



Peer Supported Whole Health & Wellness (PSWHW)



What is PSWHW?

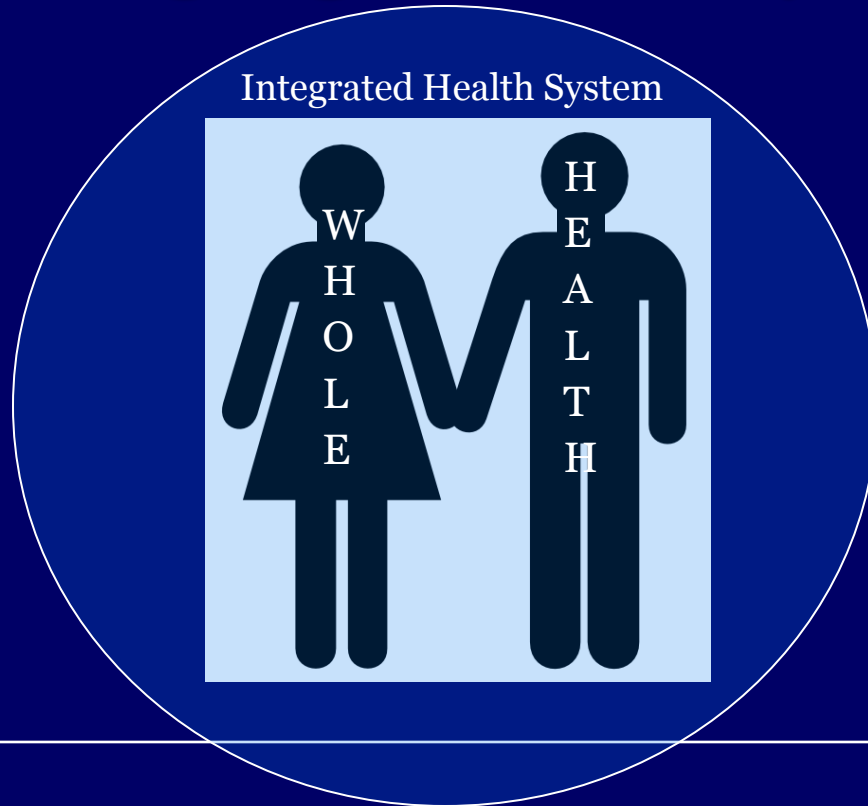
OBJECTIVES

- Promoting Health Access
- Health Engagement
- Health Skills Development towards Ultimate Self-Management

WHOLE HEALTH



Emerging Health Systems





Why PSWHW?

And why a health-trained peer practitioner?

- A natural ally: Someone who has walked in the same shoes
 - Peer perspective models “self-management” while encouraging health activation.
 - Lived experience (including challenges accessing health as a person with a behavioral health issue) creates a niche role in supporting and motivating the individual toward health, wellness, and resiliency.
 - Peer practitioners are trained in strengths-based approaches which are essential to health teams
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What is PSWHW?

- New DBHDD and Medicaid Approved Service
- First in Country to have approved through the federal Medicaid agency (CMS)
- Allows qualified CPSs to provide Whole Health and Wellness supports and services



PSWHW

Promoting Health Access:

- Facilitating Health Dialogues
- Exploring Choices for Health Engagement (“Health Paths”)
- Linking Individual to Health and Wellness Resources (Physical Activities, Fitness, Healthy/Nutritional Food, etc.)
- Making available wellness tools (relaxation response, positive imaging, wellness toolboxes, stress management tools)
- Assisting in selecting healthcare options (establishing a PCP, etc.)



PSWHW

Promoting Health Engagement:

- Supporting the Individual in overcoming fears/anxieties related to health practitioners/facilities/processes
- Practicing health dialogues (including active participation and self-direction!)
- Supporting individuals in making own appointments and following through with medical instruction



PSWHW

Health Skills Development towards Ultimate Self-Management:

- Identifying Personal and Meaningful Motivation
 - Promoting Awareness about Health Indicators
 - Setting Personal Health Goals
 - Identifying and Practicing Health and Prevention Self-Management Strategies
 - Teaching/Modeling/Demonstrating Health/Wellness Skills
 - Assisting individual to modify his/her own behaviors and environments for wellness
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PSWHW

Technical Elements:

- 1:1 Service Delivery Model
 - 1:30 CPS to Persons Served
 - Requires Professional Supervision (by an independently licensed practitioner)
 - Requires a related goal(s) on the official Treatment (Recovery) Plan
 - In-clinic/Out-of-Clinic
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Taking this Live!

- ❑ 5 WHAM Trainings (yield ~200 CPSs certified as Peer Support Whole Health & Wellness Coaches)
- ❑ Service live: January 2013
- ❑ CEO Introduction : January 2013
- ❑ Kick-off Training event: June 2013
- ❑ Supervisors' Training: June 2013
- ❑ Peer TA Calls: Summer 2013



Spotlight on Georgia

- ❑ **IN THE NEWS: Georgia's Peer Support Expansion into Whole Health Coaches: SAMHSA/HRSA Center for Integrated Health Solutions** brief, 2012
- ❑ Open Minds Circle, May 4, 2013
- ❑ National Association of State Mental Health Policy Directors (NASMHPD) national webinar, May 14, 2013
- ❑ Evaluation