Mindful Moment
WHAT WOULD YOU LIKE TO KNOW ABOUT WHOLE HEALTH?

Whole Health for Life

JAMES A. HALEY VETERANS’ HOSPITAL AND CLINICS
WHAT IS WHOLE HEALTH?

Whole Health is our promise to assist Veterans, their families, and VA employees to design and live their best life.
WHAT IS WHOLE HEALTH?

Whole Health:

• Personalized, proactive, patient-driven care

• Affirms the importance of the relationship and partnership between a patient and their healthcare team

• Empowers the self-healing mechanisms within the whole person

• Informed by evidence

• Makes use of all appropriate therapeutic approaches, health care professionals, and services to achieve optimal health and well-being
VHA MISSION

Honor America’s Veterans by providing exceptional health care that improves their health and well-being.
WHY WHOLE HEALTH?

- **Opioid crisis** - if we are eliminating opioids, we must have other treatments to offer patients for their chronic pain
- **US healthcare is expensive and underperforming**: 18% of our GDP; costs continue to rise
- **75% used to treat chronic conditions**, which are largely affected by people’s choices & behaviors
- **Current conditions are unsustainable**: Greater burden of chronic conditions and poorer health than most
- **VA is uniquely positioned to change this with WHOLE HEALTH**
COMPREHENSIVE ADDICTION AND RECOVERY ACT (CARA)

- JUL 2016 CARA
- Section 932 mandated VA to disseminate CIH modalities throughout the VA within 6 months
COMPONENTS OF PROACTIVE HEALTH AND WELL-BEING

What **REALLY** matters to you in your life?

What brings you a sense of joy and happiness?

What is your vision for your best possible health?
WHAT MATTERS TO YOU?

(Not...what is the matter with you?)
GOALS FOR TAMPA VA & OTHER FLAGSHIP SITES

• Engage 30% of patients within 3 years
• Ongoing data analysis to assess efficacy of individual WH modalities & WH Program
• Create national best practices
  • Organizational/administrative structure
  • Programming
  • Clinical practice
• Assist regional expansion
• Engage 30% of staff within 3 years
“If we are physically, emotionally and spiritually exhausted, it is unlikely that we will be able to provide the type of medical care and healing that our patients want and need.”

Whole Health is not a silo. It is the bridge between the silos.
Welcome Contact

Provider Consult
Active Recruit
Self-Referral

Not Now

PATHWAY (PEER-LED)

Introduction to Whole Health
TCMLH
WH Coaching
WELLBEING TRACK

- Orientation
- WH Coaches
- Group Wellbeing Classes
  - General
  - Specific Subject Matter
- CIH Modalities
  - Group
  - Individual
Transforming Health & Resiliency through Integration of Values-based Experiences
PURPOSE OF THRIVE

• **Improve Veteran experience**
  • Improve access
  • Improve self-efficacy
  • Improve depression, anxiety, PTSD, suicidality
  • Reduce chronic pain & opioid utilization
  • Reinforce Whole Health principles

• **Improve the VA employee experience**
  • Decrease PACT workload
  • Improve staff quality of *work* life and *home* life

• **Reduce utilization of traditional healthcare resources**
  • Decrease ED visits, hospital admissions
  • Satisfies VERA allocation level 4
ALLOPATHIC APPROACH TO REDUCE SUFFERING

DEPRESSION

Neurotransmitter Deficiency (Reductionistic)

(Mechanistic)
ALLOPATHIC + CONTEXTUAL APPROACH

Neurotransmitter Deficiency
REFERRALS

- Homeless, isolated, lack social support
- Anxiety, Depression & PTSD
- Transitioning
- Chronic pain
- Chronic illness
- Interest in Whole Health
- Etc.
GROUP MEDICAL APPOINTMENTS

- 2 hours
  - Check-in
  - 4-7-8 Breathing
  - Recap 20 minutes
  - New topic 90 minutes
  - Homework 5 minutes
  - 5-minute provider meetings (optional)
2016 – 2017
N = 161

• Depression
  • PHQ 9
  • 30.5% improvement
  • p < .001

• Anxiety
  • GAD 7
  • 61.3% improvement
  • p < .001

• Life Satisfaction
  • LSS
  • 33.0% improvement
  • p < .001
THRIVE Foundational Tenets:

- Whole Health
- Positive Psychology
- Acceptance & Commitment Therapy
MYSTORY: PERSONAL HEALTH INVENTORY (PHI)

Personal Health Inventory

Use this circle to help you think about your whole health.

- All areas are important and connected.
- The body and mind have strong healing abilities.
- Improvements in one area can help other areas.
- The inner ring represents your present experience.
- Mindful awareness is being tuned in and present.
- Your self-care and everyday choices make up the green circle.
- The outer ring is professional care (tests, medications, supplements, exercise, examination, treatment, and counseling). This section includes complementary approaches like massage and yoga.
- The outer ring includes the people and groups who make up your community.

