

Integrated Wellness Tools

September 12, 2011



Behavioral Health & Wellness Program

University of Colorado

Anschutz Medical Campus

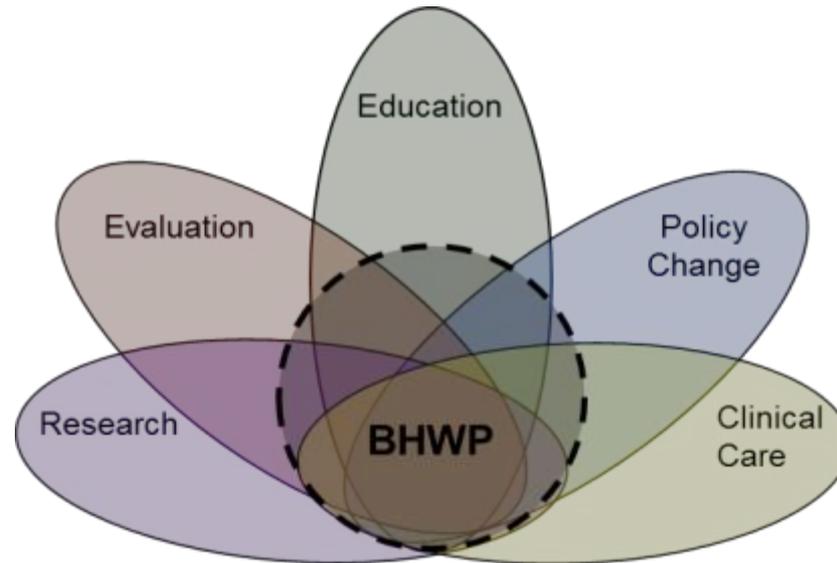
School of Medicine



Behavioral Health & Wellness Program

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www.bhwellness.org



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What is killing the majority of us is not infectious disease, but our chronic and modifiable behaviors



A Wellness Philosophy



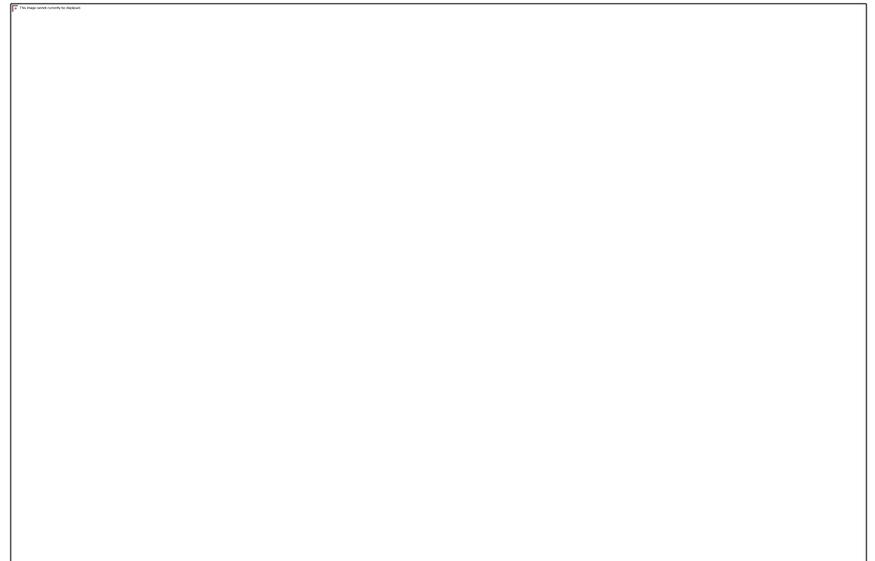
Wellness is leading a meaningful and fulfilling life through conscious and self-directed behaviors, focused upon living at one's fullest potential.



A Wellness Philosophy

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

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



Picture property of Eric Belluche



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





If you have limited time:

