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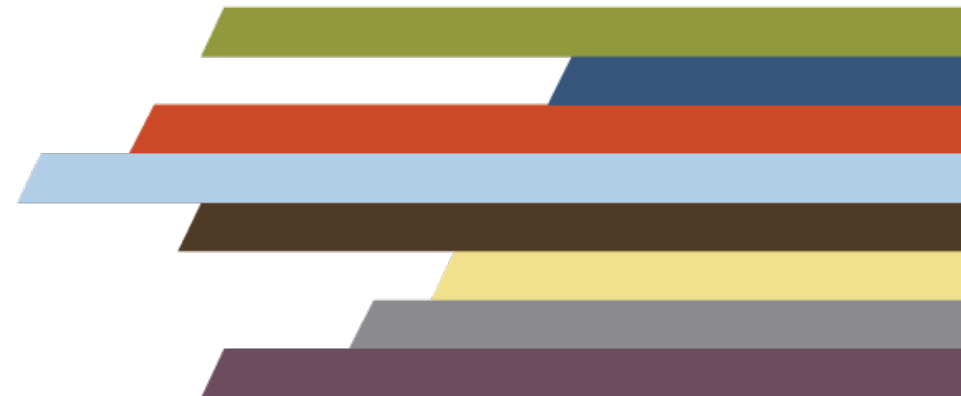
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# Role of Health and Wellness in Recovery

Michelle R. Zechner

Rutgers, School of Health Professions

Department of Psychiatric Rehabilitation and  
Counseling Professions



# Northeast and Caribbean MHTTC

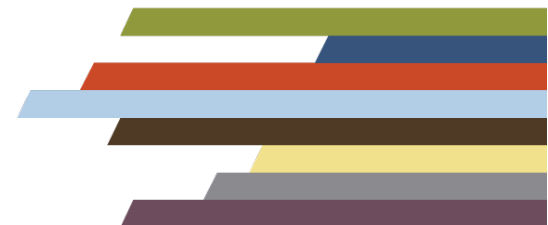
- Provides 5 years (2018 – 2023) of funding to:
  - Enhance capacity of behavioral health workforce to deliver evidence-based and promising practices to individuals with mental illnesses
  - Address full continuum of services spanning mental illness prevention, treatment, and recovery supports
  - Train related workforces (police/first responders, primary care providers, vocational services, etc.) to provide effective services to people with mental illnesses



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# Grow Your Knowledge and Skills



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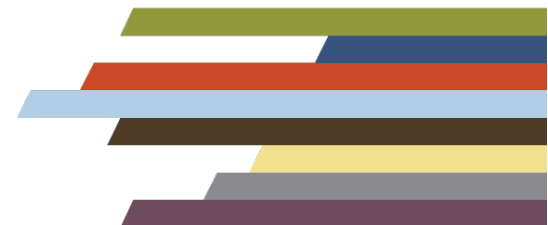
<https://bit.ly/2mpmpMb>



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# Upcoming Webinars

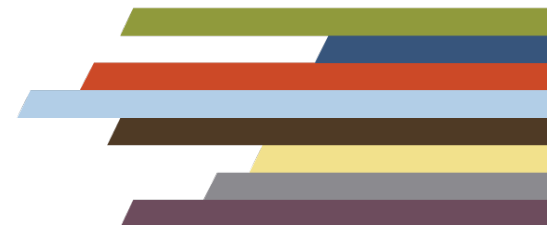
- Role of Religion and Spirituality in Recovery  
Thursday 5/7/20 1:00 – 2:30 ET
- Recovery in the Hispanic and Latinx Community  
Thursday 5/21/20 1:00 – 2:30 ET



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# Feedback

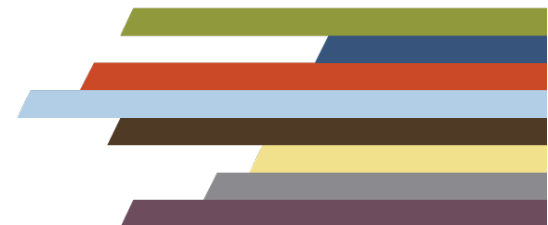
- Our funding comes from the Substance Abuse and Mental Health Services Administration (SAMHSA), which requires us to evaluate our services. We appreciate your honest, ANONYMOUS feedback about this event, which will provide information to SAMHSA, AND assist us in planning future meetings and programs. Feedback about this training will assist us in developing trainings that are relevant to your current professional needs. **Therefore, your feedback counts!**



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# Video Recording Information

- Please note that we will be recording this webinar and posting it to our website. Any information and input you provide during today's call will be recorded and posted on our website.

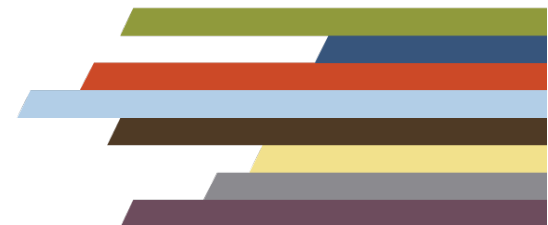
THANKS!



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# Your Interactions with Us

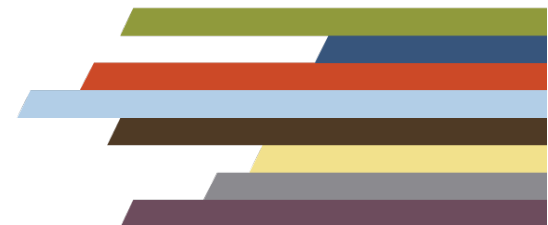
- Question and Answers
  - Q & A will occur at the end of the call.
  - Please type your questions in the Q & A feature in Zoom located on the task bar (hover over task bar).
- Chat and Polls
  - Throughout the webinar, we will be asking for your input.
  - Please use the Chat or Poll features in Zoom located on the task bar.



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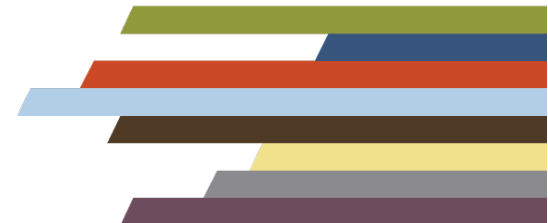
# Michelle Zechner



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# Session Objectives:

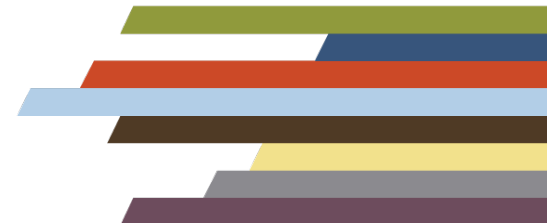
1. Identify common health concerns for people with mental health conditions
2. Describe social determinants and lifestyle choices that influence health and wellness
3. Identify wellness approach to health
4. Understand relationship between health and recovery
5. Discuss strategies to support health and wellness



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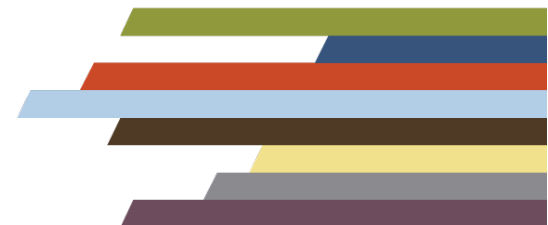
# Let's Hear from You



