

# Integrated Wellness Program

By NAZCARE's Integrated Wellness Team

Curricula by Roberta L. Howard



# Integrated Wellness

- The start of something new in physical and behavioral health care.
- NAZCARE is leading the way with integrated wellness.
- People are no longer a mental disease or disorder; but a whole person.
- Integrated Wellness addresses the whole person.



# Model for other Organizations

Since NAZCARE leads the way, our programs will be a model for other organizations.

**We are gaining attention from other organizations**

- They want to know what we are doing and how?
- They look to us for our innovative ideas.
- **Why because of our outcomes in health care gains.**





# Outcomes

- Reduction in Health Care Disparity
- Smoking Cessation
- Weight Loss
- Reduction in mental health symptoms
- Reduction in hospitalization
- Reduction in crisis
- Increase in stability
- Increase in long-term sustainable recovery
- Increase in employment



# Welcome to Integrated Wellness

- Integrated Wellness works within the realm of each client's energy and consciousness. Sessions may touch on the physical, emotional, mental, and spiritual aspects of our life experience.
- The human body is surrounded and interpenetrated by an electromagnetic field. By working with this energy field, one can affect positive change in the physical body that can holistically benefit other aspects of life.

NAZCARE utilizes Peers to deliver behavioral and physical health services in an integrated and coordinated system of care.





- NAZCARE has been able to target preventative, maintenance and intervention health services that can be advanced and provided by lay people.
- NAZCARE utilizes peers in recovery to deliver those services and describes the job description with the job title of **Wellness Coach**.



# Wellness Coaches

## **Wellness Coaches help a person meet healthy objectives**

- Wellness Coaches help a person define and describe public health, personal health and behavioral health program integration and clinical integration/care coordination.
- Wellness Coaches provide examples of program integration activities taking place at national, state, and local levels to maximize funding streams, reduce costs to the system of care and most important reduce co-morbidity and improve long-term health.



# NAZCARE works by TEAMS

- NAZCARE provides an array of recovery and wellness services and work in TEAMS to deliver a wide array of services throughout the State of Arizona and Nationally.
- Wellness Centers
- Supportive Housing
- Training Programs
- Tribal Recovery



# The Team

## Components of the team

Peers

Staff (Center Managers/Peer Support Specialist)

Integrated Wellness Team

- Many different talents
- Nutritional
- Personal Trainer
- Indigenous Nutrition
- Naturopathic Medicine
- Nursing
- Holistic Health
- Herbal Remedies
- Homeopathy
- Reflexology



# The team...(cont'd)

## Hidden talents

Staff have many hidden talents

- Meditation
- Herbology
- Mindfulness
- Exercise/Activities
- Healthy Recipes



# The team (cont'd)

## Hidden talent

### Peers

- We are looking for your talents.
- Peers helping others.
- Sharing one's knowledge and strengths.
- What a person knows is valuable.



# What is the Integrated Wellness Program?

## **The Integrated Wellness Program is...**

- A new program that changes how people see themselves
- A program that helps people feel happier and better
- A program that belongs to everyone
- We are moving from recovery to wellness



# Why should we have an Integrated Wellness Program?

## **It increases the quantity of life**

- Live longer
- Reduce co-morbidity

## **It increases the quality of life**

- Living a happier and a more satisfying life
- Being more active
- Be able to be more productive
- Enjoying life more!!



WELLNESS

# Statistics

- People with severe mental illnesses, such as schizophrenia, depression or bipolar disorder, have the worst physical health and greater reduced life expectancy compared to the general population (by 10-15 years and in Arizona 22-25 years).





# Complex Medical Issues

- Wellness Programs reduce the impacts and increase in complex medical issues.
- Wellness Reduces Co-morbidity.
- Wellness Programs help monitor health and wellness.
- Wellness Programs teach people how to monitor their health and wellness.
- Wellness Programs teach people how to be healthier.



# Peer Delivered Wellness Services

- Roberta L. Howard researched the physical and behavioral health care systems to find those duties, those skills, those services that could impact a person and a health care system the most to produce the greatest outcomes.



# One way to help...

- Regular physical activity can improve the mental health of people diagnosed with a mental illness.
- Physical activity can improve one's quality of life and emotional well being.
- It doesn't have to be exercise!



