

My Health, My Choice, My Life

July 2012 Newsletter



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What is *My Health, My Choice, My Life*?

My Health, My Choice, My Life is a health promotion and wellness initiative for Tennesseans who live with mental health and substance use conditions. The holistic health of *My Health, My Choice, My Life* integrates a medical model with recovery and resiliency, focusing on overcoming physical and mental health symptoms through strength, personal empowerment and resiliency. It is led by individuals who have first hand, lived experience with psychiatric and/or co-occurring conditions.

My Health, My Choice, My Life provides individuals with self-directed tools, empowering them with the knowledge, skills, and resources to improve their overall well-being and recovery and live healthy and purposeful lives. The health and wellness initiative consists of a workshop, weekly wellness related activities and wellness coaching. The six session workshop assists individuals in gaining and developing the knowledge, skills, and motivation they need to manage the day-to-day realities of their physical and mental health symptoms. It is based on the principle that confident, knowledgeable individuals practicing self-management will be empowered to live a life of purpose and well-being. Within this program participants will learn how to: set goals that are doable, work with others, find support and solutions to problems, make daily tasks easier, relax and manage stress, work in partnership with health care teams, eat well and live well, deal with fatigue, frustration and isolation, and increase energy level.

What is the CDSMP?

The Chronic Disease Self-Management Program (CDSMP) is a peer-lead health and self-management program that assists individuals in gaining and developing the knowledge, skills, and motivation they need to manage the day-to-day realities of their physical and mental health symptoms. The evidence-based CDSMP was developed by Stanford University's Patient Education Center. It is based on the principle that confident, knowledgeable individuals practicing self-management will be empowered to live a life of purpose and well-being.

The CDSMP focuses on problems common to individuals suffering from chronic diseases. Coping strategies such as action planning and feedback, behavior modeling, problem-solving techniques, and decision making are applicable to all chronic diseases. The following topics are covered in the CDSMP:

Developing and maintaining a long-term exercise program

Using medication as prescribed

Fatigue management

Healthy eating

Dealing with anger, depression and other negative emotions

Making informed treatment decisions

Cognitive management of pain and stress

Advance Directives and Declaration for Mental Health Treatment

Communication with family, friends, and physicians

Developing decision-making and problem-solving skills

The 8 Dimensions of Wellness

The *My Health, My Choice, My Life* initiative embraces the Wellness Model developed by Dr. Peggy Swarbrick of the Collaborative Support Program of New Jersey's Wellness and Recovery Institute. In an article found in *Words of Wellness*, Dr. Swarbrick defines wellness as "a conscious, deliberate process that requires that a person become aware of and make choices for a more satisfying lifestyle." The 8 Dimensions of Wellness include:

Emotional - Coping effectively with life and creating satisfying relationships.

Financial - Satisfaction with current and future financial situations.

Social - Developing a sense of connection, belonging, and a well-developed support system.

Spiritual - Expanding our sense of purpose and meaning in life.

Occupational - Personal satisfaction and enrichment derived from one's work.

Physical - Recognizing the need for physical activity, diet, sleep and nutrition.

Intellectual - Recognizing creative abilities and finding ways to expand knowledge and skills.

Environmental - Good health by occupying pleasant, stimulating environments that support well-being.



* Adopted from Swarbrick, M. (2009). A wellness approach. *Psychiatric Rehabilitation Journal*, 29, (4) 311-314.

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Swarbrick, Peggy. "Defining Wellness." *Words of Wellness*. 3.7 (2010)

What is a Peer Wellness Coach

- Peggy Swarbrick, PhD, OTR, CPRP0

A wellness coach is a person trained to help peers (person living with mental illness) establish a link to primary health care and health promotion activities. The wellness coach can assist peers in reducing high risk behaviors and health risk factors such as smoking, poor illness self-management, inadequate nutrition, and infrequent exercise. Wellness and coaching principles assist the service recipient in making behavioral changes leading to positive lifestyle improvement. A wellness coach is someone who can help a peer set and achieve a wellness or health goal by offering support and encouragement and asking questions to see what would be more helpful.

Coaching is a positive supportive relationship between the coach and the person who wants to make the change. This positive supportive connection empowers the person seeking change to draw upon his or her own abilities and potentials, so as to achieve lasting lifestyle changes.

Swarbrick, Peggy. "Wellness Coaching: A New Role for Peers." *Psychiatric Rehabilitation Journal*. 34.4 (2011) 328-331. (<http://welltacc.org/wellness/wellness-coaching.html>)

Meet Our Peer Wellness Coaches



Dan is a graduate of San Francisco State University where he majored in Psychology. Dan began working in the field of mental health in 2010 as a counselor for a community-based residential treatment non-profit in San Francisco. After moving to Nashville in July of 2011, Dan joined Centerstone as a Peer Wellness Coach and enjoys the challenges and rewards the position provides. In his spare time, Dan enjoys hiking, blogging, and playing with his dog, Bunk.



Mark graduated from Andrews University in 1996 with a Doctor of Ministry degree and completed life coaching training in 2006. Mark is excited about the opportunity to provide a life-changing opportunity for people in Chattanooga and twenty-three surrounding counties as a Peer Wellness Coach for the *My Health, My Life, My Choice* Initiative. Hiking, cycling, TaeKwonDo, snow skiing, and walking on the beach rank high on Mark's fun-things-to-do list. Skydiving tops his bucket list.



Meagan is a graduate of the University of Tennessee in Knoxville where she majored in Psychology and minored in Child and Family Studies. She plans to begin her graduate coursework this summer in Mental Health Counseling. Additionally, she is dedicated to living a healthy and active lifestyle and enjoys hiking, ice skating, swimming, yoga, and pilates in her spare time.



