

To promote health and wellness across the SCCMHA system by encouraging individuals to come together to build a community that will provide a foundation for effective mental and physical development.

SCCMHA Wellness FY 2015 Plan in Review

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**Wellness
is
Fundamental**

The red type in this document indicates items taken directly from the FY 2015 Wellness Plan. The accomplishments for each item are then elaborated below in black type. Please note: Some items were repeated in the original plan as they applied to more than one goal/objective. They are only discussed once in the summary.

Wellness Mission: *To promote health and wellness across the SCCMHA system by encouraging individuals to come together to build a community that will provide a foundation for effective mental and physical development.*

Goal: Improve Consumer and Staff Health and Wellness

- **Wellness committee continues as a subcommittee of the Environment of Care Committee**

The SCCMHA Wellness Committee met six out of the six scheduled meetings for FY 2015. The members of the committee for the majority of FY 2015 were: Cheryl Carlevato, Mary Baukus, Melinda McGovern, Melissa Gray, Michelle Vance, Tim Ninemire, Vanessa Randall, Nate Crawford, Colleen Sproul, Patti Colpean, Robin Reid, Stacy Farrell and Gina Munguia-Zamora. There were also two consumer members, but they discontinued attending meetings and with the expected change in scope of the committee, there will not be new consumer members.

As of the end of FY 2015, Nate Crawford, Robin Reid, Stacy Farrell and Gina Munguia-Zamora have resigned from the committee due to time constraints or leaving the agency. Fred Stahl will replace Melinda McGovern, who will continue to serve as a back up if Fred is not available. Additional new members are Jessica Huber and Rachel Bersok. There is room for more additional members for 2016.

Educate Consumers, Families, Staff and Caretakers about Healthy Living and Disease Prevention

a. Improved health and wellness for Consumers and Families

- **Education and Prevention**
 - **Choose theme for month related to national awareness campaigns when possible. For certain months, it may be appropriate to have more than one theme.**

FY 2015 Themes were as follows:

- October: Bullying Prevention Month; Breast Cancer Awareness Month; Disability Awareness Month
- November: Lung Cancer Awareness Month; Alzheimer's Awareness Month
- December: Healthy Holidays Month
- January: Cervical Health Awareness Month; 26 - February 01 National Drug Facts Week
- February: American Heart Month; Teen Dating Violence Awareness Month; 6 National Wear Red Day
- March: National Nutrition Month; National Problem Gambling Awareness Month
- April: National Distracted Driving Awareness Month; 7 World Health Day
- May: Mental Health Month; National Physical Fitness and Sports Month; 5 Hand Hygiene Day
- June: Men's Health Month; 7 National Cancer Survivors Day

- July: National Recreation and Parks Month; 28 World Hepatitis Day
- August: National Immunization Awareness Month; 1 – 7, World Breastfeeding Week
- September: National Recovery Month; Whole Grains Month; 7 – 13, National Suicide Prevention Week; 10 World Suicide Prevention Day; 14-20, National Wellness Week

- **Wellness information will get into the hands of as many consumers as possible.**
 - **Distribute Wellness resources by request and for specific wellness promotions.**

Beyond those topics addressed in monthly wellness messages and quarterly newsletters, specific Wellness resources and information were distributed on several topics including heart health, making healthy whole grain choices, healthy and affordable cooking (cookbooks), men's health, hypertension, diabetes management, walking, personal hygiene, community activity information, tips for summer, Recovery and chair exercises.

- **Provide wellness information on the SCCMHA website**

There is now a section of the SCCMHA website dedicated to Wellness. It has tips, the wellness plan, resources, information on the Friends for Recovery Center, and more. It can be found at <https://www.sccmha.org/services/wellness/>.

- **We will continually explore and identify ideas to target specific consumer groups such as children, families, adults with serious mental illness and people with developmental disabilities.**

It was determined that hypertension is a major concern for both the consumers we serve as well as the SCCMHA employee population. A two-part "Lunch & Learn" class was designed by Mary Baukus, MSW, LMSW and Vanessa Randall, RN, BSN, CDE, based on information from the Mayo Clinic. These classes were held 04/07/15 and 04/21/15. Approximately 21 consumers and staff members participated.



