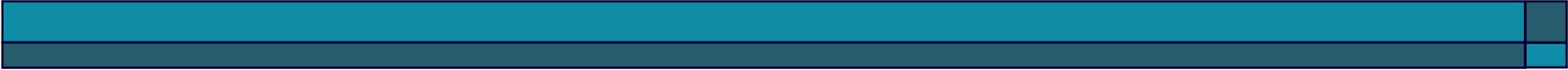


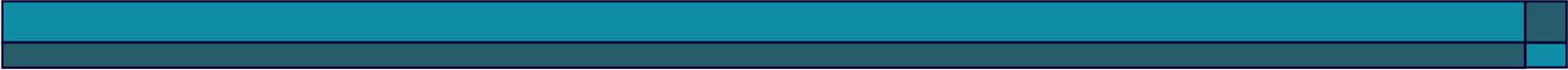
Wellness Coaching: A Valuable Role for Peers

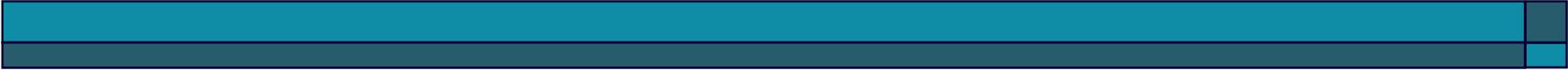




Overview

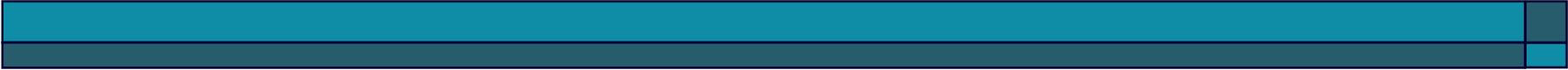
- ❑ People living with mental illness die too young and/or live a poorer quality of life due to significant medical conditions.
- ❑ The Center for Mental Health Services (CMHS) has issued the "10 in 10 Campaign" seeking to lengthen life expectancy by 10 years in a decade.
- ❑ Peers are taking lead roles with solutions.

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-
- We believe there are many possibilities for peers to contribute to the health and well being of people living with mental illness seeking support in pursuit of recovery.
 - Wellness Coaching is a new opportunity for people in recovery seeking a career in the helping professions to explore.



Opportunity & Possibilities

- *Peers have been proactive and are assuming leadership roles supporting peers in their pursuit of health and wellness.*



Transformation Transfer Initiatives

- Peer-delivered models addressing wellness/health:
 - Georgia—Whole Health Initiative
 - Michigan—Based on the Stanford Lorig Model
 - New Jersey—Peer Wellness Coach Training

Peer Wellness Coach

- Our Funding

- NASMHPD



- Our Partners

- Division of Mental Health Services

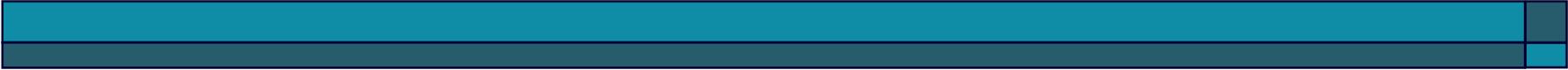
- CSP-NJ

- UMDNJ



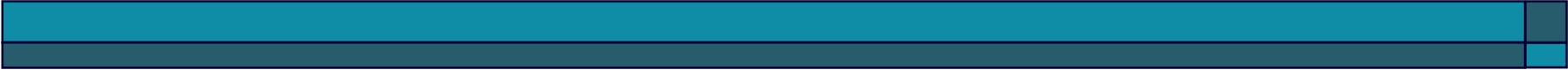
SCHOOL OF HEALTH
RELATED PROFESSIONS
University of Medicine & Dentistry of New Jersey

