

Health and Wellness Curriculum

A Component of Telecare's Whole Person Care Initiative

Overview

Through our Whole Person Care (WPC) Initiative, Telecare is implementing new ways to provide integrated physical and mental healthcare in a recovery-focused, collaborative way.

In May 2016, we launched the **Health and Wellness Curriculum**. The curriculum focuses on the eight chronic conditions that most frequently affect our members. Each topic presented in the curriculum is easily graspable and actionable. Program staff will learn about these common physical health issues and how to engage in conversation with members about ways to improve their wellness through healthier lifestyle choices.

“We can begin the process of eradicating the healthcare disparities that exist in persons with mental illness, by developing a whole person treatment plan that assists our members with behavior change that will affect their physical health.”

— Dr. Kent Eller, Chief Medical Officer

INTENDED GOALS



Improve and expand our capacity to integrate physical and mental healthcare services.



Enable staff to identify physical health and substance use risks and offer targeted support for each member.



Empower and motivate members to take control of their health.

BENEFITS

STAFF



Staff will gain knowledge about the health conditions they see in program members and will be able to offer members information to support healthy lifestyle choices.

MEMBERS



Members will be more likely to engage and make the changes necessary for a longer, healthier life when they are part of a shared treatment planning process.

PROGRAMS



Programs will be more effective when coordinating care with primary care providers and the larger system of care.

CUSTOMERS



Customers will be able to reduce the costs of emergency care and alleviate strain on community resources.



Health and Wellness Curriculum at a Glance

Providing Information and Tools for Making Healthier Lifestyle Choices

WHO IT'S FOR

Staff and Members

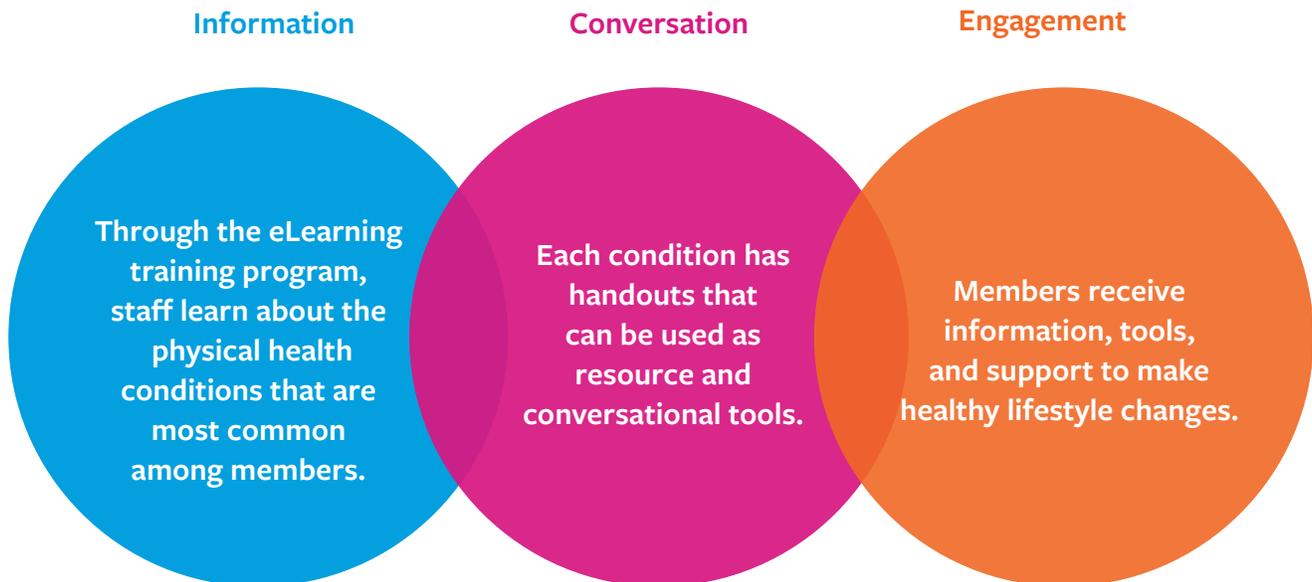
The curriculum provides staff basic knowledge on chronic physical health conditions. Members have the power to choose which aspect of their life they want to start working on.

