

O2H: Options 2 Health

New Britain, CT

PBHCI Initiative Allied Health System Partners

Community Mental Health Affiliates (CMHA)

The Hospital of Central Connecticut (THOCC)

University of Connecticut Health Center

Contact Information:

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860-224-6913

O2H: Options 2 Health

Mission

To improve the quality of life of CMHA adult patients who do not have a physician in the community through medical care, wellness education, and the integration of medical and psychological treatment.

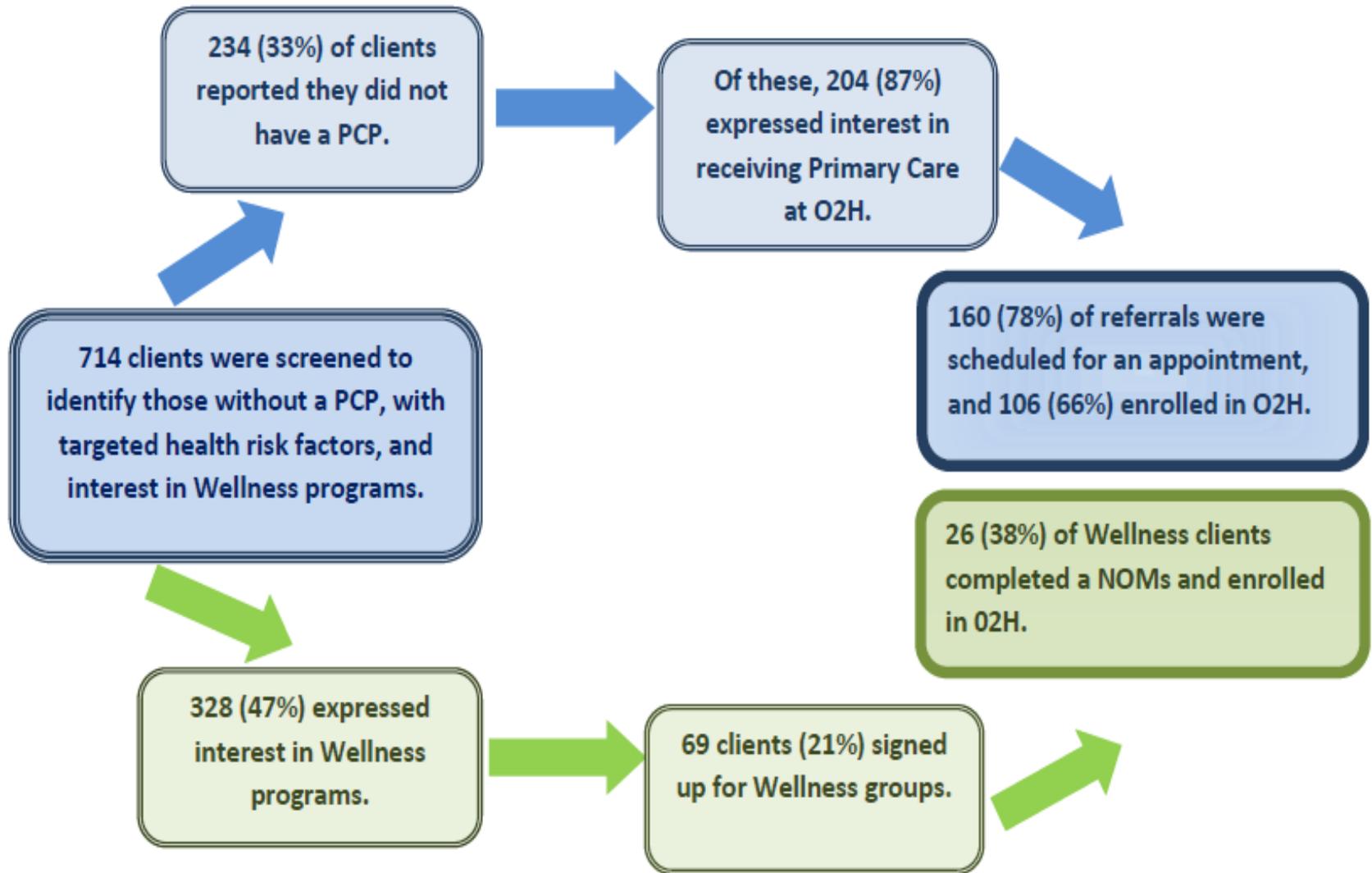


O2H: Options 2 Health Program

O2H is a partnership with The Hospital of Central Connecticut to integrate medical care with behavioral health care in outpatient clinics located at CMHA and THOCC.