- Psychiatric Rehabilitation, Dental Hygiene,
Physical Therapy, Nutrition



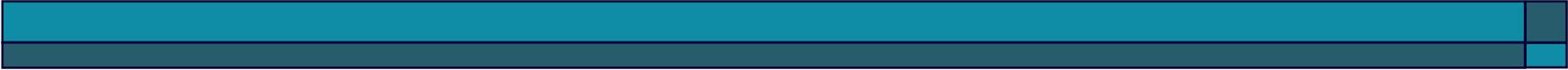
Curriculum Development

- CSP Data
 - Health Screenings
- Focus Groups
 - Results from consumer groups, family groups, and provider groups
- National Trends
 - SAMHSA 10x10 Wellness Campaign
 - Assertive care coordination
 - Nurses
 - Peers
 - Patient/education and self-management
 - Co-location of services
 - Psychiatric
 - Other medical



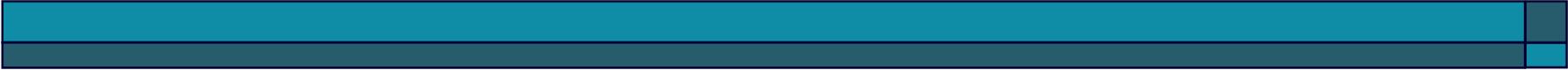
Screening Data- CSP-NJ

- Ages ranged from 25 to 69 years
- Weight ranged from 162 pounds to 461 pounds
- Waist circumference ranged from 37 inches to 68 inches.
- Body Mass Index ranged from 27.5 to 74.1 (M=38.7 SD= 11).
- 1 to 10 medications.
- Hemoglobin A1C glucose readings ranged from 5.10 to 8.90 (M= 5.8; SD= .73) {34% of the participants having a glucose hemoglobin A1C reading of over 6.0}.
- 35 % reported that their general health was fair to poor.
- 75% reported their physical health was not good a few to many days per month.



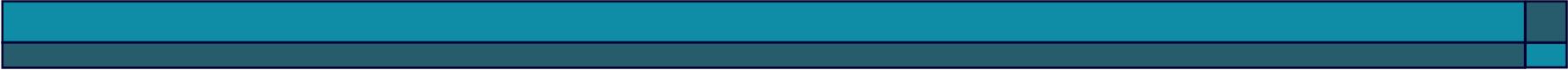
CSPNJ Screening Data

- 67% reported their physical activities are affected by physical health problems during the course of the month.
- 35 % reported they have sought the emergency room for medical care 1 to 4 times during the past year.



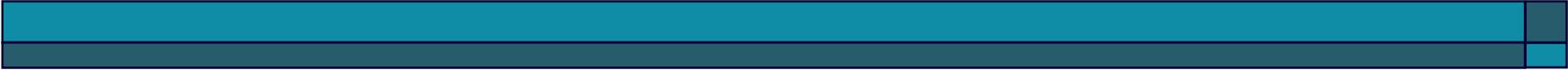
SHRP Data

- ❑ 83% of the individuals were obese or overweight
- ❑ 72.7% were at increased risk of obesity related disease as determined by waist to hip ratio (WHR).
- ❑ All of the female participants were found to be at increased risk of obesity related disease.
- ❑ Despite the fact that many were overweight or obese and had a high caloric intake, they still did not meet minimal daily dietary requirements.
- ❑ More than 60% did not meet the minimum nutritional requirements for grain, fruits, and vegetables, 95% did not meet the milk requirements, and about 45% did not meet the other protein requirements.



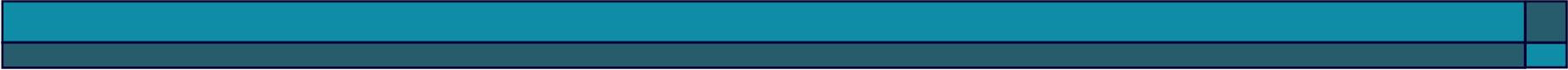
2008 SHRP Department of Nutritional Sciences Dietetic Internship Program

- Examined the *Nutrition and Weight Status of Individuals with Serious Mental Illness participating in an Outpatient Rehabilitation Program.*



SHRP Data

- Health literacy problems: participants had difficulty differentiating between the terminology of hypertension, high cholesterol, and heart disease; many had difficulty identifying if they had a history of specific chronic diseases.

