

Whole Health for Mental Health
Crossing the Mind-Body Divide

Day 1 Morning

- Welcome and Course Overview
- Why Are We Here?
- Interconnections I: Self-Care
- Interconnections II: Professional Care
- Introducing...Tony and Melissa!

Live Whole Health. VA U.S. Department of Veterans Affairs
Veterans Health Administration

Whole Health for Mental Health
Crossing the Mind-Body Divide

Welcome!

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1. Welcomes and Course Overview

Whole Health in Your Practice



 This course was created by:

 Veterans Health Administration
Office of Patient Centered Care & Cultural Transformation (OPCC&CT)

 Pacific Institute for Research and Evaluation (PIRE)

 University of Wisconsin-Madison
Family Medicine and Community Health Integrative Health

 Who is in the Room? Stand up!

<input type="checkbox"/> Acupuncturists	<input type="checkbox"/> Physicians
<input type="checkbox"/> Chaplains	<input type="checkbox"/> Psychologists
<input type="checkbox"/> Chiropractors	<input type="checkbox"/> Recreational Therapists
<input type="checkbox"/> Complementary Practitioners	<input type="checkbox"/> Social Workers
<input type="checkbox"/> Dentists	<input type="checkbox"/> Veterans (thank you!)
<input type="checkbox"/> Dietitians	<input type="checkbox"/> Visiting from Another VA
<input type="checkbox"/> From a CBOC	<input type="checkbox"/> Vocational Rehab
<input type="checkbox"/> Health Promotion	<input type="checkbox"/> Whole Health Coaches
<input type="checkbox"/> Leadership	<input type="checkbox"/> Whole Health Partners
<input type="checkbox"/> Massage Therapists	<input type="checkbox"/> Other Whole Health Team Members
<input type="checkbox"/> MSAs	<input type="checkbox"/> OTHERS?
<input type="checkbox"/> Nurse Practitioners	
<input type="checkbox"/> Nurses	
<input type="checkbox"/> Occupational Therapists	
<input type="checkbox"/> Peer Support Specialist	
<input type="checkbox"/> Pharmacists	
<input type="checkbox"/> Physical Therapists	
<input type="checkbox"/> Physician Assistants	



Photo credit: Depositphotos.com/11752020

 Small Group Introductions

At your Table:
Briefly introduce yourself (~1 minute each):

1. Your name
2. Your VA role and connection to mental health
3. What supports your own mental health?



image: health.mil.gov

Whole Health for Mental Health
Day 1 Morning

Course Materials to Help You Out

Course Workbook

A few schedule updates

Room for notes in the back, along with specific areas to write ideas for each module

Passport to Whole Health (Large Book)

PASSPORT TO WHOLE HEALTH
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Will use “PP” for page references, e.g. “PP 31”

Key Website to Get Started

<https://va.gov/wholehealth>

Bookmark on your phone now!

To Access Course Slides

You can even do it on your phone!

Whole Health Library Website

<https://wholehealth.wisc.edu>

But... our goal is to avoid this!



Bookmark on your phone now!

Whole Health Library Website

<http://wholehealth.wisc.edu>

UNIVERSITY OF WISCONSIN-MADISON FACULTY LOGIN

WHOLE HEALTH LIBRARY
Advancing Skills in the Delivery of Personalized, Proactive, and Patient-Driven Care

HOME ABOUT GET STARTED IMPLEMENTATION SELF-CARE PROFESSIONAL CARE TOOLS COURSES VETERAN HANDOUTS



Whole Health Library

<http://wholehealth.wisc.edu>

COURSES

Scroll through this page for descriptions of each Whole Health course available to VA employees, or click on the offerings below to go directly to the course page and download course materials including participant manuals and presentations.

Expand all Collapse all


• Offerings for All Employees

• Clinical Offerings

- Implementing Whole Health in Clinical Care (WH202)
- Whole Health in Your Practice
- Whole Health for Pain and Suffering
- Eating for Whole Health
- **Whole Health for Mental Health**

• Non-Clinical Offerings: Whole Health Coaches, Facilitators, and Partners

• Whole Health TMS/Train Courses

 **To Access Course Slides...**
(You'll even be able to do it on your phone!)

Whole Health Education Website
<https://wholehealth.wisc.edu>
Go to "Courses."

Can Google "Whole Health Library" too.

 **Community Agreements 1**

- Be present
 - Participate
 - Minimize distractions (e.g., phones)
- Be curious and open-minded
- Be silent (sometimes)
 - Okay to pass
 - Watch side conversations



 **Community Agreements 2**




- Be respectful
 - Confidentiality
 - Differences
- Be on time
 - After breaks and lunch
 - Signal to return to large group
 - **We'll get you out on time!**

 **Community Agreements 3**

- Be healthy
 - Stand or move as needed
 - Go to the bathroom
 - Stay hydrated
 - Notice trigger moments
 - Ask for movement
- Have fun!

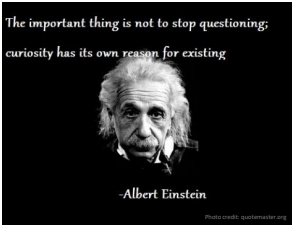


Any Others?

 **Some Final Logistics...**

- Q&A Cards
 - Cards at center of your table
 - Give the person who signed you in the cards with your questions
 - We'll answer as we proceed

Please change places tomorrow morning!



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2. Why Are We Here?


Whole Health in Your Practice

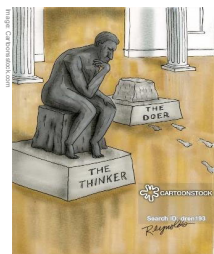




To begin with, thank you. You are already providing excellent professional care. You have touched thousands of lives.


©RussBurden Photo: outdoorphotographer.com

 **Intention: Pause for a Moment**




- Why you are at this course?
- What you hope to gain from this experience?
- What is a word, phrase or affirmation that supports your reason for being here?

*Write down your ideas on page 48!
Never too early in the course to think about implementation!*

 **More Broadly, Why Are You Here?**
Every hero has an origin story – what's yours?

- **With a Partner, Answer these AS YOU PREFER**

1. Why are you here?
 - In (mental) health care
 - In the VA
 - At this course
2. What do you love about this work?
3. What's challenging?



Each person will share for a minute or two

Why Is This Course Here?

- Strong link between Mental Health and Whole Health
- Care of the caregiver
- Expand possibilities
- Help strengthen teamwork and connection
- Honor self-care and prevention
- Give you time to consider how to augment what you do...

Consider: Are there any differences between Mental Health Care at its best and Whole Health?

Why Am I Here?

What's the Take Home?

When you walk out of this course...


- You'll feel transformed, as well as informed
- You will have a clearer vision of how to bring Whole Health for Mental Health into
 - Your own life (...because YOU matter!)
 - Your practice and care teams
 - Your facility and the system in general

How Will This Course Support You?

- Wisdom of the group and **networking**
- **Research** reviews and **skill-building**
 - Links of the Circle of Health to mental health
 - Relevance of self-care
 - Complementary and Integrative Health (CIH)
- Time to **reflect** on your needs
- **Implementation** planning

What This Course Won't Do

- Cover everything related to mental health
- Mandate that you have to do things a certain way
- Ignore all the great work that has already been done over the years
- Imply that Whole Health = CIH
- Disrespect scope of practice
- We won't be doing a conga line, group selfies, head-stands competitions, or Fortnite reenactments



Let's Start with a Few Numbers

<p>How many adults in the U.S. experience mental illness each year?</p> <ul style="list-style-type: none"><input type="checkbox"/> 1 in 2<input type="checkbox"/> 1 in 5<input type="checkbox"/> 1 in 10	<p>How many adults in the U.S. live with serious mental illness?</p> <ul style="list-style-type: none"><input type="checkbox"/> 1 in 25<input type="checkbox"/> 1 in 50<input type="checkbox"/> 1 in 100
--	--

Let's Start with a Few Numbers

<p>55% lifetime prevalence of mental illness for people who live to be 75 years old</p> <ul style="list-style-type: none"><input type="checkbox"/> 1 in 2<input checked="" type="checkbox"/> 1 in 5<input type="checkbox"/> 1 in 10	<p>How many adults in the U.S. have a mental health disorder?</p> <p>The U.S. has the highest global rate of overall mental health disorders.</p> <ul style="list-style-type: none"><input checked="" type="checkbox"/> 1 in 5<input type="checkbox"/> 1 in 10<input type="checkbox"/> 1 in 20
---	--

Mental Health in VA

- Is of "...comparable or superior quality, yet substantial unmet need..."
- 1/4 in active duty show signs of mental health conditions
 - 1/10 have multiple disorders
- 19% of OEF/OIF Veterans have PTSD, depression, or both and...
- Only 53% of those seek help

National Academies News, Jan 31, 2018.

Kessler et al, JAMA Psychiatry, 2014 May;71(5):504-13.

In Light of These Statistics...

What explains this gap?
Let's name some points of tension...

Points of Tension I: Stigma

- DoD and VA have MORE capacity to work with mental health than most systems
- But there is a gap between need and use
- Examples of barriers
 1. Medication side effects
 2. "Could harm my career"
 3. Impede security clearance
 4. "Sign of weakness;" important to be stoic
 5. "I would lose respect"

Tanielian et al., Invisible Wounds, RAND Corporation, 2008

**Points of Tension II:
The Mind Body Divide**

- How much should we separate out mental and physical health?
- Ties into reductionism vs holism, too
- How might a whole-person approach play a role?

