Home Plus, PA**
- The University of Arizona RISE Health and Wellness Center's **Camp Wellness, AZ**
- Consumers Helping Others Improve their Condition by Ending Smoking (**CHOICES**), NJ

The 2016 Recognition of Excellence Winners

A golden trophy is being held by a golden stick figure. The trophy has a large cup and a smaller cup on top. The stick figure is holding the trophy with its right hand and has its left hand raised in a gesture of celebration. The background is white with a colorful horizontal bar at the top.

**The Behavioral Health Alliance of Rural
Pennsylvania (BHARP)'s
Behavioral Health Home Plus
*Pennsylvania***

Behavioral Health Home Plus

- Operating since 2010
- Serves individuals with serious mental illness who are managing long-term health conditions
- Serves 3,750 individuals participating in services at Community Mental Health Centers across North Central Pennsylvania

Behavioral Health Home Plus

- Key Components
 - Wellness nurse
 - Case managers and certified peer specialists provide wellness coaching (model developed by Dr. Peggy Swarbrick)
 - Access to self-management toolkits and resources
 - Use of registry

Behavioral Health Home Plus: Goals

- Program is designed to improve:
 - Overall health
 - Health literacy
 - Chronic disease-self-management
 - Engagement with primary, specialty, and dental providers

Behavioral Health Home Plus: Outcomes

- Improvements in participant health status
- Increased reports of satisfaction with progress made toward achieving wellness goals
- Increased activation
 - Improved involvement in care and confidence
- Improved rates of connection with primary care providers

Behavioral Health Home Plus: Innovation

- Wellness Outcomes Online Tool (WOOT!)
 - used to gauge individual attitudes on eight dimensions of physical wellness
1. diet and nutrition
 2. physical activity
 3. sleep/rest
 4. relaxation/stress management
 5. medical care/screening
 6. smoking cessation
 7. taking medications effectively
 8. habits and routines

Behavioral Health Home Plus: Innovation & Testimonials

- Infusing key principles of the health home model with wellness coaching

found my blood pressure high and my legs, feet, and hands were very swollen. My toe nails were also noted to be thick and have a fungal infection. Emily called Dr. [Name] and notified him of her findings and the Dr. called me next day and scheduled me an appointment to come see him. Emily let me know that I can get Lasix at Wal-Mart for four dollars. Thanks to Emily I now have home health nurse coming in three times a week to see me. The wellness program really came to my aide

First, let me tell you about my wellness nurse, Michelle. She has spent time going over various aspects of my health. We discuss diet, lifestyle, exercise, etc. She does a good job at assessing my overall health & wellbeing.

The 2016 Recognition of Excellence Winners

A 3D rendered golden figure, resembling a stylized person or character, is shown from the waist up. The figure is holding a large, ornate golden trophy in its right hand, which is raised high. The figure's left hand is open and held out to the side. The figure has a spherical head and a long, thin neck. The background is white, and the figure is centered in the lower half of the slide.

**The University of Arizona RISE Health and
Wellness Center's
Camp Wellness
*Arizona***

Camp Wellness

- Operating since 2009
- Medicaid-funded
- Serves adults with:
 - serious mental illness
 - co-occurring mental and substance use disorders
 - general mental health conditions or substance use disorders
- Serves 200 individuals per year

Camp Wellness: Goals

- Program is designed to:
 - Help participants increase knowledge, skills, and abilities for improving their health and wellness
 - Assist participants with setting and achieving recovery goals across the Eight Dimensions of Wellness
 - Provide participants with skills for reintegrating into the community
 - Instill the hope and belief that recovery is possible

Camp Wellness: Outcomes

- A formal evaluation of Camp Wellness took place in 2009-2010
 - Improvements in BMI, waist circumference, functional capacity, and psychosocial measures as a result of program participation
 - Improvements in blood pressure
 - Increased endurance
 - Self-reports of mental and physical health improvements