The program offers primary health care treatment, health screenings, and wellness education for clients with chronic mental illness or substance abuse disorders.

Options 2 Health (O2H) Project Accomplishments: April 2011 – April 2012



O2H: Disease Prevention & Health Promotion Programs

Healthy Eating and Lifestyle

Smoking Cessation

Exercise Classes

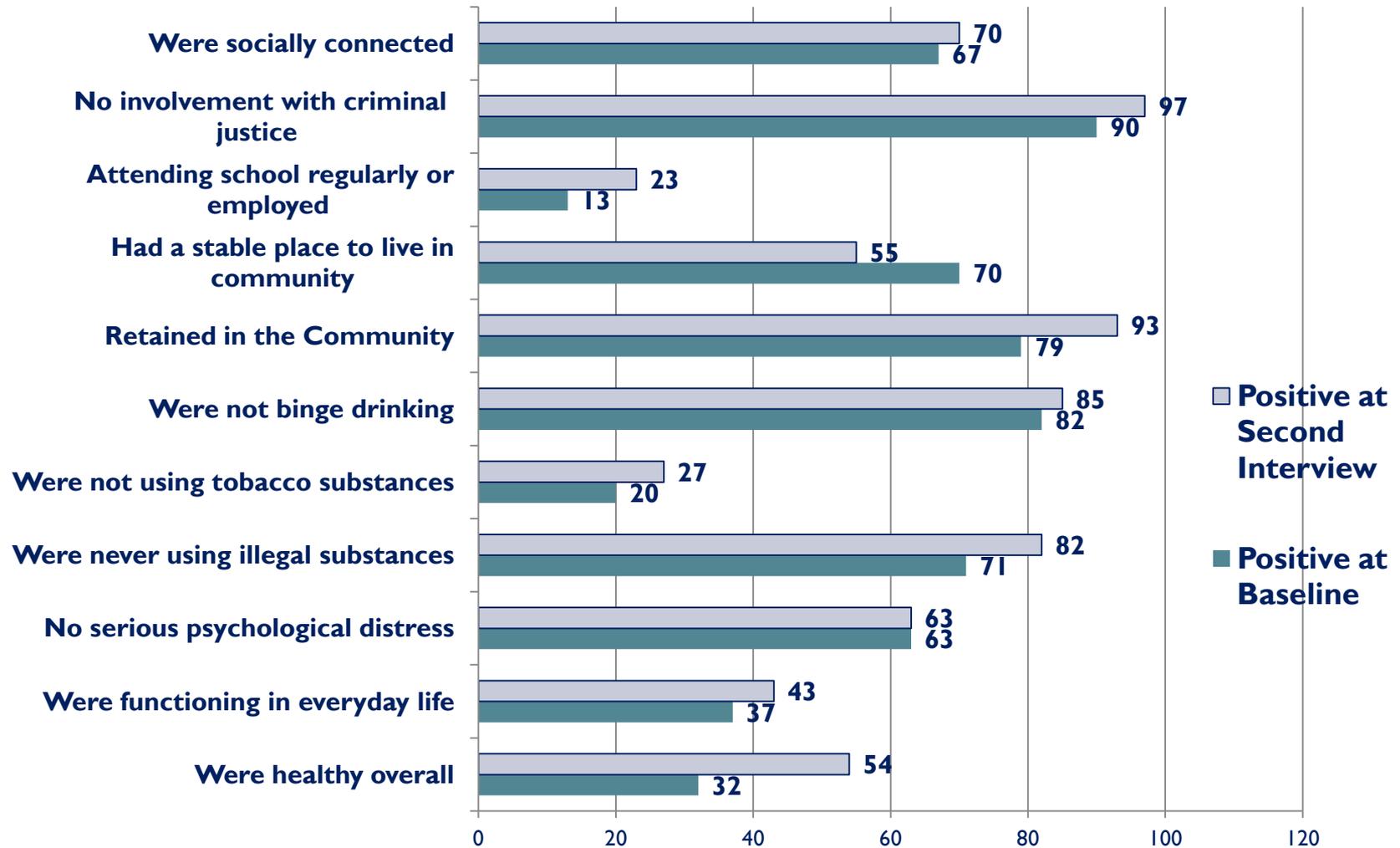
Shopping for Healthy Food on a Fixed Income

Heart Health Tips of the Week

Diabetes: Recognizing the Signs

Wellness Week

Service Outcome Measures: Changes from Baseline to Six-Months, O2H



NOTE: 90% of consumers reported positive perception of care.