# How active should I be?

The Surgeon General recommends, “people of all ages accumulate a minimum of 30 minutes of physical activity of moderate intensity (such as brisk walking) on most, if not all, days of the week.

- Notice it says accumulate. It doesn't have to be a long bodybuilder style work out. Take the dog for a 15 minute walk in the morning and again in the evening



# No excuses!



**"What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?"**



# Activity is just one way to become healthier

“I can do this!”



“Me too!”



# Holistic Approach

- Mind
- Body
- Spirit





# Wellness in Action

Wellness in Action is one step that NAZCARE is taking to better wellness

## Why NAZCARE looks at nutrition?

- Our physical system starts at the mouth - Everyone eats.
- Everyone needs information on how to eat well.
- Knowledge about foods and medication is critical, especially since people taking psychotropic medication are predisposed to diabetes and complex medical issues.
- Knowledge is power!





# Wellness in Action

- NAZCARE started in 2009 with a basic nutritional curriculum.
- Recently, we have stepped the curriculum up since diet & nutrition showed the greatest gains and acceptance; the entire agency pulled together.
- In September, Wellness Centers will look at beverages as part of this curriculum.
- We always ask, what do you want?
- More to come in the future...



# Integrated Wellness

**What has NAZCARE already been doing?**

- Peer Whole Health
- Brilliant Health
- (WRAP) Wellness Action Plans
- Community Integration
- Relaxation & Meditation
- Diet & Nutrition
- Increase Activity –(Wii)



# Peer Whole Health

- Choose to be Healthier
- Choose one small change
- Achieve that change
- Sustain that change



# Brilliant Health

- Embracing Brilliant Health
- This model will integrate into Wellness Plans, Peer Whole Health, Support Groups and SMART Recovery. This model will enhance recovery support services and wellness, and provide great action steps to follow on the pathway to better health.



# Wellness Plans

- Is an evidence-based system that is used world-wide by people who are dealing with mental health and other kinds of health challenges, and by people who want to attain the highest possible level of wellness.
- It was developed by a group of people who have a lived experience of mental health difficulties; people who were searching for ways to resolve issues that had been troubling him or her for a long time.
- It is a prevention plan, an intervention plan, a relapse plan, a pre-crisis plan, a crisis plan, and a post crisis plan.

# Community Integration

Community Integration is the opportunity to live in the community and be valued for one's uniqueness and abilities, like everyone else (Salzer, 2006). \*

## **Community integration encompasses:**

- Housing
- Employment
- Education
- Health Status
- Leisure/Recreation
- Spirituality/Religion
- Citizenship and Civic Engagement
- Valued Social Roles (e.g., marriage, parenting)
- Peer Support
- Self-Determination

Community integration (or, the opportunity to live like everyone else) should result in community presence and participation of people with psychiatric disabilities similar to that of all others without a disability label (Salzer, et al). \*



# Relaxation & Meditation

- Rest is only possible, when you have stopped all activities.
- When you stop moving around, when you stop working, thinking, talking, seeing, hearing, smelling, tasting... when all these activities stop, then you get rest.
- When you stop all voluntary activities, then, you rest.
- You are left with just the involuntary activities (breathing, beating of the heart, digestion of the food by the stomach, blood circulation, etc.)
- Ahhhh peace – stress reduction – relief!

# Diet & Nutrition

- Nutrition (also called nourishment or aliment) is the provision to cells and organisms of the materials necessary (in the form of food) to support life. Many common health problems can be prevented or alleviated with a healthy diet.
- The diet of an organism is what it eats, which is largely determined by the perceived palatability of foods.



# Increased Activity

- It is NOT just about exercise.
- Many clients are disabled physically and cannot do exercises but...
- They may stretch.
- They may do adapted yoga.
- They can and do play Wii.



Wii has been great and provides needed activity, social interaction and reduces depression and social isolation.

