Integrated Wellness Tools

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Behavioral Health & Wellness Program
University of Colorado
Anschutz Medical Campus
School of Medicine
Behavioral Health & Wellness Program

www.bhwellness.org
What is killing the majority of us is not infectious disease, but our chronic and modifiable behaviors.
A Wellness Philosophy

Wellness is leading a meaningful and fulfilling life through conscious and self-directed behaviors, focused upon living at one’s fullest potential.
A Wellness Philosophy

Wellness is a multifaceted approach made up of eight dimensions of wellness:

- Emotional
- Environmental
- Financial
- Intellectual
- Occupational
- Physical
- Social
- Spiritual
Services should be integrated at the point of delivery, actively involve patients as partners in their care, and be coordinated with other community resources

-CBHC, 2010
Integration into Standard Practice

- Assess tobacco use & weight as part of normal assessment & screening procedures
- Add tobacco cessation and weight control to treatment plans
- Provide educational materials
- Incorporate these topics into extant individual, group, and peer interventions
Vitals

Brief Strategy A1. Ask—Systematically identify all tobacco users at every visit

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<tr>
<th>Action</th>
<th>Strategies for implementation</th>
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<tr>
<td>Implement an office-wide system that ensures that, for EVERY patient at EVERY clinic visit, tobacco-use status is queried and documented.(^a)</td>
<td>Expand the vital signs to include tobacco use or use an alternative universal identification system.(^b)</td>
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**VITAL SIGNS**

- Blood Pressure: _____________
- Pulse: ________ Weight: ____________
- Temperature: ____________
- Respiratory Rate: ____________
- Tobacco Use: Current Former Never (circle one)

\(^a\) Alternatives to expanding the vital signs are to place tobacco-use status stickers on all patient charts or to indicate tobacco use status using electronic medical records or computer reminder systems.

\(^b\) Repeated assessment is not necessary in the case of the adult who has never used tobacco or has not used tobacco for many years, and for whom this information is clearly documented in the medical record.
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If you have limited time:

ASK ➔ ADVISE ➔ REFER

QUIT Line
Be tobacco free
1-800-QUIT-NOW
1-800-784-8669
2 A’s and R Model

- **ASK**: Determine tobacco use status
- **ADVISE** “Quitting is very important to improving your health. I can refer you to people who can help you”
- **REFER**
  - To a Quitline (1-800-Quit-Now)
  - To Cessation and/or Wellness Group
  - To Peer Support Group
Wellness in Two Parts

Physical

Addictions & Biology

Medications & Medical

Behavior

Habits & Environment

Behavior Change Program

Treatment

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Wellness Resources & Tools

- Medications & medical interventions
- Cognitive-Behavioral Therapy
- Motivational enhancement
- Individual counseling
- Groups meeting
- Individualized treatments based on diagnoses
- Family based strategies
- Peer-to-peer support
- Referrals (e.g., quitline)
PBHCI Grantee Tobacco Control

- Referral-Community Services: Jan-Mar 2011 (4), Oct-Dec 2010 (1), July-Sep 2010 (2), No Mention (2)
- NRT/Meds Provided Onsite: Jan-Mar 2011 (1), Oct-Dec 2010 (1), July-Sep 2010 (1), No Mention (2)
- Psychosocial Service Provided Onsite: Jan-Mar 2011 (14), Oct-Dec 2010 (8), July-Sep 2010 (8), No Mention (12)
- Planned Service: Jan-Mar 2011 (6), Oct-Dec 2010 (7), July-Sep 2010 (6), No Mention (29)
- Training: Jan-Mar 2011 (4), Oct-Dec 2010 (4), July-Sep 2010 (8), No Mention (24)
- Awareness/Program Building: Jan-Mar 2011 (6), Oct-Dec 2010 (12), July-Sep 2010 (24), No Mention (29)

Jan-Mar 2011: Duration n=53
Oct-Dec 2010: Duration n=56
July-Sep 2010: Duration n=11
BHWP Tools and Resources
BHWP Technical Assistance & Training

- Agency wellness assessments and planning
  - staff
  - clients
- Training in evidence based interventions
  - clinicians
  - prescribers
  - administrators
  - peers
- Wellness policy creation, implementation & enforcement
- Peer-to-peer wellness services
  - Tobacco Dependence Recovery Program
  - Well Body Program
- Process and impact evaluation
- Business model development
- Health information technology and alignment with health care reform

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Workplace Wellness Evaluation

- To attain an accurate sense of an organization’s wellness climate and culture
- To provide recommendations in alignment with organization’s mission and patients’/employees’ needs
Wellness Evaluation - Data Gathering

- Organizational structure
- Salary and wage information
- Employee health benefits
- Wellness-related policies
- Health-related programs & services
- Community linkages
- Environmental scan
- Key informant interviews
- Wellness assessment
Wellness Survey

- Patient and employee versions
- 89-item web-based survey
- Multi-dimensional measure with 8 subscales:
  - Emotional Wellness
  - Environmental Wellness
  - Financial Wellness
  - Intellectual Wellness
  - Occupational Wellness
  - Physical Wellness
  - Social Wellness
  - Spiritual Wellness
The Peer to Peer Wellness Programs

- A sustainable train-the-trainer model
- Active in 7 states

- Positive Social Networking
- Education and Awareness Building
- One-on-One Motivational Interviews
- Support Groups
Individual or Group Intervention Examples

- Session A: Healthy Behaviors
- Session B: Myth Busting and Facts
- Session C: Changing Behaviors
- Session D: Coping with Cravings
- Session E: Managing Stress
- Session F: Planning Ahead
A Tobacco-Free Toolkit for Community Health Facilities

Project TRUST Edition

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National Resources

Behavioral Health and Wellness Program
bhwellness.org

Center for Integrated Health Solutions
thenationalcouncil.org/cs/center_for_integrated_health_solutions

National Association of State Mental Health Program Directors
nasmhpd.org

Smoking Cessation Leadership Center
smokingcessationleadership.ucsf.edu

Partnership for Prevention
prevent.org
Cost/ Benefit of Integrating Wellness Programming into Behavioral Health Services

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<th>PROS</th>
<th>CONS</th>
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<tbody>
<tr>
<td>ACT</td>
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<tr>
<td>DON’T ACT</td>
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Technical Assistance and Training for Rapid Improvement

Act  |  Plan
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Study | Do

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