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# Poll Questions

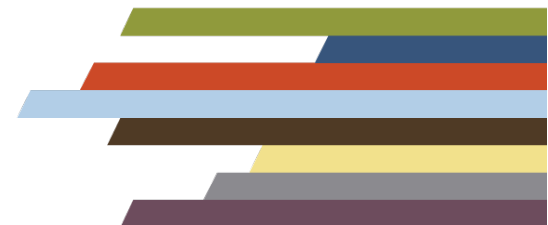
*What are the most common health issues faced by people diagnosed with serious mental illness?*



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# Chat Question

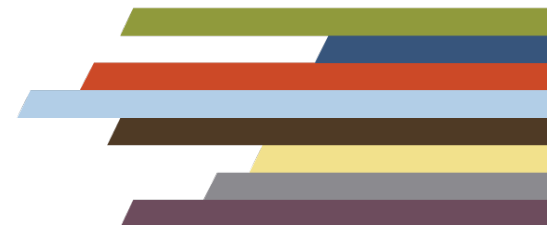
*What health issues are most concerning at your site?*



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# Recovery

“A deeply personal, unique process of changing one’s attitudes, values, feelings, goals, skills, and/or roles. It is a way of living a satisfying, hopeful, and contributing life, even with the limitations caused by the illness. Recovery involves the development of new meaning and purpose in one’s life as one grows beyond the catastrophic effects of mental illness”

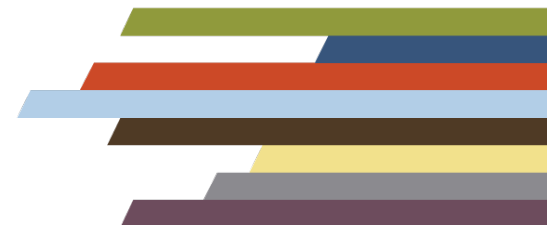
Bill Anthony, 1993



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# Health

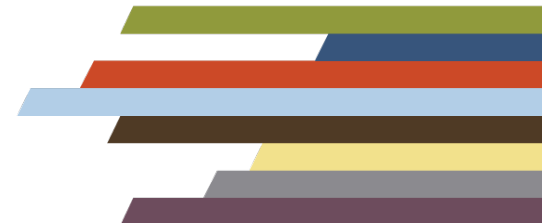
- Cardiovascular Disease
- Diabetes
- COPD
- Infectious Disease
- Obesity
- Movement Disorders
- Metabolic Syndrome



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# Metabolic Syndrome aka CardioMetabolic Syndrome



Abdominal  
obesity

Hypertension

Hyperglycemia

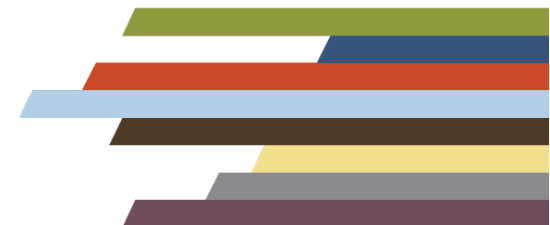
Dyslipidemia



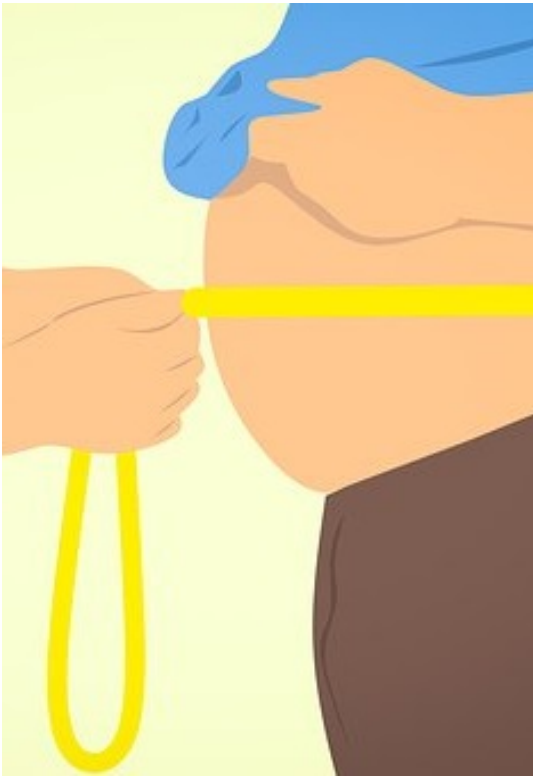
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# Abdominal Obesity



Waist circumference

Risk factors:

> 40 in male

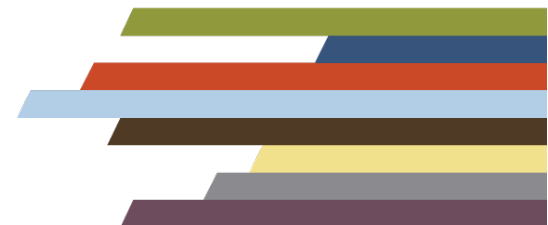
> 35 in female



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# Hypertension

## Risks:

- Family history
- Smoking
- Alcohol
- Obesity
- Being African-American
- Unhealthy Diet



$\geq 120$  (systolic)

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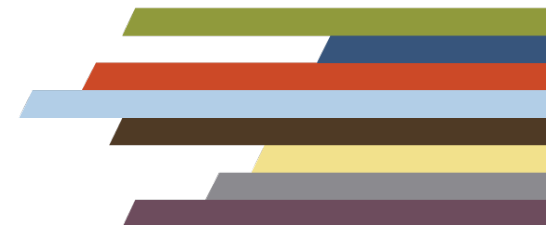
$\geq 80$  (diastolic)



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# Hyperglycemia



## High Blood Sugar Risks:

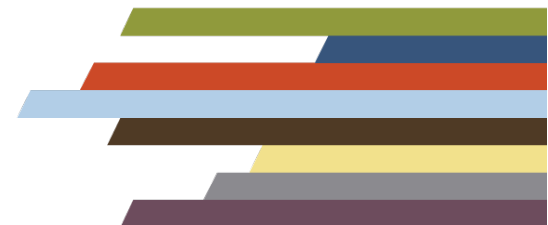
- HbA1c > 6%
- Glucose  $\geq$  100 mg/dl



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# Dyslipidemia



High cholesterol

Risk Criteria:

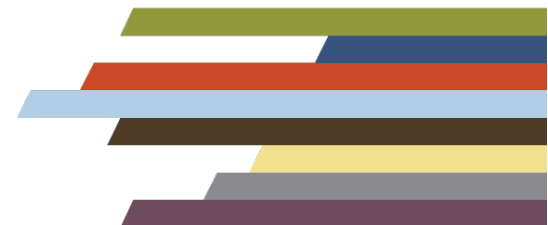
- Total Cholesterol  $\geq$  200
- LDL  $\geq$  100
  
- Addressed through diet changes & exercise



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# Premature Mortality

- Lifestyle Habits
- Risk of accidents & suicide
- Impact of medications
- Access to health
- Stigma in healthcare