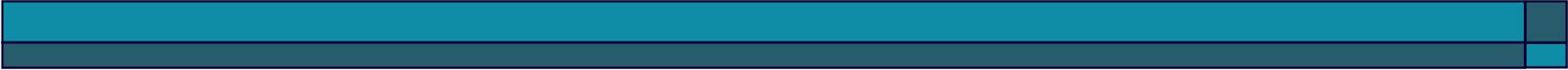


High-Level Wellness

- Importance of mind/body/spirit connections, the need for satisfactions and valued purposes, and a view of health as more than non-illness
- Wellness is not the absence of disease, illness, and stress, but the presence of:
 - purpose in life
 - active involvement in satisfying work and play
 - joyful relationships
 - a healthy body and living environment
 - happiness

Dunn, H.L. (1961). *High-Level Wellness*. Arlington, VA: Beatty Press.

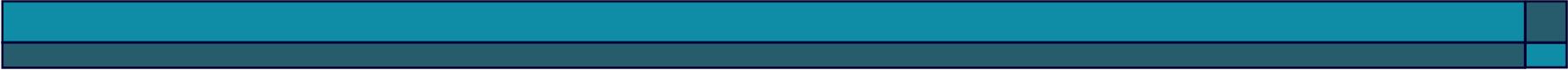
Dunn, H.L. (1977). What high level wellness means. *Health Values* 1(1), 9-16.



Wellness is

- a conscious, deliberate process that requires that a person become aware of and make *choices* for a more satisfying *lifestyle* (Swarbrick, 1997).

Swarbrick, M. (1997) A Wellness Model for Clients. *Mental Health Special Interest Section Quarterly*. 20, 1-4.



Training Curriculum

- 6 undergraduate course credits from UMDNJ
- Topics covered:
 - Wellness
 - Coaching
 - Role of Wellness Coach
 - Lifestyle Factors for Health & Wellness
 - Metabolic Syndrome, Smoking Cessation, Nutrition, Exercise, Oral Health, Med Side Effects
 - Coordination of Care

