



Integrating Health & Wellness & Peers in Clubhouse Programs



Colleen McKay, M.A., C.A.G.S.

Program for Clubhouse Research

Systems and Psychosocial Advances Research Center

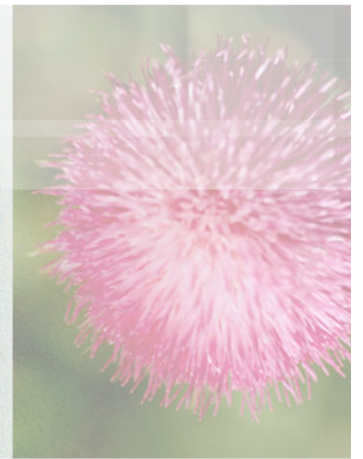
University of Massachusetts Medical School

Mary Quill, A.A.

Systems and Psychosocial Advances Research Center

University of Massachusetts Medical School

And Genesis Club, Inc.



Extent of the Problem



- Many people diagnosed with Severe Mental Illness (SMI) use smoking to manage symptoms, stress, or increase social contact and consume nearly half of all tobacco sold in the United States¹.

- Compared with the general population, individuals with SMI are at greater risk of co-morbid health problems and premature death².

¹ Lasser, K., Boyd, W., Woolhandler, S., Himmelstein, D.U., McCormick, D., & Bor, D.H. (2000). Smoking and Mental Illness: A population based prevalence study. *JAMA*, 284, 2606-2610.

² National Association of State Mental Health Program Directors. Morbidity and Mortality in People with Serious Mental Illness. Thirteenth in a Series of Technical Reports. Alexandria, VA: 2006.

Peers as Providers



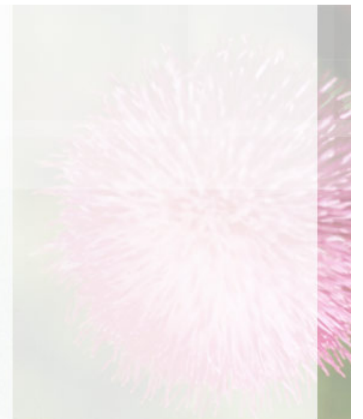
“A growing body of evidence suggests that peer-provided, recovery-oriented mental health services produce outcomes as good as and, in some cases superior to, services from non-peer professionals.”

- Cook, J. A. (2011). Peer-delivered wellness recovery services: From evidence to widespread implementation. *Psychiatric Rehabilitation Journal*, 35(2), 87-89.

Peer Supports



Involvement of consumers or peers in addressing tobacco use in mental health settings is a relatively new approach that has not been widely developed or disseminated



Peer Supports



Advantages of engaging peers as providers:

- Peers can provide support and experiential knowledge
- Cost effective
- Serve as role models and/or advocates
- Peers may seem less threatening
- Peers may share a common language & culture with other peers

Background: Literature Review



- **Examined literature describing peer delivered supports for tobacco cessation for adults diagnosed with serious mental illness**
- **Seven articles describing four interventions with peer providers**

McKay, C. & Dickerson, F. Peer supports for tobacco cessation for adults with serious mental illness: A review of the literature. *Journal of Dual Diagnosis*, 8(2), April-June 2012, pp.104-112.

Literature Review



Primary roles of peers:

- Co-leaders of educational group
- Providers of additional support to clubhouse members as part of a multifaceted smoking cessation program
- Outreach workers delivering presentations about smoking & brief feedback sessions

McKay, C. & Dickerson, F. Peer supports for tobacco cessation for adults with serious mental illness: A review of the literature. *Journal of Dual Diagnosis*, 8(2), April-June 2012, pp.104-112.

Needs, Barriers, & Activities

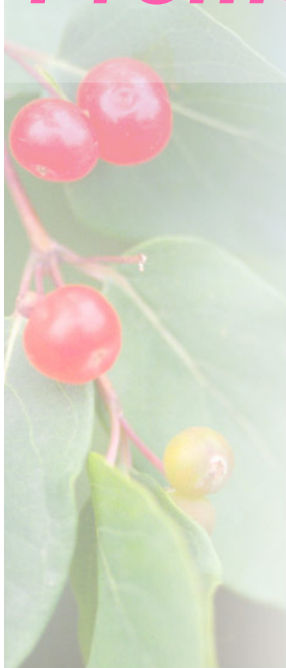


Examined if and how ICCD Clubhouses promote practices that improve the physical health of clubhouse members.

