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**Taking Charge of My Life and Health  
Facilitator Training**

Virtual Course I  
July 27, 2020



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Module 1 – Introduction to  
Taking Charge of My Life and Health  
(TCMLH)

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TCMLH – Facilitator Guide and Participant Workbook  
and Virtual Participant Handout



**Virtual Participant Handout:**

- Instructions for small breakout groups – dyads
- *Topics to Facilitate* assignment sheet and instructions for larger group practice work.

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What are TCMLH groups designed to do?

- Explore my **Mission, Aspiration** and/or **Purpose**
- Reflect on, **“What do I really want my health for?”**
- Assess my **own health**
- Choose an area of **focus** that is **important** to me
- Set my **own goals** and **action plans**
- Gain **support** from the group to accomplish my goal
- Develop a **Personalized Health Plan**

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What Taking Charge of My Life and Health Groups are Not!

- Not:
  - *A therapy group*
  - *Focused on deficits*
  - *Mentoring group*
  - *Confrontation nor intervention group*
  - *Diagnostics nor labeling*

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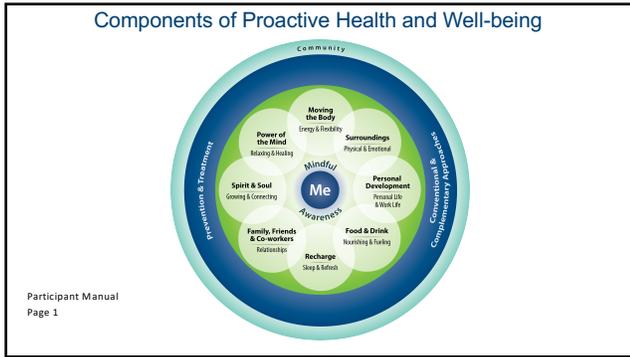
What does the group provide?

- Provides **support** for participants
- **Learn** from one another as peers
- Allows one **to hear** ‘out-loud’ what they’ve been thinking
- Be **accountable** to one another
- Create a sense of **community**

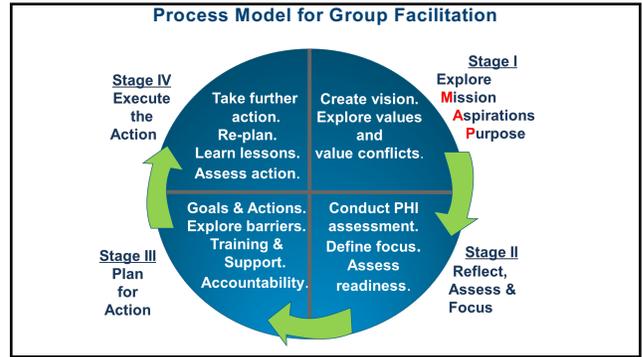
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### 17<sup>th</sup> Century Nun's Prayer

- > Keep me from the fatal habit of thinking I must say something on every occasion.
- > Release me from craving to straighten out everybody's affairs.
- > Make me thoughtful but not moody; helpful but not bossy.
- > With my vast store of wisdom, it seems a pity not to use it all, but I want a few friends at the end.
- > Keep my mind free from recitals of endless details; give me wings to get to the point.
- > Give me the ability to see good things in unexpected places, and talents in unexpected people. And, give me, the grace to tell them so.

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[The Pathway to Whole Health video](#)

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## Module 2 – Introductions and Group Guidelines

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### Participant Introductions

Please share: **Your name, where you work and your role.**

Answer **one** of the following:

- What is one thing you want the group to know about you?
- What is something you do that reflects an important value of yours?
- What is one thing fun about you, or one thing you do for fun?

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### Group Guidelines

- Be Timely – arriving in morning, after lunch and returning from breaks.
- Turn off cell phone ringer and set to vibrate. Be present – no multi-tasking.
- Balance the amount of time you are speaking with how much time others have the chance to speak.
- Participate in small group and practice activities.
- Observe yourself and self-manage: avoid verbal and non-verbal behaviors that detract from other's learning.
- Practice confidentiality. Practice respect – avoid advice giving.
- “Try on” the principles, process and skills of Whole Health Facilitation.
- Support each other in the training experience.
- You choose how you want to be in this training – relaxed, curious, experiment, have fun, make some mistakes.

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### 30 Minute Break



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## Module 3 – Introduction to Patient Centered Care, OPCC&CT and Whole Health

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### Overview of Whole Health

[Dr. Tracy Gaudet: Redesigning Health Care to Promote One's Whole Health video](#)

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### Department of Veterans Affairs FY 2018-2024 Strategic Plan

VA will significantly improve Veteran health outcomes by shifting from a system focused on disease management

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One that is based on partnering with Veterans throughout their lives and focused on their Whole Health.

VA will provide **personalized, proactive, patient driven health care** to empower, equip, and encourage Veterans to take charge of their health, well-being, and to adopt healthy living practices that deter or defer preventable health conditions.