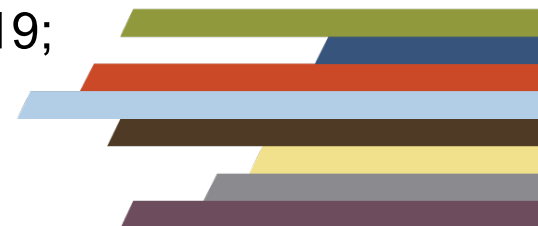


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Ashworth et al., 2017; Firth et al., 2019;



# Lifestyle Risks for Poor Health



LACK OF  
ADEQUATE  
NUTRITION



SMOKING



POOR SLEEP



SEDENTARY  
BEHAVIOR > 8.5  
HOURS/DAY



LACK OF  
PHYSICAL  
ACTIVITY



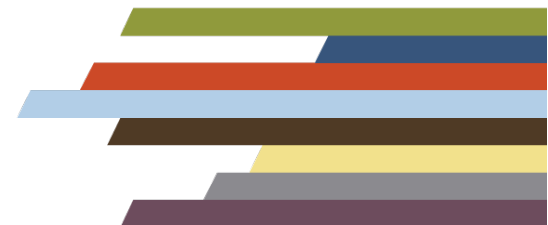
SUBSTANCE USE



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# Accidents & Death

- Cardiovascular
- “Unexplained Death”
- Suicide
- Infections
- Assaults
- Traumatic Brain Injury



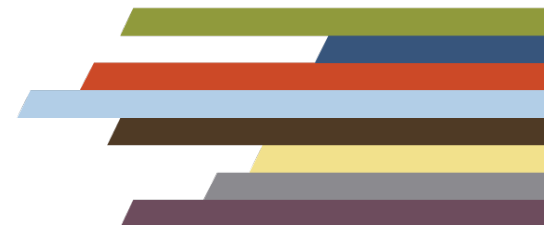
John, et al., 2018



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# Psychiatric Medications



Increased blood glucose & lipids



Change in appetite



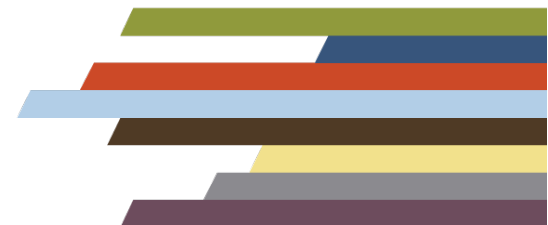
Increased risk of MetS.



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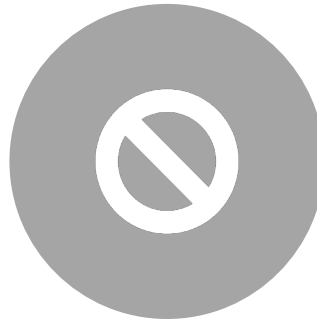
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# Access to Care



DISPARITIES IN  
CARE



ACCESS WORSE  
FOR SOME GROUPS



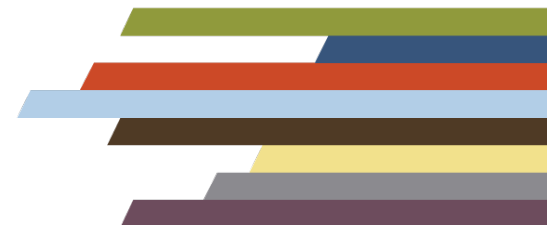
TYPE OF SERVICES  
AVAILABLE



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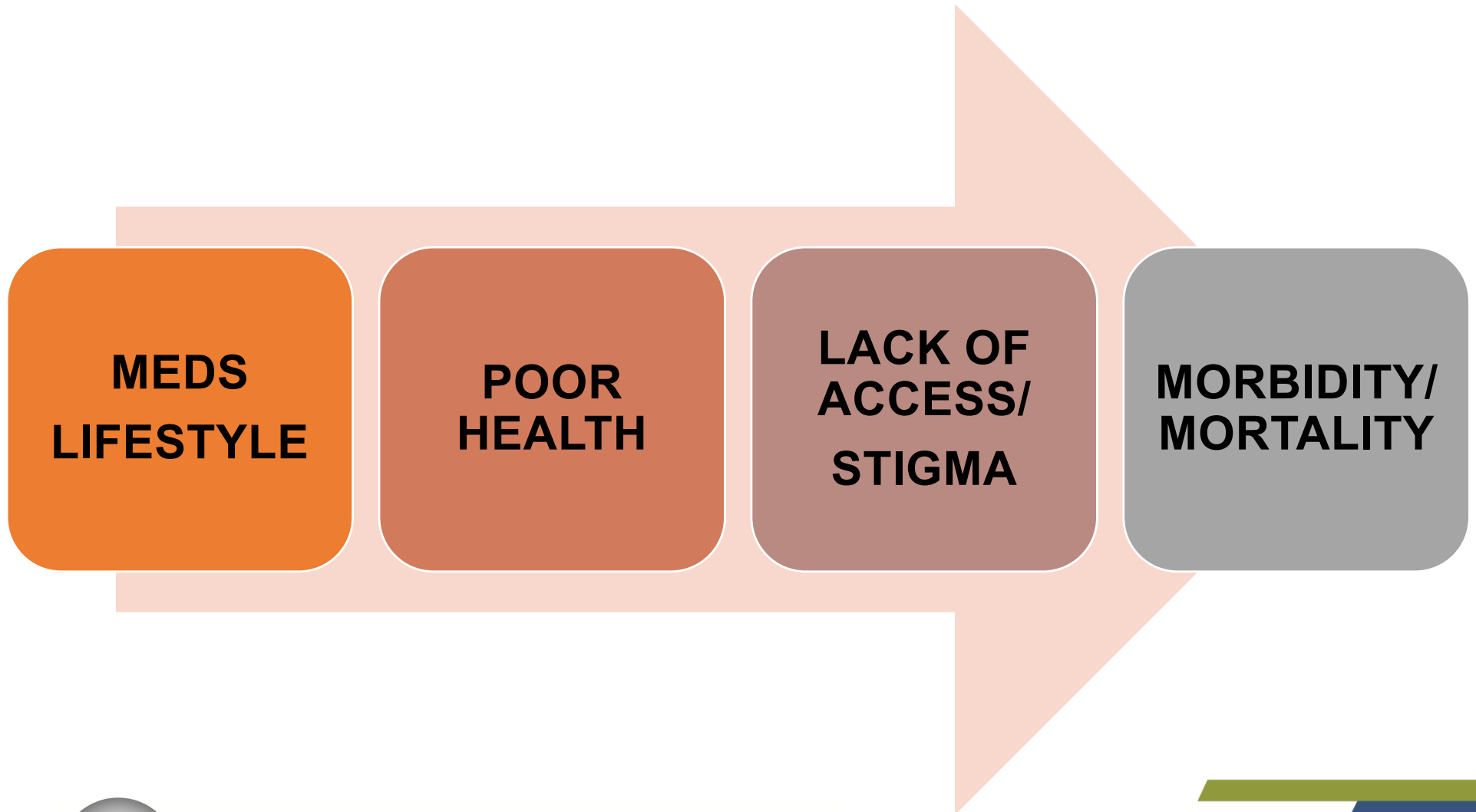
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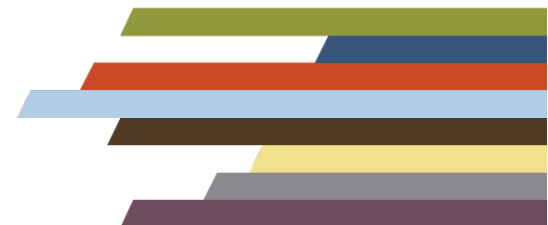
# Cascade of Poor Health