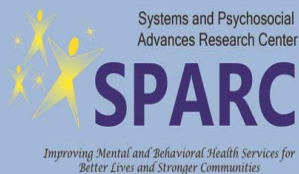
Four main questions:

- What is the clubhouse director's perception of the need for health promotion activities and practices for clubhouse members?
- What health promotion activities and practices are currently offered in clubhouses?
- Do clubhouses plan to initiate any health promotion activities in the next 12 months?
- Are there any barriers to health promotion activities for clubhouses and/or their members?

Perception of Need for Health Promotion Activities for Members



Needed Intervention/Activity	US (N=110)
Nutritional education	4.29
Weight loss programs	4.25
Smoking cessation	4.23
Dental care	4.13
Stress management	3.96
Substance use awareness or reduction	3.90
Health screening & risk assessment	3.85
Supervised exercise	3.70
Non-supervised exercise	3.65
Improving sleep habits	3.59
Primary medical care	3.59



McKay, C.E. & Pelletier, J.R. (2007). *Health Promotion in Clubhouse Programs: Needs, Barriers, and Current and Planned Activities*. *Psychiatric Rehabilitation Journal*, 31, 155-159

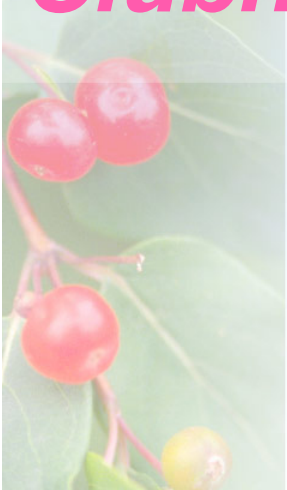
Genesis Club:

Existing Health Promotion Activities

- **Gym Memberships - YWCA**
- **Walking Group – Noon Walks**
- **Running Team**
 - **Falmouth Road Race,**
 - **Worcester Fireman’s Run, etc.**
- **Health Promotion Toolkit**
- **Wellness Wednesdays**
- **Nutritional Meals/Healthy Food Choices**
- **Dual Recovery Anonymous**
- **Wellness Fairs/Information Table**
- **Two Plots in a Community Garden**



The Promoting Health Lifestyles Clubhouse Toolkit



- Developed to help clubhouses and other agencies with peers better address health & wellness.

Promoting Healthy Lifestyles

Clubhouse Toolkit

Draft 12/30/2010

Colleen McKay, MA, CAGS

Douglas Ziedonis, MD, MPH

Gregory Seward, MSHCA, LADC-I, CTTS-M

Kevin Bradley, MEd

Emily Sawyer, BA

Valerie Williams, MA, MS

Jodi Adams, MA

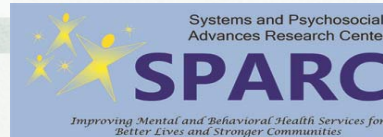
Paul Letourneau

David Rocheleau, BA

Laura Perkins, AS



- Focuses on tobacco cessation integrating nutrition, exercise, improving sleep, & stress reduction.



The Promoting Health Lifestyles Clubhouse Toolkit



- Provides a model in which peers or clubhouse members and staff co-lead educational meetings and organizational change within an agency.
- Focuses on the relevance of health promotion and tobacco cessation to help employment, housing, and recovery in general.

Sample Pages



Session 19: Foods that Fool You

In this informational session, we will learn about foods that might seem healthy, what is good and bad about them, and some actual healthy alternatives to these foods. One of the members on our leadership team suggested this session and the title. You can also review the nutritional information from the food items and restaurants as a group exercise during this session.

List some drinks and foods that you think might be good for you.

Many foods seem reasonably healthy but may not be as good for you as they initially appear. We refer to these items as “Foods that Fool You”. The following table has a list of some of these foods and healthy alternatives to them.

Foods that Fool You

Food Item	It Sounds Good For You Because:	It's Bad For You Because:	Some Better Alternatives Are:
Drinks			
Fruit juice drinks (MedicineNet.com, n.d.)	Fruit juice is made from fruit so it must be healthy.	Fruit juice drinks have calories and sugars. Be sure to find juices that are natural or are unsweetened. Watch out for juice drinks that have salt and/or sugars added to them. The calories in these drinks can add up quickly.	Water is the best alternative. Unsweetened tea or coffee (hot or iced), and milk are good choices in moderation. Try to drink juices that are 100% juice and not juice drinks.

Promoting Healthy Lifestyles Clubhouse Toolkit
Draft 10/15/2010

©2010 University of Massachusetts
All rights reserved. No reproductions without permission.

Session 6: Help Yourself with Physical Activity, Exercise, and Maintaining a Healthy Weight and Help your Clubhouse Develop Supports.