# NAZCARE INTEGRATED HEALTH COMPONENTS

- Personal Goal Setting
- Emotional Health
- Brilliant Health
- Whole Health
- Mental Health Management
- Wellness Plan
- Self-Esteem Improvement
- Assisting with setting up an electronic medical record
- Inspirational Activities



## Page 2

- Healthy Habits
- Wellness Monitoring
- Medication Monitoring
- Fitness & Activity
- Weight Control & Weight Loss
- Yoga
- Meditation
- Naturopathic and Homeopathic Approaches
- Diet & Nutrition



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- Dental Health
- Temple Rubs & Reflexology
- Mindfulness Approaches
- Physical Health Monitoring
- Basic Patient Care
- Chronic Disease Management
- Diabetes Education, Monitoring, Management & Support
- Use of Medical Equipment
- Up Keep & Maintenance of Medical Equipment
- Recovery Care after Surgery
- Family Services
- Mammary Exam Support



## Page 4

- Maternity Care Pre/Post (30 year Best Practice)
- Parenting
- SMART Addiction Recovery (leading in all addiction recovery)
- Advocacy
- Health Care Systems Navigation
- Resources & Resource Management
- Blood Pressure Management
- Cholesterol Management
- Skin Care & Concern Issues
- Foot Care & Concern Issues
- Gender Related Self-Exams and Issues
- Vision and Hearing Assessments



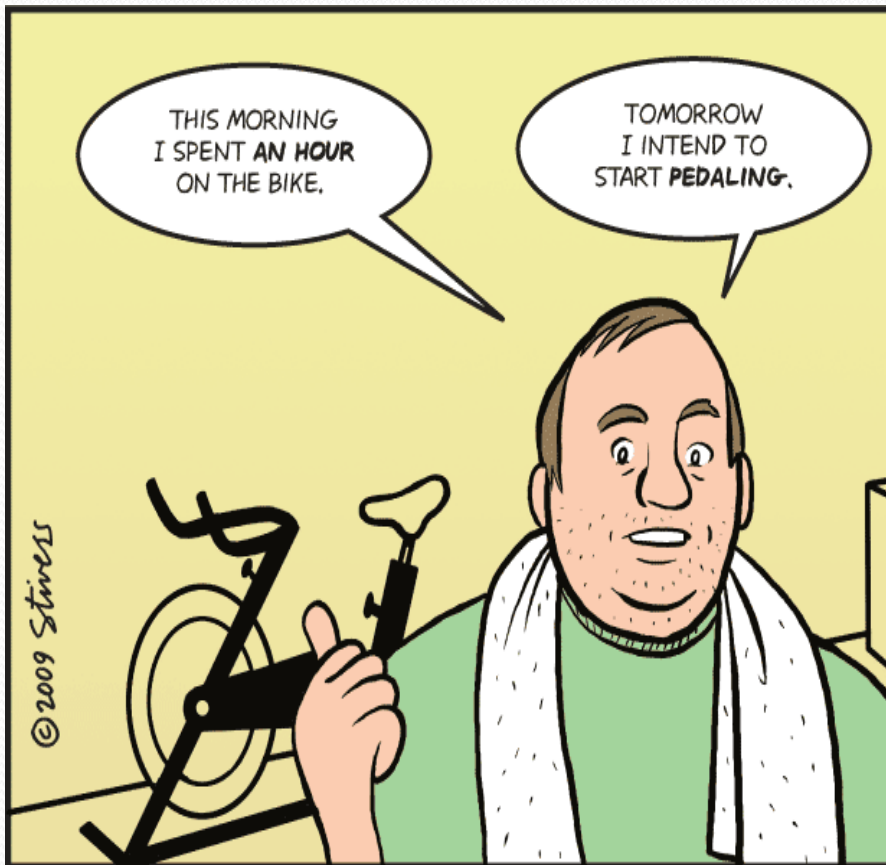


# Future of Integrated Wellness Program

- NAZCARE is going to keep providing an array of services.
- NAZCARE will continue to develop other parts of the Integrated Wellness Program.