Stephanie attended East Tennessee State University, where she received a degree in Public Health with a concentration in Community Health in December 2012. She is employed by Frontier Health as the Peer Wellness Coach for Region 1. Stephanie has found a love for the field of mental health with her recent work and she plans on furthering her education with a Masters degree in Social Work.

Wellness Art Project

Helen Ross McNabb - Knoxville, TN



The clients at Helen Ross McNabb's Friendship House found the motivation for their giant "Wellness Wheel" from the eight dimensions of Wellness: Emotional, Financial, Social, Spiritual, Occupational, Physical, Intellectual, and Environmental. Each separate collage represents one dimension and is comprised of pictures that signify what "wellness" means to the group. What began as a few pieces of poster board, construction paper, and old magazines turned into a source of pride for many of the members. As one member stated, "I'm happy I worked with everyone to make something that belongs to us. I smile whenever I see it." Another member mentioned, "I can't believe how pretty it turned out. We actually made that!" Positive affirmations like that make our initiative worthwhile.

The circle of the wellness domains created by Nashville ReConnect represents that to be well one must have all the domains not just a few of them. They all work together and cannot stand alone in wellness. The hands represent the community working together as support, education and wellness tools for a person to be in recovery. The color of the hands stands for the diversity of their community and their class.

Centerstone - Nashville, TN



Centerstone - Tullahoma, TN



Tullahoma ReConnect participants expressed their idea of health and wellness with a nice, multicolored collage. The Tullahoma participants grew in many ways during the workshop, and were very happy to use this art project as a representation of their transformation.

Wellness Art Project

A participant from Volunteer’s Friends & Company commented on their art project saying, “When first looking at this project a piece is missing and it does not work, life is not a square with a missing piece. When adding the final domain it creates a circle and it all fits together. It takes all of the domains to have *My Health, My Choice, My Life*. To be well all eight domains must be addressed. No one domain is more important than another; each one is equally important and must be addressed when working on being a healthy individual. The meaning of each of each domain is as unique as each person that addresses them. Everyone must decide what they mean to them. That is why we decided to do a collage, to let everyone express their individuality.”

Volunteer - Cookeville, TN



Frontier Health - Johnson City, TN



The Friendship House in Johnson City developed their art project based on the idea of “Guardian Angels.” The clients voted Spirituality, Physical, and Environmental as the three most important dimensions of Wellness. Each guardian angel represents an important aspect of recovery and healthy living. Every client within the Friendship House contributed to the creation of the guardian angles, which gave them a sense of pride and ownership within the center. The guardian angels will be placed in the front room of the Friendship House to serve as a visual reminder of the importance of each dimension within their recovery process.

A Word From Our Participants about the CDSMP

<p><i>“I thought it was really good for everybody. It got everybody thinking about what they need to do and their health – if they need to exercise more.”</i></p> <p style="text-align: right;">- Rosie</p>	<p><i>“I liked that I didn’t feel like anything was my fault. Bad things were not worth thinking about anymore. Now I take my medication on time.”</i></p> <p style="text-align: right;">- Shelly</p>	<p><i>“I really liked this class. I felt comfortable sharing with the group and I learned a lot. I also liked the snacks. They were great!”</i></p> <p style="text-align: right;">- Anthony</p>
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My Health, My Choice, My Life Graduation Celebration!

CONGRATULATIONS To All Our Participants!



Wellness Activity Corner

HEART HEALTH

www.whenwewordsearch.com

BASKETBALL
BLOOD
DIET
EXERCISE
FRUITS
HEALTH
HEART
JUMP ROPE
OXYGEN
SOCCER
SPORTS
VEGETABLES
VITAMINS
WATER
WHOLE GRAINS

F	D	J	I	T	A	P	S	J	D	G	C	G	E	T
O	W	L	U	H	R	N	F	M	G	E	B	R	S	E
R	S	G	C	M	I	A	L	S	S	B	N	U	T	I
P	E	Q	P	M	P	X	E	I	N	L	E	W	R	D
Z	U	T	A	H	Y	R	C	H	L	F	G	S	O	O
K	U	T	A	F	E	R	O	A	J	R	Y	T	P	O
W	I	B	Y	W	E	A	B	P	B	O	X	I	S	L
V	M	Z	Y	X	S	T	L	N	E	E	O	U	G	B
K	F	D	E	O	E	A	Q	T	H	L	P	R	M	A
I	P	K	C	K	Q	J	E	M	H	A	V	F	X	R
P	J	C	S	C	U	V	O	A	T	A	A	R	S	T
Q	E	A	U	W	V	E	G	E	T	A	B	L	E	S
R	B	B	M	W	L	W	I	R	D	N	H	C	J	I
W	H	O	L	E	G	R	A	I	N	S	H	P	X	E
W	S	T	D	G	I	O	O	K	O	E	B	R	V	Q

Frozen Fruit Cups

Servings: 18

Calories: 50
Total Fat: 0
Sodium: 25 mg
Protein: 2g

Ingredients:

- 3 bananas, mashed
- 24oz yogurt, non-fat strawberry
- 10oz strawberries, frozen, thawed, undrained
- 1 can (8oz) crushed pineapple, undrained

Preparation:

1. Line muffin tin cups with paper baking cups
2. In a large mixing bowl, add mashed bananas, yogurt, strawberries, and pineapple
3. Spoon into muffin tin and freeze for at least 3 hours or until firm
4. Remove frozen cups and store in a plastic bag in the freezer
5. Remove paper cups before serving

Source: <http://recipefinder.nal.usda.gov>

Word Scramble

LSWSENLE

NTMEIOLOA

RIEXESE

LHAHTE

LEIF

HECOIC