

Practical Steps for Wellness Support Building on Brainstorming at Colloquium 2007

Suggestions of what policy makers, providers and peers could do to promote wellness in the BCN region

Policy Makers	Providers	Peers
<p><u>BCN advocate/negotiate with state agencies and other healthcare partners</u></p> <ol style="list-style-type: none"> 1. Get primary care into mental health/A&D treatment settings. <ul style="list-style-type: none"> ▪ OHP to pay psychiatrists/PMHNP for primary health care ▪ Dx/tx UTI, manage HTN, DM, (in cooperation with PCP). ▪ Allow billing for PCP in mental health/A&D clinic. ▪ Incorporate wholeness into billable services. ▪ Figure out how to get DMAP money for wellness support for people on open cards 2. Have OHP pay for weight loss support: <ul style="list-style-type: none"> ▪ meridian, olestra, other weight-loss medications (e.g. medications to treat side effects). ▪ wellness workshops, inside residential and OHP programs. ▪ exercise programs and gym memberships ▪ basketball, water aerobics, dance, 	<p><u>Provider Agencies</u></p> <ol style="list-style-type: none"> 1. Consumers and professionals take on improving wellness as a common venture through dialogues. 2. Put all clinicians with a caseload of clients that see doctors (M.D.'s) at their clinic. Have them there 5 days a week. See all clients at that location. Have to redistribute clients to that clinician that are housed at that clinic. 3. Provide Day Care 4. Include wellness newsletter with bills or other mailings. 5. Holistically-based treatment centers. 6. Providers need to use focus groups to find out what people want. 7. Employers fund wellness programs for providers and clinicians. 8. Have same day/walk-in appointments. (Give me the same level of accessibility / ease of access that people get when buying groceries, or getting a haircut) 9. Resource bulletin board in agency lobby. 10. Educate staff to wellness ideas and promote buy-in. <p><u>Agency Staff</u></p>	<ol style="list-style-type: none"> 1. Support that physical activity is beneficial. 2. Consumers and professionals take on improving wellness as a common venture through dialogues 3. Rate or grade the provider on wellness effectiveness of treatment. 4. Believe in the process. 5. To coalesce, have a potluck at Great Wall (restaurant) once per month. 6. Motivate/Incorporate activity into everyday life. 7. Through collaboration between consumers and providers, plan to plan ways to build relationships and increase natural support systems. 8. When providers have negative response to my disclosure of mental health challenges, first

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<p>drum class.</p> <ol style="list-style-type: none"> 3. Give out free Nicorette all the time. Buy it generic. 4. Policies to influence food share programs and food stamps for healthier eating options. 5. Public education to increase motivation. 6. Pay people for getting better health instead of paying once they are unhealthy. 7. Get executive directors and hospitals to not call clients 'mental' <p><u>BCN Council consider</u></p> <ol style="list-style-type: none"> 1. Increase funding for peer groups to provide wellness support. 2. BCN snacks and meals should be healthy, such as fruits and vegetables 3. Develop a program similar to medications empowerment around how clients involve themselves in the treatment planning process. 4. Implement InShape <p><u>County Health Departments consider</u></p> <ol style="list-style-type: none"> 1. Build or focus more energy on developing more services, such as mental health services, in "free" drop-in medical centers. 	<ol style="list-style-type: none"> 1. Support that physical activity is beneficial. 2. Health/weight is common ground between staff and consumers. 3. Mental and primary service providers collaborate. Multi-disciplinary meetings between medical providers and therapist and psychiatrist on shared clients – looking at list of conditions, meds, high risk issues. 4. Involve clients more into the treatment planning process. Ask them the question, what do you want out of life? Not just what they want for treatment. 5. Educate each other about recovery. 6. Value people as they are (so people want to do more for themselves). 7. Don't classify me (written by consumer). 8. Let the patient be in control. 9. Taking risks by introducing programs to create choices. 10. Housing c/s/x people with mental health issues who have a pet to love. 11. Wellness Journal. 12. Workbook or checklists – something visual that shows how to exercise, etc 13. Provide better information on medication management. <ul style="list-style-type: none"> ▪ Use clear and simplified language. Repeat information. (Talking about diagnosis and medications.) ▪ Visual on how to talk to your doctor ▪ Have prescribers ask all clients what they believe the medications do, or ask them one side affect 	<p>acknowledge providers reactions then educate providers about mental health. Then ask "do you have questions?"</p> <ol style="list-style-type: none"> 9. Pool resources to buy healthy food, such as Costco membership and sharing or farmers markets, etc. <p><u>Consumer-Run Organizations</u></p> <ol style="list-style-type: none"> 1. Develop a program similar to medications empowerment but around how clients involve themselves in the treatment planning process. 2. Peer-run centers provide tobacco cessation classes, nutrition education, exercise-related support (YMCA group memberships). 3. Art expression groups 4. Incorporate wellness into the medication empowerment program. 5. Find out what the consumer would do or be interested in learning that is not offered at the drop-in center or peer-run organization. 6. Develop more peer-run support programs and peer-run groups.

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	<p>of the medication.</p> <ul style="list-style-type: none"> ▪ Let clients talk to prescribers as long as they want, or ask every client “how long would you like your appointments with me to be?” <ol style="list-style-type: none"> 14. Incorporate music into groups – such as clients playing instruments and providers having music incorporated. 15. Networking with peer-run organizations, inviting CHANCE to Polk County. 16. Understand the connection - Trauma triggers + food + alcohol and drugs. 17. Be flexible enough to focus on wellness and quality of life, rather than just on the trauma. 18. Provide cooking classes. 19. Offer group exercise 20. Exercise programs within agencies. 21. Supported employment with postal service (walking mailperson job). 22. Creating an Olympics-type setting for recovering mental health and a&d consumers. 23. Sponsor/fund co-ed softball, sports team, physical activity. 24. Start sports leagues within BCN or the IDS, such as the “Marion County Raptors” versus the “New Perspeculators” or Volleyball every Tuesday at 7 p.m. Provide a league trophy or prizes. 25. At the office, take a walk at every meeting break. Walk around the building, look at the creek, get some fresh air and gain some balance. Encourage others to do the same by example. 	