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### Personalized, Proactive, Patient-driven Health Care

**Personalized** - Considering the unique interests, desires and health care needs of each individual Veteran.

**Proactive** - Assisting the Veteran in not waiting for health problems to happen, but taking the initiative to live in a manner that minimizes health problems from occurring.

**Patient-driven** - Providing care based on what really matters to the Veteran and including the Veterans in their own health care decisions.

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### VHA Modernization plan

- Engaging Veterans in Lifelong Health, Well-being and Resilience
  - Using peers to engage and empower Veterans
  - Supporting self-care through well-being programs
  - Whole Health for employees

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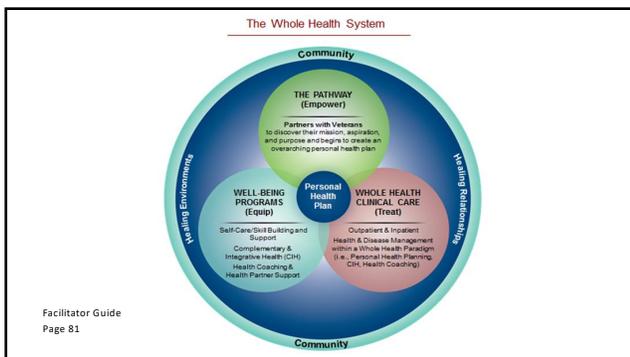
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### Whole Health Defined

**Whole Health** is an approach to health care that **empowers AND equips** people to take charge of their health and well-being, and live their life to the fullest.

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### Introduction to Whole Health

- A 2-hour Introduction to Whole Health group-based, peer led, experiential session offered by facilities twice a month to expose participants to the fundamentals of Whole Health and empower them to engage in self-exploration
- Recommended for recently separated Service members and also Veterans already in your system, as well as employees.
- From this Introduction to Whole Health, Veterans can choose to participate in the full TCMLH peer-led Whole Health group program.
- Facilitator training available in TMS: Course #35647

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### Online Whole Health Resources

Public websites:

- Whole Health Online Library: <https://wholehealth.wisc.edu/>
- Whole Health for Internet: <https://www.va.gov/WHOLEHEALTH/>

VA-only websites:

- Whole Health for Intranet: <http://vaww.va.gov/patientcenteredcare>
- Whole Health Education Sharepoint: <https://dva.gov.sharepoint.com/sites/VHAQPCC/Education/SitePages/Home.aspx>
- Whole Health Print Products Catalogue: <https://dva.gov.sharepoint.com/sites/VHAQPCC/SitePages/Available-Print-Products.aspx>
- Whole Health Communication Resources: <https://dva.gov.sharepoint.com/sites/VHAQPCC/SitePages/communication-resources.aspx>



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### Plug and Play' Videos

'Plug and Play' videos can provide a deeper dive into these areas:

- Whole Health Introduction
- Mindful Awareness
- Signs of Suffering
- Each self-care component of health (8 videos)

The link is: <https://www.va.gov/WHOLEHEALTH/veteran-resources/Peer-Facilitator-Materials.asp>




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**OPCC&CT Contacts**

The National Office of Patient Centered Care & Cultural Transformation can help you on your Whole Health Journey. Please contact the Regional Lead for your VISN.

VISN 1, 2, 3, 4, 10, 11 Donna Faraone, Lead: [Donna.Faraone@va.gov](mailto:Donna.Faraone@va.gov)

VISN 5, 6, 7, 8, 9 Christian DiMercurio, Lead: [Carlo.DiMercurio@va.gov](mailto:Carlo.DiMercurio@va.gov)

VISN 12, 15, 16, 17, 23 Anika Doucette, Lead: [Anika.Doucette@va.gov](mailto:Anika.Doucette@va.gov)

VISNs 18, 19, 20, 21, 22 Kathy Hedrick, Lead: [Kathy.Hedrick@va.gov](mailto:Kathy.Hedrick@va.gov)

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**Module 4 – Skill Building:  
Introduction to Mindful Awareness**

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**What does being present mean to you?**



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**Mindful Awareness**



“Mindfulness means paying attention in a particular way; on purpose, in the present moment, and non-judgmentally.”  
— Jon Kabat-Zinn

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**Mindful Awareness**

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“The intention to pay attention, in the present moment, with a friendly and open orientation.”

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*Jeff Brantley M.D.*

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**Mind Full, or Mindful?**



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We all have it . . .  
the natural  
capacity to  
pay attention with  
curiosity  
and openness.



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We also have the capacity  
for *mindlessness*,  
in-attention, or going on  
auto-pilot.