As part of a team effort with the Health Home and Integrated Care Nurse Supervisor, the Dietician and other Health Home nurses, the Hypertension Committee was newly formed to develop a campaign to address this issue. The committee met twice and will continue to meet in FY 2016. The campaign is entitled, Better Together We Can and it will address whole person wellness with a particular emphasis on hypertension management for FY 2016. The Wellness coordinator created the logo (above) for this campaign.



In celebration of *National Wellness Week*, on 09/18/2015 from 10 am to 12 pm, free *Good and Cheap* cookbooks were made available to any person served by the SCCMHA system. Free samples of six of the recipes from the cookbook were also offered. Approximately 20 consumers attended this event as well as several staff members. Due to the lower attendance, cookbooks were also made available to staff members.

- **Wellness coordinator serves as a wellness consultant to the Friends for Recovery Center and serves on their Wellness Committee.**
 - **Wellness coordinator will help promote FFRC activities throughout the SCCMHA and provider network.**

The Wellness Coordinator has served as co-chair of the FFRC Wellness Committee for FY 2015 and will continue as a committee member for FY 2016. The committee met monthly to plan the monthly calendar of Wellness-related education and activities provided at the center. Several health and wellness topics were covered through presentations and classes at the Friends for Recovery Center. Classes were provided by community professionals as well as the FFRC Peer staff. The topics typically corresponded with the SCCMHA monthly topics, but also included additional topics. Examples include Heart Health, Chronic Disease management, Hepatitis, Recovery, Minority Health, Sexually Transmitted Infections, Breast Cancer Awareness and Healthy Eating.

The Wellness Coordinator facilitated a book club at FFRC with a focus on intellectual and emotional wellness. The book club was based on the book, The Twenty-Four Carat Buddha and Other Fables – Stories of Self-Discovery. The book club met 15 times in FY 2015.

The Wellness Coordinator maintains the FFRC section of the SCCMHA website where the monthly calendar of Friends for Recovery Center events can be found as well as general information on the center.

- **Wellness coordinator will provide wellness postings to the FFRC Facebook page.**

The Wellness Coordinator posted wellness messaging to the FFRC Facebook page regularly, typically posting five posts per week on various wellness-related topics. Topics addressed all eight dimensions of Wellness (Emotional, Financial, Social, Spiritual, Occupational, Physical, Intellectual and Environmental)

- **Wellness coordinator is also available to consult on wellness for other network service providers.**

The Wellness coordinator was available to consult with any of the network service providers. Education was provided, in the form of a training related to stress management, in January 2015. This training was

one-hour and was provided at the annual home manager renewal training provided by our Continuing Education Department.

Men's Health booklets and booklets on Boy's Health were provided to the Primary Providers during Men's Health month in June.

The Wellness coordinator also provided consultation via phone to some primary providers.

- **Live Well newsletter published quarterly (Winter, Spring, Summer, Fall) and distributed via e-mail, direct mail and throughout buildings**

Live Well, the SCCMHA Wellness Newsletter was published in October, January, April and July. Approximately 1,000 printed copies were distributed throughout SCCMHA and the provider network. Approximately 1,600 newsletters were distributed electronically. The newsletter is also available on the SCCMHA website.

The Spotlight on Wellness feature was able to focus on three employee wellness-related success stories.

- **Learning Links on wellness topics (try to coincide topics with national awareness campaigns/wellness messages)**

Learning Links covered topics such as general Wellness, Healthy Eating and ideas to help quit smoking. They also had several sessions that gave the opportunity for social wellness.

- **Rotate Wellness posters in up stairwell frame and frame near pharmacy.**

Wellness-related posters were rotated at least quarterly.

