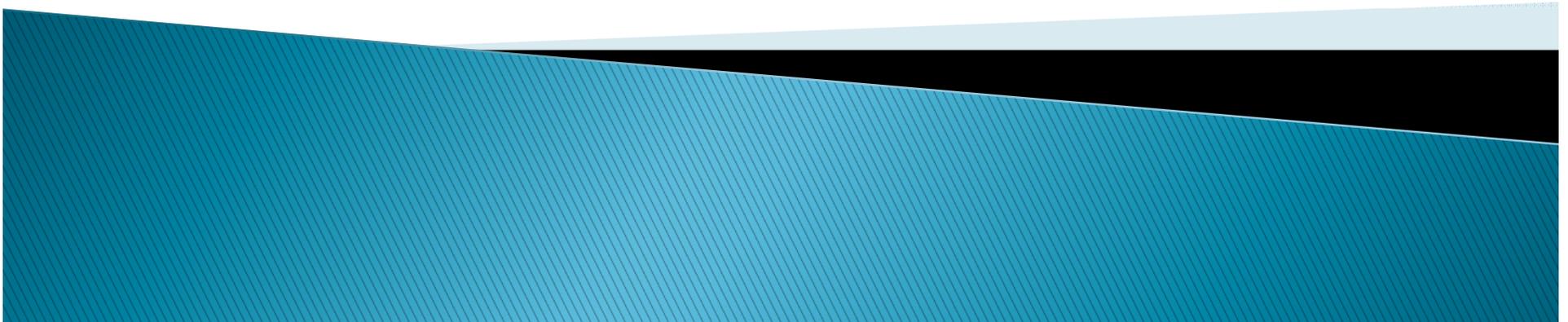




Consumers as Partners in Improving Health

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The Pledge for Wellness

- ▶ **We envision**
- ▶ A future in which people with mental illnesses pursue optimal health, happiness, recovery, and a full and satisfying life in the community via access to a range of effective services, supports, and resources.
- ▶ **We pledge**
- ▶ To promote wellness for people with mental illnesses by taking action to prevent and reduce early mortality by 10 years over the next 10 year time period.



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

- ▶ **Increased morbidity & mortality due to**
- ▶ Treatable medical conditions that are caused by modifiable risk factors such as smoking, obesity, substance abuse, and inadequate access to medical care.



State Mental Health Authority stakeholders need to embrace two guiding principles:

- ▶ 1. Overall health is essential to mental health.
- ▶ 2. Recovery includes wellness.



Holistic Recovery

- ▶ Recovery encompasses an individual's whole life, including mind, body, spirit, and community. Recovery embraces all aspects of life, including housing, employment, education, mental health and healthcare treatment and services, complementary and naturalistic services, addictions treatment, spirituality, creativity, social networks, community participation and family supports as determined by the person.



Goal Setting

Making an Action Plan

- ▶ It should be something YOU want to do
- ▶ It should be something achievable
- ▶ It should be action-specific
- ▶ It should answer the questions –
 - What?
 - How much?
 - When?
 - How often?



Eating Healthy

- ▶ **Healthy eating means –**
 - Eating a variety of foods
 - Eating regularly
 - Eating a morning meal everyday
 - Eating the same amount at each meal
- ▶ **Healthy eating on a budget**
- ▶ **Controlling portion sizes**



Physical Activity and Exercise

▶ 3 kinds of physical activity

- Flexibility activities
- Strengthening activities
- Endurance or aerobic activities
- Eating the same amount at each meal

▶ Activity program goals to include

- Moderate endurance or aerobic activities 20–30 minutes, 3–5 days per week
- 8–10 strengthening exercises 2–3 days per week



Relaxation Response

- ▶ There are two basic components involved in eliciting the relaxation response
 - A mental focusing tool, such as watching your breath, or repeating a word, phrase, prayer, sound, or using a repetitive exercise such as running, swimming, or weight lifting, or thinking of a soothing image to help you shift your mind away from thoughts and worries.
 - A quiet, aware, ‘non-judging’ attitude, gently directing your mind back to your point of focus when you notice yourself caught up in other thoughts.



Coping with Stress

- ▶ **Tools to Help You Manage Your Heart Health**
 - Make physical activity part of your daily routine.
 - Eat well-balanced meals.
 - Take a break.
 - Be realistic.
 - Remember to laugh.
 - Keep a journal.
 - Remember to plan.



Making Healthier Choices -- Quit Smoking!

- ▶ Quitting works best when you're prepared. Before you quit, **START** by taking these five important steps:

- S= Set a quit date
- T= Tell family, friends, and co-workers that you plan to quit.
- A= Anticipate and plan for the challenges you'll face while quitting.
- R= Remove cigarettes and other tobacco products from your home, car, and work.
- T= Talk to your doctor or mental health clinician about getting help to quit.

▶ National Network of Tobacco Cessation Quitlines

▶ 1-800-QUITNOW (1-800-784-8669)

Positive Thinking

- ▶ **The steps toward positive thinking include:**
 - Change any self-defeating thoughts into rational helpful thoughts about yourself.
 - Rehearse mentally by saying these positive thoughts to yourself over and over again.
 - Practice saying these positive things about yourself in real situations.
 - Be patient – sometimes it takes time for new patterns of thinking to become automatic.



Be Your Own Health Advocate

- ▶ Going to your doctor may be the last thing on your mind right now, but regular checkups may save your health – and your life – later. Your doctor can perform or recommend a number of simple tests to look for problems that can rob people of their health.



Have a complete physical examination:

- ▶ At least once a year,
- ▶ Whenever your symptoms change or worsen.
- ▶ Before your physical examination
 - Write down things that will help your doctor find out what is causing you to feel badly and in figuring out how to help you feel better.



Medication Issues

- ▶ You may choose to take medications for the short or long term to help you feel better. This choice is up to you.
- ▶ Talk to your doctor about possible side effects



Develop a wellness file that is easily accessible.

- ▶ This could include your WRAP including your crisis plan or advanced directive and post crisis plan.



Communication with Your Mental Health Clinician and Health Care Providers

Take PART



Take PART

▶ **Prepare**

- Keep Track (of your symptoms and what is going on between visits)
- Report (all symptoms, medications, or changes)
- List (your main concerns or questions so that you remember to bring them up during your visit)

▶ **Ask** (questions about your diagnosis, tests, treatments, and follow-up)

▶ **Repeat** (back to the clinician or provider key points discussed during the visit)

▶ **Take action** (if there are barriers to your following your clinician's or provider's instructions or recommendations, let the provider know)



Making Your Wishes Known

- ▶ How to make your wishes regarding future health care known:
 - Decide what your wishes are
 - Discuss with your agent
 - Discuss with your health care provider and mental health clinician
 - Sign document and have witnessed
 - Have placed in your medical records
 - Give a copy to your agent



Credits / Resources

- ▶ Substance Abuse Mental Health Services Administration, U.S. Department of Health and Human Services, Pam Hyde J.D., Director
- ▶ Morbidity and Mortality in People with Serious Mental Illness, NASMHPD, October 2006
- ▶ WRAP, Developed by Mary Ellen Copeland, PO Box 301, West Dummerston, VT 05357-0301
www.mentalhealthrecovery.com August 2002
- ▶ Chronic Illness Self-Management Program HARP Project, Benjamin Druss, MD, MPH (June 2007 DRAFT)
- ▶ The Relaxation Response, Benson-Henry Institute for Mind Body Medicine, February 21, 2008