ASK → ADVISE → REFER

COLORADO
QuitLine
Be tobacco free
1-800-QUIT-NOW
1-800-784-8669



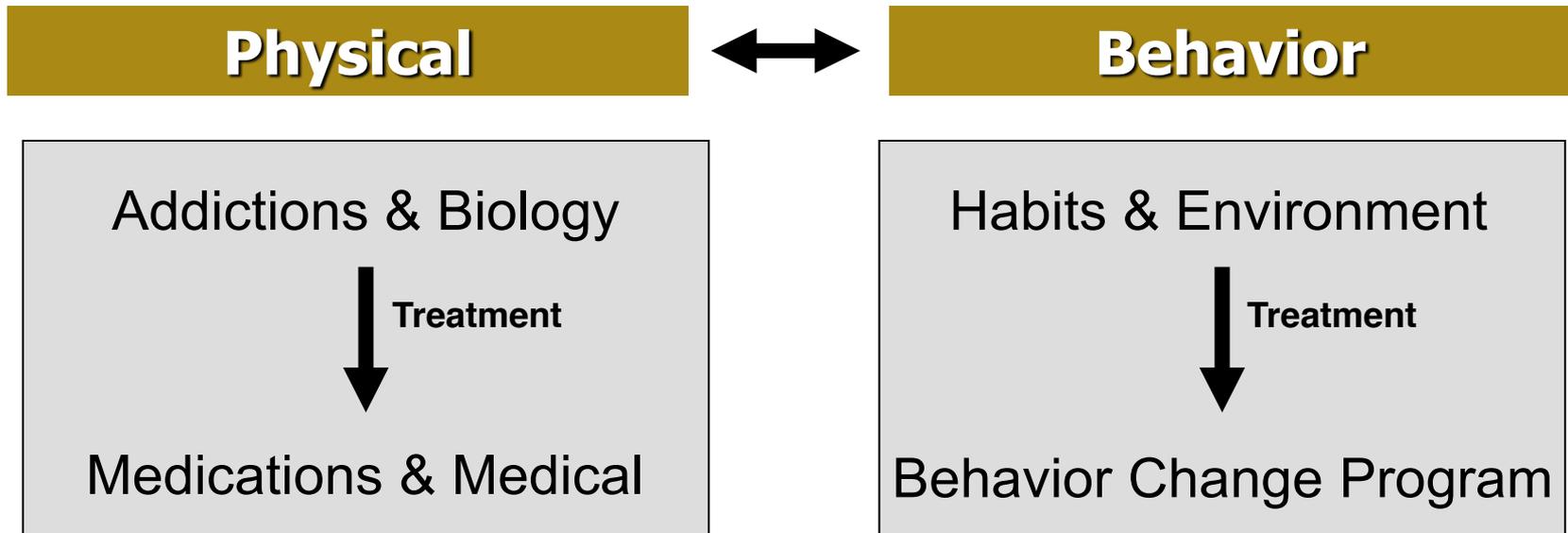
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2 A's and R Model