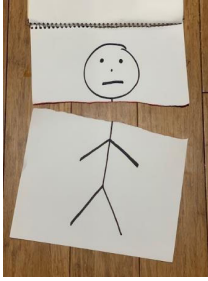
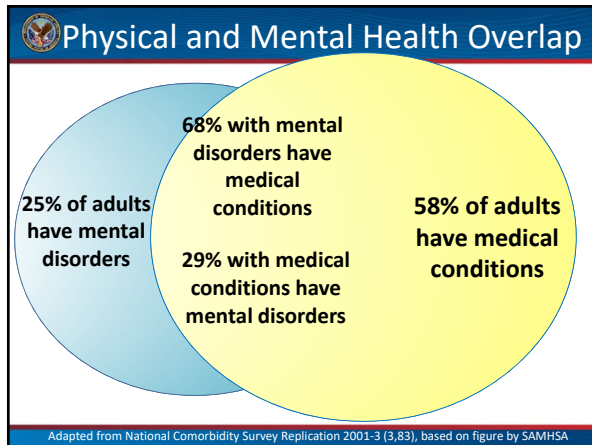
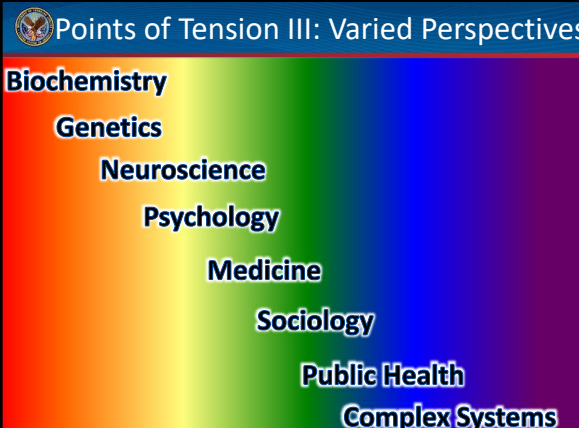


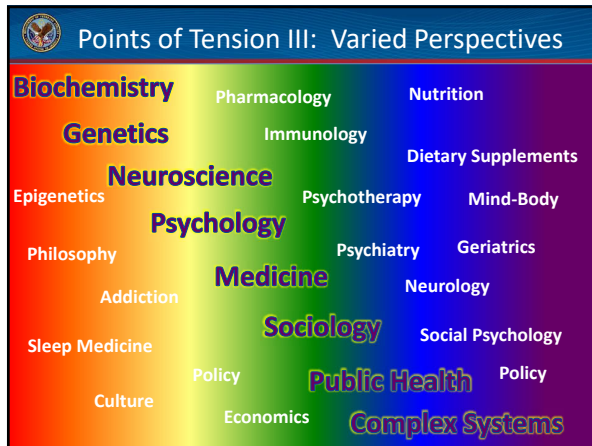
Photo: Adam Kinfelbeck

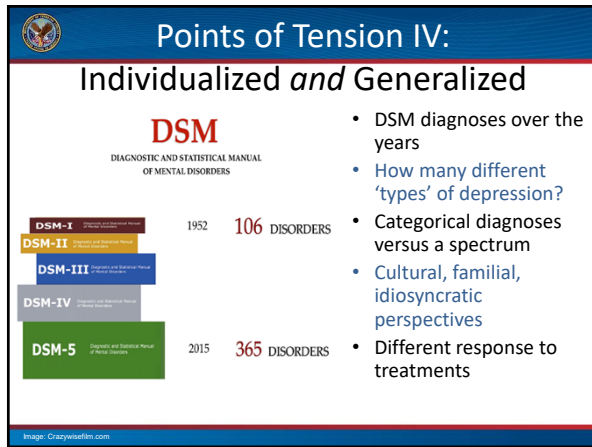


Points of Tension III: Varied Perspectives



Biochemistry
Genetics
Neuroscience
Psychology
Medicine
Sociology
Public Health
Complex Systems





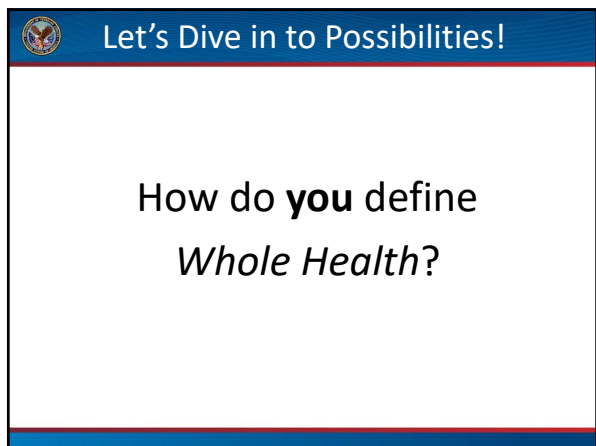
Points of Tension V: Disease vs Growth

- Moves to focus on growth
 - Positive psychology
 - Prevention (more on that in the next module)
 - Post-traumatic growth
 - Recovery model
 - Coaching and peer support

Whole Health itself is very much focused on growth: personalized, proactive, patient-driven care...







Fundamentals: The Circle of Health

AKA, "The Components of Proactive Health and Well-being"

Me + **Self Care** + **Professional Care** + **Community** = **Whole Health**

Workbook, Page 7

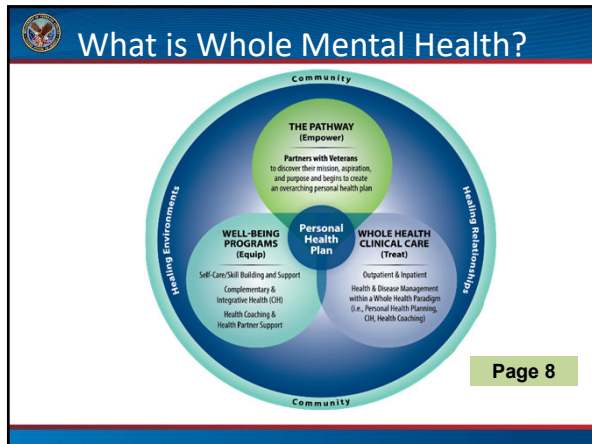
Let's Dive in to Possibilities!

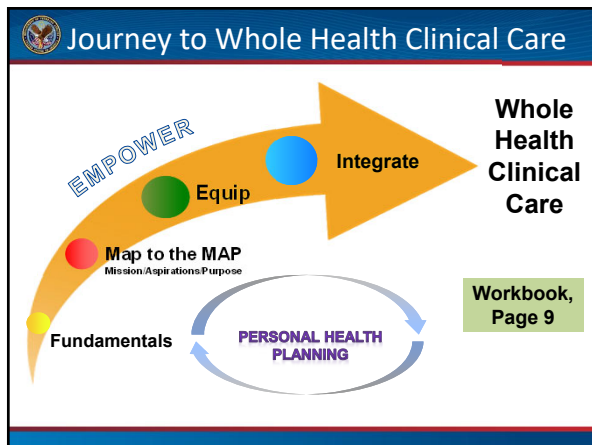
What exactly is Whole Mental Health?

What is Whole Mental Health?

- Evidence-Based Care
- Behavioral Health Integration
- Suicide Prevention
- Measurement Based Care
- Access across Continuum of Care
- Telemental Health
- Biopsychosocial Assessment/Treatment
- CIH Interventions

Mental Health







What is Whole Mental Health?

Whole Mental Health is clinical care anchored in what matters to the Veteran: his or her Mission, Aspiration, and Purpose.


It maximizes the power of:
healing relationships,
collaborative decision-making,
evidence-based approaches, and
whole-body care
to support the Veteran's Personal Health Plan.

 **Whole Mental Health**
Easing Points of Tension



- Reduce stigma
- Erase mind-body divide
- Bridge various professional perspectives
- Use whole-person perspective
- Weave in focus on growth
- Focus on prevention in addition to intervention
- Acknowledge our current systems and tools, plus others
- Offer individualized, evidence-based care

Image: Shutterstock.com

 **Aspects of Mental Health**

What qualities, attributes, and traits are tied to our mental health?

That is...

What needs to be in balance for a person to be mentally healthy?

 **Aspects of Whole Mental Health**
What aspects of us does it include?

- **Thinking and Cognition**
- **Emotions**
- **Behaviors and Choices**
- **Peace and Ease**
- **Vitality and Wholeness**

The Real Questions...

How will Whole Mental Health support you?

With Self-Care?
With Veteran Care?


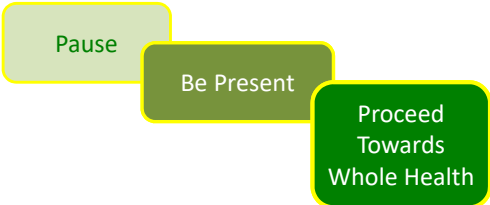


photo: iStockphoto.com

Time to Pause and Create

- Whole Health is a grassroots system change
- You have the answers that are right for you
- Now is the time to put them into action




Original Graphic: Vectorstock.com

Where Are We Headed?



Implementation Planning Sheet, Workbook Page 25

Original Graphic: Vectorstock.com

 **Where Are We Headed? ADKAR**

A **AWARENESS** OF THE NEED FOR CHANGE


D **DESIRE** TO SUPPORT THE CHANGE

K **KNOWLEDGE** OF HOW TO CHANGE

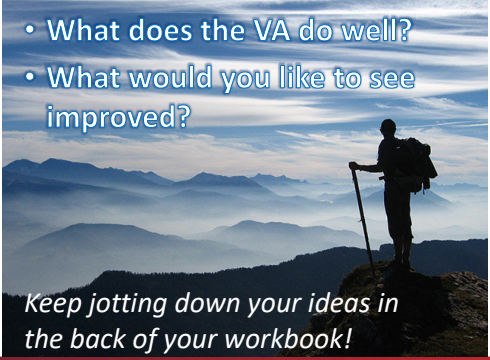
A **ABILITY** TO DEMONSTRATE SKILLS AND BEHAVIORS

R **REINFORCEMENT** TO MAKE THE CHANGES STICK

Original Graphic: Prosci.com

 **What Else Is Possible?**

- What does the VA do well?
- What would you like to see improved?