- **Wellness brochures as needed**

Various topics were covered for distribution at the November Homeless Connect event and the Wellness Fair. Some specific topics were distributed to individuals. Suicide Lifeline wallet cards and magnets were made available.

- **Continue Wellness Bulletin Boards (Hancock 1st floor and lower level)**

Bulletins boards were updated monthly according to the theme(s) for that month.

- **Wellness coordinator will write Recovery stories for Provider newsletter up to six times per year.**

Recovery Stories, which are stories of recovery success from individuals we serve or have served, were published six times in the Provider Network Newsletter.

- **Wellness coordinator will compile community events for Residential Newsletter six times per year.**

A flyer on community events with a link to see additional events was published in the Residential newsletter six times in FY 2015.

- **Impact chronic conditions**
 - **Wellness coordinator serves as a representative of SCCMHA on the Chronic Disease Coalition of Saginaw County.**

The Wellness coordinator served as a representative on the Chronic Disease Coalition (part of CHIP). The Health Home & Integrated Care Nursing Supervisor also served as a representative. The meetings were generally held monthly.

A Wellness resources webpage, as part of the SCCMHA website, was created with input from this group. The Wellness coordinator receives updates from committee members and maintains this webpage. In addition to community-related wellness events and activities, information on area classes addressing chronic diseases was included.

The Wellness coordinator also researched and gathered data related to SUD's for the Behavioral Health Action Group that is also part of CHIP.

- **Article on various chronic diseases will be included in wellness communications, depending on the monthly theme.**

In addition to other wellness topics, wellness communications addressed HIV, Alzheimer's disease, Mental Illness, Heart Disease, Hepatitis, Diabetes and Hypertension. Several types of Cancer and Cancer prevention were also covered topics.

Hypertension class, "Take Control," was offered as previously discussed.

A presentation to the Friends for Recovery Center, focused on sugar consumption in beverages, took place 03/25/2015. The purpose of this presentation was to help address obesity and Diabetes, which are concerns of many FFRC participants. This presentation was hands on and had good attendance.

- **Seek to offer smoking cessation classes which will be open to consumers and staff members.**

Smoking Cessation was offered twice in FY 2015. Sam Connon, who is a respiratory therapist, volunteered his time to provide smoking cessation for a series of classes held January-February and also in June. Participation was low for these classes.

This class was marked through flyers that were e-mailed throughout the network, it was mentioned in wellness messaging and flyers were also posted in the Hancock building. The HDI clinic also had flyers available for patients who might be interested. The flyer for smoking cessation was also posted on our Wellness Resources webpage where it could be viewed and/or printed.

- **Guidance for resources**
 - **Wellness Coordinator is available as a consultant to provide assistance with connecting with wellness resources for consumers, including:**
 - **Put together resource information**
 - **Do phone or in person consultations with case managers, therapists, consumers etc.**
 - **Do presentations and trainings on specific wellness topics to staff and/or consumers**

- **Research local/SCCMHA experts in specific wellness areas and pass on their contact information or make introductions if I know them (they may be better for some topics related to presentations and trainings, i.e. financial)**
- **Provide brochures or handouts on specific topics (may need to be ordered and pending approval)**

With the exception of the Friends for Recovery Center consultation role, very few individual case managers within SCCMHA or the network took advantage of this consultation opportunity. Generally, an average of less than one person per month sought any assistance in this area. The Wellness coordinator was invited on some occasions to do trainings/presentations as discussed elsewhere in this document.

- **Integration**

- **Wellness will be incorporated as an integral part of the PCP process.**

The Wellness Coordinator presented on two occasions related to this topic as well as multiple individual discussions and discussion during meetings. This topic was also addressed by Linda Schneider, Colleen Sproul and Ginny Reed in various meetings.

- **Explore available Wellness programs and strategies for possible implementation with consumers and/or staff as needed/by request.**

The idea of using the “Health Matters” curriculum for person with developmental disabilities was discussed with supervisors who serve this population. Each supervisor was provided a copy (who did not all ready have one). SVRC is regularly using the curriculum as a resource for wellness-themed lesson planning, impacting approximately 50 individuals per month.