WHAT IT COVERS

Physical Health

- Diabetes
- Cholesterol
- Blood Pressure
- Body Weight
- Asthma and COPD
- Stress Response
- Tobacco and Nicotine Use

HOW IT WORKS



RESOURCES FOR STAFF

- eLearning:** The Health and Wellness Curriculum consists of eight modules and can be accessed by all staff at every level through Telecare's Learning Management System. The full curriculum includes 11 hours of training. Staff can earn up to 10.5 Continuing Education Units (CEUs).
- Handouts:** Each module comes with informational handouts that help staff quickly identify potential health risks and have targeted conversations with members.

RESOURCES FOR MEMBERS

- 17 Health & Wellness Handouts
- 7 Substance Use Handouts
- 2 Quit Plans
- My Health & Wellness Booklet

Sample Curriculum Materials

Handouts and Tools

Tobacco Facts and Effects on the Body

Nicotine Addiction and Withdrawal
Nicotine is the highly addictive drug in tobacco. In the US, more people are addicted to nicotine than any other drug. The US Surgeon General states that nicotine may be as addictive as heroin or cocaine. It belongs to a class of substances called neurotoxins which means it toxic or poisonous to nerve tissue.

Nicotine is a stimulant. Shortly after consuming nicotine, you may become more alert or have more energy. However, these temporary effects are usually followed by symptoms of withdrawal and craving. Nicotine is very addictive, which makes it very challenging for people to quit smoking.

Quitting

- Most people who intend to quit often make at least four attempts before they succeed.
- As soon as a person quits smoking the body begins to heal and within 20 years it is as healthy as if the person never smoked.

See the **Smoking: Taking Control of Your Health** handout to learn more strategies for quitting.

Second-Hand Smoke
Second-hand smoke can cause disease or death in children and adults who don't smoke.

- A pregnant woman is exposed to second-hand smoke, she has a greater risk of miscarriage, stillbirth, and other pregnancy and delivery problems.
- Living with a smoker puts you at a 25-30% higher risk of developing lung cancer.
- Children whose parents smoke have a three-fold risk of lung growth and are at higher risk of developing asthma, bronchitis, and pneumonia.

Long Term Effects of Tobacco on the Body and Brain

Brain: This small, bony, neurotoxic organ is the seat of thought, feeling, and emotion. It is the most complex organ in the body. It is also exposed to the most toxic substances in tobacco smoke.

Heart: Smoking is a major risk factor for heart disease. It causes the arteries to narrow and harden, which increases the risk of heart attack and stroke.

Lungs: Smoking is the leading cause of lung cancer and chronic obstructive pulmonary disease (COPD). It also causes emphysema and chronic bronchitis.

Diabetes: Smoking increases the risk of developing Type 2 diabetes.

Digestive System: Smoking is linked to stomach, pancreatic, and esophageal cancers, as well as other digestive problems.

Reproduction in men: Smoking is linked to decreased sperm count and quality, and an increased risk of infertility.

Reproduction in women: Smoking is linked to decreased fertility, and an increased risk of miscarriage and stillbirth.

Other: Smoking is also linked to osteoporosis, rheumatoid arthritis, and other autoimmune diseases.

For more information, visit <http://www.tobaccofree.org>

INFORMATION

Facts and Effects handouts describe a physical health condition and provide information on signs and symptoms, risk factors, the effects of the condition on the body, and how the condition is measured and monitored.

Taking Steps to Change My Lifestyle

Prevention and Management
Whether you are at a healthy weight or trying to lose weight, you can always find healthy lifestyle habits including:

- Making healthier food choices.
- Getting regular physical activity.

I Have Extra Body Weight: ...

can do to bring your body weight into a healthier range. When you eat and how much you eat is directly related to whether you lose, maintain, or gain weight.

The chart below shows the recommended number of calories to eat each day for different body types and activity levels.

For optimal health, the US Department of Health recommends eating a diet of healthy foods and managing your portion sizes. See the recommendations below.

Healthy Eating Plate

Use a variety of fruits, vegetables, and grains.

Use lean meats, poultry, fish, and eggs.

Use low-fat dairy products.

Use healthy fats like olive oil, nuts, and avocados.