Keep jotting down your ideas in the back of your workbook!

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**3. Interconnections I:
Self Care**



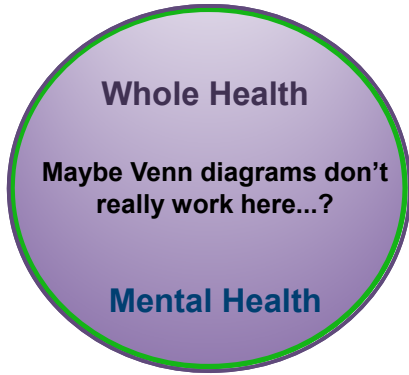
*Whole Health in
Your Practice*

How Might Whole Health and Mental Health Be Linked?



We'll cover some general examples, then focus on the areas of self care!

Or is it more like this, with overlapping circles?



Many Ways to Connect



The Biopsychospiritual Model...and Beyond

Engel: "Nature is ordered as a hierarchically arranged continuum, with its more complex, larger units superordinate to the less complex, smaller units" (Engel, 1981).

Biopsychosocial and Spiritual Perspective

The Circle of Health contains 8 areas of self-care. The perspective can expand to encompass all aspects of who we are.

Any illness involves each of the parts of this continuum. They may help cause a problem, and they may be part of its healing.

Borrell-Carrio, et al, Ann Fam Med, 2004;2(6):576-82. Saad et al, Medicines, 2017;4(4):79.

Neurotransmitter Roles

Chemistry affects our mental health at many levels

Norepinephrine
Alertness
Concentration
Energy

Serotonin
Anxiety
Impulse
Irritability
Obsession
Compulsion
Memory

Dopamine
Reward
Motivation

GABA
Inhibitory

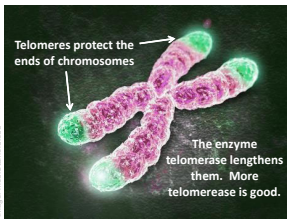
Level of Brain Excitation

Glutamate
Excitatory

Neurochemical Control Room

Serotonin
Norepinephrine
Dopamine
GABA
Oxytocin
Cannabinoids
Endorphins

Your Chromosomes, Your Mental Health



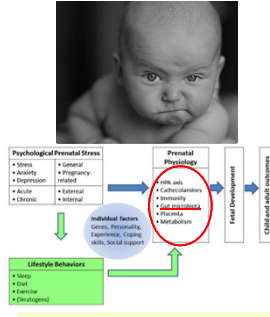
- Consistent findings from 26 studies:
 - Chronic stress ↓ telomerase activity
 - Depression shortens telomeres but ↑ telomerase
 - Telomerase ↑ with lifestyle changes (Medi diet, exercise)
- Smaller studies also show
 - Meditation ↑
 - Qi gong ↑
 - Heroin ↓

Short telomeres → end of cell life → aging

Deng et al, Psychoneuroendocrinol, 2016;64:150-63.

Mental Health Across Generations

- Sleep, nutrition, and exercise in pregnancy are linked to a baby's lifelong mental health
- High maternal BMI is linked to risk of depression, anxiety, low IQ
 - Not as clear for ADHD, Autism

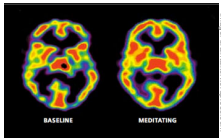


Multiple stressors throughout pregnancy interact to cause a variety of negative mental health outcomes.

De Weerth, Dev Psychopathol, 2018;30:1129-44.
Contu et al, Int J Mol Sci, 2017;18:1093-1104.

Neural Plasticity

- Plasticity = ability to change
- We used to think our brains changed little after childhood
- Now we know better!
- Mind-body approaches change them. For example:
 - Chronic pain causes loss of brain mass
 - Psychotherapy (CBT) can help brain mass increase



Our brains can change. For example, they function differently when we do mind-body exercises

Gut ↔ Brain: The Enteric Nervous System

- > 100 million nerve endings
- 95% of the body's serotonin, 50% dopamine
- Part of the "Gut Brain Axis":
 - CNS, HPA axis, gut neuroendocrine system, microbiome

Gut function is closely linked brain function. Thoughts and emotions affect immunity, hormones, and absorption.

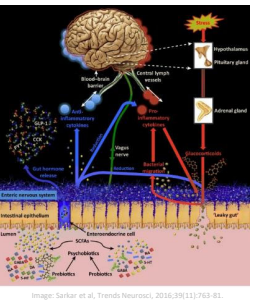


Image: Sarkar et al, Trends Neurosci, 2016;39(11):763-61.

El-Salhy et al, World J Gastroenterol, 2017;23(28):5068-5085. Carabotti et al, Ann Gastroenterol, 2015;28:203-209.

Psychobiotics

Psychobiotic- bacteria which support mental health when ingested in adequate amounts

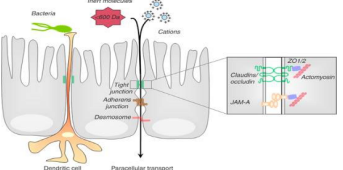
100 trillion organisms form our microbiome. They affect:

- **Thinking:** Humans would be less smart w/o them
- **Sociability:** Rats become less social
- **Mood:**
 - Which ones you have early on shape body stress coping
 - Transferring bacteria can transfer anxiety.
If I'm anxious, you will be too, if you get my bacteria
 - Lower counts of some species more common in **major depressive disorder** (3x the risk for low Bifidobacterium, Lactobacilli)

Dash et al, Curr Opin Psychiatry, 2015;28:1-6. Aizawa, J Affect Disorders, 2016;202:254-7.

Intestinal Permeability

- Linked to inflammation, food sensitivities, drugs, environment
- **Disrupted tight junctions** between intestinal cells
- **Larger molecules** than normal (e.g., improperly digested food, bacteria) **get into the bloodstream** and activate immune system
- Can induce depression by causing leaky gut



Mental health is linked to what can move from our gut to our bloodstream

Ménard, et al. Mucosal Immunol, 2010;3: 247-259. Dash et al, Curr Opin Psychiatry, 2015;28:1-6.

"Me" at the Center

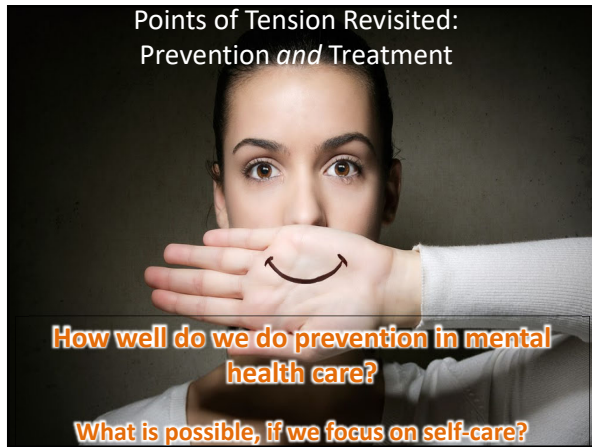
Mental Health and Whole Health both focus on personalized, proactive, and patient-driven care



Both can build on Mission/Aspiration/Purpose (MAP)

The diagram features a central blue circle with the word "Me" in white. Surrounding it are two concentric green circles. The inner circle is labeled "Mindful" at the top and "Awareness" at the bottom. The outer circle has various terms: "Physical & Emotional" at the top, "Personal Development" on the right, "Personal Life & Work Life" at the bottom, and "Relationships" on the left. There are also some partially visible terms like "Relaxing & Healing" and "Energy & Flexibility".

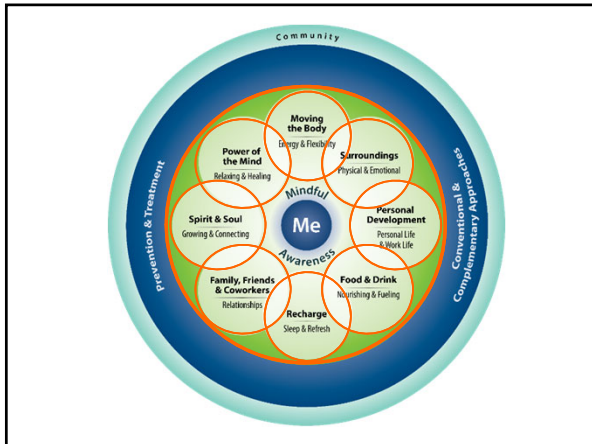
Points of Tension Revisited:
Prevention *and* Treatment



How well do we do prevention in mental health care?
What is possible, if we focus on self-care?

A woman is shown from the chest up, covering her mouth with her hand. A simple smile is drawn on the palm of her hand. The background is dark.





Self-Care in Context


- After you outline MAP and do an assessment, what happens?
- You can go over the Circle and the PHI and decide on an area to work on.
- AND, you set goals with them, but you need to know:
 - What are some options for a Personal Health Plan?
 - How do we empower and equip the Veteran to achieve their goal?