In this educational and organizational change session, we will learn about having a healthy weight and the Body Mass Index (BMI) to help individuals in an educational way. Participants will have an opportunity to calculate their own BMI. We will discuss how physical activity is good for us, and ways that we can keep active. To help the clubhouse organization, we review how Genesis Club started their health promotion activities and expanded this into tobacco cessation. This may help other clubhouses with their organizational change efforts.

Physical activity helps you mentally and physically. Regular exercise can help prevent heart disease, lower blood pressure, prevent bone loss and promotes weight loss. Exercise also helps people manage stress and feel better (USDA, 2003).

Do you know how much you weigh? Yes ___ No ___

**Do you know if you are at a healthy weight?
Yes ___ No ___**

Toolkit – Personal Narratives



- Member & staff experiences in quitting tobacco use, exercising, and eating healthier.
- Narratives provide:
 - An understanding of the experience of unhealthy living and/or tobacco addiction
 - Successful strategies that people diagnosed with serious mental illness have used to quit tobacco and live healthier lives.
 - Inspiration, hope, and commitment to adopting wellness and recovery in all our lives, as they become a way of life.

Toolkit – Personal Narratives



“I smoked cigarettes for over thirty years and for the most part, I enjoyed them but down inside, I wanted to quit. I started to play a game in my head where I told myself that every pack that I bought would be my last. After punishing myself with the side effects from smoking cigarettes for thirty years, I was determined to quit. After six tries, I quit going cold turkey and have virtually no desire to pick up a cigarette again. I feel better now than I did 20 years ago because I have quit smoking and I am exercising.”

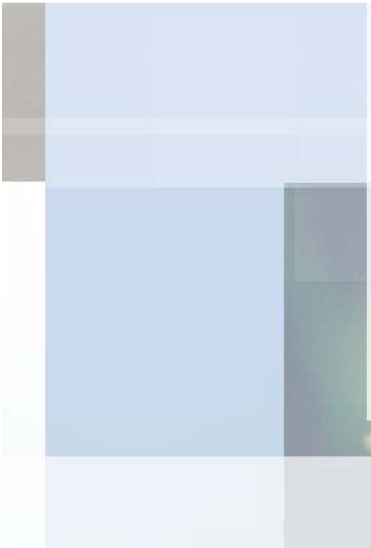
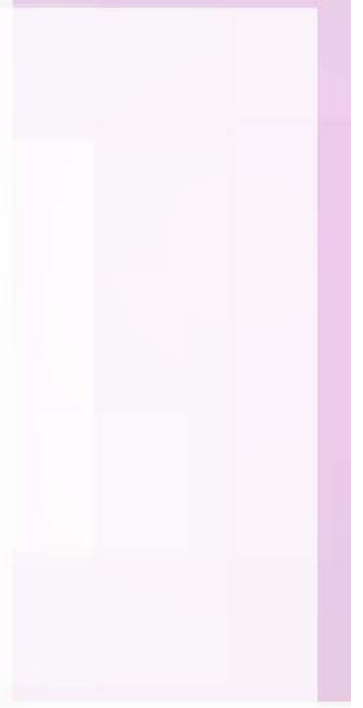
Toolkit – Personal Narratives



“I have to admit exercise was never on top of my to do list, so it is safe to say the past few years were more of a sedentary lifestyle, considering the medications I've been on. It's proven with all the added benefits prescriptions have, they are not without their side effects, and the leading downside to the meds is weight gain and being lethargic, and in some cases diabetes! So, there is only one cure as which we all know, is exercise. I joined the Genesis Wellness team in an attempt to tone up, trim down, and most importantly get myself on the right track, and I did that. This left me feeling grateful and proud that I could be a part of something so helpful.”

Integrating Tobacco Cessation & Health Promotion Interventions – Focus Groups

- Assess program needs,
- Identify barriers,
- Explore strategies,
- Develop resources, &
- Tailor interventions.

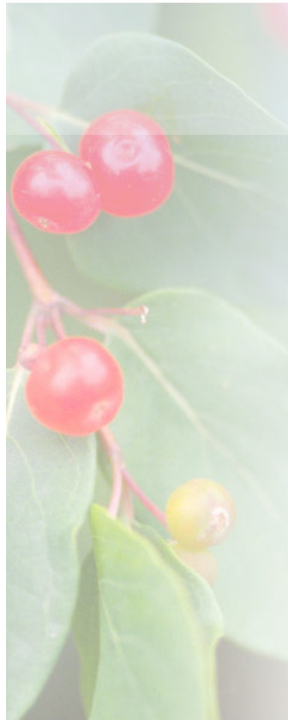


Focus Group Participants - Members



- *Baseline:* Thirteen (nine females, four males)
- *Follow-up:* Five (three females, two males)
- Approximately 48.15 (range 19-68) years old.
- All focus group participants were Caucasian.