O2H Success Stories

One husband and wife team, two of the first Wellness Program participants, have made dramatic steps to improve their health. Both have lost a significant amount of weight, and now they have a better understanding of preventative medical care, exercise, and good eating habits.

Another client came to O2H complaining of chest pain. Staff successfully diagnosed his need for a cardiac specialist and referred him for treatment. He is now on medication under the supervision of a cardiologist and is working with O2H to follow a heart healthy diet. He recently graduated from the 10-week healthy eating and lifestyle group and is interested in participating in an exercise group.

Successful Strategies: Smoking Cessation

In collaboration with CommuniCare, Inc., a driving force in implementing tobacco cessation services in behavioral health settings, O2H now offers three smoking cessation groups:

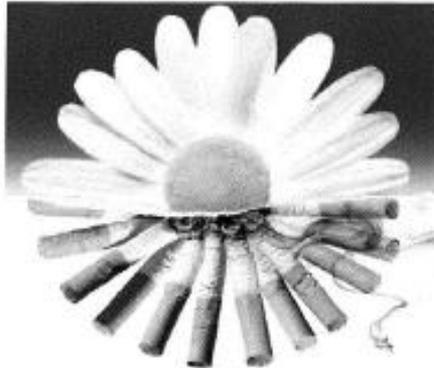
- Thinking About Smoking
- Wanting to Quit (English)
- Wanting to Quit (Spanish)

16 patients regularly attend these group meetings, and 12 (75%) are receiving complimentary Nicotine Replacement Therapy (NRT) provided by CommuniCare.

Patients are demonstrating increased interest in joining the smoking cessation groups, and a second session will be offered in June, 2012.

O2H staff members are currently in discussion with the CMHA Advisory Board in order to propose changes to the agency's tobacco use policies.

GOAL: Entirely smoke-free CMHA campus for all patients and staff within one year.



Are you ready to be a quitter?

**Join the Quit Group & You could
be smoke free by spring.**

Any CMHA client can sign-up for
A wellness program or get more info
By Contacting Options 2 Health
@ 860-224-6913



11



**Thinking too hard about
how to quit smoking?**

Think with us on Tuesdays

**To get more info about our group
Contact Options 2 Health**

@ 860-224-69



13



About CMHA

Founded in 1975, Community Mental Health Affiliates, Inc., (CMHA) is a private, non-profit organization in 18 program locations in 7 cities and towns across Connecticut. We provide community-based behavioral health and substance abuse recovery services for 10,000 adults, families, adolescents and children each year.

Services comprise a continuum of mental health and substance abuse treatment programs from prevention services to outpatient counseling to intensive residential care. CMHA is licensed by the Department of Children and Families (DCF) and the Department of Public Health (DPH).



O₂H: Options 2 Health

Program

Options 2 Health provides medical care for adult clients of CMHA who do not have a doctor to treat them in the community. Options 2 Health also provides health maintenance support through wellness groups.

Mission

The mission of Options 2 Health is to improve the quality of life through appropriate medical care, wellness education, and the integration of medical and psychological treatment.

Who We Serve

Options 2 Health serves adult patients who are in CMHA's system of care.

Cost

Services are provided through Medicare and Medicaid and a grant from the Substance Abuse and Mental Health Services Administration (SAMHSA).

Services Provided

- Initial physical
- Lab and blood work
- EKG's
- Lung Function Testing (spirometry)
- Referral to specialists
- Case management
- Help with making appointments and follow up with specialists
- Assistance with insurance
- Transportation to and from appointments
- Referrals to health education programs
- Collaboration with mental health care providers
- Health screenings (blood pressure, blood sugars, lipid panels)
- Immunizations
- TB testing
- Wellness programs: smoking cessation, healthy eating, exercise, and medication.

Referral Sources

- Patients (self-referrals)
- Clinicians
- Psychiatrists
- Case managers
- VNA services
- CMHA program staff
- Hospitals

Hours

Primary Care Clinic medical visit days at The Hospital of Central CT
100 Grand Street, New Britain

- Monday: 9 am–12 pm
- Friday: 9 am–5 pm

All other services are provided as needed at our CMHA office.

Contact Us
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www.cmhacc.org



Team O2H



Medical Assistant Agnes Gargas, Dr. William Rabitaille, APRN Liza House, Program Coordinator-LPN Fran Cerasuolo, and Medical Case Manager Talitha White.