

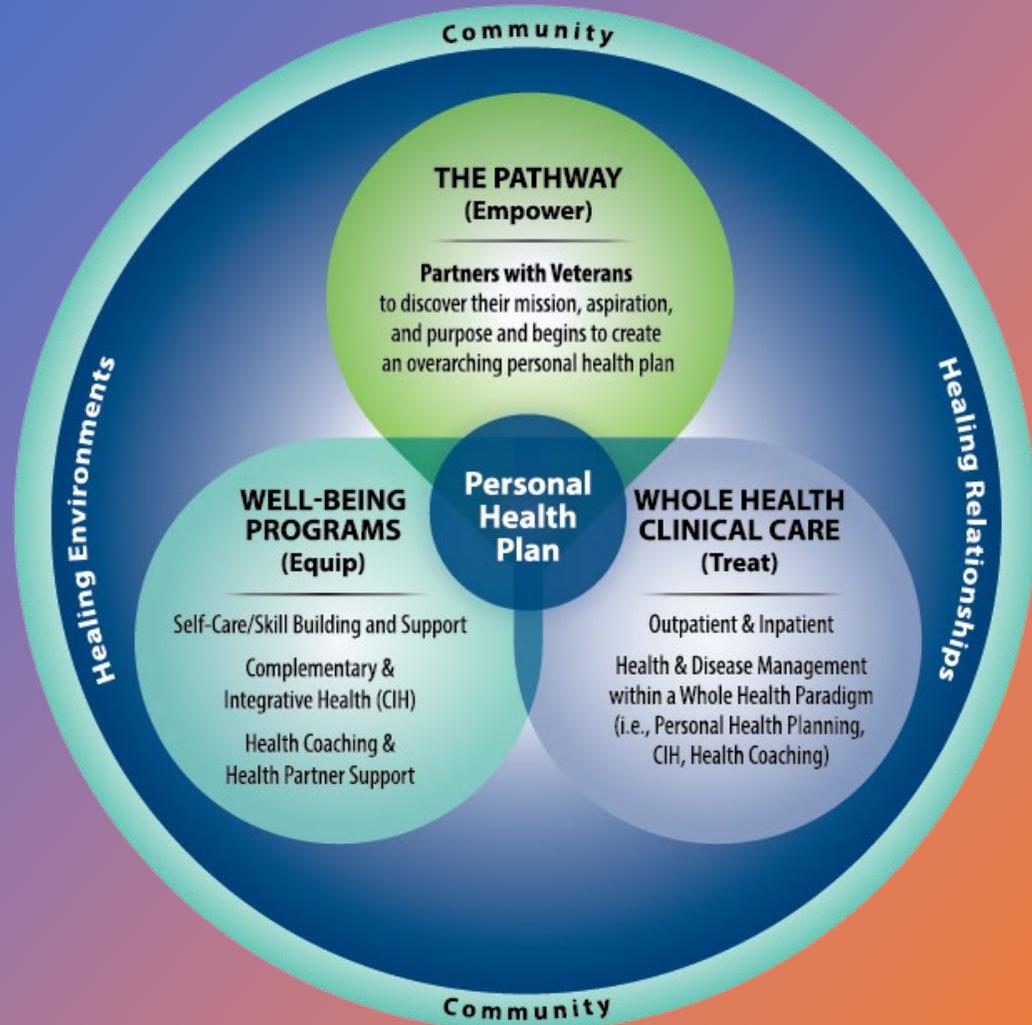
Neal

Whole Health and Suicide Prevention



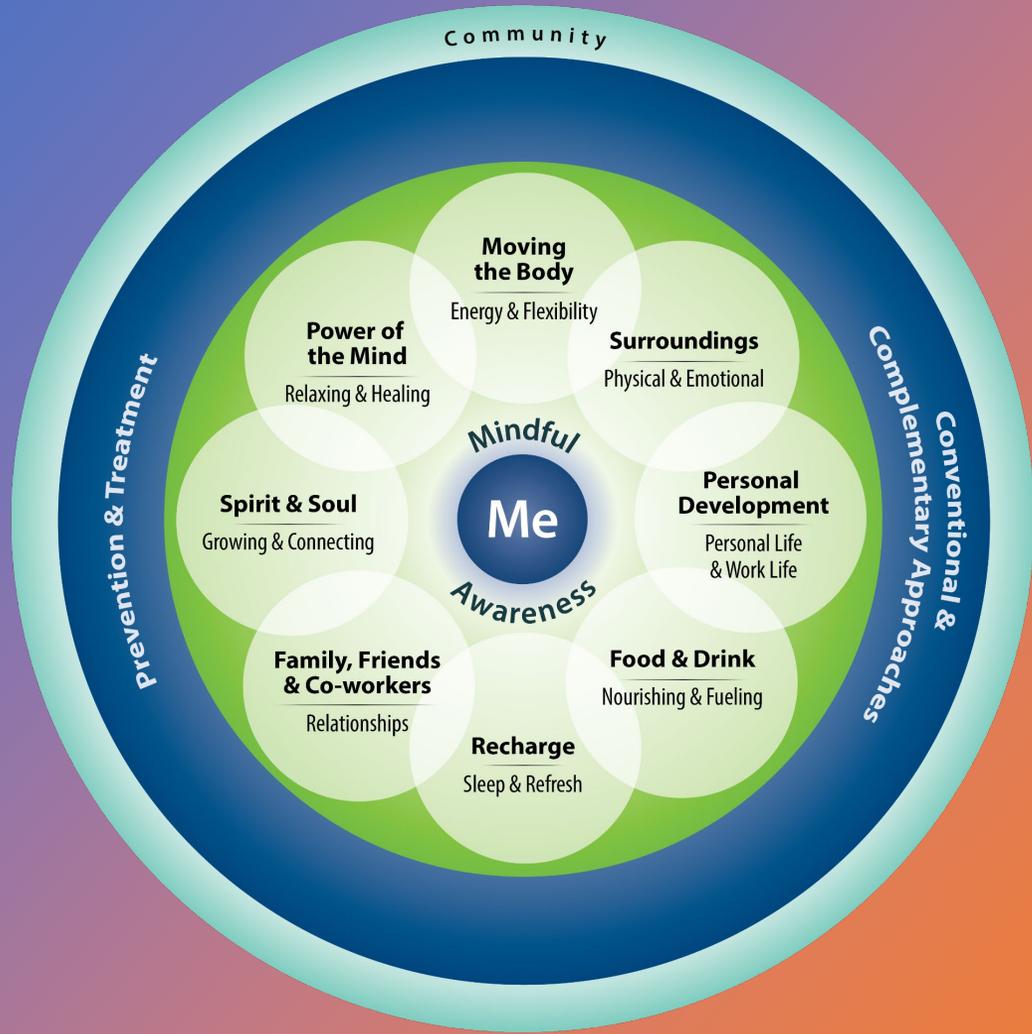
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The Whole Health System



What is Whole Health?

- Empowers and equips people to take charge of their health
- Patient centered care : Compassion, empathy and responsiveness to ones needs
- Positive interactions and healing relationships



Whole health centers around what matters most to each veteran. It is built upon their mission, aspiration and purpose in life. Whole health is about the whole person and every aspect their mind, body and spirit. The Whole health system is important in decreasing chronic disease, lowering mortality rates, and focusing on prevention.

A person with long, dark, wavy hair is seen from the back, wearing a light-colored, long-sleeved top. They are standing in a field of tall grass, looking out over a landscape towards a bright sunset or sunrise. The sky is a mix of orange, yellow, and grey, and the horizon is visible in the distance. The overall mood is contemplative and serene.

An Approach to Improving Mental Health

+ ◦ • Whole Health and Mental Health

Mental and physical health are equal partners and of equal importance to our well-being. Having sound mental health is foundational to physical health. This helps strengthen and build long-term physical health and well-being.

Under the current system 57.8 million Americans experience mental illness each year. 75% of chronic mental health conditions begin by age 24. Mental illness causes \$193.2 billion in lost earnings every year.



Complimentary and Integrative Approaches to better mental health

- A critical need to develop and evaluate alternative treatments for engaging at-risk veterans.
 - Recognize the importance of building resilience and promote overall wellness.
 - The CIH approach aims at reducing symptoms associated with psychiatric disorders and suicide risk factors including poor sleep, chronic pain, stress and social isolation.
 - Utilize CIH life skill interventions, such as, physical activity, sleep hygiene, diet and nutrition, creative expression, acupuncture, and stress management
 - Outcomes include improvement in depression symptoms, feelings of hopelessness and a significant reduction in suicidal ideation.
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Whole Health Coaching

Whole Health coaching is a patient centered modality that focuses on personal goals, values and strengths.

