



SAMHSA-HRSA CENTER for INTEGRATED HEALTH SOLUTIONS

Integrating Primary Care into Substance Use Treatment Provider Services Innovation Community

May 31st, 2016

Setting the Stage: Today's Moderators



Roara Michael



Madhana Pandian

Associates

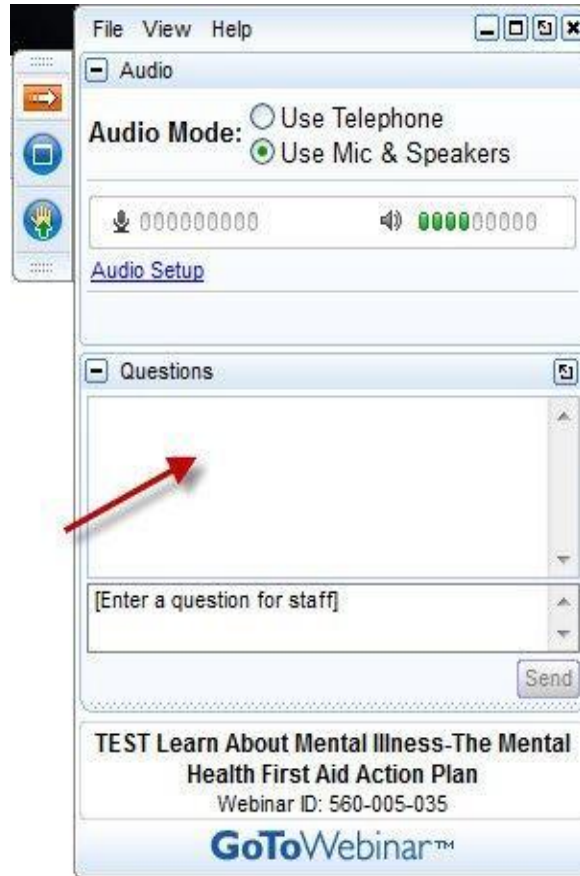
SAMHSA-HRSA Center for Integrated Health Solutions

**Slides for today's webinar will
be available on the CIHS
website:**

www.integration.samhsa.gov

Under About Us/Innovation Communities

Our format:



Structure

Presentations from experts

Polling You

At designated intervals

Asking Questions

Responding to your written questions

Follow-up and Evaluation

Ask what you want/expect
and presentation evaluation

Setting the Stage: Today's Facilitator



Aaron Williams

Director of Training and Technical Assistance for Substance Use
SAMHSA-HRSA Center for Integrated Health Solutions

**Setting the Stage:
Today's Presenter**

**Paula J. Beaulieu
Program Director at
Health Integration
Project**



SAMHSA-HRSA CENTER for INTEGRATED HEALTH SOLUTIONS

Health Integration Project





SSTAR



SSTAR opened in 1977 as the Center for Alcohol Problems with a 20 bed detox, outpatient counseling and a Women's Center.

In addition to being the primary addiction treatment agency in our community with an 80 bed inpatient facility, IOP, outpatient counseling and a variety of medicated assisted treatment options, we have grown to offer a full range of services, including a licensed mental health clinic, a Federally Qualified Community Health Center, HIV testing and counseling services. We began an Open Access Model for assessments in 2013.

PBHCI Grantee – Cohort V

In 2012, we became a PBHCI grantee. Prior to 2012, we had integrated substance abuse and mental health services into our Primary Health Care Clinic.

Some Challenges:

Behavioral Health clients were not as integrated.

Even though we had primary health care in the same building, some behavioral health patients did not go.

We had three separate electronic records that did not communicate.