Rate where you feel you are on the scales below from 1-5, with 1 being miserable and 5 being great.

<table>
<thead>
<tr>
<th>Physical Well Being</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>Great</th>
</tr>
</thead>
<tbody>
<tr>
<td>Miserable</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td></td>
</tr>
</tbody>
</table>

What do you live for? What matters in you? Why do you want to be healthy?
Write a few words to capture your thoughts:

Reflection:
Now that you have thought about what matters to you in all of these areas, what is your vision of your best possible self? What would your life look like? What kind of activities would you do?

Where You Are and Where You Would Like to Be

For each area below, consider “Where you are” and “Where you want to be.” Write a number between 1 (low) and 5 (high) that best represents where you are and where you want to be. The goal is not to be perfect in all areas. You do not need to be a “5” in any of the areas now, nor even wish to be a “5” in the future.

Area of Whole Health | Where I Am Now | Where I Want to Be
----------------------|----------------|------------------|
Working the Body: “Energy and Flexibility” Moving and doing physical activities like walking, swimming, dancing, gardening, sports, lifting weights, yoga, cycling, swimming, and working out in a gym. | 1-5 | 1-5 |
Recharge: “Sleep and Relax” Getting enough rest, relaxation, and sleep. | 1-5 | 1-5 |
Food and Drink: “Nutrient and Fuel” Eating healthy, balanced meals with plenty of fruits and vegetables each day. Drinking enough water and limiting soda, sweetened drinks, and alcohol. | 1-5 | 1-5 |
Personal Development: “Personal Life and Work Life” Learning and growing. Developing skills and talents. Balancing responsibilities where you live, volunteer, and work. | 1-5 | 1-5 |
Family, Friends, and Co-Workers: “Relationships” Feeling listened to and connected to people you love and care about. The quality of your communication with family, friends, and people you work with. | 1-5 | 1-5 |
Spirit and Faith: “Growing and Connecting” Having a sense of purpose and meaning in your life. Feeling connected to something larger than yourself. Finding strength in difficult times. | 1-5 | 1-5 |
Professional Care: “Prevention and Clinical Care” Staying up-to-date on prevention and understanding your health concerns, new options, treatment plans, and their role in your health. | 1-5 | 1-5 |

After completing the Personal Health Inventory, talk to a friend, a family member, your health coach, a peer, or contact on your healthcare team about areas you would like to explore further.

Your Mission for Life
The 3 Factors That Influence Your Happiness

- Genes: 50%
- Environment: 10%
- Intentional Activities: 40%

Adapted from Lyubomirsky S, Sheldon K, Schkade D. Pursuing happiness: the architecture of sustainable change. Review of General Psychology. 2005, 9(2); 111-113
Acceptance and Commitment Therapy Matrix
“ACT ...is about getting out of your mind and into your life.”

~ Steven C. Hayes
AUG 2015 THRIVE JAH Women’s Center
OCT 2016 Resident THRIVE
JAN 2017 THRIVE Immersion
AUG 2017 Expansion to male Veterans JAH
JAN 2018 NOLA Thrive Immersion
Etc....
ADDITIONAL
WHOLE HEALTH SERVICES
Required Modalities

Yoga
Tai Chi
Meditation
Acupuncture
Chiropractic Care
Energy Therapies

Nutritional Therapy

Manipulative Therapies

Mind-Body Integration
EXAMPLE: ARTHRITIC PAIN

- Exercise
- Tai Chi and Yoga
- Acupuncture
- Massage therapy
- Magnetic therapy, copper bracelets
- Relaxation therapy or meditation
- Nutrition, dietary herbs and supplements
- Physical therapy
- Aquatic exercise
- Weight management
- Osteopathic manipulation
- Chiropractic adjustments
MORE OPPORTUNITIES...

- Stress Reduction / Stress Management Classes
- Nutrition Classes
- Partner Massage Instruction
- Tele-Health Offerings including THRIVE
- Community-based Resources
  - YMCA
  - Yoga Studios
  - Art Classes
  - Urban Gardening
  - Meals on Wheels
  - Etc.
OPCC&CT Nationally Sponsored Classes:

- Introduction to Whole Health
- WH 101
- Whole in Your Practice
- Whole Health in Your Life
- Eating for Whole Health
- Whole Health and Treatment for Pain

Resources:
1. Office of Patient Centered Care and Cultural Transformation
2. Community of Practice Calls
WHAT IS WHOLE HEALTH?
Contact information:

James A. Haley Veterans’ Hospital & Clinics
Whole Health Service
8900 Grand Oaks Circle
Tampa, FL  34637
813-558-3969

Jacquelyn M. Paykel, MD, FACOG
WH Program Manager
Jacquelyn.paykel@va.gov

Sebrina Posey, LCSW
WH Program Manager
Sebrina.posey@va.gov

Royale Heart, LCSW
HPACT Social Worker
Royale.heart@va.gov

THANK YOU!