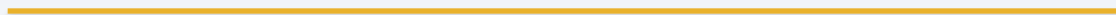




# Integrated Care Overview



[https://www.youtube.com/watch?  
v=H6Mu6Jcv1M0](https://www.youtube.com/watch?v=H6Mu6Jcv1M0)



What does integrated care mean to you?



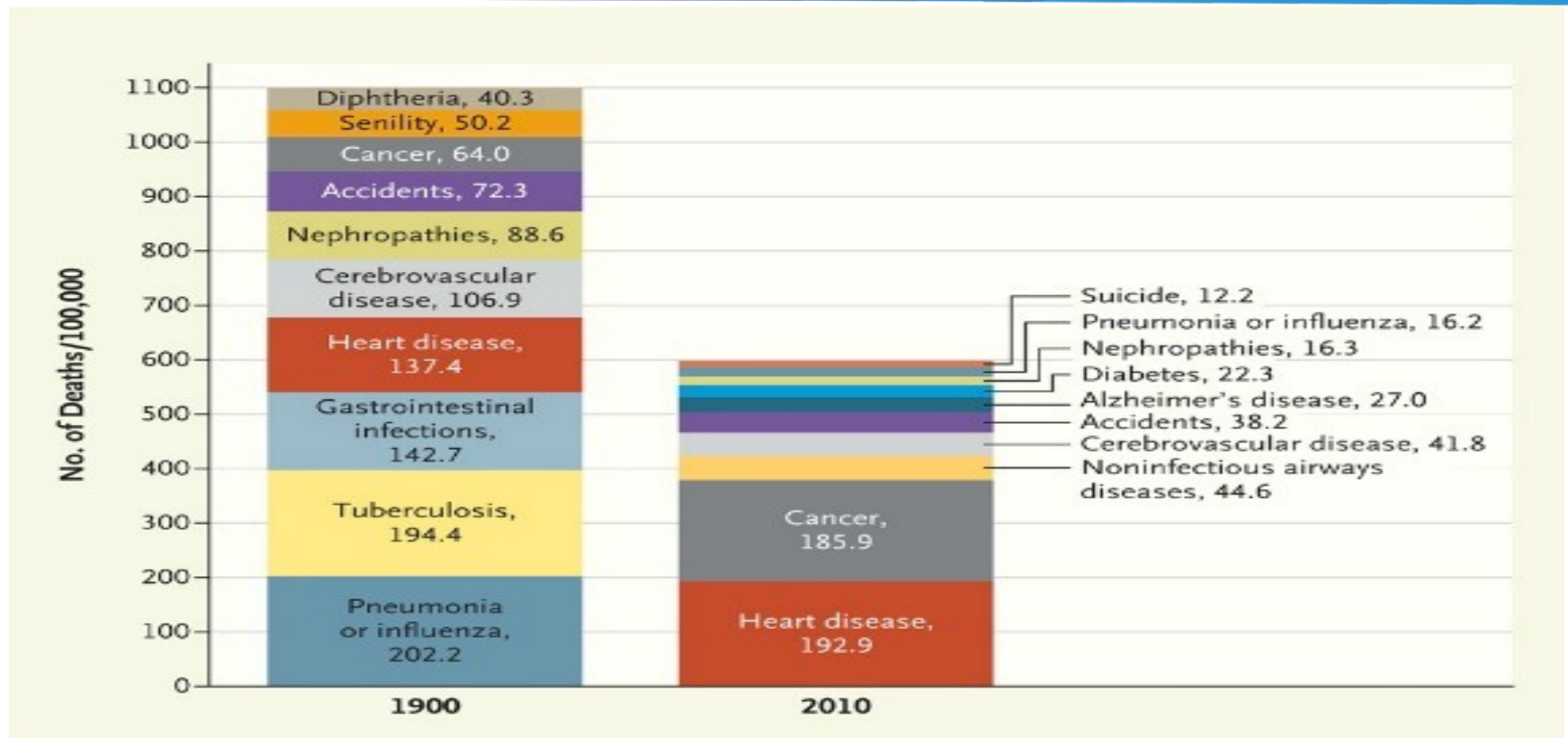
**Ensuring that every client's care plan has physical health/wellness goals in addition to their behavioral health goals. As a result, ALL care team members are actively working together with their clients in achieving their goals.**

