

Veteran Whole Health Resource List

Nov-23

Class Name	Description	Days/Times	Venue	How to Access	Open / Cohort	Other Info - p.1
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Note: We recommend only 1 or 2 whole health offerings at a time for your success. For document revisions, email BOIVHEC@va.gov

F2F = Face to face, VVC = VA Video Connect. Cohort = closed group for a determine time period (ex. 6 weeks). Provider enters a consult and Veteran will be scheduled for next available cohort group.

Bariatric-Metabolic Surgery Class	If you are considering if surgery is the right weight-loss tool for you. 4-class series covering orientation, movement and lifestyle, food and drink, and emotional health and coping	Tuesdays 2:30-4pm x4 weeks	VVC	Talk with your Primary Care Team to have a MOVE! consult placed. You'll attend a 1x orientation to learn about next steps.	Cohort	
Battlefield Acupuncture (BFA)	Acute and chronic pain treatment using semi-permanent needles. Complementary and Integrative Health (CIH) option	Group options for: mixed group and women's-only group.	F2F: Boise, Caldwell, Twin Falls, Mtn. Home	Your provider evaluates your pain management needs, and can place BFA consult when appropriate	Open	Contraindications: Pregnancy, undiagnosed pain, fear of needles or history of vasovagal response to needles, active skin infection on ear.
Cognitive Behavioral Therapy for Chronic Pain	Cognitive Behavioral Therapy interventions to manage and cope with chronic pain. Goal to improve quality of life.	Wednesdays 10:30 - 12PM, 8-week cohort	VVC	Talk with your provider, or if in PM&R or Pain Clinic, let your provider know you're interested	Cohort	Great follow up class to Pain Management "Boot Camp" as it takes a deeper dive into the introduced skills
Co-Piloting Chronic Pain	Intro to active pain management skills: Overview of cognitive, behavioral, and movement-based tools to cope with and manage chronic pain. Share tools for open healthy communication about pain.	Wednesdays 1 - 2:30PM for 6 weeks	VVC	Talk with your provider, or if in PM&R or Pain Clinic, let your provider know you're interested	Cohort	
Diabetes Basics	Learn about general diet education for type 2 diabetes (Carb counting, etc.) and Mediterranean diet; "ABCs" (A1c, blood pressure, cholesterol), complications, foot care, physical activity, diabetic distress and depression, & manage medications	Fridays 1 – 2:30pm for 7 weeks in Building 54 (Education Building)	F2F	Call 208-422-1000 x 7055 to sign up or talk with your primary care team	Cohort	
FREE (Freedom From Emotional Eating)	If you have unhelpful eating behaviors, this class series addresses difficult or unwanted experiences with new skills, using Dialectical Behavioral Therapy (DBT). Our goal is to decrease unhelpful eating behaviors used to regulate your emotions.	Mondays 11:30 – 1pm 10 weeks	VVC	Primary Care Provider will refer when appropriate, and the team will call you to schedule	Cohort	This class is not for someone in crisis and not for active or untreated eating disorders --> Consider Mental Health Eating Disorder e-consult.
Healthy Teaching Kitchen	Learn about food, nutrition and how to prepare and store balanced, healthy dishes. Your spouse can attend with you.	Wednesdays, times vary. Classes are 2-3 sessions total.	VVC and F2F	Call 208-422-1000 x 7055 to sign up or talk with your Primary care team	Cohort	
Intro to Whole Health	Learn how Whole Health can help you! Complete a Personal Health Inventory and explore what matters most to you.	1st Wednesday every month (1 session) - 12-1:00PM B.54 Room 1 OR 7-8:30PM VVC	F2F or VVC	Call 208-422-1000 x 4907 to sign up or talk with your Primary care team	Open	
Martial Arts	Mixed martial arts class that includes but is not limited to movements from Boxing, Kali, Krav Maga, Jujutsu and Jeet Kune Do. The class focuses on proper movement, body mechanics, flow, coordination and self-defense	Mon & Wed 3-4pm	F2F	Ask your Provider for a Physical Therapy referral; If appropriate, referred for this class. You must be steady on your feet (NOT a fall risk), and no unstable cardiac conditions.	Open	You must participate successfully in Physical Therapy and have been screened by a PT prior to this class

