

# Wellness Programs: Promoting Healthy Living



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                         Therapeutic Recreation

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# What is Wellness?

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# Dimensions of wellness

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# What about persons with the lived experience of schizophrenia?

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# Some Shocking STATISTICS

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# Weight

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**Prevalence of obesity and diabetes among individuals living with schizophrenia or mood disorders is 1.5-2x higher than the general population!**

# Smoking

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**Individuals with schizophrenia or schizoaffective disorder smoke at rates of nearly 2-3x the general population, with prevalence rates of about 60%**

# Living Situation/Poverty

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# Our context

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**PsychHealth Centre  
771 Bannatyne  
Avenue  
Winnipeg, Manitoba**

# Change to a Wellness Oriented Program

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**LIFE**  
**HAS NO REMOTE**



**GET UP AND CHANGE IT**  
**YOURSELF!**

# Outline of our Presentation Today

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- **Introduction**
- **Review of 4 Groups:**
  - **Health Steps**
  - **Tobacco Freedom**
  - **Community Fitness**
  - **Community Nutrition**
  - **\*\*Groups are just available to persons in outpatients at PsychHealth (HSC)**
- **Questions and Discussion**

# Health Steps

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# Health STEPS

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# Health STEPS: Evaluation with Nurse

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# GOAL SETTING

S

SPECIFIC

M

MEASURABLE

A

ATTAINABLE

R

RELEVANT

T

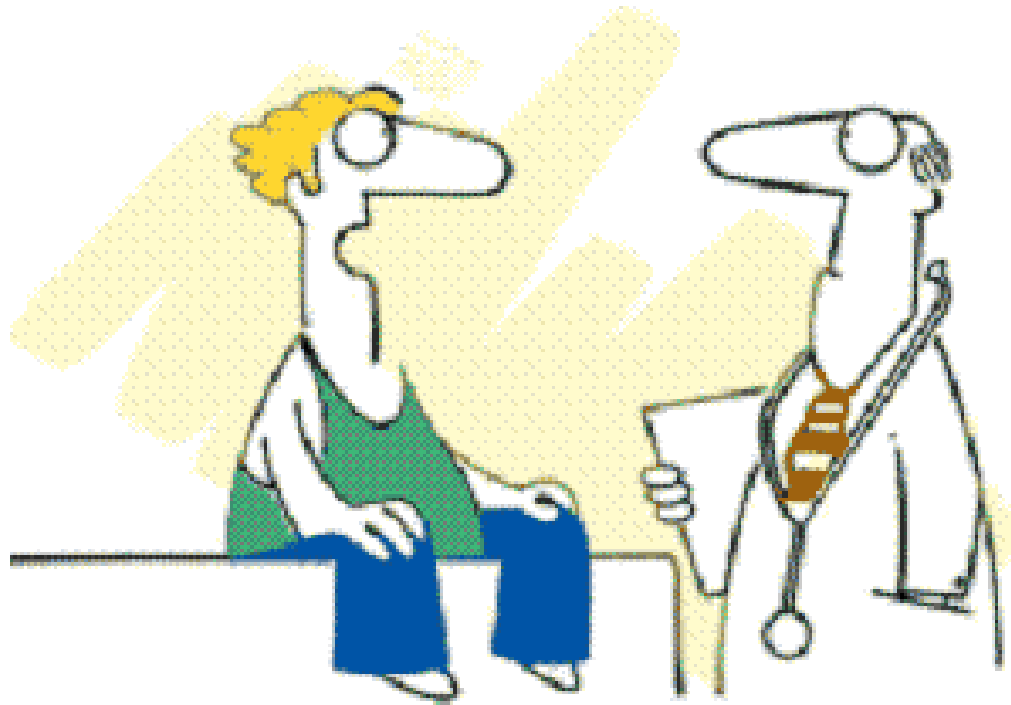
TIME-BOUND



# Health STEPS: GROUP

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**"Eat less and exercise more? That's the most ridiculous fad diet I've heard of yet!"**

# Health STEPS: Attendance

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- **Do not have to commit to weekly attendance**
- **Some participants see it as an important part of their weekly schedule.**
  
- **August, 2012-July, 2013**
  - **Range of 4-10**
  - **Mean Attendance of 7 (7.44)**

# Health STEPS: Other Benefits

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# HEALTH STEPS:

