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?