

PEER WELLNESS INITIATIVE

Tennessee's program to improve the health and wellness of people living with Serious mental illness.



WHY FOCUS ON PHYSICAL HEALTH AND WELLNESS?

People with serious mental illness (SMI) tend to die **25 years earlier** than the general population.* This is largely due to treatable or preventable medical conditions. Evidence-based coaching support improves health and wellness for people with SMI through education focused diabetes management, nutrition, addiction recovery, exercise, and tobacco cessation.

HOW IT WORKS:

14

Peer
Wellness
Coaches

45

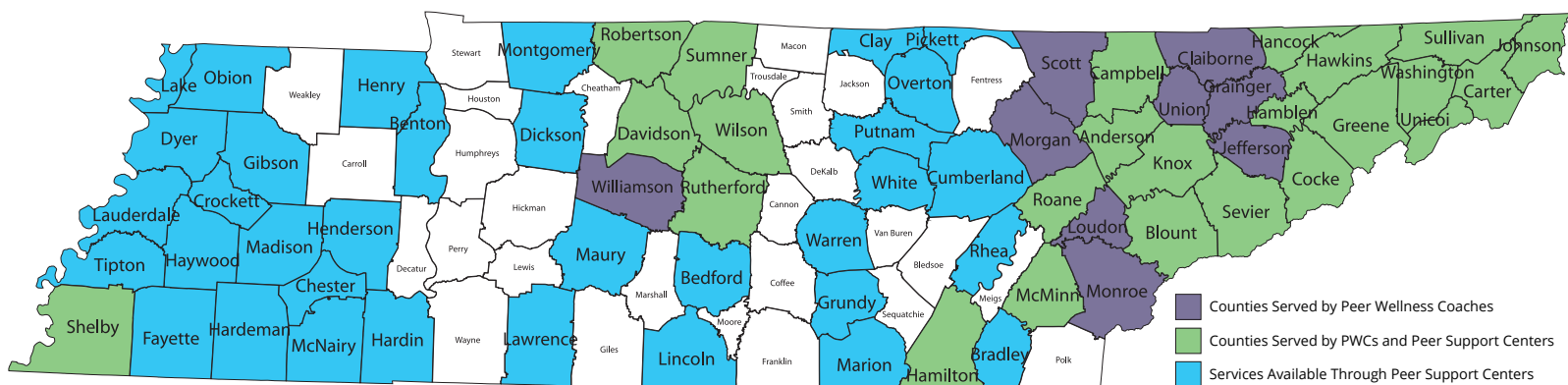
Peer
Support
Centers

Peer Wellness Coaches reach people through one-on-one coaching, wellness activities, workshops, and trainings.

1,381

Tennesseans served in fiscal year 2024

SERVICE AVAILABILITY



*Source: Morbidity and Mortality in People with Serious Mental Illness nasmhpd.org/content/morbidity-and-mortality-people-serious-mental-illness

TN

Department of
**Mental Health &
Substance Abuse Services**

WANT TO LEARN MORE?

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VISIT OUR WEBSITE:

tn.gov/behavioral-health/wellness