Wellness Dimensions

 Physical

 Social

 Environment

 Intellectual

 Spiritual

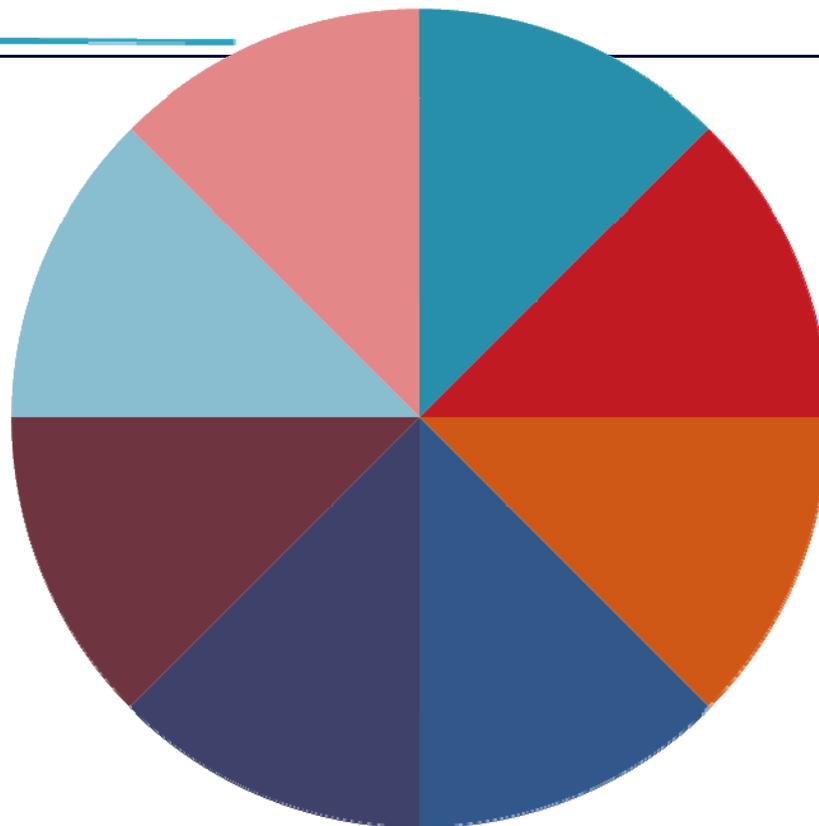
 Occupational

 Mental/
Emotional

 Financial

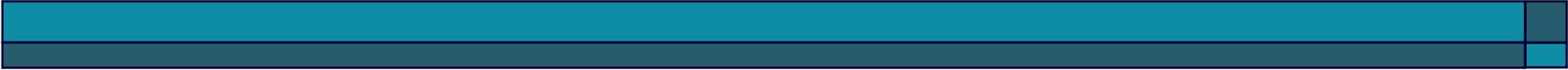
Wellness Dimensions

E.g., access to medical care, screenings, and preventative care; level of physical activity, sleep/rest, nutrition, and activities that are relaxing; self-care practices and routines



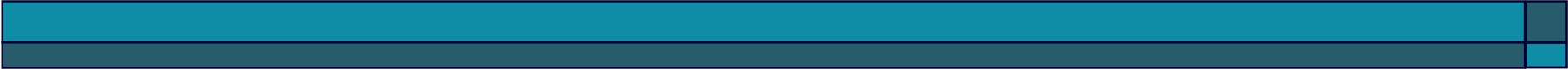
- Spiritual
- Environmental
- Financial
- Occupational
- Social
- Intellectual
- Emotional
- Physical

Swarbrick, M. (March 1997). A wellness model for clients. *Mental Health Special Interest Section Quarterly*, 20, 1-4.
Swarbrick, M. (2006). A wellness approach. *Psychiatric Rehabilitation Journal*, 29, (4) 311- 314.
Swarbrick, M. (2009). A wellness and recovery model for state hospitals. *Occupational Therapy in Mental Health*, (25), 343-351.



Peer Wellness Coach

helps individuals set and achieve wellness and/or health related goals by offering support, encouragement, and asking questions to identify what is most helpful for the individual.



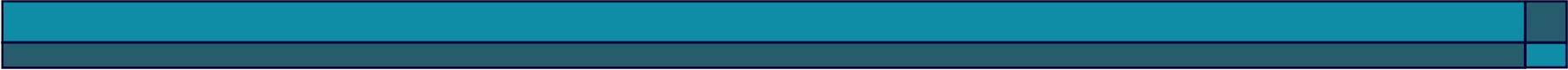
A Wellness Coach Can Help With...

- ❑ Identifying ways to help individuals promote their own health and wellness.
- ❑ Asking facilitative questions to help individuals gain insight into their personal situations.
- ❑ Finding solutions for health problems and concerns individuals are facing.
- ❑ Motivating individuals to achieve their wellness goals.

Physical



- Adequate amounts of, and ease of access to, a variety of physical activity for – cardiovascular endurance, muscular strength, endurance, flexibility, and body composition (healthy body weight).
- Balanced diet (nutrition) & wise food choices.
- Adequate amount of sleep.