WHAM (Whole Health Action Management) was discussed as a possibility with the peer group. TTI implemented a group, with six individuals participating, and FFRC plans to begin a group in 2016. Health Home may also start a group in the future.

The draft of the Evidenced Based Practice guide for Wellness was completed by Barb Glassheim.

- **Work with Health Home & Integrated Care department as needed.**

Two members of the Health Home & Integrated Care department became a part of the Wellness Committee.

The Wellness Coordinator worked with the Health Home & Integrated Care department related to helping recruit/register consumers for three PATH classes. The Wellness coordinator also created the flyers for the classes and put them on the SCCMHA Wellness Resources webpage.

The Wellness Coordinator also collaborated with the Health Home & Integrated Care department for Smoking Cessation classes.

See also the discussion of the hypertension class, “Take Control” and “Better Together” above for other examples of collaboration with this department.

b. Workforce emphasis on the importance of wellness

- **Wellness coordinator will facilitate Peer Support Specialists meeting every other month**

The Wellness Coordinator facilitated the Peer Support Specialist meetings and served on the committees as indicated.

- **Wellness coordinator will serve on various committees, including: Leadership Team, Quality of Life Workgroup, Environment of Care Committee, Improving Practices Leadership Team, Quality Team and Self-Determination**

The Wellness coordinator served on the above mentioned committees and discussed Wellness as relevant to each group.

- **Education**

- **Wellness will be incorporated into the workforce culture.**

Healthy food options were readily available at both the Holiday party and the SCCMHA staff picnic in FY 2015. The Wellness coordinator gave input as part of the planning process for these events.

Many staff members openly share ideas about wellness with the Wellness Coordinator. Wellness is addressed at multiple committee meetings.

- **Wellness presentations to staff during staff meetings by request.**

The Wellness Coordinator presented to Leadership Team, the OPS Committee, the CAC Committee the CSS teams, the SC Teams, Adult Case Management Supervisors, the Consumer Leadership team and FFRC Board of Directors. The Wellness Coordinator also presented on “Healthy Eating” as part of Learning Links.

- **Additional education offered with continuing education credits (*Taking Care of Yourself: Learning to protect yourself from the symptoms of Stress, Burnout and Compassion Fatigue* as part of Case Management Core Training, Mental Health First Aid) Additional trainings by request.**

Taking Care of Yourself... was offered to a group of SCCMHA and network case managers and therapists on 09/15/2015.

The Wellness Coordinator completed a one week training to be certified as a Mental Health First Aid trainer. She then co-facilitated Adult Mental Health First Aid on four occasions in FY 2015. Additional trainings were offered as previously discussed.

- **Monthly wellness messaging**

A one-page Wellness Message in a newsletter format was distributed monthly via e-mail to the SCCMHA Broadcast and the Primary Provider Network. The topics coincided with the monthly theme(s).

- **Extra messaging during National Wellness Week (September)**

A daily e-mail was distributed via e-mail to the SCCMHA Broadcast and the Primary Provider Network during the week of September 14th. The initial e-mail included the SAMHSA Wellness graphic and the subsequent e-mails focused on two wellness dimensions per day with additional resources.

- **Access to resources**

- **See previous under “Guidance for resources”**

- **TB tests and Hepatitis B shots as currently offered through Human Resources.**

Offered as indicated (facilitated by Human Resources).

- **Voluntary Flu vaccinations available through Advanced Care pharmacy.**

Vaccinations were available fall 2014 for the consumers we serve and special times were also arranged by HR for SCCMHA staff members.

- **Stress self-assessment tools made available to staff members for their own use with emphasis on follow up with EAP or personal physician as needed.**

Stress self-assessment tools were made available on the G-drive and the information on their availability was shared via a monthly wellness message.

- **Health and wellness information using internal communication tools**
 - **Explore and encourage the use of BCBS wellness-related supports, including encouraging staff members to complete personal health assessments; promote in wellness messages and newsletter.**

BCBS resources were highlighted multiple times in both the *Live Well* newsletter as well as the monthly wellness message.

