Camp Wellness: The Creation of a Self-Sustaining Wellness Program For Adults with Serious Mental Illnesses

July 2013
Nicole Harwell, MPH
Cheryl Glass, MBA-HCM, CHES, CPRP

A collaborative project between
Community Partnership of Southern Arizona and
the University of Arizona RISE
Workshop Objectives

1. Identify steps and strategies for developing a publicly funded wellness program for members of the behavioral health community.

2. Describe the Camp Wellness structure and curriculum.

3. Discuss the Camp Wellness evaluation methodology and preliminary outcomes.

4. Identify innovative methods to address program challenges (i.e. recruitment and retention strategies)

5. List key findings and unexpected results.
Introduction and Program Background
Why focus on wellness?

In Arizona, persons with serious mental illnesses (SMI) live approximately 32 years less than average.

Contributing Illnesses:
- Diabetes
- Metabolic Disorders
- Infectious Diseases
- Cancer
- Obesity
- Respiratory Diseases

Morbidity and Mortality in People with Serious Mental Illnesses. NASMHPD. October 2006.
Why focus on wellness?

- Health behaviors:
  - 75% of individuals diagnosed with mental illness smoke cigarettes, compared to 23% of the general population.\(^2\)
  - 40-60% of individuals with schizophrenia and 55-68% of individuals with bipolar disorder are overweight or obese.\(^2\)
  - Adults currently or previously diagnosed with depression are 60% more likely to be obese than their non-depressed counterparts.\(^2\)

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Why focus on wellness?

- **Effects of psychotropic medications:**
  - Weight gain
  - Slowed metabolism
  - Increased cholesterol levels
  - Increased risk of diabetes

Why focus on wellness?

- Fragmented health care:
  - “One in five people with severe mental illness – nearly 4 million – lack health insurance.”
  - “Mental illness may lead to a lack of health insurance” – and a lack of health insurance may lead to worsened illness symptoms.
  - “Uninsured adults are 30% less likely to have an annual checkup than insured adults.”

NAMI. Spending money in the wrong places. Accessed online at www.nami.org
Program Development
Strategy 1: Gather like minds…

Health and Wellness Council

- CPSA
- University of Arizona
- Service Providers
- System Members
- Gold’s Gym
- YMCA
Strategy 2: Use a needs assessment to shape program priorities.

COUNCIL PRIORITIES

- Self-sustaining
- Peer mentors
- Access to community wellness resources
- Robust program evaluation with measurable outcomes

FOCUS GROUP RESULTS

- Central location
- No specific CSP affiliation
- Community integration
- Course variety
Strategy 3: Determine the program outcomes.

Program participants will have...

- Longer life and improved quality of life
- Improved long term health indicators (blood pressure, labs)
- Improved medium term health indicators (weight, stamina)
- Improved health responsibility
- Increased health education & physical activity
- Program attendance, participation & satisfaction
Strategy 4: Make the program sustainable.

Start up dollars

Health promotion
Education and training using a standardized curriculum.
Health-related topic.
Provided by a ‘subject matter expert.’

Skills training
Teaching independent living, social and communications skills in order to maximize member’s ability to live and participate in community and to function independently.

Peer support
Provided by persons who are or have been enrolled in the behavioral health system.
Mentoring/role modeling/ coaching

Transportation
Program Structure and Activities
Kind words spoken here.

Camp Wellness is founded on:

- Unconditional Acceptance
- Healing
- Love
- Having Fun
Program Goals

- **Immediate**
  - Improve the health of persons with SMI.
  - Provide intensive and engaging health related education, skills training and peer support.
  - Foster independence and integration into the community.

- **Long term**
  - Increase the life span and quality of life of persons with SMI.
Peer Model

- Recovery Support Specialists
  - Lived experience
  - Recovery tools

- Training to become Health Mentors:
  - REACH Helpers Training
  - Presentation Skills Training
  - Curriculum Specific Training
  - Continuing Education
Program Model

- Admission criteria
  - Over 18 years old
  - SMI designation
  - AHCCCS & Non Title XIX eligible
  - Wellness goal on ISP