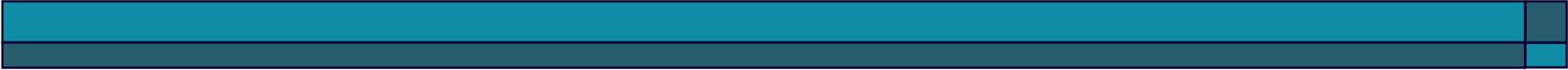


Medical Self-care

- *Responsibility and care for minor illnesses and also knowing when medical attention is needed.*
- Regular self-tests and check-ups.
- Use of medications.
- Taking necessary steps when feeling stress, ill or vulnerable.

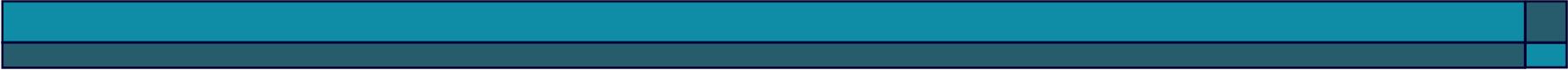
Possibilities for Peers





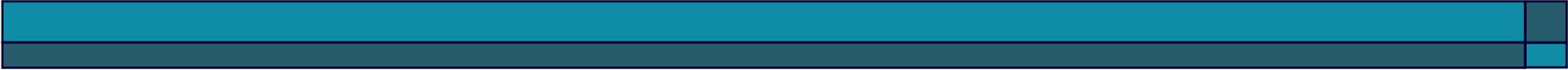
Health and Wellness Screenings

- Metabolic syndrome screening for CSP-NJ community
 - collaborated with staff throughout the agency
 - conducted 10 screenings (approximately 240 people completed to date)
- Health fairs providing BMI, waist circumference, blood pressure, and HA1C3 testing as well as literature
- Screenings at 2009 Alternatives conference



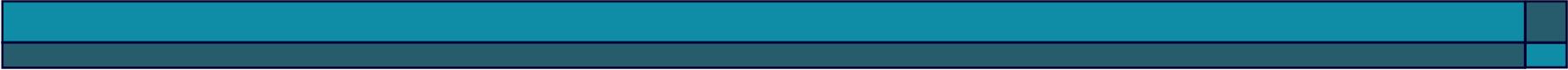
2009 Annual Fall Festival “Staying Alive”

- ❑ Conducted metabolic syndrome screening
- ❑ Provided literature on metabolic syndrome, diabetes, smoking cessation, nutrition, exercise, and routine medical care to all attendees
- ❑ Provided a healthy diverse menu and healthy meal planning demonstrations
- ❑ Offered a variety of active recreational activities



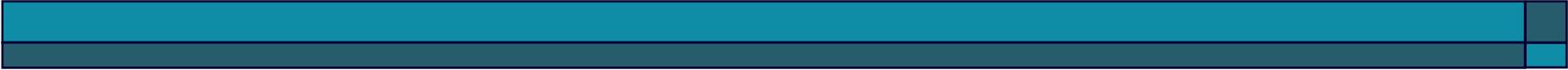
Consider

- The Value Peers Can Bring to your Project



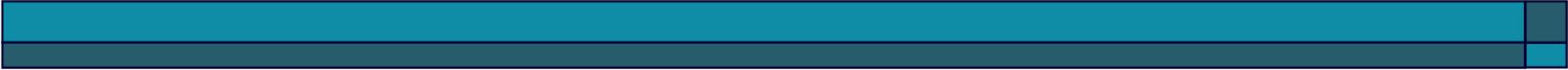
Consider

- How you can involve peers in your project
 - Policies
 - Procedures
 - Practices
 - Data collection



It is Important

- To define wellness
- Examine your *personal and professional commitment to wellness—attitude, behavior, practice*



Peggy Swarbrick, PhD., OTR, CPRP

- Collaborative Support Programs of New Jersey (CSPNJ), Institute for Wellness and Recovery Initiatives;
- University of Medicine and Dentistry, School of Health Related Professions, Department of Psychiatric Rehabilitation and Counseling Professions

pswarbrick@cspnj.org