**This will ultimately result in a change in CHL's culture- making our organization a place that strives to promote holistic health and wellness for all.**



- Individuals with Serious Mental Illness are dying approximately 25 years earlier than the general population - **Average age of death is 53**
- *Substance Use Disorders and the Person-Centered Healthcare Home* a 2010 report by B. Mauer finds that **those with co-occurring MH/SUD were at greatest risk -- Average age of death is 45**
- **Childhood obesity more than doubles the risk of dying before the age of 55, and currently, 1 in 5 children are obese**



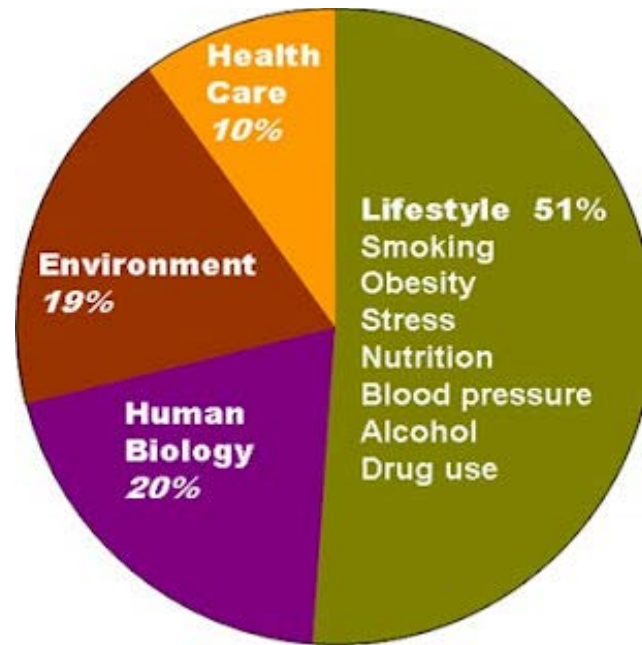


We are dying of chronic conditions .....



# It's All About Engagement & Self Management

## Determinants Of Health --World Health Organization



Lifestyle **5X**  
Health Care



# People with SMI are Dying of Preventable Causes (NASMHPD)

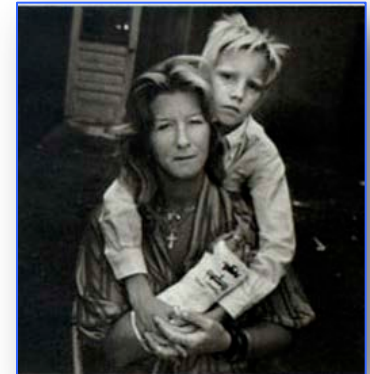
## Higher Rates of Modifiable Risk Factors:

- Smoking
- Alcohol consumption
- Poor nutrition / obesity
- Lack of exercise
- Unsafe sexual behavior
- IV drug use
- Residence in group care facilities and homeless shelters



## Vulnerability due to higher rates of:

- Homelessness
- Victimization / trauma
- Unemployment
- Poverty
- Incarceration
- Social isolation







## Affordable Care Act

- Improved access to coverage
  - Health Insurance Exchange
  - Parental coverage for young adults
  - Medicaid Expansion
- Better coordination of care
  - Health Information Exchange
  - Health Homes
- Improved Health Outcomes
  - Preventative Care
  - Clinical pathways



## **Behavioral Health Condition**

- **Lethargy**
- **Loss of appetite**
- **Problems with sleep**
- **Lack of motivation**
- **Irritability**
- **Over-eating**

