Introduction

Recovery interventions have the potential to provide mental health consumers with the knowledge, skills, and support they need to live successful and rewarding self-determined lives.

Study Purpose

The purpose of the research is to assess the impact of two different wellness interventions on people's mental health recovery.

What is Choosing Wellness (CW)?

Choosing Wellness is an adaptation of the Solutions for Wellness curriculum, created by the Neuroscience Treatment Team Partners (NTTP) program. The Choosing Wellness: Healthy Eating Curriculum (CW) addresses physical health and wellness by encouraging clients to live a healthier lifestyle (Vreeland, Toto, & Sakowitz, 2007). With the right tools, clients have the opportunity to make informed decisions about eating healthy, physical activity, and maintaining a healthy lifestyle.

Choosing Wellness: Healthy Eating Curriculum was designed to help people with mental illnesses make healthier food, beverage, and other lifestyle choices; address modifiable health risk factors such as obesity and diabetes; take manageable steps towards physical well-being; and access social and community supports to attain and maintain optimal health.

Study Methods

During a 2-year period, clients from 6 different public mental health agencies in Chicago were randomly assigned to receive either Choosing Wellness or another recovery intervention over an 8-week period.

Participants completed structured interviews at 3 time points:

Time 1: Enrollment
Time 2: 3-months post enrollment
Time 3: 8-months post enrollment

Interviews assessed:

*Emotional well-being
*Quality of life
*Recovery beliefs
*Social support
*Coping skills

*Empowerment
*Self-stigma
*Hopefulness
*Employment status
*Service use

Preliminary Findings of Choosing Wellness

64.8% identified as Black or African American
53.5% female
60.6% never married
47.9% live on their own
19-64 years old
26.8% high school graduates
21.1% some college
82.1% unable to work
97.2% not working for pay
88.1% have held a paying job in the past/in their life
50.7% interested in working
18.5% diagnosed with schizophrenia
30.8% diagnosed with bipolar disorder/manic-depression
29.2% diagnosed with depression
49.3% report physical impairments

Paired Sample T-Tests of Changes in Selected Study Outcomes Pre- and Post-Choosing Wellness

<table>
<thead>
<tr>
<th>Outcome</th>
<th>Pre-Choosing Wellness Mean</th>
<th>Post-Choosing Wellness Mean</th>
<th>T-value(df)/Significance</th>
</tr>
</thead>
<tbody>
<tr>
<td>BSI (Global)</td>
<td>1.4</td>
<td>1.2</td>
<td>t(64) = 2.51**</td>
</tr>
<tr>
<td>Hopefulness</td>
<td>23.1</td>
<td>23.5</td>
<td>t(61) = -.92 n/s</td>
</tr>
<tr>
<td>Self-Advocacy</td>
<td>3.5</td>
<td>3.5</td>
<td>t(64) = -.40 n/s</td>
</tr>
<tr>
<td>Total Empowerment</td>
<td>2.1</td>
<td>2.0</td>
<td>t(64) = 2.7**</td>
</tr>
<tr>
<td>Overall Recovery Beliefs</td>
<td>93.6</td>
<td>97.2</td>
<td>t(64) = -2.9**</td>
</tr>
</tbody>
</table>

Discussion and Next Steps

q Subjects showed significant improvements post-Choosing Wellness for the following outcomes: empowerment, psychiatric symptoms, and recovery. Results suggest that Choosing Wellness had a positive effect on recovery outcomes.

q Next steps are to explore the effectiveness of Choosing Wellness in improving health outcomes via a randomized controlled trial study.

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