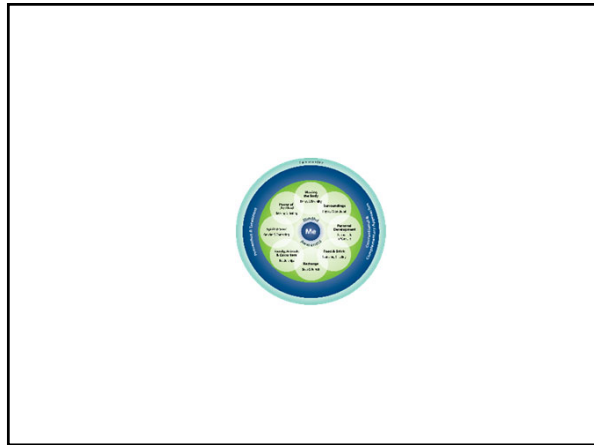
Journey to Whole Health Clinical Care

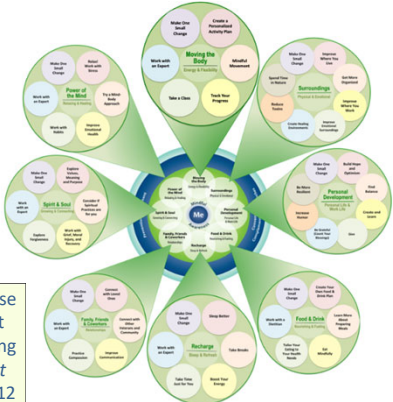
Page 9

Self-Care in Context



- You are part of a team that works on this process!
- Whole Health Coaches are trained to help Veterans outline their MAP, explore the Circle, and set goals
- Whole Health Partners are trained to orient them to Whole Health and various self-care options





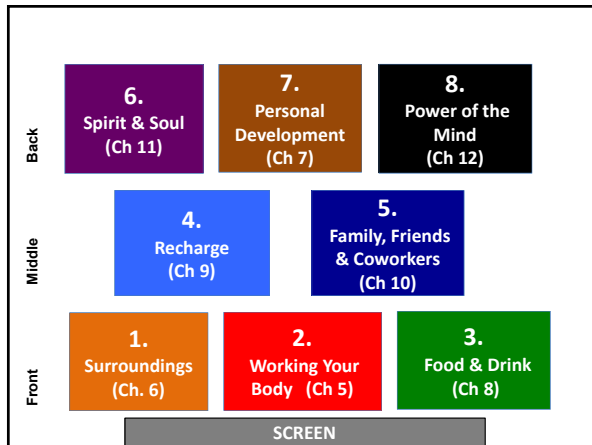




Can see these up close at the beginning of *Passport* chapters 5-12

 **Group Exercise:** 

Mental Health & the Self-Care Circles

1. You'll divide into 8 groups
2. Each group will focus on a different area of self-care
3. You will meet with your group to discuss your topic. We will show you where in a moment. *Take your Passport!*



 **Your Mission** 

1. Choose a spokesperson
2. Refer to the *Passport* chapter for your topic
3. Look through your self-care chapter and pull out pieces related to mental health
4. What ideas can you offer Veterans who want to bring this topic into their Veteran's Personal Health Plan?

Your Mission

Answer these two questions:

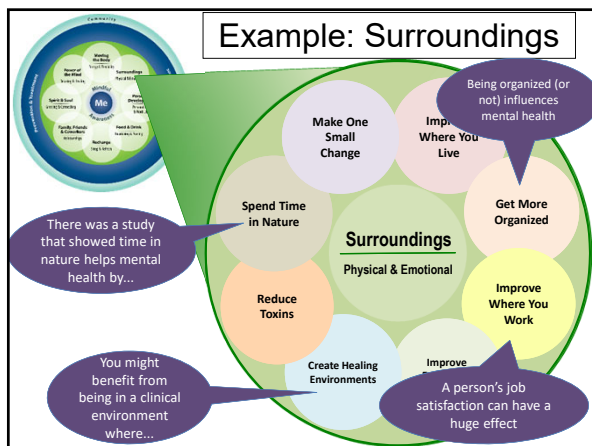
1. How does your topic connect with mental health?
2. How can it inform a Personal Health Plan to support Mental Health?

Focus on specific suggestions. You will have 3 minutes to share what you learned. We will time you!

Your *Other* Mission

You should come out of this exercise with at least 40 ideas of ways that you can draw self-care approaches into mental health care...
...for yourself, as well as for others.

SECRET MISSION



Your Mission

1. Use the *Passport* chapters to guide you
2. Pick a spokesperson
3. Be ready to share for <3 minutes

Key Questions:

1. How does your topic connect to mental health?
2. How might it inform a Personal Health Plan to support Mental Health?

You will share when the "Subtopic Circle" slide for your topic comes up.

1. Surroundings
Physical and Emotional




Photo:medicalhealthtoday.com

As You Listen...

Write down your ideas for each area of self-care in the back of your workbook.

Zeroing in on Options

GROUP 1 – PLEASE SHARE YOUR THOUGHTS (<3 minutes)

The Healing Power of Nature

- Nature images and sounds improve stress recovery
- Walking in nature (vs other places) restores attention and improves mood, lowers stress
- Living urban vs rural:
- Anxiety = 21% higher prevalence, depression = 39%

Living near green or blue spaces is linked to better psychological health

Lack of opportunity to explore and engage may shrink your hippocampus.
(linked to 20+ disorders, e.g, PTSD, depression, Alzheimer's)

Gascon et al. Int J Environ Res Public Health. 2015;12(7):3347-58. Birka-Med Hypotheses. 2017;10(7):55-63. www.metacafe.com

Emotional Surroundings

- **Intimate partner violence** common
 - 1 in 3 women, 1 in 4 men
 - → PTSD, depression, anxiety, SUD
- **Information overload/ the media**
 - 179 undergrads:
 - Anxiety and mood disturbance increase with 15' of news
 - Feelings persist despite distractions
 - Feelings improve with relaxation exercises
- **Humor** reduces anxiety, increases motivation, decreases stress hormones, improves brain blood flow
- **10% of people are introverted or highly sensitive**

Bartlett et al. Psychiatry Res. 2018;260:98-104. Szabo et al. Int J Behav Med. 2007;14(2):57-62. Savage et al. Adv Physiol Educ. 2017;41:341-7.

Surroundings and Healing




Photo: reid.com

Photo: reid.com

What would you rather see from your hospital bed?

88

What Else Makes a Space Healing?

- Affects on sense
- Art
- Nature
- People
- Choice
- Knowing where you are
- Feels a little like a home




Photo: ucsfbenioffchildrens.org

Living Space

- Degree of clutter
 - Messiness and falls
 - Hoarding (5%)
 - Link to OCD, treatable
 - Squalor – garbage accumulates
 - Dementia, Depression, SUD
- Other factors
 - Homelessness
 - Housing quality, esthetics
 - Crowding
 - Access to medical, and other services and food



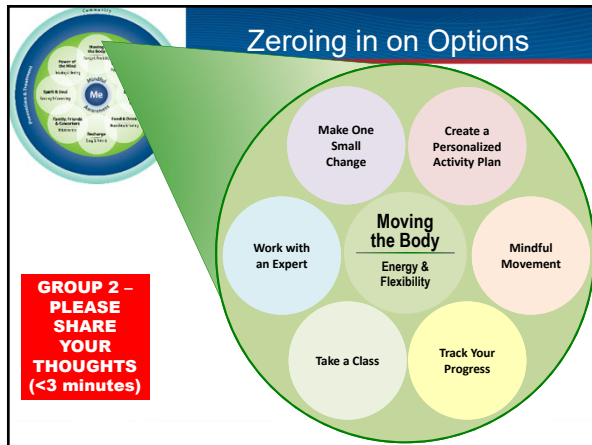
Photo: www.housinginjury.com

Rautio et al. Int J Soc Psychiatry, 2018;64(1):92-103. Chater et al. Home Healthc Nurs, 2013;31(3):144-54.

2. Moving the Body Energy and Flexibility



Photo: HelpGuide.org



Activity and Mental Health Closely Linked

- Exercise helps mood, self-esteem, anxiety levels, cognitive function
 - Studies of >42,000 people with anxiety
 - >48,000 with depression
 - Maybe not as much as SSRIs;
best together
- Some studies – comparable to psychotherapy
- Bonus: All the physical effects too!
- *Too much can cause problems (due to inflammation, eating disorders, etc.)*




Photo: Mikkelsen et al.

Better for it to be leisure-time activity. Less effective at work...
-White et al, Am J Prev Med, 2017;52(5):653-66.

Mikkelsen et al, Maturitas, 2017;106:48-56. Rebar et al, Mental Health Phys Act, 2017;13:77-82.

Exercise: Many Mechanisms

Why does it help?

- Endorphins
- Mitochondrial function
- Neurotransmitter production
- Inflammation
- Body temperature
- HPA axis

Bottom Line:
Be active, even in small amounts, through activities you enjoy!

Mikkelsen et al, Maturitas, 2017;106:48-56.

3. Food & Drink Nourishing and Fueling

Zeroing in on Options

GROUP 3 – PLEASE SHARE YOUR THOUGHTS (<3 minutes)

Food and Drink for Mental Health

“The emerging and established evidence now strongly supports taking a dietary approach to the prevention and management of highly prevalent mental disorders.”

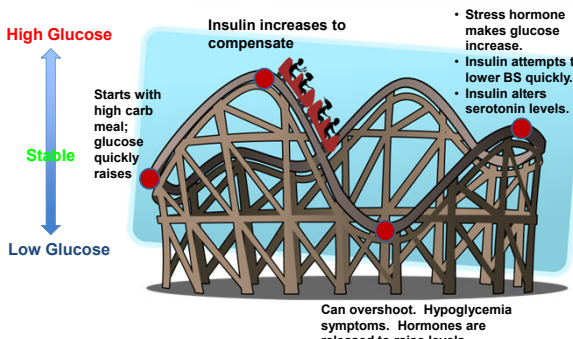
Dawson et al, Int Rev Neurobiol, 2016;131:325-46.