- Camp Wellness
  - Monday, Tuesday, Thursday, Friday
  - 10 am - 4 pm
  - 9 weeks
  - Full-time & part-time admission
  - Make up classes
<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<tr>
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<td>Nutrition</td>
<td>Tobacco Free Lifestyles</td>
<td>Mindfulness</td>
<td>Health Education with Dr. Kutob</td>
<td>Health Education with Dr. Kutob</td>
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<td>Supported Physical Activity</td>
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<td>11:00</td>
<td>Stress Mgmt</td>
<td>Nutrition</td>
<td>Tobacco Free Lifestyles</td>
<td>Nutrition</td>
<td>Support Physical Activity</td>
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<td>Lunch</td>
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<td>Stress Mgmt</td>
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<td>12:00</td>
<td>Lunch Cleanup</td>
<td>Self Care</td>
<td>Self Care</td>
<td>Lunch</td>
<td>Social Activity</td>
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<td>Activity Journals &amp; Good Setting</td>
<td>Lunch Cleanup</td>
<td>Lunch Cleanup</td>
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<td>Nutrition</td>
<td>Stress Mgmt</td>
<td>Supported Physical Activity</td>
<td>Lunch cleanup</td>
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<td>1:30</td>
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<td>Nutrition</td>
<td>Stress Mgmt</td>
<td>Supported Physical Activity</td>
<td>Laughter Time</td>
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<td>Tobacco Free Lifestyles</td>
<td>Mindfulness</td>
<td>Team Building/Wellness Games</td>
<td>Supported Physical Activity</td>
<td>Social Supported Physical Activity</td>
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<td>Mindfulness</td>
<td>Nutrition</td>
<td>Tobacco Free Lifestyles</td>
<td>Social</td>
<td>Nutrition</td>
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<tr>
<td>3:00</td>
<td>Mindfulness</td>
<td>Cooking Skills</td>
<td>Nutrition</td>
<td>Supported Physical Activity</td>
<td>Food Shopping and Education</td>
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<tr>
<td>3:30</td>
<td>Mindfulness</td>
<td>Nutrition</td>
<td>Cooking Skills</td>
<td>Social</td>
<td>Social Activity</td>
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</table>

Camp is closed except for make-up sessions.
Sample Course:

- **Health Education**
  - Taught by Dr. Randa Kutob, MD, MPH and Brenda Nunez-Lopez, RN

- **8 Weekly Topics**
  - The Amazing Pancreas
  - Heart of My Hearts
  - Mr. Lung, Large and In Charge
  - Lenny Da Liver
  - I’m a Brainiac
  - What is Cancer
  - Skin and Bones
  - Sex, Drugs and Rock and Roll
Classes

- Health Education
- Tobacco Free Lifestyles
- Meditation/Mindfulness
- Stress Management
Classes

- Nutrition (BU curriculum)
- Cooking Skills
- Supported Physical Activity (SPA)
- Food Shopping
Classes

- Gelotology
- Creative Expression
- Social Activity
- Ask the RSS
Classes

- Gelotology
- Creative Expression
- Social Activity
- Ask the RSS
Classes

- Exploring the Future
- Communication
- Dating Game
- Neat Feet
8 DIMENSIONS OF WELLNESS

EMOTIONAL
Coping effectively with life and creating satisfying relationships.

ENVIRONMENTAL
Good health by occupying pleasant, stimulating environments that support well-being.

INTELLECTUAL
Recognizing creative abilities and finding ways to expand knowledge and skills.

PHYSICAL
Recognizing the need for physical activity, diet, sleep, and nutrition.

FINANCIAL
Satisfaction with current and future financial situations.

SOCIAL
Developing a sense of connection, belonging, and a well-developed support system.

SPIRITUAL
Expanding our sense of purpose and meaning in life.

OCCUPATIONAL
Personal satisfaction and enrichment derived from one’s work.
Wellness Wheel

- **Social**: Family/Friend Support System, Leisure Activities
- **Emotional**: Stress Management, Breathing, Laughing
- **Spiritual**: Mindfulness, Meditation, Spiritual Practices
- **Physical**: Annual Dental, Eye Exams, Annual Physical, Stretching, Walking
- **Nutritional**: Balanced Diet, Shopping & Cooking, Food Safety
Camp Wellness Phase II

Alumni Classes:

Workouts at the local YMCA facilities

Activities in Community

Advanced Cooking Skills

Peer Support Group
Camp Wellness Phase II

- Art of Wellness
- Dance of Wellness
- Writing for Wellness
- Computer Skills
- Time Management
- Budgeting
- Thinking of Working
Alumni Volunteers

- Orientation
- YMCA Field Trips
- Classes
- Outreach Recruitment
- Neighborhood Beautification
Evaluation Methodology & Preliminary Results
Program participants will have…

- Longer life and improved quality of life
- Improved long term health indicators (blood pressure, labs)
- Improved medium term health indicators (weight, stamina)
- Improved health responsibility
- Increased health education & physical activity
- Program attendance, participation & satisfaction
Data collected at baseline, 8-weeks, 3 months post-Camp, and 6 months post-Camp

