

Checklist for Evaluating Your Organization's Readiness to Adopt a Health Promotion Program for Persons with Serious Mental Illness

This checklist can be used to help your institution understand its level of readiness to initiate a health promotion program targeting obesity and fitness among individuals with serious mental illness. Check all that apply.

Defined Need

-Have you clearly defined the need that is driving your institution to consider implementing a health promotion program?
-Is building a stronger culture that embraces wellness and health promotion as a key element an appropriate strategy to address your institution's need?

Readiness for Change in Culture – Adopting a Culture that Promotes Wellness and Health Promotion

-Is now the right time for implementing a culture change (i.e., it will not compete with other major changes currently being made at your institution)?
-Is a culture change that emphasizes the importance of wellness and health promotion feasible and acceptable?
-Will your institution's leaders support a culture change and the effort required to implement and sustain a health promotion program?

Time, Resources, Personnel

-Will your institution provide sufficient resources, materials, and staff with the necessary characteristics and attitudes to lead the implementation and delivery of a health promotion program?
-Will your institution allow time to secure necessary materials and resources, and prepare the staff for their role in leading a health promotion program?
-Will your institution allow time for personnel to attend training?

Sustainment of the Change

-Will your institution be willing to measure and assess progress of implementing a health promotion program and continuously improve program reach and delivery?
-Will your institution be able to reinforce and reward staff for engaging and retaining consumers with SMI into a health promotion program?