- Comprises purpose in life
- Autonomy
- Personal growth
- Positive relations with others
- Environmental mastery
- Self-acceptance

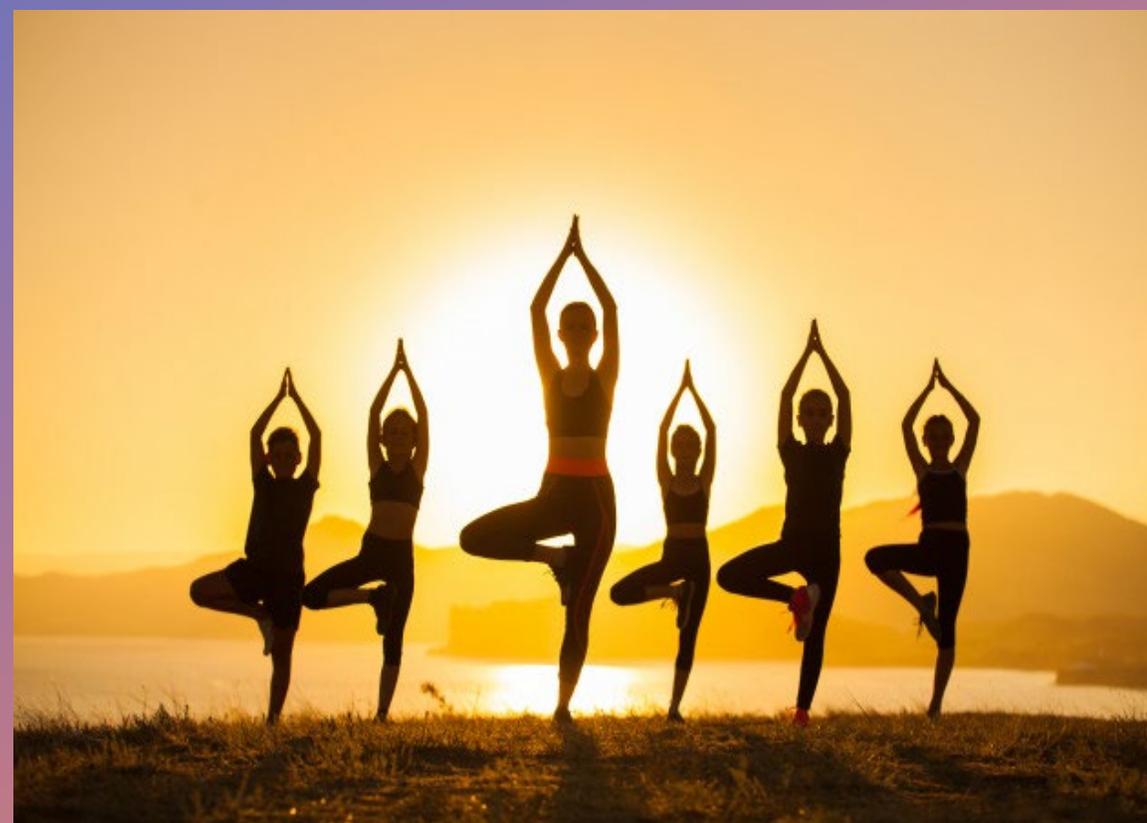
Psychological well-being can buffer against a wide variety of adverse experiences.



Veterans with suicidal ideation who participated in Whole Health Coaching have reported positive program experiences and increases in aspects of psychological well-being.



Meditation and yoga



Evidence suggests that non-trauma focused interventions have been effective in treatment of Post traumatic Stress, Depression and Anxiety.

These interventions encourage participants to orient their attention to the present with curiosity, openness and acceptance. They combine postures, breathing techniques and relaxation.

Reduces physiological arousal in Post traumatic Stress and affects the pathology by improving somatic regulation and body awareness.

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Tai Chi and Qigong



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A traditional Chinese exercise, developed over hundreds of thousands of years.

Practiced Worldwide.

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 - Involve sequences of flowing movement, which changes mental focus, breathing, coordination and relaxation.
- These are safe non-pharmacological practices used to treat and prevent mental illness.