Limit sodium, added sugars, and saturated fats.

Limit alcohol.

Reflection Question
Imagine you were considering making a change to lifestyle habits that would impact your body weight. What would that change look like?

Let your **Trainer** team know if a change is a change you'd like to make.

CONVERSATION

Take Control handouts provide information on prevention and management, particularly lifestyle changes a person can make to take control of his or her physical health condition. Each handout has a list of additional resources and reflection questions for members.

Body Weight and Health Take Control of My Health

Prevention and Management
Whether you are at a healthy weight or trying to lose weight, you can always find healthy lifestyle habits including:

- Making healthier food choices.
- Getting regular physical activity.

I Have Extra Body Weight: ...

If you want to see the BMI chart put your weight in the overweight or obese ranges, **healthy changes** can bring your weight into a healthier range. The two most important changes are **exercise and portion control**.

HEALTHY EATING PLATE

The chart below shows a healthy eating plate, with foods that provide good nutrition. A full-size chart can be found at <http://www.choosemyplate.gov>.

These recommendations may be quite different from your current eating habits. You don't have to change what you eat all at once. Instead, you can start by taking some smaller steps, such as:

- Replace one or two food or beverage items with a vegetable or fruit.
- Reduce portion sizes.
- Use water instead of sugary drinks.
- Use healthy fats like olive oil, nuts, and avocados.
- Limit sodium, added sugars, and saturated fats.
- Limit alcohol.

Doing these things a little at a time can help you develop healthy eating habits.

Learn More At:
For some helpful interactive tools, including calculators for your target heart rate, BMI, and the amount of calories an activity will burn, check out www.choosemyplate.gov. For the USDA's online database of nutritional information for all foods, check out www.nutritionfacts.gov.

Recommended Calorie Intake based on Gender, Age and Activity Level

Gender	Age	Sedentary (Lowly Active)	Moderately Active	Active
Male	19-30	2,600	2,800	3,000
Male	31-50	2,500	2,700	2,900
Male	51-70	2,200	2,400	2,600
Female	19-30	1,800	2,000	2,200
Female	31-50	1,800	2,000	2,200
Female	51-70	1,600	1,800	2,000

Reflection Question
Imagine you were considering making a change to lifestyle habits that would impact your body weight. What would that change look like?

Let your **Trainer** team know if a change is a change you'd like to make.

My Quit Plan: Smoking

My Reasons to Quit Smoking:

My Quit Date:

People I'll Tell:

My Triggers:

My Blockers:

List the things, people, or places that trigger your smoking habit.

List the things, people, or places that block your quit attempt.

Health and Wellness Workbook

Participant Name _____

ENGAGEMENT

Members receive self care tools they can use to keep track of their physical health symptoms. These resources range from checklists to booklets.

Telecare's Vision of Care

Connecting Behavioral and Physical Health



Anita Barnas
Senior VP of Operations

Dr. Kent Eller
Chief Medical Officer

"Physical health is important in a behavioral health setting because we know that people with a serious mental illness have a significant reduction in their life expectancy, and it's not okay for people with a mental illness to live such a short life," said Dr. Kent Eller, Telecare's Chief Medical Officer. "With healthcare reform, it is understood that for us to really make an impact, to actually change this course, we have to work better with the collaboration and integration of physical and behavioral healthcare."

Telecare's Whole Person Care Health and Wellness Curriculum provides a way for program staff to learn basic information about common—and potentially life-threatening—physical health conditions, and provide information to empower members.

"This is an education initiative," said Anita Barnas, Senior Vice President of Operations. "Our goal is to raise the base level of knowledge and skill of our staff so they can engage the people we serve in identifying and addressing healthy lifestyle choices that positively impact their overall health."

For more information on the Health and Wellness Curriculum, contact:

Anita Barnas at abarnas@telecarecorp.com or
Dr. Eller at keller@telecarecorp.com.

60

60 million adults in the US aren't receiving adequate primary care.

33%

33% of adults with serious mental illness aren't receiving any mental health services.

90%

90% of people with substance use conditions aren't receiving any substance use care.

2018

In an effort to reduce the healthcare disparities above, we are going to train all direct service staff on the Whole Person Care Base Model by 2018.