- **Ongoing assess interests/needs (staff have been encouraged to give suggestions to Wellness coordinator, use of surveys, etc., this item will be ongoing)**

The Wellness Committee was informally surveyed via e-mail at least three times related to their interests as relevant to wellness planning for various events and purchases. Regular feedback and input was also sought from the committee during meetings.

A focus group of peers as well as a representative of Customer Service met for input into the Wellness Fair Planning process.

A group with representatives from each building (not all of whom were members of the Wellness Committee) met separately from the Wellness Committee on one occasion to gather input for the planning of the Go Red events.

Within each Wellness message from April- September, input was requested related to the Wellness Resources page of the SCCMHA website.

- **Sponsoring or hosting motivational, healthy activities**
 - **Stress ball give away for National Great American Smokeout (November)**



The National Great American Smokeout was 11/21/14. The display was set up in the lobby of 500 Hancock. It included stress balls, a handout on how to deal with stress without smoking and coupons that could be used with prescriptions (obtained from a physician) to stop smoking. Approximately 250 stress balls were given out in addition to a great deal of supportive materials.

○ **Go Red Blood Pressure Screenings (February)**



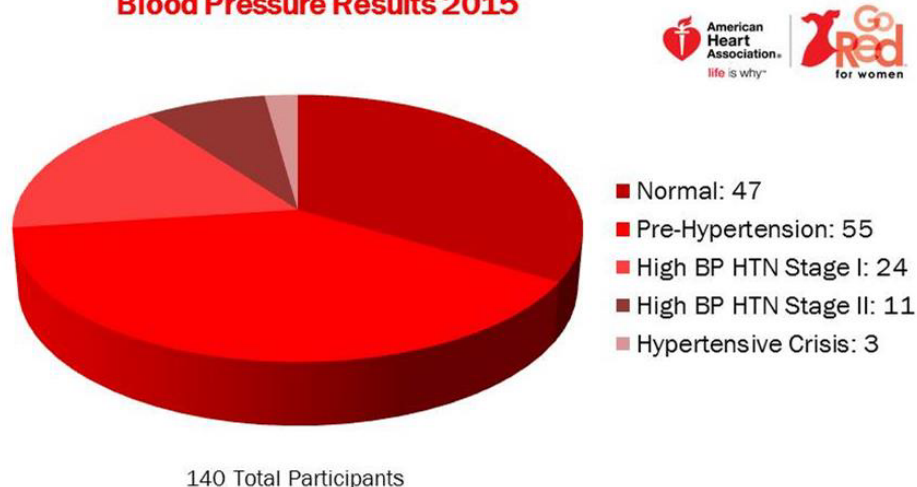
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An overview of the Go Red event is included in the article/graphic below.

Go Red at SCCMHA

February was American Heart Month. Did you know that heart disease is the number one killer of women? It causes 1 in 3 deaths of women each year. To help raise awareness of heart disease and to celebrate American Heart Month, many SCCMHA sites hosted Go Red events. On the dates of these events, all staff members were encouraged to wear red to help raise awareness for heart disease. Each site held blood pressure screenings, provided educational information and had give-away items. There were 140 participants this year. The results can be seen in the pie chart below. For more information on heart disease prevention, please visit www.goredforwomen.org or contact Mary Baukus, Wellness Coordinator, at 272-7228 or mbaukus@sccmha.org.

Blood Pressure Results 2015



○ **Healthier Choices Wellness competition. (Winter/Spring)**



Healthier Choices Wellness competition was held again in 2015. This competition targeted SCCMHA staff members and used a quick weekly survey to look at wellness lifestyle choices. Staff members could earn up to 45 points per week by completing the survey. Points were counted toward drawings for prizes. The more points they earned, the more entries they received in the drawings. There were seven winners in this competition who each received a \$50 gift card. The competition ran February 9, 2015 through March 23, 2015.