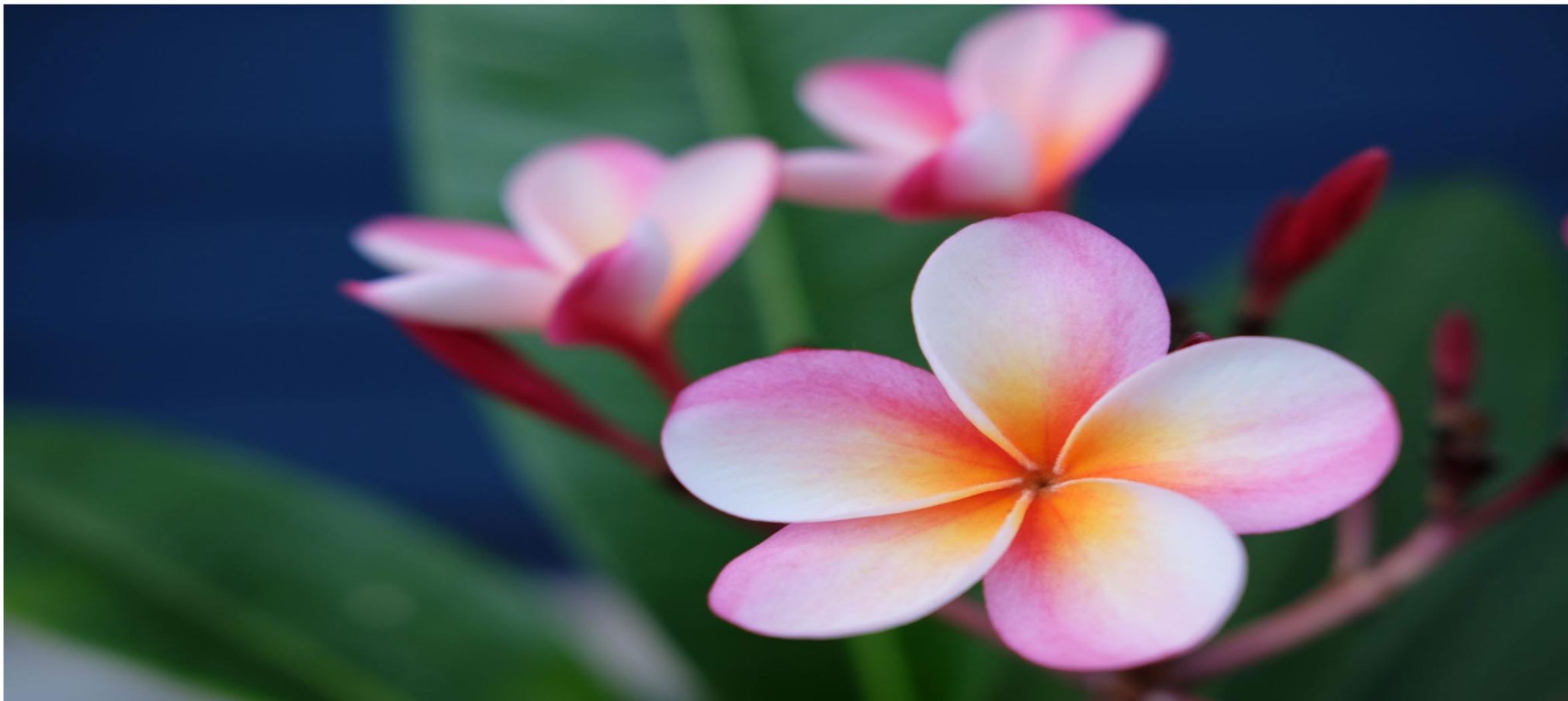
Tai Chi and Qigong have been shown to promote relaxation and decrease symptomatic output. This decrease improves anxiety, depression, blood pressure and recovery from illness.

A large circle with a blue-to-orange gradient is the central focus. To its top-left is a small orange plus sign, and to its top-left is a small orange circle. To its bottom-right is a small orange circle. On the right side of the slide, there is a vertical line with a blue-to-orange gradient.

Benefits and Outcomes of Whole Health Activities

- Provide general improvement in physical health and mental health.
- Individuals suffering from Mental illness report better quality of life using the Whole Health methods.
- Whole Health uses early intervention.
- Increases veteran satisfaction.
- Personalized care for each veteran.
- Empowers veterans to be proactive in the care of their whole being.
- Improves veteran's experience.

Questions?



References

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