Eating Patterns and Mental Health

Study	N	Findings
Population study of women	1,000	Western diet = more major depression and dysthymia; healthy diet = less anxiety and depression
Norwegian study	5,000	More anxiety if more intake of processed and unhealthy foods
Whitehall II	3,500	Western diet increases depression over 5 years
Prospective SUN Cohort middle aged Spanish people	10,000	Medi Diet reduced depression risk over 4 ½ years; fast foods and commercial baked goods ↑ depression
Many others...Japan, China, US	Lots	All support the same findings

Jacka et al, BMC Med, 2012;10:149-57.

Blood Sugar (BS) Rollercoaster



https://www.mpg.de/593605/pressRelease20091028

Examples of Ways to Support Healthy Eating

Add Something	Remove	Change Something
<ul style="list-style-type: none"> • Fruits • Veggies • Fiber • Water • Nuts • Nutrients • *A dietitian's expertise 	<ul style="list-style-type: none"> • Serving size • Total weekly desserts • Sweetened drinks • Process foods • Fast foods • Sugar 	<ul style="list-style-type: none"> • Eat out less • Mindful eating • Plan your eating • Eat the rainbow • Cook more yourself

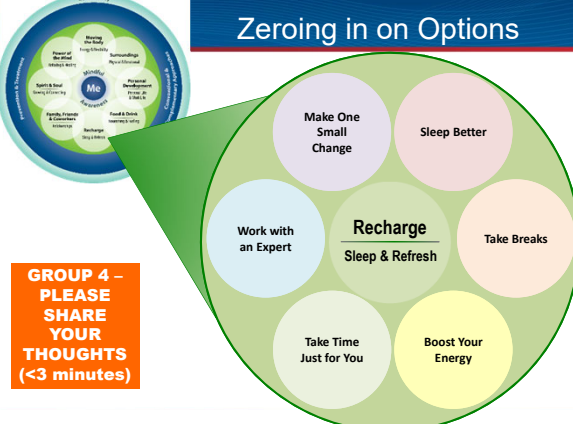
We'll get deeper into this as we talk about specific aspects of mental health

4. Recharge Sleep & Refresh



Photo: infunnynet


Zeroing in on Options



GROUP 4 – PLEASE SHARE YOUR THOUGHTS (<3 minutes)

The Sleep of Veterans

- > **40%** Veterans overall have insomnia
- Twice** the rate of non-Veterans
- Insomnia increased **10-fold**, 2001-2009 Veterans
 - Increases during and after deployment
- Combat exposure and mental health symptoms *separately* affect sleep difficulties
- Traumatic Brain Injury linked to increased insomnia



Sleep and Mental Health Linked

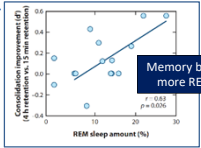
“Symbiosis” of sleep and mood

- Sleep problems pervasive in mental illness
- Insomnia *precedes* many mental illnesses (review of 16 studies)
- Sleep = brain detox
 - Aspartate
 - New memories


If you have insomnia:

- Over 6 years: 2.4 x the chance of new anxiety disorder
- 10 years: 1.4 x risk for bipolar
- 7.5 years: 1.85 x risk for depression (in those who never had it before)

Memory better with more REM sleep



90% Veterans report sleep problems

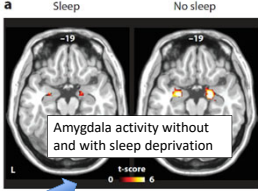


Pigeon et al, Curr Psychiatry Rep, 2017;19:44. Goldstein et al, Ann Rev Clin Psychol, 2014;10:679-708.

Sleep and Mental Health

Sleep deprivation

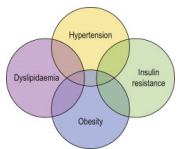
- <5 hours/night for a week: More irritability and volatility
- Missing a full night: More aggression, anger, anxiety, suicidality, inflammation, sympathetic activity
- Deprivation activates reward system (food seeking, other habits)



Goldstein et al, Ann Rev Clin Psychol, 2014;10:679-708.

Insomnia Tied to Other Problems

2017 Review, 18 studies, ~76,000 people:
"Those who report a sleep duration of less <5 hours have a 1.5 higher odds of having metabolic syndrome."






Address other health issues to improve sleep and, therefore, mental health

- Sleep apnea (>8% Veterans)
- Restless legs
- Reflux
- Allergies
- Heart failure
- Thyroid
- Bladder and prostate

Iftekhar et al, Ann Am Throac Soc, 2015;12(9):1364-72. Zohal et al, Diabetes Metab Syndr, 2017;115:5377-80.

Other types of recharging

- >2-3 hours of screen time for kids correlates to decreased mental health
- Weekday sitting time below 8 hours/day = better perceived mental health (and quality of life)
- Vacations may help a bit
 - Not if you take work with you
 - Not if it all stresses you on return
- Media fasts

Gibson et al, PLoS One, 2017;12(9):e0185143.

5. Family, Friends & Coworkers Relationships



Who really matters?

Zeroing in on Options

GROUP 5 - PLEASE SHARE YOUR THOUGHTS (<3 minutes)

Social Environment and Stress in Animals

Image: petsoftheday.com

Stress on a lab animal:

- Alone in cage, cortisol up by 50%
- With familiar cage mates, no cortisol level change
- Humans very similar

Levine et al, Ann NY Acad Sci, 1997;807:210-8.

Social Connection and Mental Health

Photo: soldiers.dodlive.mil

Photo: bellwetherhealth.org


- Study of nearly 16,000 found poorest mental health ratings if:
 - Seeing loved ones < once a month (risk 1.8 times higher)
 - Less contact than desired with social network (2.4 times higher)
 - Younger age
- Being in a happy relationship decreases depression
- People having heart catheterizations live longer if in a good relationship

Kielcoit-Glaser et al, Annu Rev Clin Psychol, 2017;13:421-3. Williams, RB et al, JAMA, 1992, 267(4):520-4. Mancini et al, BMC Public Health, 2013; 13:920.

Loneliness

- "Deficit in intimate relationships"
- Increased with
 - Female
 - Single
 - Low income
 - Living Alone
 - Less education
 - Poor self-rated health and function
 - 45% of older adults are lonely
- Risk of mortality 1.14 times higher
- Tied to high or moderate level of psychological distress (psychosis, suicide, depression)
- Causes mental health problems, caused by them too

Animal assisted therapy may help



Cohen-Mansfield et al, Int Psychogeriatrics, 2016;28(4):557-76. Luo et al, Social Sci Med, 2012;74:907-14. Richart et al, PLoS One, 2107;12(7):e0181442

Social Capital

- The value of being connected
- You invest in others, they give back to you
- The balance of favors owed, favors given
- More = longer life
- Twin studies show that twins with more social capital have better mental (and physical) health




Photo: gscdf.co.za

6. Spirit & Soul Growing & Connecting


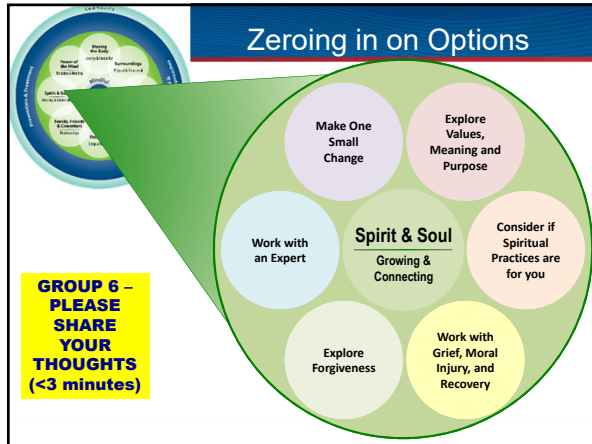


Photo: istockphoto.com



Spirit and Soul may include:

- Meaning and purpose, what we value
- Seeking well-being, inner freedom, and inner peace
- Living, flourishing, and being resilient when challenges come
- Connecting with others, or with something beyond us. Belonging
- Being in the present moment (mindful awareness)

Photo credit: www.happinessinwrao.com

Spirituality and Mental Health

- 2017 review of 43 studies
- Spirituality had an effect on
 - Mental health-related quality of Life
 - PTSD
 - Suicide
 - Depression
 - Aggression
 - Negative symptoms in schizophrenia
 - Personality disorder
 - Eating disorders
 - Adherence to treatments

Photo credit: www.istock.com

- Religiously incorporated treatments found to work better in some studies, more satisfaction
- Important for clinicians to have a sense of their own beliefs/spiritual views

Smith-MacDonald et al, Mil Med, 2017;182:11/12:e1920. Weber, Curr Opin Psychiatry, 2014;27:358-63.

Whole Health for Mental Health

Day 1 Morning


Koenig's Review of Studies up to 2015

Koenig, et al, Adv Mind Body Med, 2015;29(3):19-26.