- **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

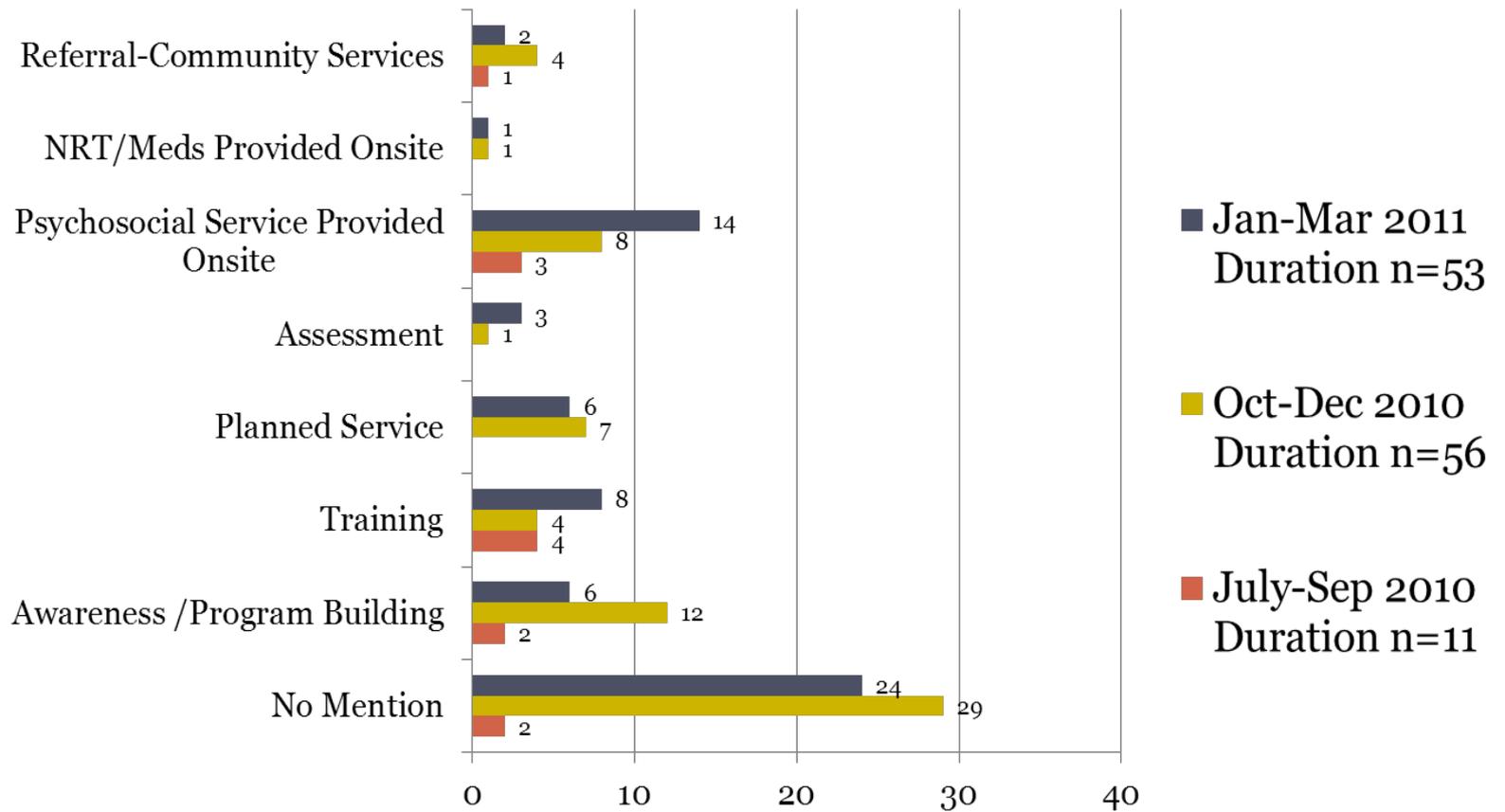


Wellness Resources & Tools

- 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



BHWP Tools and Resources



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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