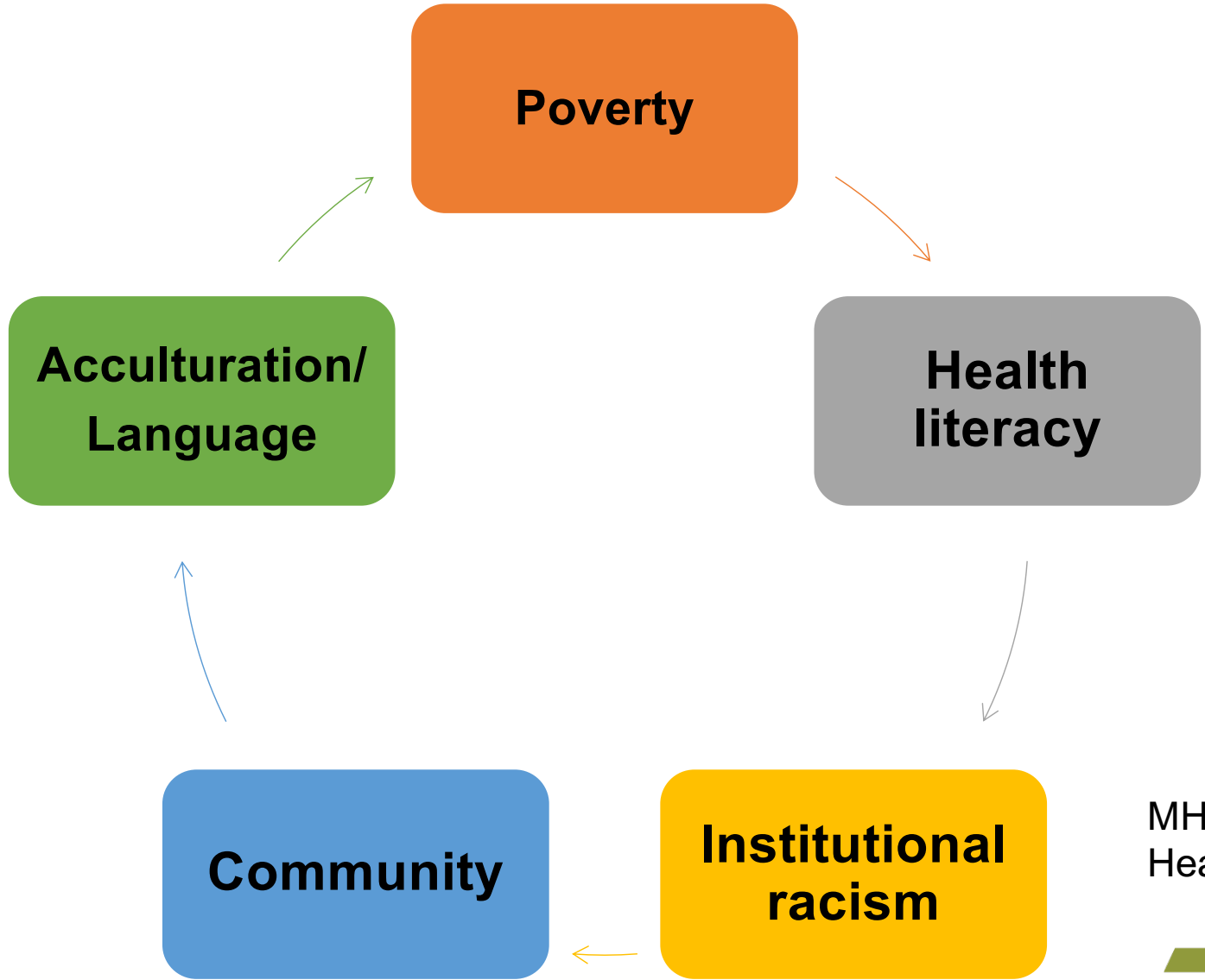
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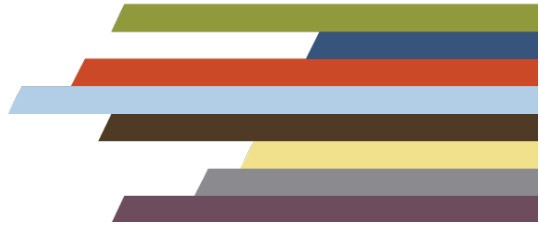
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# Social Determinants of Health



MHA, nd,  
Healthy People 2020



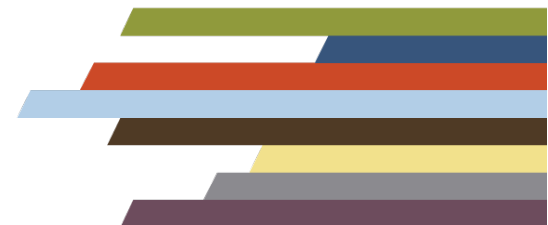
# Let's Hear from You



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# Chat Question

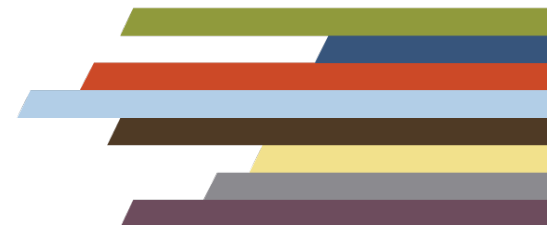
*What other lifestyle risks have you observed in your site?*



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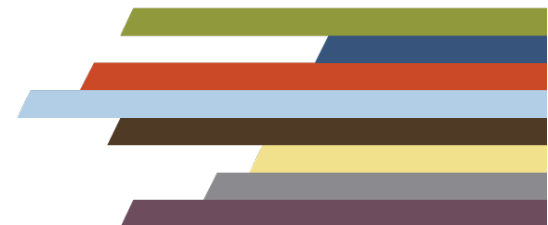
# Health & Mental Health



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# Recovery





# Health and Recovery



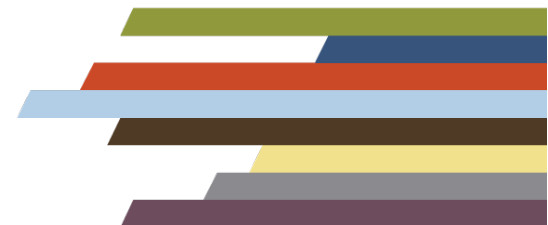
<https://www.samhsa.gov/find-help/recovery>



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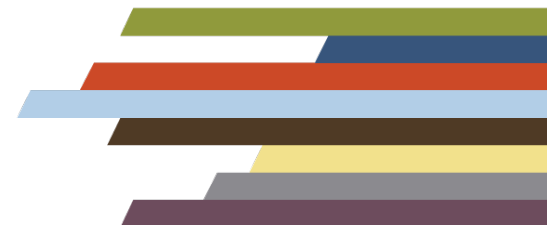
# Let's Hear from You