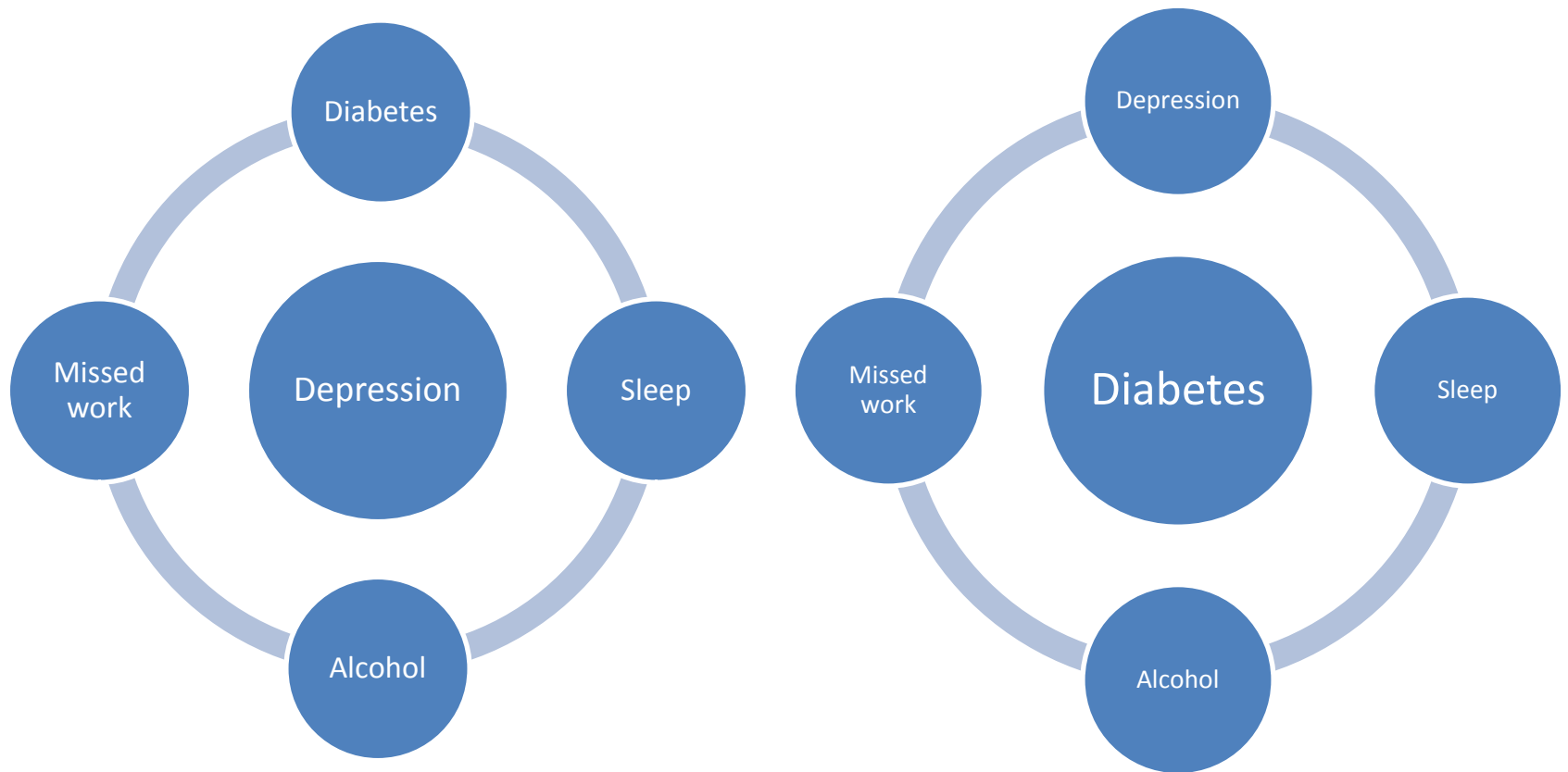
## **Medical Condition**

- **Lethargy**
- **Loss of appetite**
- **Problems with sleep**
- **Lack of motivation**
- **Irritability**
- **Over- eating**

How do you know what is going on?



# Complexity of Care





# Transtheoretical Model

- **Stages of Change:**
  - Precontemplation
  - Contemplation
  - Preparation
  - Action
  - Maintenance
  - Relapse



Major Contributors: Prochaska & DiClemente



**The goal of Diabetes treatment is to keep your blood sugar level as close to normal as possible--not too high (called hyperglycemia) or too low (called hypoglycemia).**



- The first step is to have a healthy diet and to exercise. This may mean you'll need to change your current diet and exercise habits. You'll also have to watch your weight (or lose weight if you are overweight) to help keep your blood sugar level as normal as possible. Even SMALL weight loss helps and exercise helps even without weight loss.



- Regularly checking your blood sugar is a key to helping you control it. Blood sugar checks can help you see how food, exercise, insulin or other medicine affects your level. Checking your blood sugar also allows you and your doctor to change your treatment plan if needed.