Focus Group Themes - Baseline



Theme	Staff	Members
Importance of organizational/culture change with regard to tobacco use	✓	✓
Integration of health & wellness	✓	✓
Effective communication about the new supports	✓	✓
How tobacco affects recovery (e.g. employment or housing)	✓	
Education with regard to health promotion and tobacco cessation	✓	
Tailoring supports for the clubhouse		✓
Ways to engage smokers & be supportive		✓

Member Focus Group Themes - Baseline



The importance of:

- 1) Organizational/culture change with regard to tobacco use;**
- 2) Having a multi-faceted approach that addresses tobacco, exercise, & nutrition;**
- 3) Effective communication about the new supports;**
- 4) Tailoring supports, &**
- 5) Ways to engage smokers & be supportive.**

Member Focus Groups - Baseline



“Within the clubhouse the culture is changing to a better mode of living”.

“More people are health conscious because it is discussed... The culture of change is happening here. People are becoming more aware that they can do something about their physical condition, and they can do something about their smoking problem.”

Staff Focus Group Themes - Baseline



The importance of:

- 1) Organizational change with regard to tobacco use;
- 2) Integrating health & wellness activities;
- 3) Effective communication about the new supports;
- 4) Addressing how tobacco affects other areas of recovery such as employment; &
- 5) Providing education with regard to health promotion & tobacco cessation.

Focus Groups - Staff



“I feel obligated in a sense of knowing about it [tobacco cessation]; say I’m doing a goal plan with someone.”

“That [tobacco cessation] should be an option as much as employment should be... having discussions with members about how to be a successful employee is really to take care of your health.”

Focus Groups - Staff



“We started thinking about exercise because people could not sustain a four hour work day because of cardiac issues & lung capacity.”

“It [health promotion] should support the core things we do, which is better employment, better housing, better quality of life....”

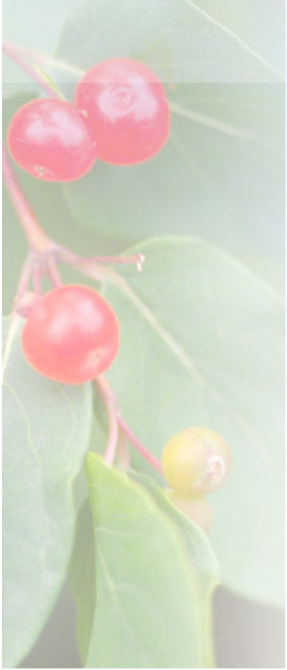
Focus Group Themes: Follow-Up



Theme	Sixth Month Follow-Up	
	Staff	Members
Integration of health & wellness activities		✓
How tobacco affects other areas of recovery such as employment or housing	✓	✓
Changes in social acceptance of smoking		✓
Awareness of consequences of tobacco use	✓	✓
Awareness of resources (educational meetings, health promotion toolkit, etc.)	✓	✓
Tailoring supports for the clubhouse	✓	
Ways to engage smokers and be supportive	✓	



Member Focus Group Themes – Follow-up



Five primary themes:

- 1) Integration of health & wellness activities;
- 2) Tobacco affects other areas of recovery such as employment or housing;
- 3) Changes in social acceptance of smoking;
- 4) Awareness of consequences of tobacco use; &
- 5) Awareness of resources (educational meetings, toolkit, etc.)

Follow-up - Members



- *“Just because it [wellness] is becoming part of our culture, the proper diet, and the not smoking or using tobacco products”.*
- *“I’ve noticed over time that smoking is not as much of a friendly get-together... it is not as much of a social gathering as it used to be”.*

Staff Focus Group Themes – Follow-Up



The importance of:

- 1) How tobacco affects other areas of recovery such as employment or housing;**
- 2) An awareness of consequences of tobacco use;**
- 3) An awareness of resources;**
- 4) Tailoring supports for the clubhouse; &**
- 5) Ways to engage smokers & be supportive.**

Staff - Follow-Up



“It’s hard enough to make the decision to quit, and once you do, you want to have the support of others and the tools to do so....

What kinds of supplies do you need? [Nicotine] patches?....

I think if you want to help them [members] quit you have to go all the way.”

Contact Information



Colleen McKay, M.A., C.A.G.S.
**The Program for Clubhouse Research
Systems and Psychosocial Advances
Research Center**
Department of Psychiatry
University of Massachusetts Medical School
colleen.mckay@umassmed.edu

Mary Quill, A.A.
**Systems and Psychosocial Advances Research
Center**
Department of Psychiatry
University of Massachusetts Medical School
And Genesis Club, Inc.
Mary.Quill2@umassmed.edu