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# Chat Question

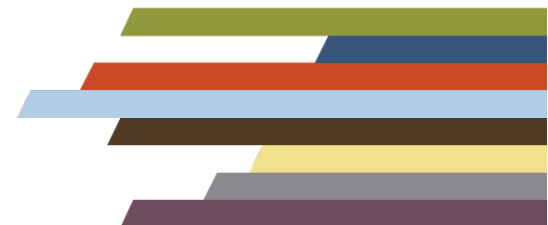
*How has poor health impacted your service recipient's personal recovery goals?*



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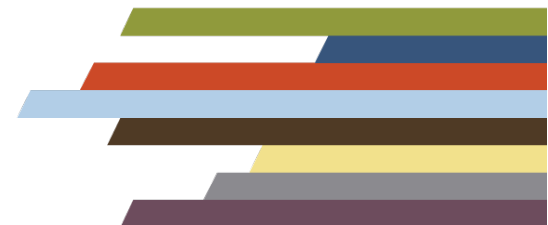
# Impact of Health on Recovery



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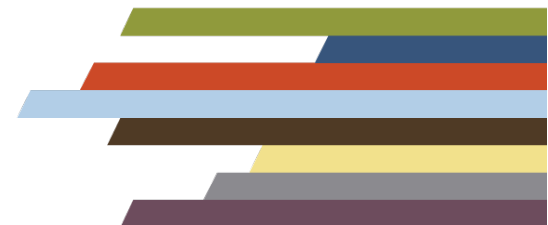
# Wellness Approach to Health

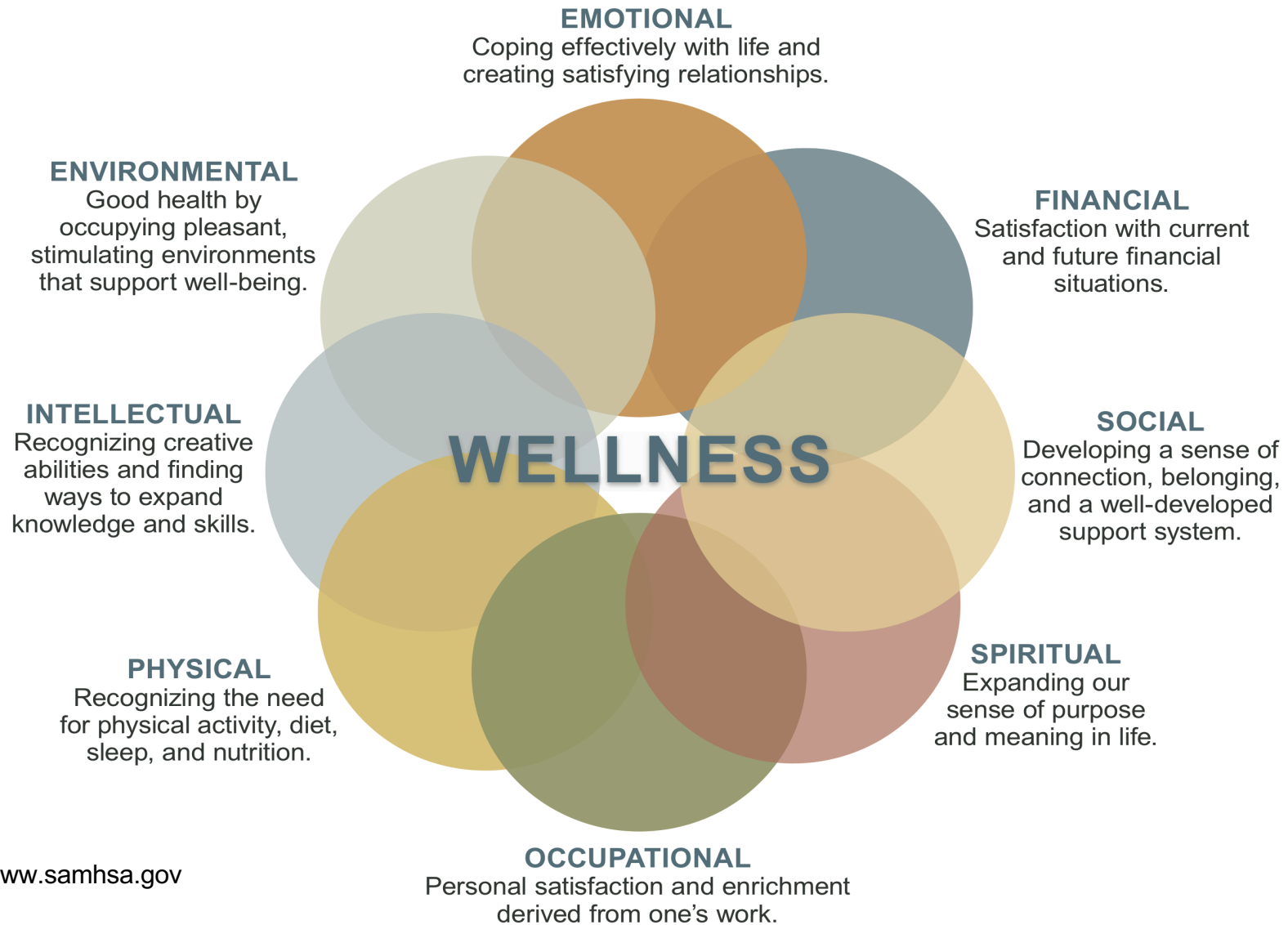


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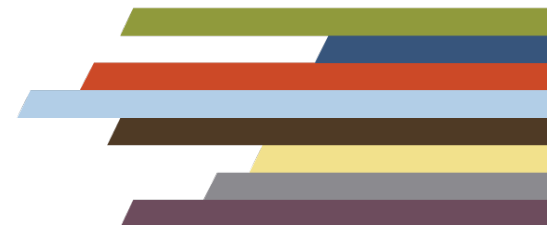
Source: [www.samhsa.gov](http://www.samhsa.gov)