	All Studies			Higher-quality Studies		
	Negative ^a	No Assoc ^b	Positive ^c	Negative ^a	No Assoc ^b	Positive ^c
Positive Mental Health						
Well-being	1% (3)	20% (67)	79% (256)	1% (1)	18% (21)	82% (98)
Meaning & Purpose	0% (0)	7% (3)	93% (42)	0% (0)	0% (0)	100% (10)
Hope	0% (0)	28% (11)	73% (29)	0% (0)	50% (3)	50% (3)
Optimism	0% (0)	19% (6)	81% (26)	0% (0)	27% (3)	73% (8)
Self-esteem	3% (2)	36% (25)	61% (42)	8% (2)	24% (6)	68% (17)
Negative Mental Health						
Depression	6% (28)	32% (144)	61% (272)	7% (13)	26% (46)	67% (119)
Suicide	3% (4)	22% (31)	75% (106)	4% (2)	16% (8)	80% (39)
Anxiety	11% (33)	40% (119)	49% (147)	10% (7)	33% (22)	57% (38)
Substance Abuse						
Alcohol	1% (4)	12% (34)	86% (240)	1% (1)	9% (13)	90% (131)
Drugs	1% (2)	15% (28)	84% (155)	1% (1)	13% (15)	86% (96)

Most studies – especially good ones - show benefits spirituality/religiosity and mental health

Moral Injury



- Original definition:
 - Betrayal of what's right
 - By someone in authority
 - In a high stakes situation
- Someone did, saw, or couldn't prevent something that was against their deepest moral beliefs
- Adaptive Disclosure and Cognitive Processing Therapy can help
- Severity of spiritual struggles is linked to suicidal behavior indices —Currier et al J Affect Disorders, 2018;230:93-100.

28% of service members in 2008 noted encountering ethical situations where they didn't know how to respond




There are techniques to work through it – care professionals can help, including pastoral care

Can affect physical health too

Meador et al, J Med Humanit, 2018;29:93-9. Koppac et al, Complement Ther Med, 2016;24:29-33.


What is a Spiritual Practice?

- Something you do that reminds you about what really matters
- An activity that brings peace and ease
- Something that helps you feel a sense of connection to something more



Spirit and Soul: Experts

- Chaplains
 - Can help people from many religions and traditions
 - Often the first people Veterans turn to
 - VA has a strong chaplaincy presence
 - They are good "gatekeepers" for other services




Examples of topics they address:

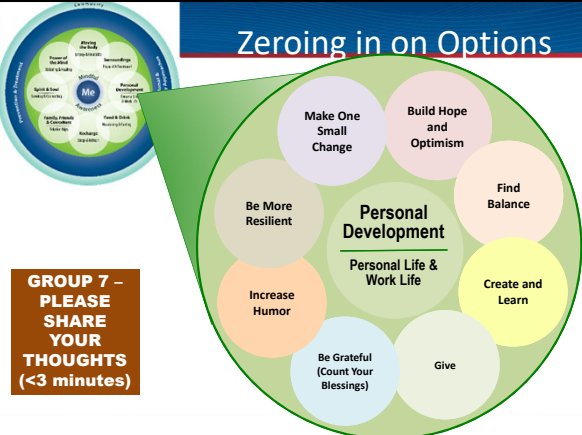
- Death and dying
- Meaning of illness and suffering: "Why is this happening?"
- Feelings of spiritual anxiety, guilt, anger, loss, and despair; moral injury

"Spirit and Soul" overview on Whole Health Library <https://wholehealth.wisc.edu/overviews/spirit-soul/>
Smith-MacDonald et al. Mil Med, 2017;182:11/12:e1920. Carey et al. J Relig Health, 2016;55:1218-45.


7. Personal Development Personal Life and Work Life



Zeroing in on Options




GROUP 7 – PLEASE SHARE YOUR THOUGHTS (<3 minutes)


 **Personal Development (PD)**


How do you learn/grow/live more fully?

- Abilities - talents and skills
- Gratitude
- Learning and education
- Creativity, hobbies
- Service and volunteering
- Healthy mood, humor
- Hope and optimism
- Balance
- Achieving dreams and goals
- Building resilience
- Wonder and amazement




Passport, Chapter 7.

 **PD and Mental Health: Examples**




- Optimism, reducing hostility, and focusing on what is going well improve mental health
- Feeling good about the work you do improves health and prevents burnout
- PD increases happiness. Happier people are more healthy, socially connected, and successful
- Laughter and humor decrease anxiety (and lower mortality)

Passport to Whole Health, Chapter 7

 **PD and Mental Health: Examples**

- Volunteering lengthens your life, helps people with depression and heart disease, and builds connections
- Being more financially healthy is (to a point) linked to less stress
- Educational level is one of the strongest predictors of good health we know of
- Personal Development helps with resilience



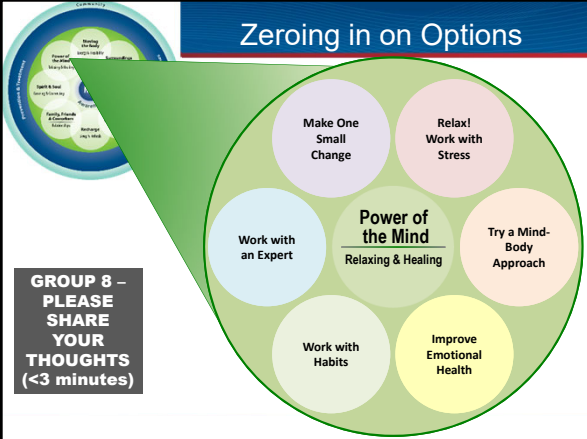
"Personal Development" overview in Whole Health Library, <https://wholehealth.wisc.edu/overviews/spirit-soul/>

8. Power of the Mind Relaxing & Healing



Photo: www.gettyimages.com

Zeroing in on Options



GROUP 8 – PLEASE SHARE YOUR THOUGHTS (<3 minutes)

A Spectrum of Techniques

- **Biofeedback***
- **Meditation***
- **Guided imagery***
- **Clinical hypnosis***
- **Psychotherapies**
- **Art and music therapy**
- **Breathing exercises**
- **Eye movement desensitization and reprocessing**
- **Therapeutic disclosure**
- **Progressive muscle relaxation**

...and many others





Photo: [YouTube.com](https://www.youtube.com)

- Starred items must be covered by all VAs in some form (List One).
- Many psychotherapies are already covered.
- Others this group are also offered already, but it varies by site.



Passport, Chapter 12


 **Relaxation Response:
A Common Denominator**

- Term coined by Herbert Benson, MD, a cardiologist
- The autonomic nervous system has 2 branches
 - Sympathetic (fight/flight)
 - Parasympathetic (feed/breed)


**Most mind-body exercises have the parasympathetic activation and other physiological changes as a common endpoint*

The key is, which approach will be best suited for any given individual?



 **Working With Stress**

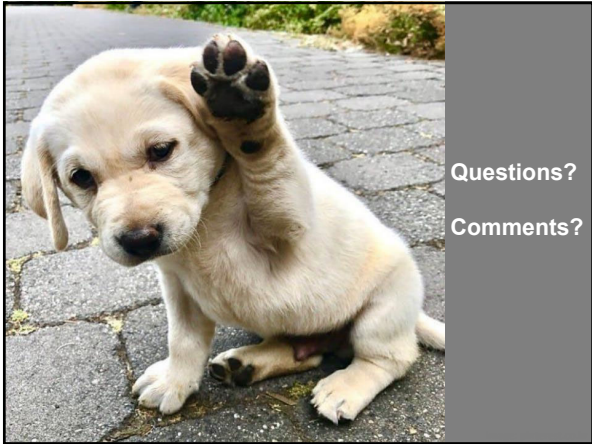
- In short bursts, stress helps us stay alive
- Chronic stress – being in “fight, flight, or freeze” all the time – is hard on us
 - Inflammation
 - Mood changes
 - Blood pressure
 - Emotions/mental health
- **And**, there are things we can do about it



So...



**Talk with a partner.
How can you apply what you just learned about self-care in your practice?**








Professional Care


Not the only component of the circle,
but a very important one...

Professional Care is Integrative

Professional Care is Integrative

Whole Health is inclusive of conventional clinical treatment and prevention, self-care strategies, and complementary and integrative health (CIH) practices.

VA  U.S. Department of Veterans Affairs
Department of Veterans Affairs
Office of Patient-Centered Care and
Cultural Transformation

Whole Health Life 

What is CIH?





Image: onetwo.com



Acupuncture
Tai Chi & Qigong
Therapeutic Massage
Reiki
Alexander Technique
Yoga
Clinical Hypnosis
Biofeedback
Guided Imagery
Healing Touch
Meditation
Chiropractic

 **Inside the VA: CIH and Veterans**

About 40% of active duty personnel and Veterans use CIH.

76% of report they would use complementary approaches if offered at their VA facility.


CIH services in high demand. They lead to high rates of satisfaction with care and improve physical and mental health symptoms.

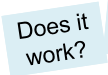
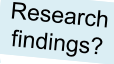
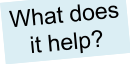








BMC Complement Altern Med. 2006;6:34. J Rehabil Res Dev. 2006;43:99-110. Global Adv Health Med. 2014;3:27-31. Complementary and Alternative Medicine. HAO. Washington DC: Department of Veterans Affairs; 2011.

 Your Experience With CIH and Mental Health

- Have you experienced some approaches?
- Discussed them?
- Recommended them? Discouraged them?
- Do you practice some of them?




 The ECHO Tool

- Efficacy   
- Co\$t   
- Harms   
- Opinions  



Integrative Health Coordinating Center (IHCC)

- Created in 2013
- Part of Office of Patient-Centered Care
- Multiple clinical champions
- Implementing strategies to related to CIH across the system
 - Education
 - Research
 - Clinical Care



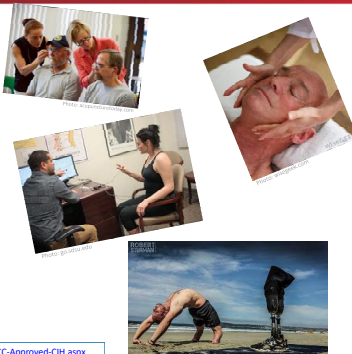
CIH Directive 1137

- Signed by USH May 2017: CIH approaches became part of the medical benefits package
- LIST One: evidence of promising or potential benefit
 - VA must provide a mechanism to offer these approaches either within the VA facility or in the community, if they are recommended by the Veteran’s health care team.
- LIST Two: Generally Considered Safe
 - Optional for inclusion in VA facility, depending on capability (staff/space) at sites

What’s on List One?

