

Whole Health 102F: Whole Health for You and Me/Flagship – Train the Champion Training

Participant Guide

The Vision of Whole Health and Employee Well-Being

Overview

ABOUT WHOLE HEALTH 102F: WHOLE HEALTH FOR YOU AND ME

VA is focused on Patient Centered Care; advancing health care that is personalized, proactive, and patient-driven, and engages and inspires Veterans to their highest possible level of health and well-being. Whole Health is patient centered care that affirms the importance of the relationship and partnership between a patient and their community of providers. The focus is on empowering the self-healing mechanisms within the whole person while co-creating a personalized, proactive, patient-driven experience. This approach is informed by evidence and makes use of all appropriate therapeutic approaches, healthcare professionals, and disciplines to achieve optimal health and well-being.

Whole Health 102F: Train the Champion Training is for clinicians who have attended a 4-hour Whole 102F: Whole Health for You and Me/Flagship course. Each candidate embraces VHA Patient Centered Care mission, vision and philosophy, are enthusiastic, inspiring, comfortable speaking in a group, organized and flexible. Each individual in this roll will provide facilitation and manages group dynamics during Whole Health 102F course and widely shares patient centered stories and experiences.

PROGRAM CHAMPIONS

Program champions have facilitation expertise, experience training, and comfort with leading mindfulness and self-exploration activities. Champions have knowledge of and expertise in whole health and integrative health. It is strongly recommended that they have attended a Whole Health training sponsored by Office of Patient Centered Care and Cultural Transformation and/or local Whole Health 101 course. Additionally, champions will possess strong interpersonal skills including interpersonal sensitivity; significant ability to listen empathetically and respond appropriately; awareness of how to monitor and support participant experience; an understanding of adult learning principles; and comfort with silence.

OBJECTIVES FOR CHAMPIONS

1. Verbalize VHA's vision for Whole Health.

2. Deliver curriculum to participants in a way that supports adult learning principle and conveys the whole health content.
3. Demonstrate mastery of the curriculum.
4. Utilize skills to lead large and small group discussion and activities focused on collaborating with Veterans to find proactive opportunities that support innate healing response through Whole Health approaches and mindful awareness.
5. Facilitate program participants in exploring what health is and how health is created, the vital role of self-care in health and well-being, the impact of pausing to reflect on what really matters in one's life and strengthening skills for supporting the creation of health and well-being while appreciating the potential impact of mindful awareness.
6. Lead participants in developing a personal action plan for a change in their daily whole health practice.

AGENDA & ASSIGNMENTS

Topic	Content	Group
Program Overview	<ul style="list-style-type: none"> • Introduction • What is Whole Health • Discuss main components of the Whole Health System (WHS) • Discuss adult learning principles • Introduce managing group dynamics 	Whole Health Educator
Presentation Styles and Tips	<ul style="list-style-type: none"> • Review presentation tips and discuss best approach for presentation styles 	Whole Health Educator
Introduction, Agenda & Course Objectives	<ul style="list-style-type: none"> • Review objectives for WH102F training • Discuss what participants would like to accomplish with champion training 	# 1 Champion will do introductions, review objectives. Erie RN Champions

Personal Health Inventory (PHI)	<ul style="list-style-type: none"> • Describe what a PHI is • Discuss and demonstrate how to introduce PHI to Veterans • Introduce the concept of proactive health and well-being 	#2 Champion Erie LPN Champions
Personal Health Plan (PHP) & PHI	<ul style="list-style-type: none"> • Discuss PHI & PHP application for discovery of health and well-being • Apply the approach of looking first for a strength, and then an area of growth, in considering different areas of health and well-being. 	#3 Warren CBOC RN Champion
Walking the Circle	<ul style="list-style-type: none"> • Review the 5 of the 8 inner circles of health and discussion 	#4 Ashtabula CBOC RN & LPN Champion
Mindful Awareness	<ul style="list-style-type: none"> • Discuss the key features of mindful awareness • Lead mindful exercise 	#5 Crawford CBOC RN & Bradford RN Champion
Complimentary Integrative Health (CIH)	<ul style="list-style-type: none"> • Discuss CIH modalities • New process discussion • Vera reimbursement 	#6 Crawford CBOC RN & Bradford RN Champion
CIH Demo & Game Show	<ul style="list-style-type: none"> • Demonstration of CIH modality, e.g. BFA 	Whole Health Provider Whole Health Educator
Supporting our Whole Health	<ul style="list-style-type: none"> • Success Stories • Discuss resources for Whole Health 	#7 Venango RN Champion
Champion Role Discussion & Next Steps	<ul style="list-style-type: none"> • Discuss role of WH champion • Review next steps and roll out plan 	Whole Health Educators
Q&A, Evaluations	<ul style="list-style-type: none"> • Review resources for the Whole Health Champion • Answer any questions 	Whole Health Educators