**Improved long term health indicators**
- Blood pressure

**Improved medium term health indicators**
- Weight
- BMI
- Waist circumference
- Endurance
- Lifestyle Profile II
- Recovery Assessment Scale
- Tobacco use questionnaire
- SF-12 ($$)

- Curriculum feedback sheets

- Satisfaction questionnaire
- Qualitative interviews
- Performance indicators
# Evaluation Results – Enrollment

<table>
<thead>
<tr>
<th>Camp</th>
<th>Enrolled at Camp Wellness</th>
<th>Completed*</th>
<th>Withdrawn</th>
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<td>9</td>
<td>57</td>
<td>33</td>
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<td>10</td>
<td>47</td>
<td>26</td>
<td>18</td>
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<td><strong>Total</strong></td>
<td><strong>950</strong></td>
<td><strong>573</strong></td>
<td><strong>377</strong></td>
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*Completion and withdrawal were not firmly defined.
Camp One Changes - Physical Measurements

<table>
<thead>
<tr>
<th>Physical Measurement</th>
<th>Percent of change – Baseline to 8 weeks</th>
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<tbody>
<tr>
<td>Weight</td>
<td>-1.6%</td>
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<tr>
<td>BMI</td>
<td>-1.4%</td>
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<tr>
<td>Waist Circumference</td>
<td>-3.3%</td>
</tr>
<tr>
<td>6MWT</td>
<td>24.8%</td>
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</table>

n = 31

“After years of trying to lose weight, I finally lost 10 lbs while being here. I'm happier and more knowledgeable now than I have been in a while.”

~ Student Camp #1
## Camp One Changes – Healthy Lifestyle Profile 2

<table>
<thead>
<tr>
<th>Domains</th>
<th>Percent of change – Baseline to 8 weeks</th>
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<tbody>
<tr>
<td>Health Promotion</td>
<td>25%</td>
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<tr>
<td>Health Responsibility</td>
<td>29%</td>
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<tr>
<td>Physical</td>
<td>52%</td>
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<tr>
<td>Nutrition</td>
<td>29%</td>
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<tr>
<td>Spiritual</td>
<td>20%</td>
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<td>Personal Support</td>
<td>11%</td>
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<tr>
<td>Stress Management</td>
<td>19%</td>
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$n = 31$
## Camp One Changes - Recovery Assessment Scale

<table>
<thead>
<tr>
<th>Domains</th>
<th>Percent of change – Baseline to 8 weeks</th>
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</thead>
<tbody>
<tr>
<td>Hope and Confidence</td>
<td>17%</td>
</tr>
<tr>
<td>Willingness to Ask</td>
<td>13%</td>
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<tr>
<td>Goal and Success</td>
<td>14%</td>
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<tr>
<td>Reliance on Others</td>
<td>16%</td>
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<tr>
<td>Not Dominated</td>
<td>32%</td>
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</table>

\[ n = 31 \]
## Camp One Changes - SF-12

<table>
<thead>
<tr>
<th>Domain</th>
<th>Percent of change – Baseline to 8 weeks</th>
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</thead>
<tbody>
<tr>
<td>Physical</td>
<td>7%</td>
</tr>
<tr>
<td>Mental</td>
<td>32%</td>
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</tbody>
</table>

$n = 31$

"Eating nutritiously could taste very good, exercise could feel very good and that I actually enjoyed physical activity."

~ Student Camp 1
Program Satisfaction

- 299 students across 20 camps responded to program satisfaction questions:
  - 95.5% of students indicated they agree or strongly agree that their experience at Camp Wellness was positive.
  - 93% of students indicated they agree or strongly agree that they have a good idea of how to improve their health after completing Camp Wellness.
  - 92.4% of students indicated they agree or strongly agree that attending Camp Wellness contributed to their overall recovery.
Coming Soon…

- Camp 1 – 9 analysis:
  - Biological measures and survey responses
  - Baseline, 8 week, 3 & 6 month post-camp

- Qualitative interview analysis

- Service utilization one year before Camp versus one year after completion of Camp.
Program Successes
Successes

Preliminary results suggest wellness education and activities significantly improve both physical and mental health.