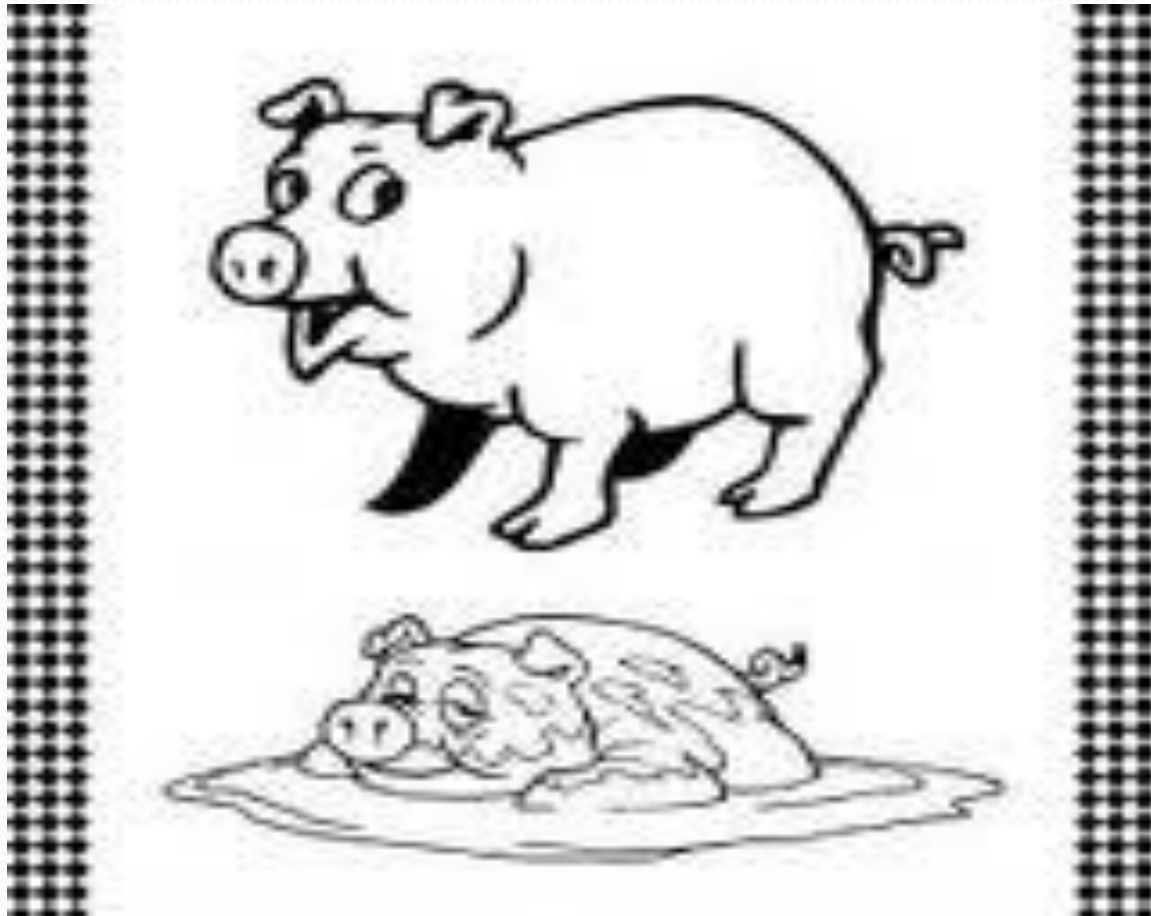


# Exercise and Stretching



Starting slow is ok as long as we start

# Proper Hygiene



# Meditation



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# Mindfulness



# Reflexology





# Temple Rubs





# Yoga (nothing too extreme!)





Diabetes Support  
Support Groups  
Personal Support  
Blood Sugar Support

# Naturopathic and Homeopathic Approaches

- Naturopathy, or naturopathic medicine, is a system of medicine based on the healing power of nature.
- Naturopathy is a holistic system, meaning that naturopathic doctors (N.D.s) or naturopathic medical doctors (N.M.D.s) strive to find the cause of disease by understanding the body, mind, and spirit of the person.
- Most naturopathic doctors use a variety of therapies and techniques (such as nutrition, herbal medicine, homeopathy, and acupuncture).

# Dr. Lois Eaton



There are two areas of focus in naturopathy: one is supporting the body's own healing abilities, and the other is **empowering people** to make lifestyle changes necessary for the best possible health. While naturopathic doctors treat both short bouts of illness and chronic conditions, their emphasis is on preventing disease and educating patients.

# Where do we go from here...



# Thank you!



Happy Healthy Life

Brought to you by NAZCARE's Integrated Wellness Team

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