Client Profile

Female: 56%

Average age: 42

Less than high school education: 27%

Employed: 9%

Daily tobacco use: 65%

Opiate use history: 41%

Mental Health Diagnoses: Anxiety 60%; Depression 62%; PTSD 21%

Physical Health Diagnoses: Diabetes 14%; Hypertension 26%; COPD 34%

Health rated "Fair or Poor": 60%

Health Indicators at Risk: BMI 74%; BP 42%; Breath Co 55%; A1c 37%;
Cholesterol 25%

Highlights of our Wellness Initiatives

- Walking groups – 9 per week, 4 outdoor at two locations and 5 indoor
 - 8AM Walking group daily with clients and staff since April 2013
- SSTAR team of 45 clients and staff for the Fall River Fitness Challenge
- Monthly Health Fair/Event focused on different aspects of Wellness
- SAMHSA's Eight Dimensions of Wellness groups
- Open Access Groups – Yoga, Acupuncture, Mental Health Groups
- NEW-R – Nutrition and Exercise for Wellness and Recovery groups
- Learn About Healthy Living for Tobacco Users Curriculum

Staffing:

- Hired bilingual Spanish Care Manager to improve culturally appropriate services
- Care Manager trained to become a Certified Tobacco Treatment Specialist
- Two Care Managers became Certified Alcohol and Drug Counselors

The Walking Group



In April, HIP Celebrated the Third Anniversary of the 8:00 a.m. Walking Group!
Collaboratively they have walked over 8000 miles!

On April 4th Carole Fiola, Fall River State Representative visited SSTAR and participated in HIP's morning walking group which meets daily from 8:00-9:00 a.m. Carole congratulated the group on their commitment to walking and discussed the many benefits that walking provides for mental and physical health.

Walking Achievement Certificate

4.21.2016


Health
Integration
Project

CERTIFICATE
of
AWARD

**POSITIVE CHANGE THROUGH
WALKING PROGRAM**
YOU HAVE WALKED 1018 MILES

CONGRATULATIONS ON YOUR EFFORTS
*You have made it all the way to
Atlanta, Georgia*

Recipient Name

HIP Walking Program


Monthly Newsletter

In 2014, we developed our first monthly newsletter, which we mailed out to all of our active enrollees to publicize our groups and events and offer health information.

We also posted and left copies throughout the agency and published parts of it in our staff newsletter.

Even clients who did not attend groups or events, mentioned looking forward to receiving it and reading it.


Sample of Newsletter



May 2016




Spring is when you feel like whistling, even with a shoe full of slush!








JOIN US!
HIP
Wellness
Event
Thursday
May 26
Discover Ways
to Relax
10:30 – 11:30
In the
Wellness
Room
En Español
Salón de Salud
Jueves
Mayo 26
10:30-11:30

Descubra
 Maneras de
 Relajarse

If you are an outpatient client of SSTAR, you may also attend any of the groups offered



-  **Spring is Here! Time to Enjoy Better Weather and Good Health!** Do you need a primary care provider? The SSTAR Family Health Center is taking new patients. Contact HIP 508-679-5222
-  **Fitness Challenge Support Group—Every Monday in May 9:30—10:30** A time to discuss successes and challenges and learn new things to help in your fitness journey.
-  **Nutrition on the Run** will be the focus on **Monday, May 16 9:30-10:30** Taste testing available. Register early.
-  **Nutrition and Exercise for Wellness and Recovery Every Wednesday 11:00-12:00—Wellness Room** Topics include portion control, food groups, shopping on a budget, eating out, and exercise.
-  **Positive Change Through Walking – Wanda and Paula Daily Monday through Friday at 8AM in the Classroom (Indoors)** This is an indoor walking group using Leslie Sansone's Walking videos. You may go at your own pace.
-  **Walk Fall River—Outdoor Walking www.fallriver.org** Join us for weekly outdoor walks: www.walkfallriver.org Kennedy Park Pavilion: Tuesdays at 5:00 p.m. Battleship Cove: Thursdays at 1:00 p.m. at Dock No charge! No sign up!

Wellness Event
Experience the latest trend in relaxation:
Adult Coloring Books
Studies show coloring can have a calming effect on the adult mind and help to promote overall wellness! Join us at the May Wellness Event!
Discover Ways to Relax
May 26 10:30-11:30

Turn flyer over for more news



Health Integration Project

What is Happening at HIP?



