
CMHS CONSUMER AFFAIRS E-NEWS JULY 7, 2008

THE 10 BY 10 CAMPAIGN- WELLNESS UPDATE

Volume 3

June 24, 2008

Center for Mental Health Services (CMHS), Substance Abuse and Mental Health Services Administration (SAMHSA)

Greetings! This is the third update on the 10 by 10 Campaign to promote wellness for people with mental illnesses and reduce early mortality by 10 years over the next 10 year time period.

Please forward to others who are interested in promoting wellness for people with mental illnesses!

In this issue:

Wellness: What you need to know

Be Resourceful! New Resource Section Added to Wellness Website

The Government's Got 'Healthy People!'

People with Depression More Likely to Experience Physical Illness

Ask the Experts: Smoking Cessation

Wellness in the Spotlight at Recent Primary Care Assessments

Meeting

Happening All Over the Country

Spread the Word

Wellness Fact and Quote-of-the-Month

Wellness: What you need to know:

Stay up-to-date on the latest wellness news!

Be Resourceful! New Resource Section Added to Wellness Website

Have you visited the [Wellness Summit website](#) lately? A new Resources section has been added with a wealth of information for you, your organization, and your clients. The website, hosted by Boston University's Center for Psychiatric Services in conjunction with an NIDRR/SAMHSA-

funded Rehabilitation Research and Training Center, is designed to provide information on promoting wellness for people with mental illnesses. The “Pledge for Wellness” also appears there. If your organization is interested in signing the Pledge, please contact [Paolo del Vecchio](#).

The Government’s Got ‘Healthy People!’

You may be wondering what the Federal government has been doing to promote wellness and health. [Healthy People 2020](#) provides science-based, 10-year national objectives for promoting health and preventing disease and will reflect assessments of major risks to health and wellness, changing public health priorities, and emerging issues related to our nation’s health preparedness and prevention. The initiative led by the Dept. of Health and Human Services (HHS) leverages scientific insights and lessons learned from the past decade, along with new knowledge of current data, trends, and innovations.

Public participation is key to Healthy People 2020’s success. Visit their [website](#) for more information on where and when to find public meetings across the country. You can also [subscribe to receive e-mail notices](#) from the HP 2020 listserv.

Also within HHS, the Agency for Healthcare Research and Quality (AHRQ) has introduced a [Toolkit for Implementing the Chronic Care Model in an Academic Environment](#). This toolkit aims to help improve care for consumers who need chronic care, and it presents a range of materials for implementing the Chronic Care Model in academic healthcare settings. Designed to transform service delivery, the Chronic Care Model creates a unique, multi-disciplinary team approach that empowers consumers to become active participants in their own care.

People with Depression More Likely to Experience Physical Illness

Gastric ulcer, asthma, rhinitis, hypertension, thyroid disease, and osteoarthritis— these are the major disorders from which people with depression are more likely to suffer. A new study published in May 2008 in the British Journal of Psychiatry analyzed the rates of 16 co-occurring physical illnesses in people with recurrent depression and a control group.

In addition to the disorders listed above, people with depression were more likely to suffer from 9 other disorders, such as heart attacks, liver disease, and stroke. Since many of these disorders are related to obesity, the risk of each of these disorders can be assessed by measuring body mass index (BMI). In this study, as well as others, both men and women with depression had significantly higher BMIs than all members of the control group.

This study strengthens the evidence that causal factors exist between recurrent depression, obesity, and certain physical disorders. Read the full article at: <http://www.medicalnewstoday.com/articles/106279.php>

Ask the Experts: Smoking Cessation

A new report from Australia finds that people with mental illness are not receiving the support they need to improve their health habits. Professor Steve Kisely from Griffith University's School of Medicine points out, "Deaths from largely preventable diseases including cancer and cardiovascular disease outnumber deaths from suicide in psychiatric patients by ten to one."

Professor Kisely asserts that the most effective way to quit smoking is a combination of psychological treatments such as cognitive behavioral therapy and use of a nicotine replacement therapy or other prescription. The study also found that smoking cessation techniques were more effective when integrated into the consumers' overall mental health care.

Wellness in the Spotlight at Recent Primary Care Assessments Meeting

SAMHSA co-sponsored the Primary Care Assessment & Wellness Indicators Meeting, along with the National Association of State Mental Health Program Directors (NASMHPD) Medical Directors Council, and the NASMHPD Research Institute (NRI) on June 18-19, 2008. Participants from all over the country gathered in Alexandria, VA to discuss how to better promote wellness for people with mental illnesses. Emphasis was placed on primary care and providing better opportunity to unite mental and physical health.

A Six-Dimension Wellness Model which was developed by Dr. Bill Hettler, Cofounder and President of the National Wellness Institute was presented. The six dimensions are:

- Social- encourages contributing to one's environment and community
- Occupational- recognizes personal satisfaction and enrichment in one's life through work
- Spiritual- recognizes out search for meaning and purpose in human existence
- Physical- recognizes the need for regular physical activity and physical health
- Intellectual- acknowledges one's creative, stimulating mental activities
- Emotional- recognizes awareness and acceptance of one's feelings; the degree to which one can be positive and enthusiastic about one's life

Happening All Over the Country:

Learn what others are doing & what's working!