○ **Hold an annual Wellness Fair (May 2015)**



The SCCMHA 2015 *Live Well* Wellness Fair was held May 5, 2015 from 10 am to 2 pm at our 500 Hancock location, in the lower level training room. There were **23 vendors** (including SCCMHA representatives and outside vendors) and approximately **245 attendees** for this event. There were also **23 volunteers** who worked in shifts to help set up, run and take down this event. Volunteers are essential for this event and their help is much appreciated. This event was organized by Mary Baukus, MSW, LMSW, Wellness Coordinator, with input from the SCCMHA Wellness Committee, a focus group of SCCMHA Peer Support Specialists and a Customer Service representative.

Vendors for this event were:

Outside Vendors	SCCMHA Vendors
Health Delivery Incorporated	Infection Control
YMCA of Saginaw	Self-Determination
Western & Southern Life	Wellness
Saginaw County Commission on Aging	Supported Employment

Prevention & Youth Services
Saginaw Promise
Michigan State University Extension
Saginaw County Parks and Recreation
List Psychological
Bayside Clubhouse Bright Beginnings Y.A. Grp
Saginaw pathways to Better Health
Friends for Recovery Center
Saginaw County Employee Credit Union
Odyssey House
Blood pressure screenings
(TTI & SCCMHA)

Continuing Education
Human Resources (TB testing)
OT & PT
Salter Place Housing Resource Center

The SCCMHA 2015 *Live Well* Wellness Fair included a great deal of wellness related educational materials and giveaways. There was a drawing held for three door prizes. Prizes included a Kroger gift card, a Cabela's gift card and a Barnes and Noble gift card (\$25 each). Two consumers and one employee each won a gift card. Each attendee, volunteer and vendor received a SCCMHA Wellness tote bag in a choice of blue, black, or green.

Feedback was very positive regarding the wellness fair. It was described as "well organized," having a "good setup" and as having a "nice balance between CMH and outside vendors." Other comments included a general appreciation for the look of the event related to the use of signs and table cloths. There were very positive remarks about the tote bags and some of the give away items available at the vendor tables. Overall, the 2015 SCCMHA *Live Well* Wellness Fair was a great success.

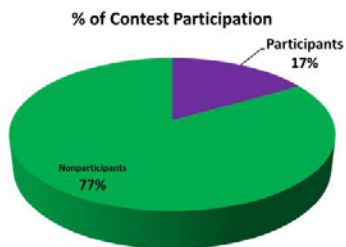
○ **One Step at a Time Staff Physical Activity Competition (Summer)**

ONE STEP AT A TIME

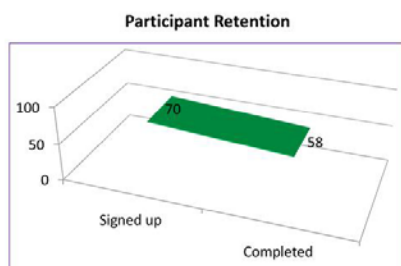


SCCMHA Staff Physical Activity Competition

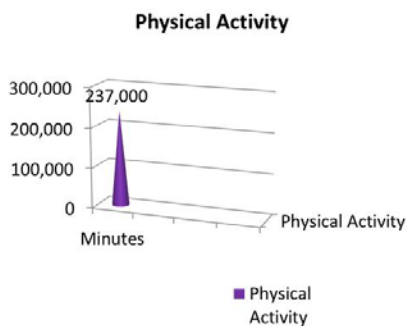
There were four individual winners in the competition as well as one participant who won by a drawing. All those who completed the competition received a certificate and a pin. The top winners and the winner of the drawings each received wellness-related prize worth about \$60.00. Prizes were awarded at the annual SCCMHA employee picnic held on August 28th at the Albert & Woods Professional Development & Business Center. The graphic below gives additional information and was shared with employees in *The Changing Times*.



58 out of 350 total SCCMHA staff members completed the One Step at a Time Competition.



