

# Body Count or Do Bodies Count? The fierce Urgency of Death in Psychiatric Rehabilitation



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# The Body Count

- 25 lost years of life from preventable health conditions.
- Costs= lives, Hope, Roles, Communities, Society, Money
- SICK CARE SYSTEM !
- Magnification of national Epidemic
- Unethical, Unacceptable, Unsustainable!



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## MEDS BOTTLE

Multiply this by 11 and you get 11 bottles, 10 different meds, 18 pills a day (morning, noon, evening, and night) 126 pills a week, 504 pills a month. That is \$156.00 in prescription co-pays a month, \$476.01 a month prescription drug insurance, or 40% of my monthly income. Recovery being off medications...priceless.

# The Outrage of Turning A Blind Eye

- 90 years of research evidence 1919–2009
- PSR Health Services 1987–
- From Numbers to Names Project 1997–
- New Freedom Commission 2003
- Wellness Health Summit 2004
- Building Bridges: Mental Health Consumers and Primary Care Providers 2005
- NASMHD Report 2006
- SAMSHA Vision and Pledge 2007
- MHA Position Statement, 2007



This is my Cranio-sacral therapist. Bodywork, which is overlooked in the traditional model of mental health treatment, has been an essential component of my recovery. Most insurance companies do not offer benefits for such “alternative” therapies. The merits of whole-body treatment in addressing the needs of the mentally ill must be demonstrated to public policymakers in the hopes that they will encourage insurance companies to provide benefits for various forms of bodywork.

# A Health Recession: Myths & Realities

- People with SMI are not motivated to change Health Behaviors
- Reimbursement & Credentials are barriers
- Mandating Health as an outcome eliminates choice and sets programs up to fail
- Physical Illness is the least of their problems
- We need Health EBPS for this population
- Culture and Environment are less important than services provided
- Disability precludes wellness
- Mental Health is not a part of overall health and functioning
- Unspoken, but present belief that early death is a blessing.