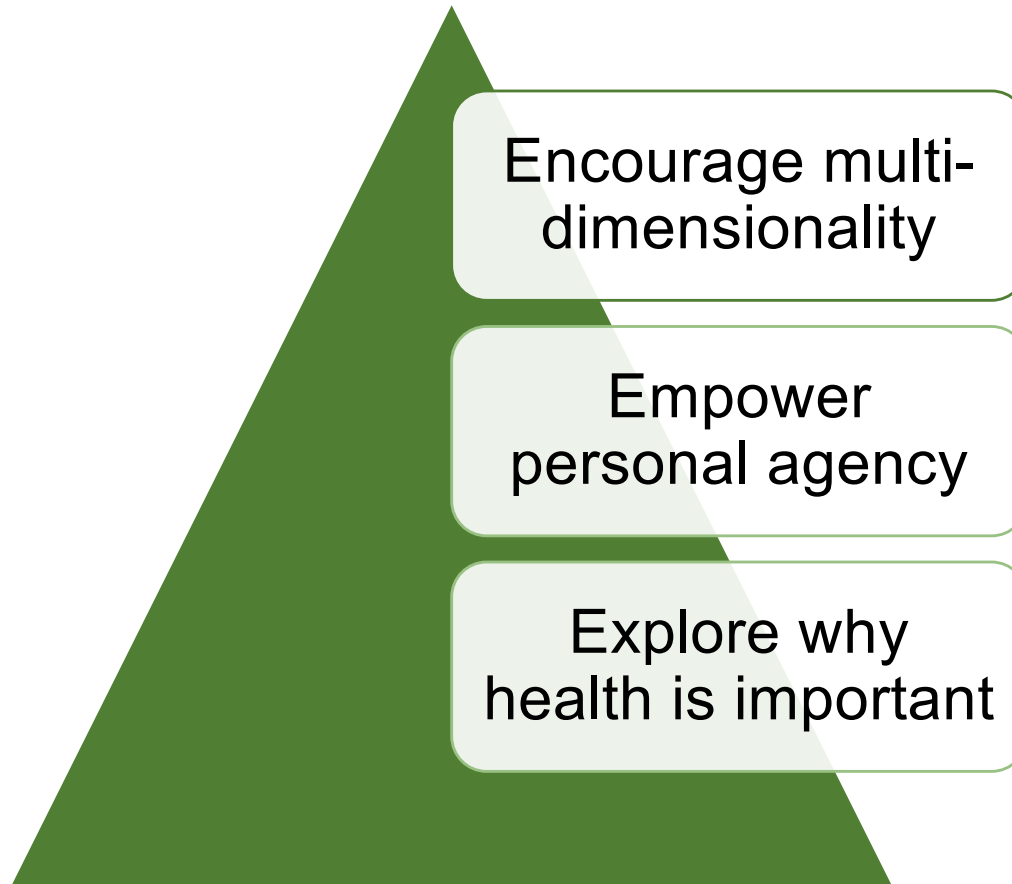
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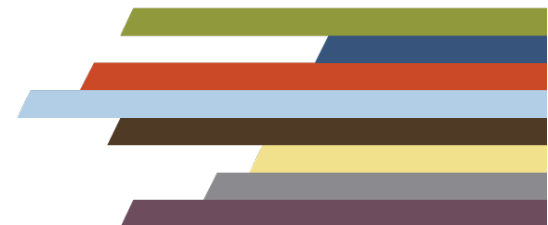
# Wellness & Health



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# Wellness Example

Maria has two part-time jobs. Recent changes have meant that her workload has increased, and now she works 7

***But how does that impact the other areas of wellness?***

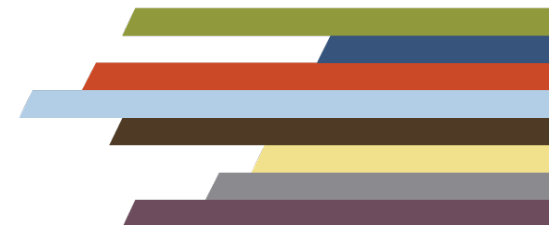
The increase in work is positive for her financial wellness, and her occupational wellness is looking good.



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# Wellness Example

- But... her social life and wellness has been impacted. She hasn't been reaching out to her friends, and is tired all the time and not interested in catching up with her family, and less available to her partner and children. She is also starting to wonder what is the purpose and meaning of her life



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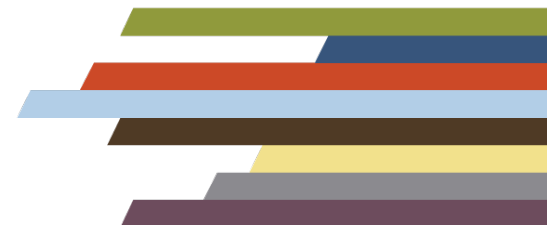
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# Chat Question

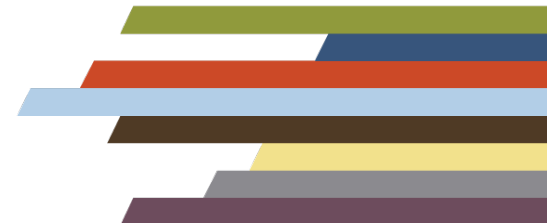
*Can you think of other examples of how these wellness dimensions overlap or influence each other?*



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# KSA of Wellness

Knowledge

Skills

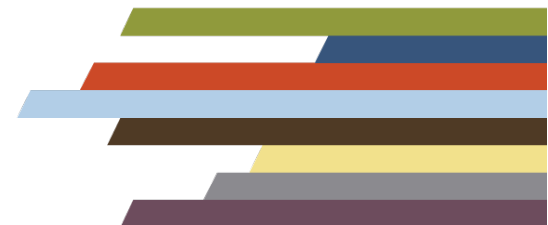
Attitudes



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# Strategies to Support Wellness



Shared Decision-Making



Goal-Setting



WRAP plans for health management



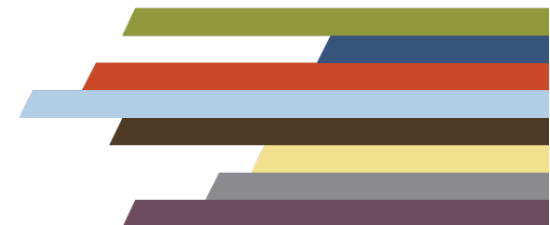
Incorporation of health factors into relapse prevention plans



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# Strategies for Health



ORGANIZATIONAL

PROGRAMMING

PRACTITIONER



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# Organizational

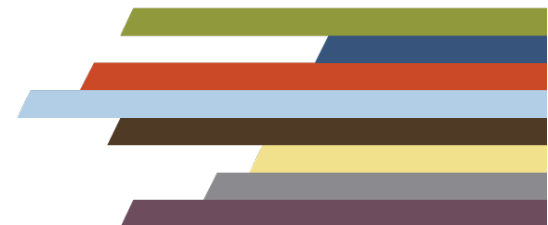
Include	Include stakeholders
Offer	Offer variety in service (include staff programs)
Integrate	Integrate health process & procedure
Frame	Frame health as a key feature in recovery
Use	Use performance improvement



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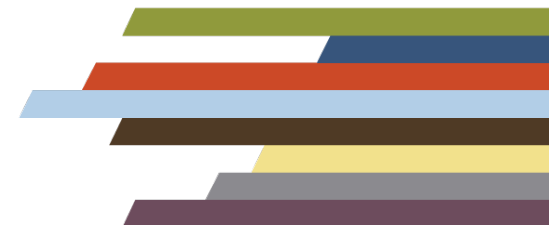
# Organizational Strategies



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## **Programmatic Considerations**

- Incorporate into current program offerings
- Address physical activity, nutrition, health literacy, nutrition, smoking, substance use, screen time
- Use peers, varying groups, choices