58 out of 70 total SCCMHA staff members who originally signed on stayed in the competition the entire **9 weeks**.



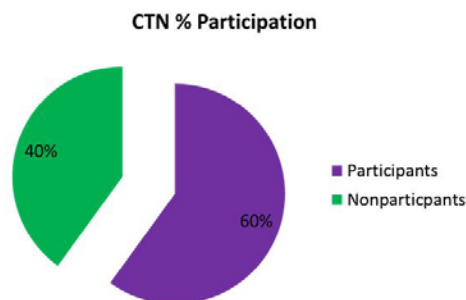
ONE STEP AT A TIME



SCCMHA Staff Physical Activity Competition

Community Ties North is the winner of the site competition!

CTN not only had the highest average total minutes at over **5,000 minutes** for the 9-week competition, but they also had the highest percentage of participants in their building. **18 out of 30 staff members** from CTN participated.



- **Celebrate Wellness week with a Walk for Wellness on the trails at McCarty Wickes Park (or where ever picnic is held) during the staff picnic. (Summer)**

The Walk for Wellness was held during the annual SCCMHA employee picnic held on August 28th at the Albert & Woods Professional Development & Business Center. Several staff members participated and walked the trails behind the building. The walk was lead by Tim Hogan of the Continuing Education Department.

- **“Snacktacular Thursdays” in September to celebrate National Whole Grains Month.**



SCCMHA Wellness provided whole grain snacks for Snacktacular Wednesday events. These snacks included Skinny Pop Popcorn, Sun Chips and Lance Whole Grain crackers. They were put in the break rooms at various sites one Wednesday in the month of September. The snacks were for SCCMHA staff, but extra snacks and information were provided to the Friends for Recovery Center. Supportive information related to whole grains was also provided.

- **Maintain the role of Wellness Champion: A designated person at each SCCMHA site who, with close communication with the wellness coordinator, who will:**
 - **Encourage the promotion of wellness at their site,**
 - **Help distribute wellness information**
 - **Organize site-based wellness activities.**

Wellness Champions were chosen from the Wellness Committee. For the majority of FY 2015, the Champions were as follows:

- Albert & Woods: Robin Reid (now vacant)
- Children, Family & Youth Services: Stacy Farrell (now Rachel Bersok)
- Hancock: Mary Baukus
- Towerline: Nate Crawford (Now Jessica Huber)
- CTN: Melissa Gray
- CTS: Michelle Vance (Michelle has moved to another building and a new person from CTS is needed)

The Wellness Champions distributed the printed copies of *Live Well* within their buildings and reported feedback from their buildings related to Wellness at the Wellness Committee meetings. They also assisted in other tasks as needed and gave wellness-related feedback from the coworkers in their respective buildings.

- **Availability of exercise room/equipment (possible on-site in future)**
 - **Voluntary walking clubs at various SCCMHA sites, (Hancock, Towerline, A&W, Bay rd.) Including DVD's on walking for use inside.**

All of the major sites have a walking DVD available that can be used for walking indoors. Several small groups have organized at various sites to also walk out of doors, weather permitting.

- **Promote community fitness opportunities.**

Fitness opportunities are posted on the Wellness Resources webpage. At times, they are also promoted through newsletters and e-mails.

Educate Consumers, Families, Staff and Caretakers about Chronic Health Conditions and Symptom Management

- Please see “Education and Prevention” and “Education” sections previously addressed above.

Contribute to the overall health of the Saginaw Community

- **Provide visible leadership in local wellness and initiatives**
 - **Wellness coordinator serves as a representative of SCCMHA on the Michigan Association of Suicide Prevention.**

The Wellness Coordinator serves as a representative and the Treasurer of the Board for MASP and participates in the 2-hour monthly meetings. Information on this organization was also communicated in the quarterly wellness newsletter.

- **Wellness coordinator serves as a liaison to MiHIA Diabetes Prevention Program. (dc 01/21/15)**

One meeting was attended, but it was decided that we would not be hosting this program inside of SCCMHA, but would refer out.