Camp Wellness: Innovation

- Interdisciplinary team of health mentors, a health educator, a registered nurse, a community psychologist, and a family practitioner
- Wellness Wheel assessments
- Grocery store field trips
- Opportunity to earn gym memberships to the YMCA

Camp Wellness: Testimonials

Finishing the program, I became an alumni, and then a volunteer. I learned about self-advocacy, self-determination, empowerment, value, unconditional acceptance, love, and the magic and power of peer support. I used these tools and was able to resume my career as a nurse in a local hospital. Then I actually applied for the Camp Wellness RN position when it opened, and was hired! I also went back and completed a Master's in Healthcare Innovation from Arizona State University, and I got married!

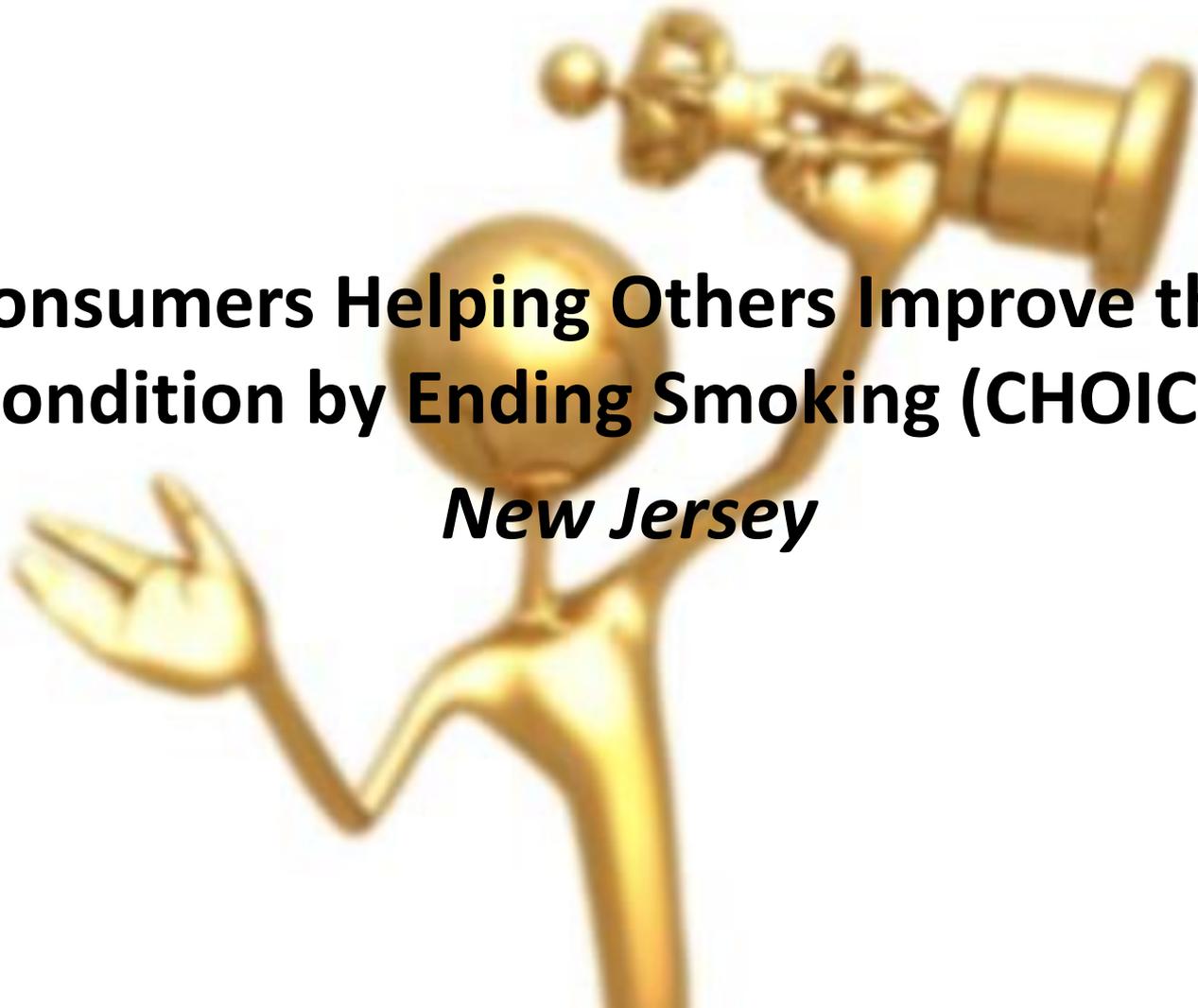
The classes are interesting and helpful. I'm eating a lot healthier and buying whole grain stuff I didn't buy before – and I'm actually enjoying it. I always know that if I need to talk to a staff member about a personal problem, I can just grab any one of them and tell them I need to talk...about mental, physical, whatever. They'll listen. If they can offer advice, they will...