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Mindfulness Based Stress Reduction (MBSR)	Group mindfulness training with discussions on specific mindfulness topics, guided meditation practices, and group interactions.	Wed. 2-4:30pm (2.5 hours) for 8 weeks	Hybrid - F2F or VVC	Ask your Primary care team to place an Integrated Care Team Outpatient consult	Cohort	Class is not symptom or condition-focused.
Mindfulness and Meditation Group	Group class where you can learn mindfulness and meditation techniques	Thursdays 12-1pm	VVC	Call 208-422-1368 to ask for Mindfulness class with Wendy	Open	
MOVE! Program	MOVE! is a weight management, health promotion program designed to improve the lives of Veterans. In-person orientation on Mon. for: MOVE! 9-10AM; for Weight Meds from 2-3PM; VVC Thurs 10-11AM	<i>MOVE! 16 weeks VVC: Wed. 9-10am / alt. cohort 2-3pm</i> starts every 8 weeks	VVC or telephone; F2F orientation	Talk with your Primary care team for a MOVE consult	Cohort	MOVE! core ideas include: encourage healthy eating, increase physical activity, & promote weight loss
Operation Go (Op Go)	Op Go is a movement-based class if you have chronic pain. It is a 6-week group focusing on independent gym/home program after successfully completing a trial of physical therapy.	Wed & Fri, 1-2:30pm, 6 week cohort	F2F	Primary Care Provider places Physical Therapy referral; If appropriate, referred for this group	Cohort	If appropriate, referred for this class. You must be steady on your feet (NOT a fall risk), and no unstable cardiac/medical conditions.
Pain Management "Boot Camp"	Intro to active pain management skills: Overview of cognitive, behavioral, and movement-based tools to cope with and manage chronic pain.	Tuesdays 1 - 2:30 PM for 4-week cohort	VVC	Talk with your Primary Care Provider (Group is co-led by Psychology and Rec Therapy)	Cohort	Excellent starting place to learn about behavioral pain management
Sleep Education Class	Address your sleep concerns and insomnia, review sleep hygiene and recommendations for better sleep, and discuss next steps in treatment	Tuesdays 10-11am 1-2x monthly	VVC	Contact your Primary Care Team at 208-422-1000, Press 2, then 1 to ask for your nurse to sign you up for this class	Open	
Tai Chi - Virtual	You are most likely to benefit from tai chi if you have: Chronic pain; anxiety disorders; depression; stress; mild to moderate stage neurological disorders; fallen or at risk of falling; and long COVID	VVC - Wednesdays 3:30-4:30pm	VVC and F2F	Your Primary Care Provider can place a Physical Therapy referral for tai chi (Class size is limited)		Contraindications: Unable to attend or tolerate a group setting; Not cleared for light exercise medically; Visually impaired and unable to see instructor; pregnancy
Tai Chi - F2F		F2F - Mondays 1-2pm (held in LRC)				
Taking Charge of My Life and Health (TCMLH)	Explore what matters in your life and what brings you joy to improve your health and well-being. This class covers the 8 aspects of whole health to support you in building meaningful goals.	Days and Times Vary; 5-8 weeks, 1 meeting per week	F2F and VVC	Call Michael Parker at 208-422-1050 <u>if enrolled w/ Pain or PM&R</u> , ask for coaching. Offered at Boise and Caldwell sites	Cohort	Contraindications: Severe/untreated mental health concerns, acute mental health crisis, or active thoughts or feelings of suicide, or inability to attend or tolerate a group setting.
Tobacco Cessation	Ready to quit tobacco? Our pharmacist can provide and monitor medications to support your goal (Nicotine replace. therapy, bupropion, varenicline).	Individual appointments	F2F, VVC, telephone	208-422-1000, Press option 2, then 1 and ask for tobacco cessation	Open	
Whole Health Coaching for Pain	Our coach can help you identify meaningful goals related to the whole health circle of health in combination with participation in PM&R and/or Pain Medicine. Must be enrolled in Pain Clinic/PM&R.	Various options	VVC, F2F, group offerings	Talk with your Primary care team for this option that is open to Veterans enrolled in Pain Clinic; If in PM&R or Pain Clinic, let your provider know you're interested	Open	

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Yoga: Mindful Yoga	Helps chronic pain. Mindful Yoga 90-minute session includes meditation, chronic pain education, breathing practices and gentle poses. Note: no recent surgery within 6 months; no dizziness, balance issues, falls and can get up/down from ground with or without assistance.	Thursdays 10-11:30am for 6 week consecutive sessions	F2F	Ask your Primary care team for them to place a Physical Therapy consult.	Cohort	Contraindications: Acute mental health crisis or having active thoughts or feelings of suicide. Please contact Behavioral Health Acute Care Clinic, Emergency Room, or Veterans Crisis Line by dialing 988, Press 1, texting 838255 or chat online
Yoga for Pain: Recreational Therapy	Pain Clinic VVC Yoga – Slower paced, gentle yoga practice with instruction in a variety of breathing exercises, physical postures and deep relaxation to reduce chronic pain and reduce stress	Times and days vary	VVC	Primary Care Provider or Pain Provider places a referral when appropriate for Pain clinic VVC Yoga	Cohort	Veterans may remain seated in a chair and do not need to get down on the floor. General benefits of yoga: improve flexibility, balance, strength and reduce stress.
	Recreational Therapy Yoga – Instruction in a variety of breathing exercises, physical postures and deep relaxation to maximize functional mobility and optimal wellness		F2F	Primary Care Provider enters referral for Recreational Therapy Yoga	Cohort	