May Wellness Event

HIP's May Wellness Event featured ways to relax with food, exercise and coloring. Participants enjoyed a session of adult coloring that proved restful and entertaining.

Healthy Cooking

Nutrition on the Run Sessions
 Have you tried any of our monthly healthy cooking sessions? Pictured here is the May event that featured black bean and vegetable quesadillas. Join us again on Monday, June 20th



Walking is Fun!



Join the walking group every Thursday at 1:00 pm at Battleship Cove!





Walking is Fun!

Join the walking group every Thursday at 1:00 pm at Battleship Cove!



Yummy!

Wellness Events

The Health Integration Project sponsors a monthly event in the Wellness Room that focuses on general health, healthy diet and lifestyle practices . It is a two hour event to which all clients and staff are welcome.

Topics have included:

- Breast Cancer Awareness Month
- General Health Fair celebrating Health Center Week
- SAMHSA's Wellness Week
- SAMHSA's Prevention Week
- Great American Smoke-out
- Healthy Heart Month
- National Nutrition Month
- Holiday Celebration; Summer Fun
- Walking Day
- Summer Safety
- Healthy School Lunches
- Diabetes Awareness
- Ways to Relax

Wellness Groups

We offered several groups on the Open Access Schedule:

- I Might Want to Quit Smoking Some Day
- Eight Dimensions of Wellness
- Wellness Workshop
- Smart Shopping on a Budget
- How Healthy Are My Lungs
- Walk Away the Day
- Quiet Time in the Wellness Room
- Ways to a Healthy Heart
- Getting Healthy in 2016
- Zumba

HIP Happenings



Our [September Wellness Event](#) featured ideas for healthy, nutritious and tasty lunches. Samples of easy to prepare sandwich wraps were offered.



Healthy discussions were in progress as participants in HIP 's September Wellness event enjoyed the samples and looked over the recipes. One definite favorite was the flavored water, and we have been asked to provide the recipe.



At the [November Wellness Event](#) HIP provided educational materials on *Diabetes Awareness* and *The Great American Smoke-Out*



Carbon Dioxide readings were taken for willing participants to check the level of carbon dioxide in their system.

Clients are reviewing some of the material provided at the Wellness Event.



Holiday Fun is Always Appreciated

Sending Christmas Cards



Making Ornaments



Learning about Kwanzaa



Winning a Holiday Turkey



Enjoying Good Company



Celebrating Ways to a Healthy Heart



Sticking to my diet

Kissing my son

Going to the gym



What can you do for your heart everyday?



Blood pressure checks



Staying informed about diabetes

Celebrating Green

In March our Wellness Day participants enjoyed everything Green and Healthy!

From avocado, to guacamole, spinach, green apples, pears, grapes and more.



Preparing Healthy Shakes!



Group Session – Nutrition on the Run

Nutrition on the Run

Monday, June 20

9:30 –10:30

Wellness Room



Register Early
Space is Limited

Taste Testing Available

Healthy is Tasty!



Healthy Cooking



Nutrition on the Run Sessions

Have you tried any of our monthly healthy cooking sessions?

Pictured here is the May event that featured black bean and vegetable quesadillas.

Join us again on Monday, June 20th

Sustainability

Wellness groups have become part of the group culture that we aim to continue.

Walking groups have staff participate that have agreed to continue to lead.

Had non-grant funded staff run wellness groups that can continue.

Grant-funded staff are continuing in other roles that can support some of the wellness offerings.

Connected clients to community health resources that they can continue to utilize.



SAMHSA-HRSA CENTER for INTEGRATED HEALTH SOLUTIONS

Questions?



SAMHSA-HRSA CENTER for INTEGRATED HEALTH SOLUTIONS

**Thank you for joining us today.
Please take a moment to provide
your feedback by completing the
survey at the end of today's
webinar.**

If you have additional questions/comments please send them to:

Aaron Williams – aaronw@thenationalcouncil.org

Madhana Pandian – madhanap@thenationalcouncil.org