

Peoria Integrated Healthcare Program (PIHP)

Human Service Center (HSC)
Heartland Community Healthcare Clinic (HCHC)
Cohort: 1
Learning Community Region: 4
Peoria, IL
dmoore@fayettecompanies.org

About Our Program

- HSC and Heartland have worked together for the past 9 years on integration of behavioral and physical health. Heartland Clinic operates a satellite clinic within the mental health center.
- Consumers of the Wellness Program can be referred from either organization. Referrals from Heartland have helped expand psychiatric services to their SMI population.
- HSC offers wellness services to every consumer served within the organization. Wellness services are now offered at admission and have become an important piece of the model of care

About Our Program

- Some of the services our Wellness Program offers:
 - CBT based groups and individual sessions for nutrition and smoking cessation
 - Connection to resources including medical & psychiatric care and to community organizations
 - Peer led groups for exercise and nutrition, including a Wii Fitness group
 - Personal training services for consumers interested in exercise and connection to community programs
 - Nurse led educational programs for diabetes prevention and management

Who We Are

- Our team is comprised of 5 wellness coaches and two nurse care managers (one primary care & one psychiatric)



Successful Strategies

Spreading the Model

- PIHP began with a unique team of wellness coaches responsible for engaging consumers in wellness and teaching the model to other staff in the organization.
 - Assigned a wellness coach to each of the outpatient teams
 - Provided a formal wellness training for all of the outpatient staff with ongoing support and instruction
 - Worked with each staff member on the outpatient teams to teach them the value of providing holistic services
- Next steps are:
 - Incorporate wellness into every consumer's treatment without a formal wellness team
 - All assessments will contain for axis III conditions (including 'risk of metabolic syndrome') and provide recommendations for wellness services

Successful Strategies

Personal Trainers

All of our wellness coaches are certified trainers or are working toward their personal training certificates

- Our wellness coaches:
 - Work with individuals with multiple illnesses such as diabetes, asthma, lupus, cerebral palsy, osteoporosis and obesity
 - Develop resistance training and cardio training routines based on clients individual needs
 - Understand the muscles and joint actions required to perform exercises to best minimize injury
 - Understand how to motivate individuals to give the best they can and go beyond what they believed they could do
 - Involve the individual in the workout and teach them about the exercises to promote working out on their own

Successful Strategies

Wellness Fair:

- We have established an annual wellness fair to provide information to consumers and staff on how to live healthier lives
 - Booths to visit including community organizations focusing on health
 - Healthy foods to eat with recipes to take home
 - Health screens including blood pressure, glucose & cholesterol
 - Opportunities to talk to wellness coaches about services



Date: 09/30/2011

Time: 9:00 am – 2:00pm

Location: Human Service Center

For more information, contact:

Becky Weaver: 671-8000, ext 2249

Exhibitors include:

HSC Wellness Program:

- Free Carbon Screening (smokers)
- Wii Fit Demonstrations
- Healthy Eating

Methodist Wellmobile:

- Free Blood Pressure Screening
 - Free Spirometry Screening
 - Free Blood Glucose Screening*
 - Free Cholesterol Screening*
- (*12 hour fast is required)

NAMI

HSC Group Programs

HSC Peer Academy

Prizes, healthy snacks & much more!

Successful Strategies

Involving Staff in Wellness:

- The Wellness Team is working on ways to get other staff across our agency excited about wellness for themselves and the consumers they work with.
- This Spring, the team will begin engaging staff in a monthly wellness activity.



**Step into Spring
with a
Spring in Your Step!**

**Join the Wellness Team
for a springtime walk
and prizes!**

Monday, May 7th at 1:00 pm
(in place of the monthly meeting)

Between the Riverplex and the River

**Share wellness with a client
and invite them to attend!**

Rain Date: June 4th



Plans for the Future

- Utilize Advisory Committee for updating programs and creativity
- Continue to seek out partners in our community that can help us provide wellness opportunities for our consumers and staff
- Continue to incorporate wellness mindfulness and commitment in core competencies for new staff