



**A Roadmap to Wellness
for Individuals
Living with Mental Illness**

Intro to Program

- NAMI's Hearts and Minds program is designed to help you become aware of the importance of **personal health and wellness in both mind and body**. During this program, I will introduce important topics and encourage your understanding of the importance of **peer-to-peer support**.
- Since living with mental illness can be a lot to manage on its own, NAMI Hearts & Minds offers a wealth of information to help manage other areas of healthy living.

Intro (con't)

- Most people want better health care but are not always able to make the necessary lifestyle changes into their daily lives. Whether or not you live with a mental illness, it can feel like an overwhelming undertaking.
- This program will offer suggestions on how to take steps to living a more healthful lifestyle.
- No matter what changes you would like to make in your life, with good goal-setting, a good support system and a little bit of discipline it can be done. In the short term, you are likely to feel better and over the long term you will be increasing your quality and quantity of life.

Intro (con't)

- In this presentation audience members will:
 - learn about the increased heart risk factors for people with mental illness, including cigarette smoking, obesity, diabetes, elevated cholesterol and hypertension (high blood pressure)—all of which are compounded by some second generation atypical antipsychotic medications
 - gain insight to become advocates for their own health care, especially relating to screenings for heart health and metabolic risks
 - learn how to make achievable lifestyle goals relating to smoking cessation, exercise and nutrition

Intro (con't)

- Managing a mental illness is not an easy task, so NAMI Hearts & Minds offers a wealth of information to make addressing other areas of your health easier. You do not need to figure this all out at once – NAMI Hearts and Minds will show you how to **take it one step at a time.**
- We all deserve a happy, healthy and long life. Knowing the risks will help us each make informed choices that can make this happen.

Sections of the Presentation

- Personal Wellness Story
- Medical Self-Advocacy
- Smoking Cessation (Video)
- Healthy Eating
- Exercise
- Metabolic Syndrome & Type 2 Diabetes
- Goal Setting

Medical Self-Advocacy

- Engaging in Medical Care
- Heart Disease, Family History, & Risks
- Preventative Care
- Culturally Competent Care
- Psychiatric Advanced Directives

Substance Abuse and Alcoholism

- Need for Integrated Treatment
- Facts about Substance Abuse & Alcoholism
- Consequences of Substance Abuse & Alcoholism
- Definition of Substance Abuse & Alcoholism
- Are You Alcohol Dependent?
- Effects of Drugs & Alcohol
- How to Get Help

Metabolic Syndrome and Type 2 Diabetes (5 min)

- Unfortunately, the risk of diabetes is great for people living with mental illness, especially those taking second generation atypical antipsychotic medications (SGAs). People also need to be aware of metabolic syndrome, a condition that can be a precursor to diabetes, also known as pre-diabetes. Left untreated, these two conditions can cause severe health problems and can shorten lives.

Metabolic Syndrome

- Metabolic syndrome is a combination of medical risk issues.
- These issues include worsening sugar control, high blood pressure, elevated cholesterol and other problems.
- Metabolic syndrome raises risk for diabetes and heart disease and can be thought of as a condition that precedes diabetes.

Are You at Risk?

- People living with schizophrenia and bipolar disorder or other mood disorders have a genetic risk for diabetes that is greater than the general population
- People taking SGAs have increased risks for weight gain, diabetes & metabolic syndrome; some medications offer greater risks than others
- African Americans, Latinos, Native Americans and Asian Americans carry higher risks for diabetes
- Smokers have higher rates of diabetes and metabolic syndrome; smokers tend to be unable to manage diabetes as well as nonsmokers and often have more diabetes-related complications
- Family history of diabetes and metabolic syndrome increases risk
- Being overweight, especially around your waist, increases risk

Diabetes

- Diabetes is a problem related to how your body uses sugar. It is a serious medical problem. The presentation focuses on adult-onset type, also called Type 2 diabetes.
- Type 2 diabetes results from cells in a person's body failing to use insulin properly. Insulin enables cells in the body to use glucose (a kind of sugar) to turn it into energy. In Type 2 diabetes, the rising glucose levels seen in the bloodstream are an indicator that the body is not using insulin well.
- Being overweight, especially around the middle and abdomen area, is the most common underlying cause of adult-onset diabetes. Having a family history of adult-onset diabetes is another risk.

Symptoms

- Type 2 diabetes can exist in a person for years before it is identified.
- Symptoms:
 - ▣ Increased thirst and urination
 - ▣ Fatigue
 - ▣ Dry and itchy skin
 - ▣ Blurry vision
 - ▣ Slowly healing wounds.
- If you notice any of these symptoms, it is important to get your sugar (glucose) level checked when you see your health care provider
- Can be managed through diet and exercise

Goal Setting and Q&A

- Setting goals makes it easy to follow your progress; it allows you to identify exactly what you want to achieve, how you will achieve it and where you have to concentrate your efforts. Think about a part of your lifestyle or health that you'd like to change.
- *Be focused and realistic.* Ask yourself “what, when, how many, how much?” This way you'll know when you have achieved the goal and realize the satisfaction from having achieved it.
- *Keep goals small.* Keep the goals you are working towards small and achievable. This way you will have more opportunities for reward.

Goal Setting

- Here are five tips to help you define and reach your goals.
 - ▣ Identify your goal by *writing it down*.
 - ▣ Set a *deadline* for your achievements.
 - ▣ List the *obstacles to overcome* in accomplishing your goal.
 - ▣ List the skills, tools, support or *knowledge you will need* to reach your goal.
 - ▣ Develop a *plan of action to reach your goal*.

Goal Setting (con't)

- Here are three examples of a well-defined goal:
 - “I will smoke one less cigarette each day for the next three weeks.”
 - “I will cut 500 calories from my diet each day for the next month to lose weight.”
 - “I will get off the bus one stop before my appointment to walk the extra three blocks for the next two months.”

Goal Setting (con't)

- Take the time to enjoy the satisfaction of achieving your goal.
- Reward yourself by doing something that is meaningful to you. Also, take the time to reflect on what you have achieved and how it has impacted your health.
 - Remember to take baby steps.
- Creating an unrealistic goal is pretty hard to attain for anyone.
- Goals give you a final destination to aim for, but taking baby steps will still make you feel like you've accomplished something and are on the right track. This will keep you moving in the right direction.
- Once you've broken a rigid resolution, however, it is easier to feel like a failure and give up.
- If you slip up—don't give up! Just get right back on track toward your goal—you will get there.