LIST ONE

1. -----e
2. M----- T-----
3. T-- C--/ Q-g--
4. ----
5. M-----
6. G----d I-----
7. B-----
8. C----- H-----s



<http://www.infoham.va.gov/sites/COPCC/StaticPages/IHCC-Approved-CIH.aspx>

To learn more: <https://wholehealth.wisc.edu/overviews/part-iii-complementary-integrative-health/>

What's on List One?

LIST ONE

1. Acupuncture
2. Massage Therapy
3. Tai Chi/ Qigong
4. Yoga
5. Meditation
6. Guided Imagery
7. Biofeedback
8. Clinical Hypnosis

Numbers 5-8 will be discussed later in their own modules

<http://www.infoshare.va.gov/sites/OPCC/SitePages/IHCC-Approved-CIH.aspx>

To learn more: <https://wholehealth.wisc.edu/overviews/part-iii-complementary-integrative-health/>



List One and Mental Health

- How and when these will be covered is still up for discussion
- How do you do this in more rural areas? (TeleWholeHealth)
- Which conditions will these be covered to treat?
- What special considerations are there for certain mental health problems?


List Two: Generally Considered Safe

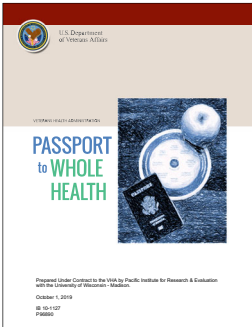
Less research limited compared to List One. Optional for VA sites to offer)

- Acupressure
- Alexander Technique
- Animal-assisted Therapy
- Aromatherapy
- Biofield Therapies
- Emotional Freedom Technique
- Healing Touch
- Reflexology
- Reiki
- Rolfing
- Somatic Experiencing
- Therapeutic Touch
- Zero Balancing

**List as of 11/2018. It keeps growing!*

Glossary of Approaches: <https://wholehealth.wisc.edu/tools/complementary-approaches-glossary/>
More on List Two: <http://www.infoshare.va.gov/sites/OPCC/SitePages/IHCC-Approved-CIH.aspx>

 **Passport chapters for different areas**



- Ch. 12, Power of the Mind (covers mind-body therapies)
- Ch. 14 – Intro to CIH
- Ch. 15 – Biologically Based
- Ch. 16 – Manipulative and Body-Based
- Ch. 17 – Energy Medicine
- Ch. 18 – Whole Systems of Medicine

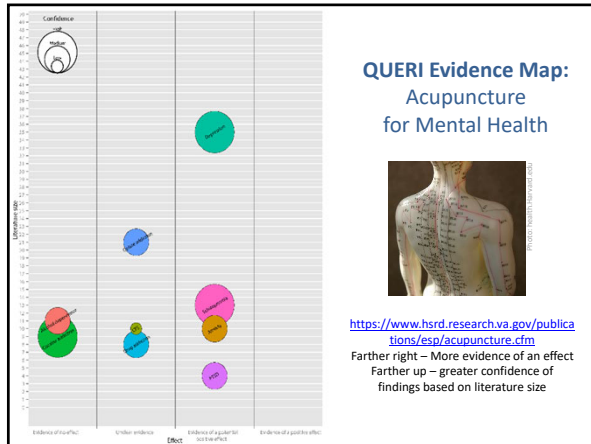
Let's Talk About List One...

As we cover the 8 List One Approaches, write down ideas. What can you start using the next time you work with a Veteran?

 **1. Acupuncture and Mental Health**



Photo: marniejoyce via Foter.com / CC BY



Benefits of Acupuncture (Recent Studies)

- **Dementia**
- **Depression**
- **Insomnia from depression**
- **PTSD**
- **Substance Abuse**

Passport, Chapter 18, Whole Systems of Medicine

...Among Many Other Benefits:

- Alzheimer's
- Acute Pain
- Cancer adverse effects
- Chronic fatigue
- Chronic knee pain
- Chronic low back pain
- Chronic pain in general
- **Dementia**
- **Depression**
- Menstrual pain
- Endometriosis
- Fibromyalgia
- Constipation
- Dyspepsia
- Hip arthritis
- **Insomnia from depression**
- Male sexual function
- Migraines
- Myofascial pain
- Parkinson's
- PMS
- **PTSD**
- Shingles pain
- **Substance Abuse**
- TMJ
- Tension Headaches

Passport, Chapter 18, Whole Systems of Medicine

2. Massage Therapy

Mental conditions/diagnoses

- Anxiety disorders
- Other – sleep disorders, mood disorders, PTSD, “stress” management

Physical conditions/diagnoses

- Myofascial pain syndromes
- Fibromyalgia
- Neck pain, back pain, joint pain (e.g., shoulder)
- Cancer pain, labor pain
- Post-op nausea/vomiting (acupressure)

No worries -
I got your back
and your arms,
legs, neck,
shoulders,
hands, feet...
I am a
MASSAGE
THERAPIST

Passport to Whole Health, Chapter 16

Massage Therapy



- People *love* them!
 - Many different types
- Few contraindications
 - Clots
 - Fragile bones
 - Cancer
 - Avoid neck in Downs or rheumatoid arthritis
 - Skin conditions
- Remember, VA won't be covering “spa” massages; they need to be therapeutic

Field, Complement Ther Clin Pract, 2017;24:19-31. Hsu, Med, 2019; 98(9):e14720. / Behrami, Int J Nurs Pract, 2017;23:e12601. /

3. Tai Chi and Mental Health

- 2014 meta-analysis
 - Effect size for depression - 5.97
- 2016 review, 21 studies
 - Low evidence for recommending, though promising initial findings

Helps “... a range of psychological well-being measures, including depression, anxiety, general stress management, and exercise self-efficacy.”

“...methodological limitations”

- Slow, focused movements may negate erratic movements and thoughts
- Increases awareness about muscle holding patterns and related emotions.



Jiang et al, Rev Recent Clin Trials, 2016;11(4):324-32. Wang et al, Int J Behav Med, 2014;21:605-17.

QUERI Evidence Map for Tai Chi

- Much more tai chi research
- 107 systematic reviews, through February 2014
- Farther up means more research
- Farther right means more findings it is effective
- Size of circle = Number of reviews
- Color doesn't represent a specific intervention here

<https://www.hsrd.research.va.gov/publications/esp/TaiChi-REPORT.pdf>

4. Benefits of Yoga (Recent Studies)

- **Mood Disorders**
- **PTSD**
- Neurological problems (MS, epilepsy, Parkinson's, Alzheimer's, neuropathy)
- Type 2 diabetes
- Low Back Pain
- **Sleep Problems**
- Sexual Function
- Menopause
- COPD and asthma
- Adjunctive care for breast cancer
- Cardiovascular disease and HTN
- Fall prevention

Passport Chapter 5: Yoga Clinical Tool

Yoga and Mental Health

"Diverse results were found across the 14 studies..."

"Nonetheless, most studies observed ameliorations in positive mental health indicators."

"Given ...methodological concerns, more research and better experimental designs are needed."

YOGA ★ JOES
Here to keep the inner peace

- Studies indicate *potential* benefit – stress, **anxiety**, **depression**, PTSD, **ADHD**, and **eating disorders**
- 2018 Meta-analysis
 - 4/5 studies: ↑ mindfulness
 - Variable findings with mood, but overall favorable
 - 1/3 showed ↑ resilience
 - Self-compassion, self- esteem, coping and sociability increased
- 2017 review of 17 studies: "Weak evidence"

Domingues, Complement Ther Clin Prac, 2018;31:248-55. Hendricks et al, J Altern Complement Med, 2017;23(7):505-17.

Supplements

- CDC
 - 50% of Americans use
 - Majority of cancer patients use supplements during all phases of treatment
 - Can augment / interfere with drug therapy
- AARP Study
 - High level of supplement use in people over age 50; 69% did not tell their doctors
 - What is “natural” is not synonymous with what is safe

Name recognition: St. John's wort, SAMe, Kava, B vitamins, Ginkgo, L-theanine, choline, many more.

Photo: health24.com

Passport, Chapter 15.

Resources

Course Handout

Whole Health Library

NHCC Pulse and SharePoint

SMEs for Each List One Item

Weil Integrative Health Library

Integrative Medicine Text


Passport to WH

NCCIH.gov

Tips for Incorporating CIH

"Going Home" Watercolor by Hong Leung, leungstudio.com

- Learn about CIH approaches
- Be aware of your own opinions on them
- Try them yourself
- Take time to ask patients what they are using and why.
- Build a referral network

 **Take a Few Minutes...**

How can you advance the implementation of CIH into your care of people with mental health concerns?

- Take a few minutes to reflect and write your ideas
- Share with a partner



Live Whole Health.


**5. Introducing...
Tony and Melissa**

*Whole Health in
Your Practice*

  U.S. Department of Veterans Affairs
Veterans Health Administration



Tony Lopez (Page ##)




- 36 years old
- Army Veteran (served 4 years, non-combat)
- Married 8 years to Amy
- Daughter age 8, son age 6
- Insurance adjuster

- Established primary care 6 months ago
- Low back pain
 - Off and on since service
 - X-rays normal
- Headaches and chest pains/palpitations
 - Present for past year
- Borderline blood sugar
- Smokes ½ ppd x20 years

Tony's Chart: Mental Health

- Poor sleep: 5-6 hours per night, broken
- Drinks "a few beers" most days
- Notes "no problems" with opioid pain medications, but sometimes borrows them from a friend for his back pain
- Feels more down past year, marriage strained

- Family
 - Mother and brother, poor memory
 - Mother and grandmother with depression
 - Father, MI age 62



Personal Health Inventories

VA U.S. Department of Veterans Affairs
Whole Health Life

Personal Health Inventory

You are asked to help you think about your whole health.