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“Mr. Duffy lived a  
short distance from  
his body.”  
*James Joyce*

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**Benefits of Mindful Awareness**

Physical	Behavioral	Mental
Decrease in stress hormones	Increase in non-reactivity	Decreased anxiety, worry, anger, depression
Decrease in inflammatory molecules	Decrease in binge eating/Smoking cessation	Less emotional distress and rumination
Decrease in chronic pain	Decrease in sleep disturbance	Increased concentration, emotional intelligence, creativity and problem solving
Increase in immune function/Decrease in heart rate, blood pressure, and hypertension	Reduction in alcohol use and illicit substance use	

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What Mindful Awareness is NOT

- Meditation
- Having a clear mind
- Relaxation

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9 Attitudes of Mindful Awareness



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### Practice of Mindful Awareness

- Find a comfortable position
- Allow your eyes to close if you like
- Remember the 7 attitudes
- Let go of busy-ness or life concerns
- Pay attention to your breath
- When attention wanders to thought, sensation, emotion, etc. - simply notice
- Gently return focus to your breath
- Practice as long as you wish

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“Life moves pretty fast. If you don't stop and look around once in a while, you could miss it.”

*Ferris Bueller*

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### 5 Minute Break

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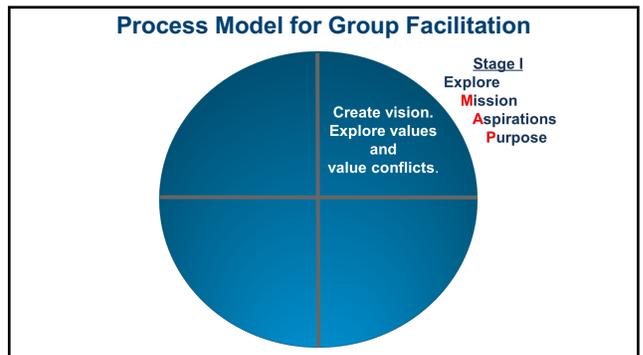
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## Module 5 – PHI Introduction and Mission/Aspiration/Purpose

### Stage I

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### Stage I - Instructions for MAP Activity

- Turn to the Personal Health Inventory (PHI) in either the Participant Workbook on page 2 or in the PHI Handout and complete.
- You will have up to 10 minutes to reflect and finish.

**YOUR PERSONAL HEALTH INVENTORY (PHI)**

1. What is my Mission, Aspiration or Purpose (MAP) in life?
2. What REALLY matters to you in your life?
3. What brings you a sense of joy and happiness?

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### 5 Minute Break



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## Module 6 – Values and Value Conflicts

### Stage I

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### Stage I - Two Kinds of Values

<p><b>Ideal Values:</b></p> <p>What is important to us in the ideal or long term?</p> <p><i>Examples: “God, Honor, Country”, Health, Family, Commitment</i></p>	<p><b>Operational Values:</b></p> <p>What is important to us in the moment?</p> <p><i>Examples: Pleasurable experiences, food, drink, comfort</i></p>
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Many times, these are in conflict. . .

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### Stage I - Experiences of Value Conflicts - Personal

1. How many of you value your health?
2. How many of you have done a behavior that is inconsistent with your value of health in the last 24 hours?

What values were in conflict? (either ideal or operational)

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### Stage I - Value Conflicts for Veterans

Choose a Veteran behavior that you have a hard time understanding:

Examples:

- Don't take their meds
- Refuse to stop drinking/smoking
- Not interested in losing weight
- Others?

What might be going on for them in terms of value conflicts?

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### Strategies for Dealing with Conflicting Values

- Choose one value over the other
- Compromise between/among the values
- Live with the values conflict
- Live with values conflict in a stressful way
- Live with the values conflict by simply observing
- Wait to make a future decision

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### Activity: Values-Conflict Worksheet

- Before the next activity, take a few moments to reflect on and complete the questions by writing your responses on the Values-Conflict worksheet on **page 13-14** of the **Participant Manual**.
- Please describe a situation you are willing to share in the small group.



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### Instructions for Small Group

1. Each speaker shares either a recent difficult decision they have had to make or are currently in the process of making. (for 2 minutes)
2. Each listener reflects a value (or values) they hear that underlies the decision.
3. Rotate the speaker until everyone has had a chance to speak.

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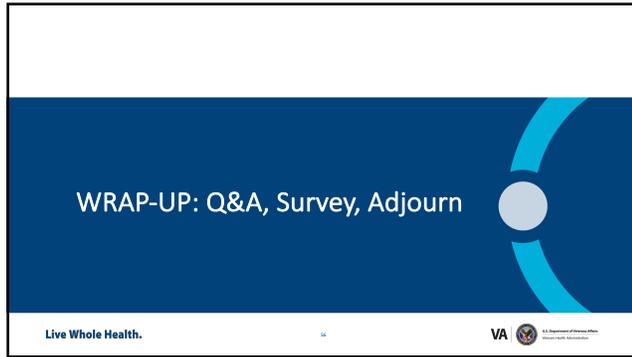
### Demo #1 MAP



- Mission / Vision
- Values / Value Conflicts
- Listen for:
  - How MAP, vision, and values are elicited
  - Examples of listening
  - Bottom-lining
  - Reflections
  - Inquiry
- Volunteers?

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