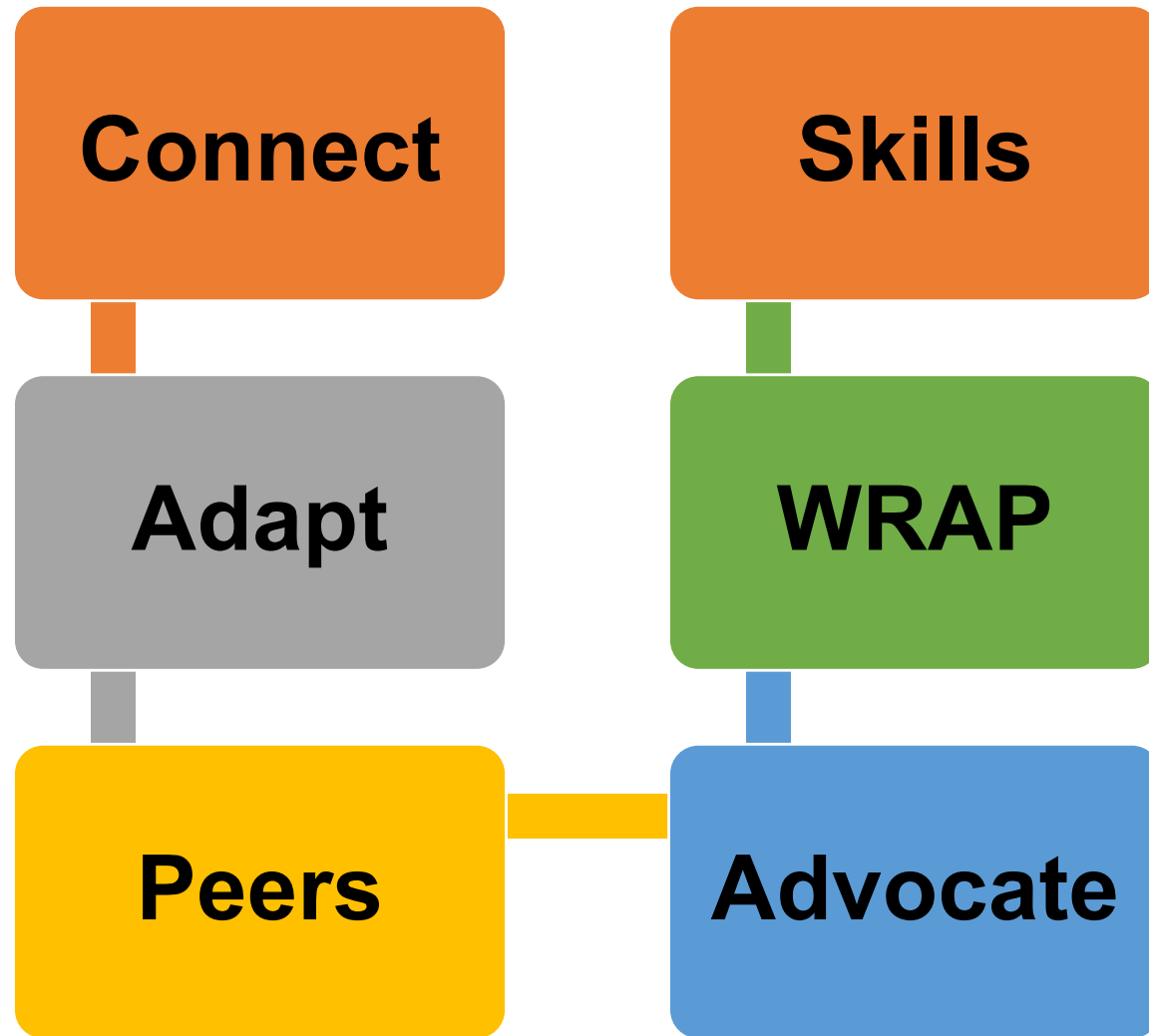
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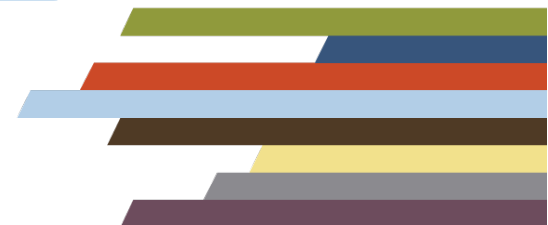
# Programmatic



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# Practitioner Interventions

Ask permission

Elicits person's views and goals

Focus on positives

Enhance persons self-efficacy

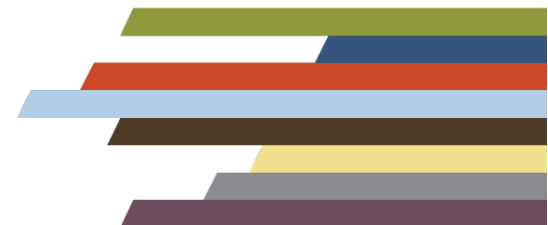
Model healthy behavior



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# Empowering Strategies



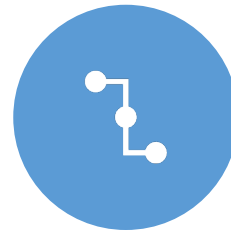
Ensure the maximum person involvement, preference and choice<sup>1</sup>



Individualize all services<sup>1,4</sup>



Use Shared-Decision making



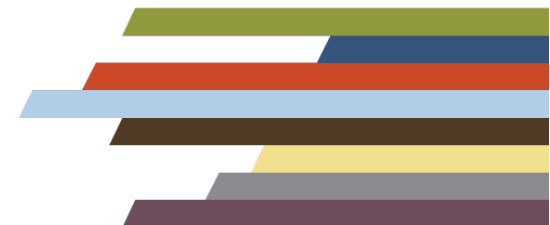
Believe that change is possible<sup>1</sup>



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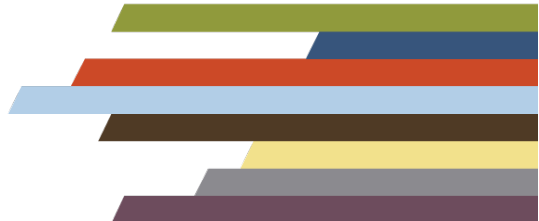
# Consider Readiness



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# Recommendations

## Complete Organizational Assessment of Programming

- Minimum 3 months
- Peers
- Community
- Screening services
- Motivational/ Engagement
- Nutrition, movement, smoking
- Self-management programs