Oregon:

The Oregon Department of Human Services, [Addiction and Mental Health Division](#) issued a report in June 2008 on the results of a seven-year mortality data analysis to assess how Oregonians who received public substance abuse and mental health treatment compared with the general population in terms of mortality and other factors. "Measuring Premature Mortality among Oregonians" revealed that Oregonians who receive public substance abuse and/or mental health treatment have an average age of death that is much *lower* than the general population. Consider these findings from the study:

- In the general population, 18% of deaths are people under 60 years old.
- 95% of the deaths for those treated for both substance abuse and mental health issues were for people under 60 years old;
- 84% of the deaths for those treated for substance abuse only were under 60 years old; and
- 32% of the deaths for those treated for mental health problems were under 60 years old.

Mental health-only treatment recipients die at the average age of 71.4, more than five years earlier than the general population.

New York:

The *Integrated Collaborative Case Management Demonstration Project* (ICCM), an initiative to balance the emphasis on behavioral and physical health, has introduced a new training program for consumers, case managers, and health care providers. The ICCM was developed by FECS, a large mental health and social welfare program in New York City and neighboring counties. The immediate goal of the ICCM is to teach consumers and case managers how to collaborate with one another and to work with consumers' psychiatrists and primary care physicians to detect and treat the signs and symptoms of Metabolic Syndrome, a condition highly correlated with mental illnesses. The researchers expect that the implementation of this training program and the knowledge it passes on will ultimately result in **longer and healthier lives for consumers**.

Evaluation data show not only the usefulness to consumers and case managers immediately after the training, but also knowledge retention three months later. Read the full article at:

http://www.miwatch.org/2008/04/access_to_care_training_consum.html.

You can obtain an outline and summary of the training program by writing to senior director of the project, Jack Carney at jcarney@fecs.org.

Also out of New York, a non-profit organization called [The Friendship Network](#) continues to make a difference in the well-being of persons with mental illnesses as they promote social relationships. Recognizing that establishing a social life is a crucial part of recovery, Alice Cohen founded the Friendship Network to bring people together.

Social support has been shown to have many benefits all populations, including people with mental illnesses. A [study](#) published in the *International Journal of Social Psychiatry* (1999) used grant funding from the Center for Mental Health Services and demonstrated that social support is most strongly associated with improved access to an array of different services, such as outpatient medical services and substance abuse treatment. More recently, a [study](#) to be published in the August 2008 edition of the *American Journal of Preventive Medicine* examined the effect of close relationships on physical health. In order to control for the "good genes" that keep people healthy, the researchers studied sets of twins. They found that siblings with a deeper sense of belonging to a trusted community were more likely to report being in excellent or good health than their twin who didn't feel a deep social connection.

At the Friendship Network, participants engage in social activities they might otherwise not be able to afford, and they make friends with

people they may not have otherwise met. The Friendship Network facilitates activities that are not only good for mental wellness, but also physical health, including bowling, swimming, and other forms of exercise. When asked about her inspiration, Alice said, “You commit to this heart and soul for the people who need it the most.”

New Jersey:

CHOICES is an exciting new consumer-driven program for smokers with mental illness in New Jersey. The goal is to increase awareness of the importance of addressing tobacco use and to create a strong peer support network that encourages mental health consumers to make a positive healthy lifestyle change by addressing smoking and tobacco use.

CHOICES is innovative because it employs mental health consumers, called Consumer Tobacco Advocates, to deliver the vital message to smokers with mental illness that addressing tobacco is important and to motivate them to seek treatment. If you would like to sign up for their newsletter, visit

<http://njchoices.org/Pages/newsletter.htm>.

Are you doing something news-worthy? Send submissions for the “Happening All Over the Country” section to [Paolo del Vecchio](#).

Spread the Word:

Learn and share ways to spread the word about Wellness and the 10 by 10 Campaign!

- Forward this email update to colleagues and friends.
- Surf the [Wellness Website](#) for resources and information on wellness initiatives.
- Email Paolo to sign-up your friends and colleagues to receive future updates.
- Sign the Pledge for Wellness!

Have ideas or updates on what you’re doing to promote wellness? Send them to us to be included in our next Update.

Wellness Facts:

Smoking rates of people with mental illness are twice the rate of the general population.

--Harvard School of Public Health
People with mental illness spend as much as 40 percent of their income on cigarettes, *and* smoking may interfere with medications and increase side effects.

--Research Australia (researchaustralia.org)

Quote-of-the-Month:

“What does it mean that the life expectancy of persons with serious mental illness in the United States is now shortening, in the context of longer life expectancy among others in our society? It is evidence of the gravest form of disparity and discrimination.”

--Kenneth J. Gill, Ph.D., CPRP
University of Medicine and Dentistry
of New Jersey

Paolo del Vecchio
CMHS Associate Director for Consumer Affairs
240-276-1946
Paolo.delvecchio@samhsa.hhs.gov

This newsletter was written by: Virginia Hill, virginia.hill@samhsa.hhs.gov

To unsubscribe, simply reply to this message.

To access our archived E-News [Click Here](#)