Results also suggest that changes made during Camp were sustained after the program ended.
Successes

- Commercial kitchen
  - Cooking skills classes
  - Wellness Cafe partnership with DKA

- Alumni Community
  - “Cross-Camp Fertilization” – alumni across all camps mingling and forming community
  - Alumni desire to “give back” and to nurture new students
  - Alumni requests for additional services at the HWC
  - Alumni support networks within the community
Successes

Electronic record and electronic billing

Encounter and bill Medicaid

Expansion beyond the typical health promotion ideas
Successes

- Supportive Staff
  - Low staff turnover

- Adaptable classes
  - Dance of Wellness
  - Art of Wellness
  - Temporal Flux
BRAIN GAMES!!!
Stroop Test

YELLOW
Stroop Test

BLUE
Stroop Test

GREEN
Stroop Test

PURPLE
Stroop Test

RED
Stroop Test

ORANGE
### Split Words: Medical Terms

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<th>doc</th>
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</table>
Success Stars – Internal Locus of Control

- “Changed my attitude.”
- “To be given the tools to learn about yourself is a miracle.”
- “Feeling better about myself”
- “I finally stopped smoking after 43 years.”
- “In the course of the program I have lost 5” on my waist. My blood pressure has dropped significantly…. I have been able to love myself for the first time in a very long time! I have developed friendships with self-confidence, high self-esteem, artistic ability and I absolutely LOVE LIFE!! Thank you Camp Wellness!”
Program Challenges
Challenges

- Student recruitment
- Student retention
- Documentation
- Community re-integration
Recruitment Strategies

- Case manager/recovery coach referrals
- Provider (MD/NP) referrals
- Hospital referrals (discharge planners, social workers)
- Voc Rehab referrals
Recruitment Strategies

- Direct to Consumer recruitment
  - Provider Sites
  - Community Events
  - Bus ads
  - Alumni Word of Mouth and Outreach Recruitment

- Taste of Wellness Workshops open to potential students, recovery coaches and case managers.
Recruitment Strategies

- Alumni and student testimonials on website
- Email updates to case managers and recovery coaches
- Health Mentor contact prior to start of camp
- Orientation “A Day in the Life at Camp Wellness”
  - Sampling of classes
  - Alumni testimonials
  - Games and prizes
Retention Strategies

- Health Mentor Team (peer model)
- Comfortable, trusting environment
- Student teams for support and camaraderie
- Student/alumni computer lab, telephones
- Beverages and fruit in the morning
Retention Strategies

- Warm and Friendly Phone Calls
- We Miss You cards
- Softer, gentler orientation and first day of Camp
- Smaller teams first week of camp
Retention Strategies

- Physical activity – staff training on modifications

- Stamps for class attendance

- Motivational incentives – pedometers, sneakers, YMCA pass, shirts, water bottles

- Prize drawings – cooking utensils, sports equipment, workout clothes, calendars, etc.
Documentation

- Clinical documentation in a nonclinical environment

- Ratio of teaching time to documentation time:
  - 1 hour of documentation time per class

- Strategies to decrease documentation time:
  - Session activity templates, results drop-down menu
  - What I Learned slips
  - Block scheduling
Community Re-Integration

- Slower than expected!
- Multiple requests to repeat camp
- Requests for alumni programming on site
  - Alumni meet ups in the community
  - Wellness Explorers
Community Re-Integration

- YMCA utilization
  - YMCA Meet Ups
  - Focus Group
  - YMCA field trips and MSROM classes
  - On site receipt of Y pass
  - Early intervention when usage drops
Lessons Learned
Lessons Learned

- Value of peer mentors
- Outreach recruitment and marketing
- Accountability improves attendance
- Offering a pre-orientation increases student engagement
- Minimize paperwork – referral packets, intake, surveys, etc.
Unexpected Outcomes

- Alumni community
- Alumni Volunteer Program
- Alumni employment
- Independent living
Why is Camp Wellness unique?

- **Complete wellness package**
  - Education, socialization and community integration to improve health and assist with recovery.

- **Concise package**
  - 9 weeks

- Participant follow up at 3 and 6 months

- AHCCCS reimbursable

- Extensive program evaluation methodology
The Student’s Own Words

“...I had a blast at camp. You all have made an influence in my life. I have a new family that is functional and doesn’t make me feel different. I have learned a lot at Camp Wellness ... that will help me with my anxiety, stress, management. ... I also learned that physical exercise is necessary to be mentally healthy. I have more confidence in cooking, too.”
The Student’s Own Words

“I am very grateful for this program - we needed something like this along time ago. P.S. Thank You :)

“Another day closer to my dream Camp Wellness. Thanks”

“I would like to thank you all from the bottom of my heart, you’re all awesome people you all go above and beyond.”
Questions?

Cheryl Glass
Program Director
glassc@email.arizona.edu

Nicole Harwell
Health Promotion Specialist
Nicole.Harwell@cpsaArizona.org