Peer Support Whole Health & Resiliency

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PSWHR Core Beliefs

- People cannot be forced or coerced to change their unhealthy life-style habits; PSWHR training needs to be *voluntary*
- Participants must acknowledge having health issues they wish to address.
- People are more likely to create a healthier life-style when the focus is on their interests, strengths, supports & what they see as possible; PSWHR training helps people *focus on what they want to create* in their lives, not on what they need to change.
- People find it *easier to create new habits* than to change old ones; PSWHR training focuses on *creating new habits* or disciplines on a weekly basis, *monitoring how well they are doing*, and *accepting support* from their peers.

2 Major Program Components

one-on-one weekly education and goal setting sessions with a CPS attendance at PSWH support groups led by a CPS





IMPACT Planning Process Helps peer identify a whole health goal that is:

- ✓ Improves health quality
- ✓ <u>M</u>easurable
- ✓ Positively stated
- ✓ <u>A</u>chievable
- ✓ <u>Calls forth actions</u>
- ✓ <u>Time limited</u>

Weekly Action Plan breaks goal into small steps achievable in 7 days (eat 2 servings fruit 3 X week)

Confidence Scale (O=none, 10=total) allows peers to rate whether they can complete the step that week

10 Wellness & Resiliency Domains for Person Centered Planning

- 1. Stress Management
- 2. Healthy Eating
- 3. Physical Activity
- 4. Restful Sleep
- 5. Service to Others
- 6. Support Network
- 7. Optimism Based on Positive Expectations
- 8. Cognitive Skills to Avoid Negative Thinking
- 9. Spiritual Beliefs and Practices
- **10.** Sense of Meaning and Purpose

Relaxation Response

- Taught as an essential resiliency tool
- Can attenuate the stress-induced, fight-or-flight response.
- Counters unremitting stress that can negatively impact genetically vulnerable areas of our bodies to promote mind/body illness and premature death

Optimism Based on Positive Expectations - Resiliency Research

- 15-year study of 2,800 patients who had undergone coronary angiography at Duke University Medical School
- Completed 18-item questionnaire to assess how much or little optimism they felt about their diagnosis and recovery
- Patients with positive expectations about recovery were 27% less likely to die from heart disease over the next 15 years, controlling for confounds like disease severity & depression

(Barefoot et al. 2001, Arch Intern Med)

5 Keys to Success

- Person Centered Goal
- Weekly Action Plan
- Daily/Weekly Log
- One-to-one peer support
- Peer support group

Financial Sustainability

- PSWHR training teaches CPSs how to write health goals for treatment plans
- States in which CPS services are billable under Medicaid then have coverage for peers to support PCP health goals
- Weekly action planning process documents progress toward goal can be billed as Person Centered Planning & documented in progress notes

PSWHR Research Base

Two pre-/post-test evaluations of the PSWHR program.

➢8 weeks of PSWHR received by 15 participants in the 1st evaluation (Lingle & Darnell, 2009) & 14 in the 2nd (Daniel & Fricks, 2009).

Study 1, 100% of participants reported progress toward achieving their whole health goal with 20% fully achieving their goal; 67% reported positive improvement in their overall health.

Study 2, 93% of participants reported progress toward achieving health goals, but 0% reported fully attaining their goals; 35% reported positive improvement in their overall health.

➢ Participants in both studies rated their certified peer specialists as very helpful in assisting them to attain their whole health goals.

PSWHR Evidence Base

Taken together, these studies suggest that PSWHR participation may help people in recovery identify and make significant progress toward achieving self-determined whole health goals.

Center will test the model in an upcoming research study.



http://preview.cade.uic.edu/NRTC5/wellness_interventions.asp

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Research Projects / Randomized Controlled Trial of Peer-Led Wellness Interventions in Georgia

This study is a randomized controlled trial of the efficacy of two interventions designed to enhance wellness and physical health. Peer Support Whole Health (PSWH) is an intervention delivered by Certified Peer Specialists (CPS) at peer support Centers in Georgia. Seeking Wellness is a multi-week, professionally-taught community mental health center class that explores the nature of alternative and complementary medicine (ACM) and its impact on health. The project is a collaboration with the Georgia Department of Behavioral Health and Developmental Disabilities; the Georgia Mental Health Consumer Network; Peer Centers in Savannah and Columbus; and AmericanWork, a public sector behavioral health provider.

With their informed consent, 300 people in mental health recovery are being randomly assigned to either PSWH or SW. PSWH participants meet weekly in individual sessions with CPSs, to pursue whole health goals and participate in a whole health support group. SW recipients attend classes on the use of ACM to address general health issues, specific types of ACM and the health conditions they address, and ACM risks, benefits, and side effects. Research participants are recruited from community mental health centers operated by AmericanWork in the cities of Savannah and Columbus, Georgia.

Data collection occurs at three time points: study baseline, 6-months, and 12-months post-baseline. The primary outcome is self-reported improvement in physical and mental health symptoms. Secondary outcomes include health-related quality of life; decreased stress levels; awareness and use of positive eating/hydration habits; and physical activity/exercise. Also assessed is satisfaction with the two interventions and fidelity to each is monitored throughout the study.

Participation in the interventions and the research is completely voluntary and individuals

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Georgia RCT Study of Peer-Led Wellness Interventions: Study Collaborators



Appalachian onsulting Troup, Inc. AmericanWork, Inc.



Georgia Department of

BEHAVIORAL HEALTH and DEVELOPMENTAL DISABILITIES

Random Assignment to Two Wellness Interventions

- PSWHR delivered by Certified Peer Specialists at peer support Centers in Savannah & Columbus, Georgia
- Seeking Wellness Naturally (SWN), a multi-week curriculum taught by non-peer instructors at mental health centers in those cities



Wellness Outcomes

- Primary: self-reported improvement in physical/ mental health symptoms (BSI, Duke Health Profile)
- Secondary:
 - health-related quality of life (mos SF-36)
 stress levels (Health Promoting Lifestyle Profile)
 health efficacy (Health Locus of Control Scale)
 awareness and use of positive eating/hydration/ exercise (Self Rated Abilities for Health Practices Scale)
 - > psychosocial improvement (Hope Scale, RAS)

Goals of the Research

- 1. Determine the level of evidence for PSWHR
- 2. Does the evidence level warrant the status of evidence-based practice?

• Center research recently established the evidence base for Wellness Recovery Action Planning (WRAP), included in federal NREPP



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Summary		

Wellness Recovery Action Plan (WRAP)

Date of Review: September 2010

Wellness Recovery Action Plan (WRAP) is a manualized group intervention for adults with mental illness. WRAP guides participants through the process of identifying and understanding their personal wellness resources ("wellness tools") and then helps them develop an individualized plan to use these resources on a daily basis to manage their mental illness

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Want to find out more?

For information about the Center visit... http://www.cmhsrp.uic.edu/health/index.asp For information about PSWHR... http://www.gmhcn.org/ACG/index.html