- All areas of personal and community
- The body and mind have strong healing abilities.
- Supporting one area can help other areas.
- The more you improve your mental, emotional, or physical. Your own choices on you can change your.
- Mental resources being health and wellness.
- You will learn and possibly others make up the same circle.
- The more you professional care (like, medications, supplements, nutrition, exercise, and counseling). This section includes complementary approaches for prevention and care.
- The order may include the people and groups who make up your community.

How often you feel you are on the scale below from 1 to 5, with 1 being never/often and 5 being great.


1	2	3	4	5
Body				
Mind				
Community				

What is your advice, experience, or person? What do you see? What matters most to you?
What is the work to improve your health?

YOUR MISSION. PUT IT UP.

VA U.S. Department of Veterans Affairs
Whole Health Life

Personal Health Inventory



Personal Health Inventory

Tony's PHI Page ##

Vitality Signs

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

1 Miserable	2	3 Physical Well-Being	4	5 Great
1 Miserable	2	3 Mental/Emotional Well-Being	4	5 Great
1 Miserable	2	3 Life: How is it to live your day-to-day life	4	5 Great

What Really Matters?

What is your mission, aspiration, or purpose? What do you live for? What matters most to you?
Write a few words to capture your thoughts:

*I live for my wife and kids. I work hard to support them. I want to feel less stressed and sleep better.
I don't want to have a heart attack like my dad. I'd like to be happy.*

Tony's PHI, cont'd

Self-Care Ratings

Areas of Whole Health	Where I am (1-5)	Where I Want to Be (1-5)
Moving the Body: Our physical, mental, and emotional health are impacted by the amount and kind of movement we do. Moving the body can take many forms such as dancing, walking, gardening, yoga, and running.	3	5
Recharge: Our bodies and minds have our own recharge cycle to optimize our health. Getting a good night's rest as well as engaging our mental and physical energy throughout the day are vital to recharge. Taking short breaks to break ourselves free of our daily grind for moments throughout the day are examples of ways to recharge.	1	3
Food and Drink: What we eat and drink can have a direct effect on how we experience life. Both physically and mentally. Eating, snacking, weight, how long we live, and overall health are all impacted by what and how we consume food and drink.	2	5
Personal Development: Our health is impacted by how we choose to spend our time. Spending on work and personal activities which really serves to us or what brings us joy can have an effect on our health and outlook on life.	2	4
Family, Friends, and Community: Our relationships, including those with pets, have a significant an effect on our physical and emotional health as any other factor associated with well-being. Spending time with us strengthens how we feel in our life and our understanding that there is no one out there who is suffering like us.	4	5
Skills and Tools: Learning new skills, hobbies, and other activities can provide a sense of meaning and purpose, which is essential. Challenging and dipping ourselves in very individual and unique ways through difficult situations in terms of workplace, at home, or in our lives.	2	5
Supportive: Our communities, both at work and where we live, influence and can offer us health and outlook on life. Changes within our support such as organizing, decluttering, adding a pet or petting can improve mood and health.	3	5
Power of the Mind: Our thoughts are powerful and can affect our physical, mental, and emotional health. Changing our mindset can aid in healing and coping. Keeping ourselves, journaling, yoga, CBT, yoga, or gratitude can better the impact of stress and other emotions.	0	5
Professional Care: Professional and Clinical Care: Seeking appropriate professional and understanding your health concerns, care options, treatment plans, and their role in your health.	3	4

Open-Ended Reflections

Reflections
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 be doing?

I have a hard time just getting through the day and night sometimes. I would be happier and able to relax. I would take better care of myself. I would have a job I like. No nightmares. Clear thinking. Would like to go back to school someday to get an MBA, but there is no way I could handle that right now.

Are there any areas you would like to work on? Where might you start?

With the pain and everything, it is hard. I hate my job. I want to get the spark back with my wife and exercise more. I stress eat. I smoke too much. I'd just like to feel good, for once.

Melissa (Mel) Gallagher




- Team includes a nurse practitioner, psychologist
- Struggles her weight; binge eating a concern
- Has digestive problems
- Avoids dating and relationships
- 42 year-old
- Air Force Veteran (served 4 years, OIF)
- Lives alone
- Close to her sister
- Works from home

Mel's Chart: Mental Health

- Poor sleep: Ruminates
- Notes anxiety
 - Especially at work
 - Positive PHQ-9 (score 15)
 - Audit-C (score 2)
- Childhood dx of ADHD
- Reluctant to see a psychiatrist – doesn't want to be 'judged'
- BMI in obese range
- Obstructive sleep apnea

- Family
 - Sister had a suicide attempt
 - Brother died in combat in Afghanistan



Mel's PHI Page XX

Vitality Signs

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

1 Miserable	2	3 Physical Well-Being	4	5 Great
1 Miserable	2	3 Mental/Emotional Well-Being	4	5 Great
1 Miserable	2	3 Life: How is it to live your day-to-day life	4	5 Great

What Really Matters?

What is your mission, aspiration, or purpose? What do you live for? What matters most to you?
Write a few words to capture your thoughts:

I want to feel safe leaving the house. I am afraid of everything - spiders, heights, evil clowns, regular clowns, other people. I love where I live, and I have a few online friends and I talk a lot to my nieces on the phone. I want to not be so afraid.

Mel's PHI, cont'd

Self-Care Ratings

Area of Whole Health	Where I am Now (1-5)	Where I Want to Be (1-5)
Moving the Body (Our physical, mental, and emotional health are impacted by the amount and kind of movement we do. Exercise for the body can also boost brain health in thinking, learning, problem-solving, and memory.)	2	5
Working, Learning, and Growing (Our bodies and minds need rest and recharge in order to optimize our health. Working, learning, and growing are essential to our health and well-being. Taking short breaks or doing something you enjoy or take pride in can help recharge the day and improve your health.)	1	4
Food and Drink (What we eat and drink can have a huge effect on how we experience life, both physically and mentally. Energy, mood, weight, hair, sleep, and overall health are all impacted by what and how we choose to eat and drink.)	2.5	5
Personal Development (Our health is impacted by how we choose to spend our time. Aligning our work and personal activities with what really matters to us, or what brings us joy, can have a big effect on our health and well-being.)	2	5
Family, Friends, and Life Workers (Our relationships, including those with pets, have an important effect on our physical and emotional health as well as other factors associated with well-being. Spending more time in relationships that "fuel" us and less in relationships that "drain" us can improve our energy, improve our relationships skills, or create new relationships through community activities and other options to connect.)	3	5
Spirit and Soul (Connecting with something greater than ourselves may provide a sense of meaning and purpose in our lives. Connecting and sharing ourselves in our community and may include the forms of religious affiliation, connection to nature, or engaging in things like theater or art.)	3	5
Surroundings (Our surroundings, both at work and where we live, relax and eat, can affect our health and well-being in life. Changes within our control such as organizing, decluttering, adding a plant or artwork can improve mood and health.)	5	5
Power of the Mind (Our thoughts are powerful and can affect our physical, mental, and emotional health. Changing our mindset can aid in healing and coping. Breathing techniques, journaling, prayer, or other tools or practices can help to improve our focus and other capacities.)	0	3
Professional Care (Prevention and Clinical Care) (Staying up to date on prevention and understanding your health status, care options, treatment plans, and their risks is your health.)	1	4

Open-Ended Reflections

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 be doing?

Who else is going to be reaching this? This is overwhelming. I would stop stress eating. I would be able to sleep instead of waking up worrying. I would have a dog, or maybe even a boyfriend. I would have "Power of my Mind" - don't know what that is. I have wondered about getting more spiritual, but I don't want to be kidnapped by a cult. I love to be active, but it is hard in my little apartment.

Are there any areas you would like to work on? Where might you start?

I want to reach a point where I can feel brave enough to go see my nieces in person instead of just Skyping. I would be in control of my fear and be able to trust that my body is as healthy as my nurse practitioner keeps saying it is. I would drive. I would leave the house to go shopping, instead of ordering everything online.

Your Own Personal Health Inventory
p. ##

U.S. Department of Veterans Affairs
Department of Health Services
Office of Health Promotion

Personal Health Inventory

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

- All areas are important and connected.
- The circle and lines show energy building activities.
- Improving one area can help other areas.
- The outer ring represents your interests, activities, or passions. Your care partners do this as a support person.
- Health is something to help build on and grow.
- Your self-care and everyday choices make up the inner circle.
- The center ring is professional care (like therapy, medication, and medicine), caregiver, mental health resources, and counseling. This section includes any community approaches for support and care.
- The outer ring includes the people and groups who make up your community.

Rate where you feel you are on the outer circle from 0 to 10, with 0 being miserable and 10 being great.

Physical Health		Mental Health		Social Health	
0	10	0	10	0	10
0	10	0	10	0	10
0	10	0	10	0	10
0	10	0	10	0	10

What is your greatest aspiration, or purpose? What do you like best? What matters most to you?
Write a few words to report your thoughts.

YOUR MISSION FOR LIFE

- What do you need to enhance your mental health?
- Complete your own PHI
- NOTE: YOU WILL BE SHARING THIS WITH A PARTNER LATER TODAY**
- Can go to lunch when you are finished

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