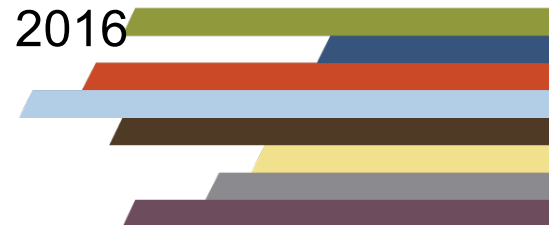


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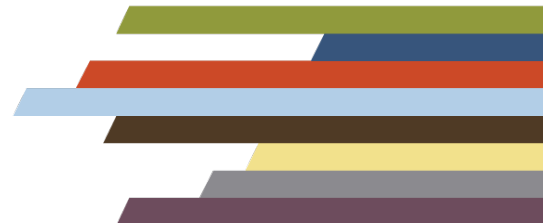
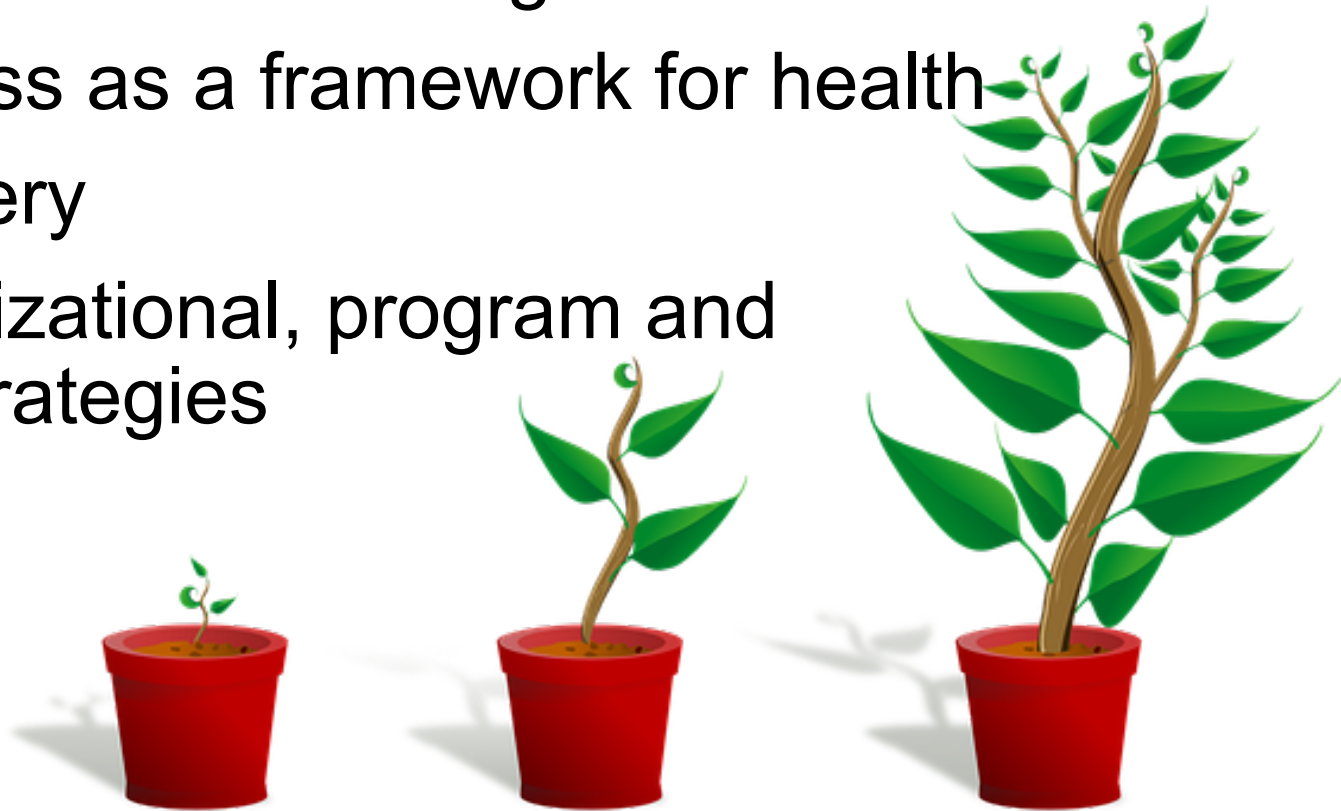
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Swintonton et al., 2016



# Summary

- Recovery includes physical wellness
- Health Problems & Accessing Care
- Use of wellness as a framework for health
- Embed recovery
- Assess organizational, program and practitioner strategies



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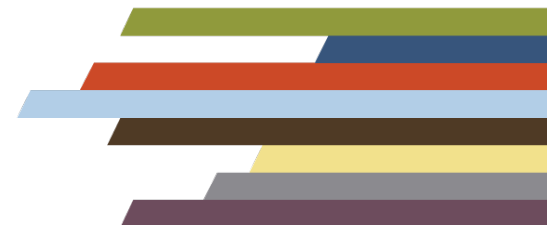
# Let's Hear from You



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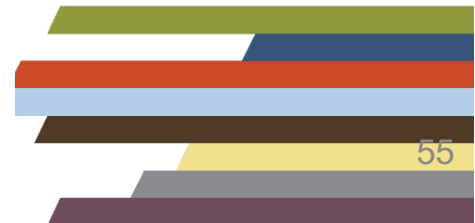
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# Chat Questions

*What successful organizational changes have you made to improve health promotion at your agency?*

*What changes might you consider implementing?*



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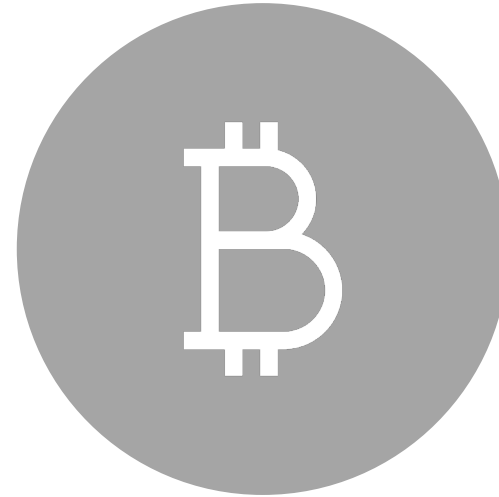
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# Last, but not least...



***WHAT ELSE DO YOU NEED TO  
LEARN TO ADDRESS THE NEEDS  
OF THIS POPULATION?***



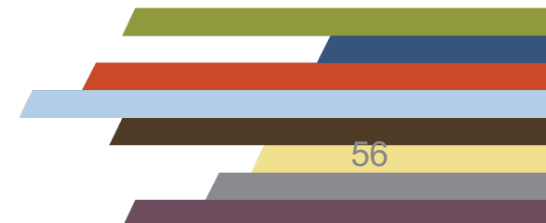
***WHAT RESOURCES WOULD BE OF  
VALUE TO YOU?***



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# Resources

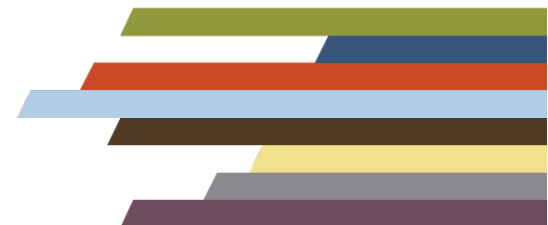
- <https://www.integration.samhsa.gov/health-wellness/co-occurring-chronic-conditions>
- <https://www.integration.samhsa.gov/health-wellness/wellness-strategies#wellness%20informed%20care>
- Center of Excellence for Integrated Health Solutions (2020).  
<https://www.thenationalcouncil.org/integrated-health-coe/resources/>



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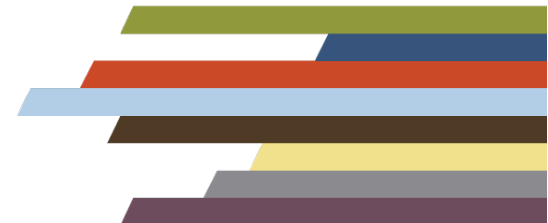
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# References (2)

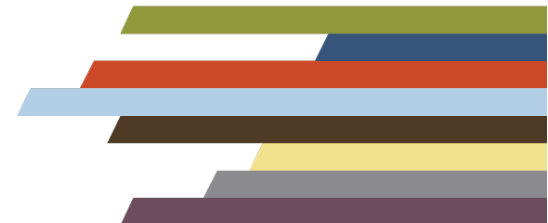
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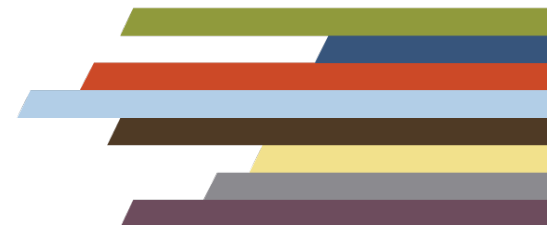
THANK YOU!



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