- Oral Medicines – Metformin, Humalin, Precose, Insulin Injections





- The first step is to have a healthy diet and to exercise. This may mean you'll need to change your current diet and exercise habits.



- Reducing sodium intake.



- Regularly checking your blood pressure

- Relaxation exercises

- Oral Medicines – Diuretics (gets rid of salt and excess liquid), beta blockers, ACE inhibitors

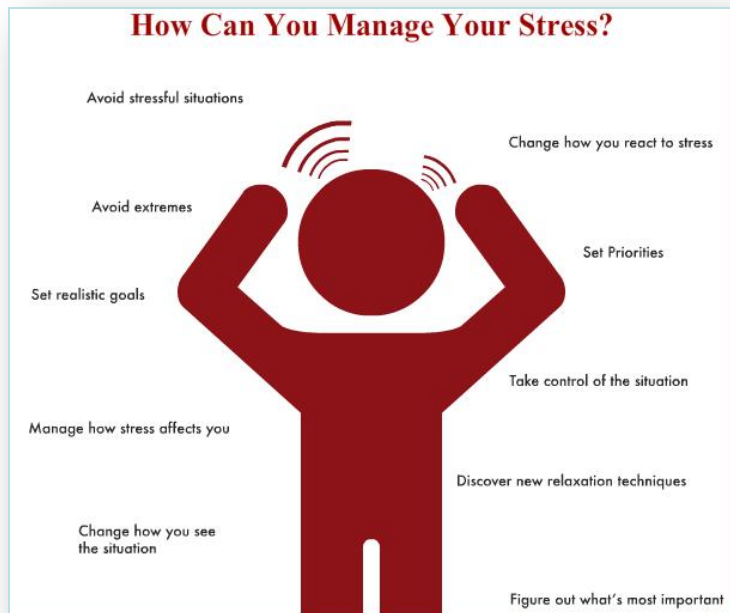


- Medications treating heart disease have a lot of side effects

- Incorporate harm reduction approaches to smoking in wellness groups.
- Change language from smoking cessation (taking something away) to wellness
- Connect decreasing smoking to a desired goal
- Support development of alternative activities before working at smoking “cessation”
- Connect with local community based programs to support your efforts.

- “Shop” with people at food banks
- Joint cooking projects with healthy food.
- Rinsing / draining food
- Reach out to local extension services
- Participate in/start a community garden
- Use peer support staff as educators about healthy eating on a budget
- Serve healthy food at organizational events
- Try “culture” days where you introduce new foods from other cultures.





What do you do to manage your stress?

How do you support stress management in others?

Strategies:

- Critical role of social support— isn't just about feeling good...
- Support the relaxation response
- Other strategies to build a more peaceful life?

- Incorporate chair exercise into groups
- Walk while talking
- Joint staff/participant walking competitions with pedometers
- Create walking “tracks” in your building
- Mark out walking trails in the neighborhood
- Form partnerships with local YMCA’s or fitness centers
- In home exercises: climbing stairs, walking in place etc.

## **Avoid napping during the day**

**Avoid stimulants such as [caffeine](#), nicotine, and alcohol too close to bedtime.** While alcohol is well known to speed the onset of sleep, it disrupts sleep in the second half as the body begins to metabolize the alcohol, causing arousal.

**Exercise can promote good sleep.** Vigorous exercise should be taken in the morning or late afternoon. A relaxing exercise, like yoga, can be done before bed to help initiate a restful night's sleep.

**[Food](#) can be disruptive right before sleep.** Stay away from large meals close to bedtime. Also dietary changes can cause sleep problems, if someone is struggling with a sleep problem, it's not a good time to start experimenting with spicy dishes. And, remember, chocolate has caffeine.

**Ensure adequate exposure to natural light.** This is particularly important for older people who may not venture outside as frequently as children and adults. Light exposure helps maintain a healthy sleep-wake cycle.

**Establish a regular relaxing bedtime routine.** Try to avoid emotionally upsetting conversations and activities before trying to go to sleep. Don't dwell on, or bring your problems to bed.

**Associate your bed with sleep.** It's not a good idea to use your bed to watch TV, listen to the radio, or read.



- **Are there changes that your program can make right now to begin moving toward a more integrated approach?**
- **Further Training**
  - Health Literacy
  - Interventions (Motivation Enhancement & Solution Focused Techniques)

# Questions?