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



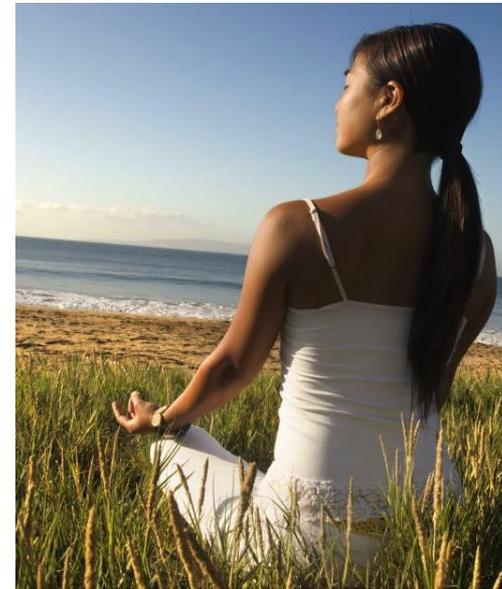
Wellness Evaluation- Data Gathering

- 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

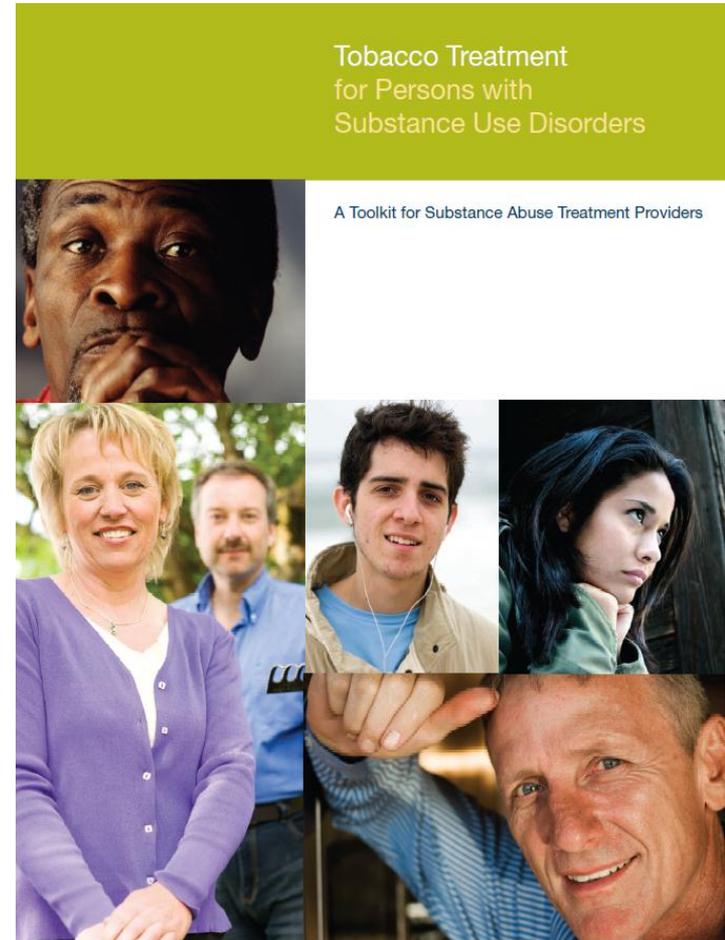
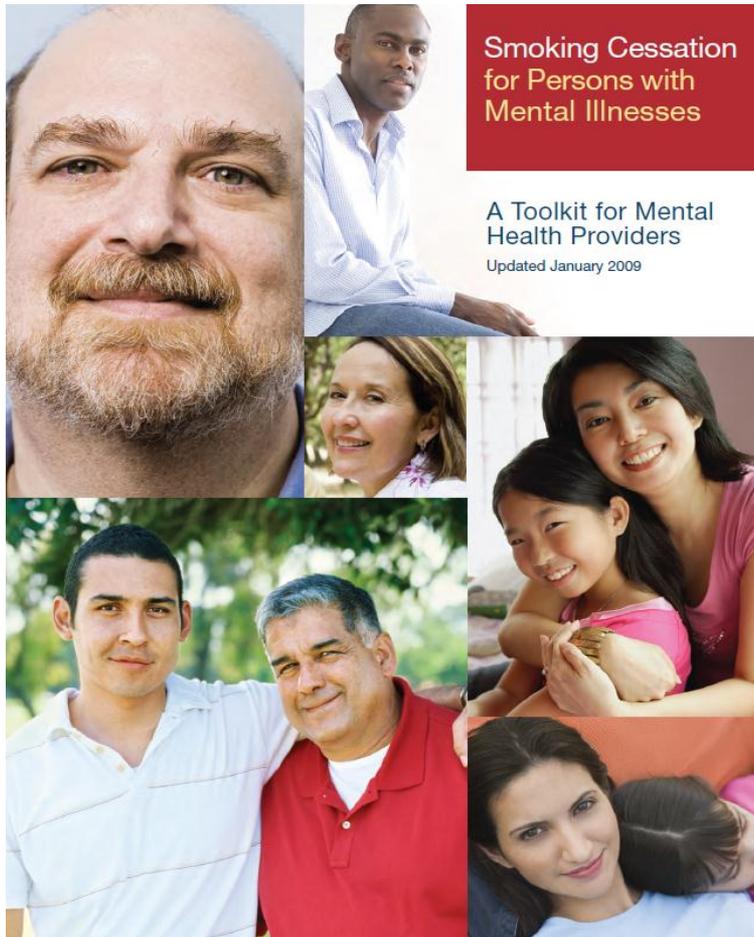


Wellness Survey

- 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



Interventions for Tobacco Use



PDF's available for download at:

www.bhwellness.org

www.smokingcessationleadership.ucsf.edu



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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



Peer-to-Peer Well Body Program



Version 1.0

Peer Support Group Facilitator Manual



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Peer-to-Peer Tobacco Recovery Program



Version 2.0

Peer Support Group Facilitator Manual



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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

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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

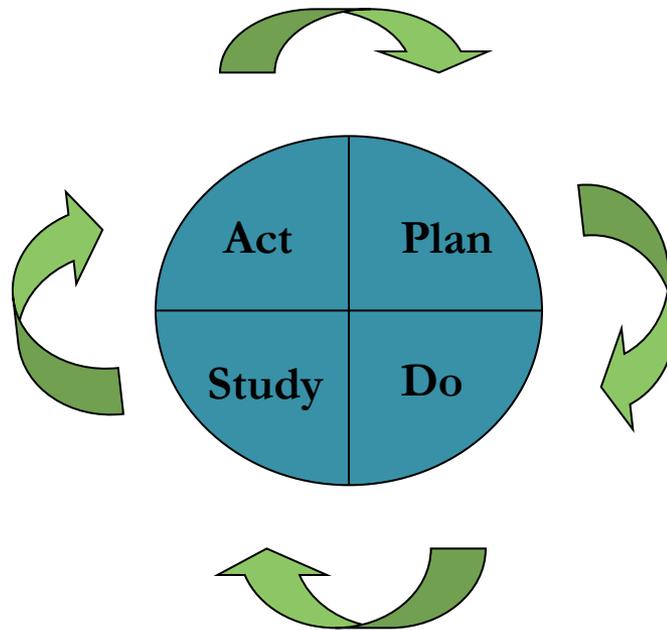


Cost/ Benefit of Integrating Wellness Programming into Behavioral Health Services

	PROS	CONS
ACT		
DON'T ACT		



Technical Assistance and Training for Rapid Improvement



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