“Camp Wellness has made a huge difference in my life! I feel better, look better, sleep better, have less pain, and more friends. Thank you!”

The 2016 Recognition of Excellence Winners

**Consumers Helping Others Improve their
Condition by Ending Smoking (CHOICES)**

New Jersey



CHOICES

- Operating since 2005
- Serves individuals with mental health challenges who smoke tobacco
- Serves 4,200 individuals at approximately 150 site visits across New Jersey
- Since inception, CHOICES has met with over 38,000 mental health consumers at over 1,100 site visits

CHOICES: Goals

- Program is designed to:
 - Provide tobacco education and intervention to mental health consumers, by mental health consumers
 - Increase demand for tobacco dependence treatment among mental health consumers
 - Change attitudes toward tobacco among mental health consumers through education, advocacy, support, and cultural changes

CHOICES: Outcomes

- Evaluation study of 102 outpatient smokers was completed
- At a six month follow up, participants decreased the number of cigarettes smoked each day following participation in CHOICES
- 48% of participants reduced their smoking
- 47% tried to quit smoking in the six months since their peer-to-peer session

CHOICES: Innovation

- Employment of peer counselors, Consumer Tobacco Advocates (CTAs)
- Approaches smoking cessation through education, intervention, and advocacy
- Addresses physical, intellectual, and social dimensions of wellness

CHOICES: Testimonials

Ironically, a CHOICES presentation started me thinking seriously about quitting. They came to our peer support training class with their breath monitors, jars representing the amount and look of mucous in your lungs, fact sheets on the various toxins in tobacco aside from nicotine, et al. How could you not consider quitting? But what clenched it for me was my grandfather's cough. My grandfather died about 3 decades ago from emphysema.

I wanted to quit so I made a plan to first cut down after my use. After about 2 weeks, I picked a quit date as recommended by the CHOICES team. I spoke with my case manager and got counseling and support to maintain my abstinence. I drank lots of water, chewed gum, and sucked hard candy to stop the urges. It was very difficult for the first couple of weeks. I managed to stay away from people who smoked, and talked to people who supported my quitting. I kept very busy by walking and going out a lot. I stayed positive about what I was doing for myself. The longer I stayed away from smoking, the better I felt. I felt powerful and successful in my accomplishment.

Congratulations!

SAMHSA and SAMHSA's Program to Achieve Wellness would like to, once again, congratulate the winners of the 2016 Recognition of Excellence in Wellness as well as this year's three Honorable Mentions.

Questions & Answers

We'll now offer the opportunity for participants to ask questions and share comments with our guests from:

- The Behavioral Health Alliance of Rural Pennsylvania
- The University of Arizona RISE Health and Wellness Center
- Consumers Helping Others Improve their Condition by Ending Smoking (CHOICES)



Thank You!

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SAMHSA's Program to Achieve Wellness

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