## Individual Success Stories

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# Tobacco Freedom

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# Tobacco Freedom Group

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# Tobacco Freedom: Groups

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# GOAL SETTING

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RELEVANT

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TIME-BOUND



**“I’m looking over the agenda for our  
Wellness Workshop. You forgot to  
schedule cigarette breaks!”**

# Tobacco Freedom: More Strategies

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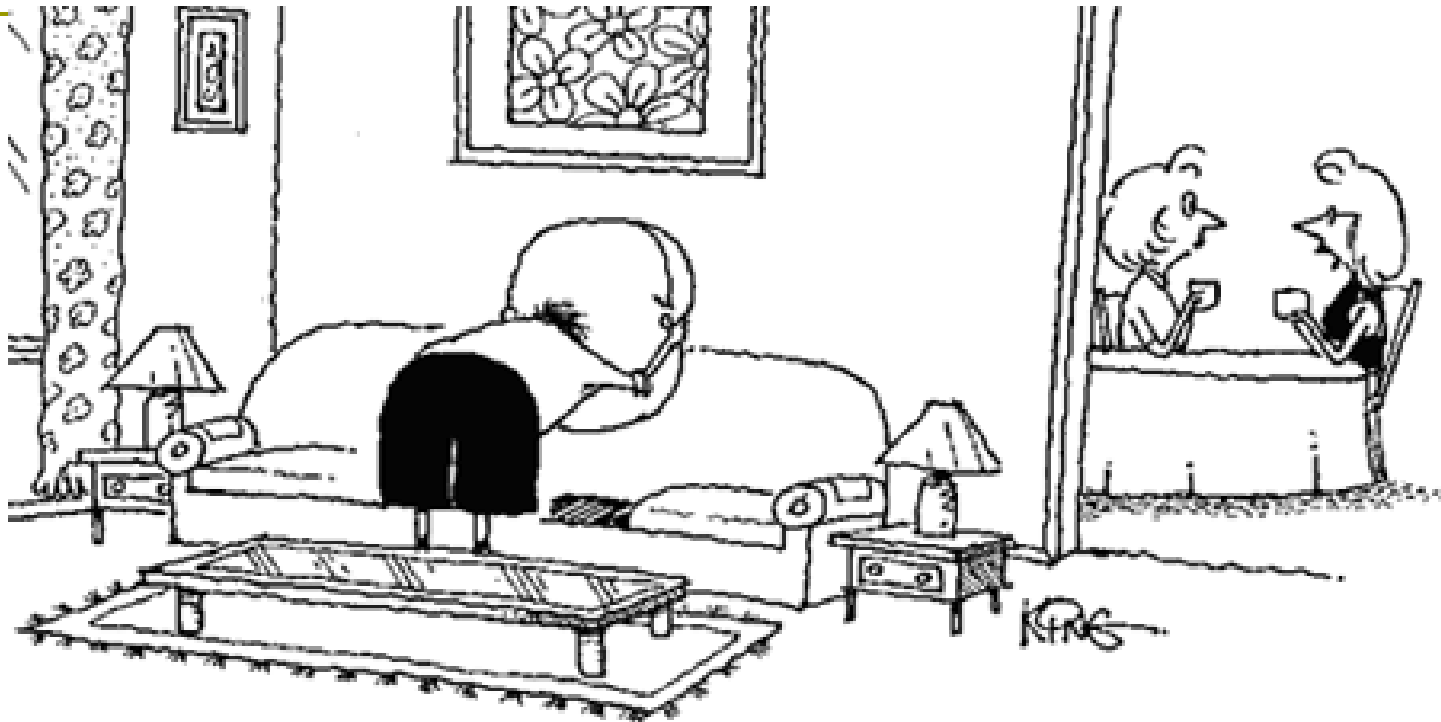


# Tobacco Freedom-Results

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- **All participants reduced for a period of time**
- **Range was 20%-83%**
- **There are physical and financial benefits**
- **Need to attach NRT(nicotine replacement therapy) with behavioural techniques**

# Community Fitness



The doctor said he needed more activity. So I hide his T.V. remote three times a week.

# Planning for Success

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- ❑ **Secure a location with easy access**
- ❑ **Remove/reduce financial barriers**
- ❑ **Ensure participants have appropriate attire**
- ❑ **Set individual goals for attendance and participation**
- ❑ **Promote a positive and supportive atmosphere**

# Community Fitness

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# Community Fitness





# Community Fitness

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# Community Nutrition-Pilot Project

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# Community Nutrition

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# Community Nutrition

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# Take Home Points

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- ❑ **We do not believe in “modules”.**
- ❑ **Material needs to be at a level where participants can understand.**
- ❑ **You must work in small steps, and use repetition.**
- ❑ **There is hope.**
- ❑ **You must empower participants; they are in control of what they want to do.**
- ❑ **Community facilities are a great place for participants to work on their wellness goals.**

# Conclusion

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A hand-drawn graphic of the letters 'Q&A' in a bold, blue, hatched font. The letters are drawn on a piece of white paper with light blue horizontal lines and a vertical red margin line on the left. The 'Q' has a thick, rounded tail. The ampersand is stylized with a loop. The 'A' is blocky with a small triangle cut out of its center.

You have

Questions

We have

Answers