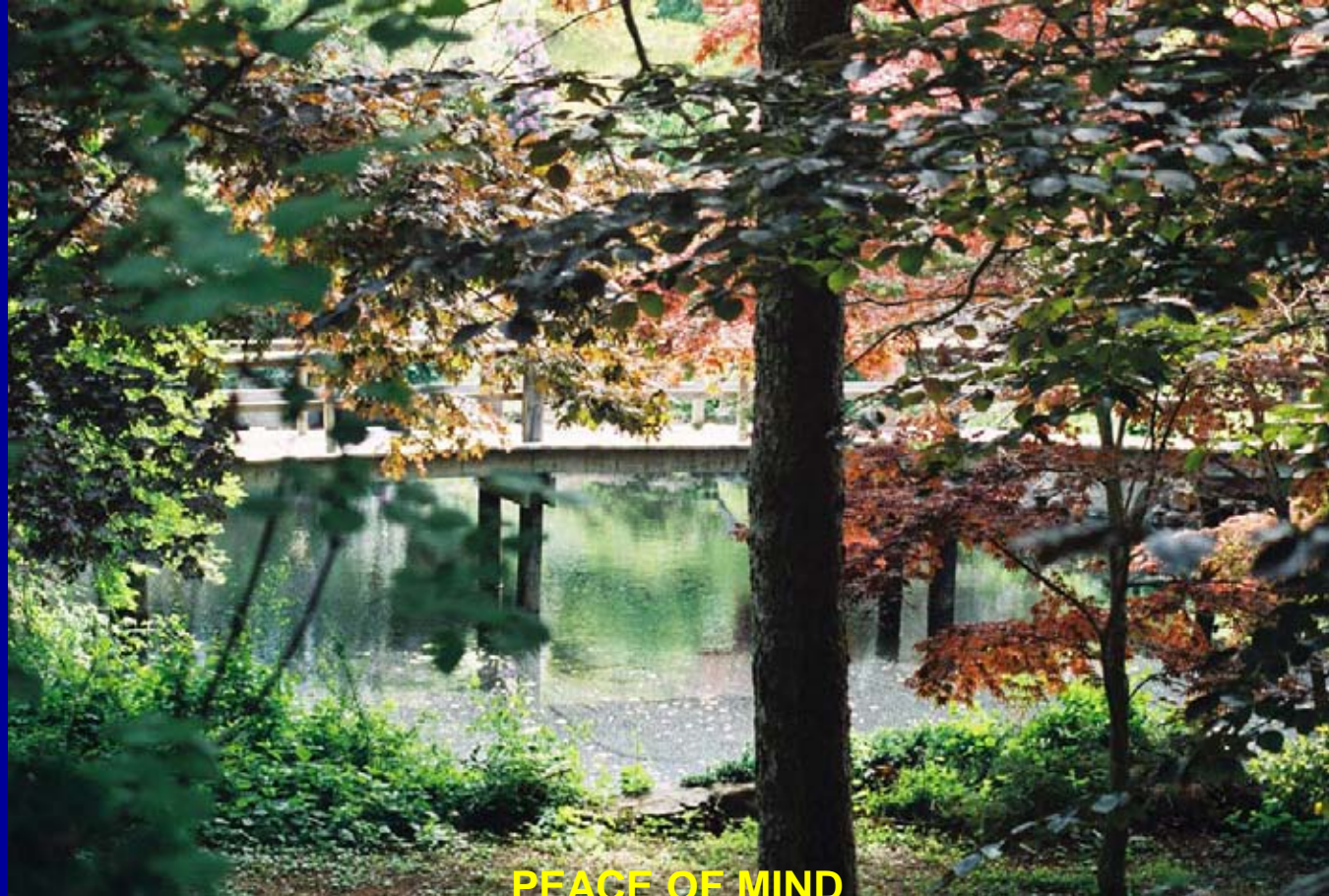


Good nutrition has been an key element of my recovery journey. It is an area that is often overlooked, and surely not emphasized, in the traditional paradigm of psychiatric rehabilitation. Policy makers must ensure sufficient funding of the Food Stamp Program, promote medicaid reimbursement for nutritional education and push mental health programs to provide physical activity , health education, whole grain products, low fat foods, and fresh fruits and vegetables.

# Hope for Health: Why Health Matters

- Integration of People's mind-body-spirit & physical and Mental health care: Enormous protective benefits for all.
- Protective Health behaviors strongly related to self-determined levels of motivation which is promoted by autonomy, competence & relatedness
- Reducing health disparities, preventing secondary disability and improving role





## PEACE OF MIND

This is a favorite picture of mine. Words like peace, serenity, and tranquility come to mind when I look at this picture. I feel a kind of harmony and balance between body, mind, and spirit. This photograph represents peace of mind for me, which is a rarity these days. Nature is quite healing unfortunately its' amazing beauty is often lost to locked doors for those of us who suffer from mental illness. If we work together maybe we can build a bridge and see our way to new forms of recovery. Recovery that if you look long enough will include healthy opportunities to connect my body, mind and spirit.

# Battling the Health Recession



- Person Level: Health Literacy: Self-Determined Health: Critical for Recovery
- Organization Level: Integrated Care: Care Process, Care setting: Invest in population based prevention, education and outreach programs. Support programs that offer potential to address and eliminate health disparities.
- System/National Level: Advocate for Public health and Population based policies & interventions: Education and Advocacy to increase outrage and action. Health Reform to support research on long-term health and wellness
- Financial: Demand Medicaid Priority for health promotion/Prevention services: Account for real cost savings and cost avoidance of preventive and early intervention services at Individual and community level



## **BROKEN GLASSES ON DIVINE**

I am a broken pair of glasses. I cannot read. I have insurance, but they will not pay. The cost is too high and a burden I cannot bear, so I can't be replaced. Yet again, I must be repaired only to run the risk of breaking a third time. Naturally I ask myself, why me? Why must I belong to a person who has to struggle just to see?

# Reconnecting Mind and Body

- Health Literacy, not personal responsibility, is the strongest predictor of Persons health (AMA, 2008).
- Modify Population based EBP to improve health skills/supports to ↑ ability to obtain and use health info to make SD health decisions.
- Health Literacy is environmentally free, inexpensive AND central to

Pamela



Many of us live isolated and lonely lives. A pet can ease this burden, bringing a sense of purpose and companionship to our days. Walking a dog can mean the difference between getting much needed exercise and being a couch potato. The housing in which we reside often prohibits pets. Please allow this special accommodation for people with mental health disabilities.

# Bodies Count!

- Get outraged at the Social Injustice of Premature illness and Death for People in Recovery
- Instill Hope –eliminate inertia, stigma and barriers
- Focus on Integrated Health Literacy & Integrated Care
- Market, Incentivize and empower healthy changes in attitudes, policies and practices at all levels and all stakeholders in mental health.
- Advocate for Medicaid Coverage for Health prevention & promotion of health to reduce and prevent illness/disability

# Bodies Count!!

- Build and Champion a culture of health in our MH communities
- Connect with health Communities—Do not Reinvent the wheel while people die.
- Remain adamant about and Nurture Self-determination of Health
- Resist the Urge to develop a tyranny of health
- Hire Peer Providers to teach, coach, mentor, advocate and accompany



This drain calls to me because of all the hurtful things people have said to me over the decades about my mental illness. In sum, I have been told that I am a drain on the nation, a drain on society and a drain on multiple individuals' resources. Over the years, I have come to believe this, which has become a drain on me. Education about mental illness, my health (and the effects of trauma) should be available to me as well as healthcare professionals. Knowledge and understanding can be powerful weapons in combating stigma and helping people live long healthy lives..



# PREVENT, PROTECT, PROMOTE

- [www.thinkculturalhealth.com](http://www.thinkculturalhealth.com)
- [www.ndep.nih.gov](http://www.ndep.nih.gov)
- [www.smallstep.gov](http://www.smallstep.gov)
- [www.bu.edu/cpr/wellnesssummit](http://www.bu.edu/cpr/wellnesssummit)
- [www.cdc.gov](http://www.cdc.gov)
- [www.nhbli.nih.gov](http://www.nhbli.nih.gov)
- [www.cmhsrp.uic.edu/nrtc](http://www.cmhsrp.uic.edu/nrtc)
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- [www.ncpad.org](http://www.ncpad.org)
- [www.nmha.org](http://www.nmha.org)
- [www.recoveryexchange.org](http://www.recoveryexchange.org)