

**LIVING WELL: A HYBRID EFFECTIVENESS-
IMPLEMENTATION TRIAL OF A PROFESSIONAL-PEER
CO-FACILITATED INTERVENTION TO IMPROVE
SELF-MANAGEMENT OF MEDICAL ILLNESSES FOR
VETERANS WITH SERIOUS MENTAL ILLNESS
(HSRD IIR-276: 4/1/13-3/31/18)**

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Spotlight on VA Mental Health Centers of Excellence

- **VA Mental Health Centers of Excellence** (including Mental Illness Research, Education and Clinical Centers [MIRECCs]) are critical to VA's response to meeting the mental health needs of Veterans.
 - **Shared mission:** To improve the health and well-being of Veterans through world-class, cutting-edge science, education, and enhanced clinical care.
 - **Shared structure:** To combine education, research, and clinical care into a single program to dramatically reduce the length of time between scientific discovery and implementation.
- **15 Centers** located across the country
- **Distinct specializations** (specific disorders, type of problem, populations, settings) to best understand the complex context of health care services access and delivery.
- **Significant collaborative partnerships** with clinical, research, and educational experts from academic affiliates and other organizations
- Learn More at www.mirecc.va.gov

VISN 5 MIRECC: Putting Recovery Into Practice

- The mission of the VISN 5 MIRECC is to support and enhance the recovery and community functioning of Veterans with serious mental illness (SMI). Our integrated programs of research, education, and clinical training and consultation focus on the development, evaluation, and implementation of recovery-oriented evidence-based treatments and services for these Veterans.

Poll Question #1

- What is your primary role in VA?
 - Clinician
 - Peer Specialist
 - Researcher
 - Administrator, manager or policy-maker
 - Other

Background

- Veterans with serious mental illness and co-occurring chronic medical conditions often suffer with increased disability and poorer health outcomes.
- Wellness self-management and Peer Support can improve outcomes

Study Aims

- **Aim 1:** Complete a RCT comparing a mental health peer co-led wellness self-management intervention (called *Living Well*) to a comparison condition and evaluate effects across a range of attitudinal, behavioral, functional and service-related outcomes for Veterans with serious mental illness.
- **Aim 2 :** Complete a well specified process evaluation based on the RE-AIM evaluation framework to better understand contextual factors that can improve future adoption, implementation and sustainability of the *Living Well* intervention in the VA system of care.

Overview of Living Well Intervention

- Drawn from group based curricula developed by the Stanford Patient Education Research Center
- Modified and optimized for consumers with serious mental illness (12 once weekly 75 min. groups)
- Sessions co-led by Mental Health Peer Specialists and non-peer (generally masters level) facilitator
- Builds on concepts of Self-Efficacy and Motivation

3 Key Assumptions Underlying Development of the Curricula

1. People with varying chronic diseases have similar self-management problems and related tasks
2. People can learn to take responsibility for the day-to-day self-management of their illness
3. Confident, knowledgeable people who practice self-management will develop improved health behaviors, experience improved health status and utilize fewer health care resources

Self-Efficacy and Motivation

- Adapting a healthy lifestyle requires:

Knowledge

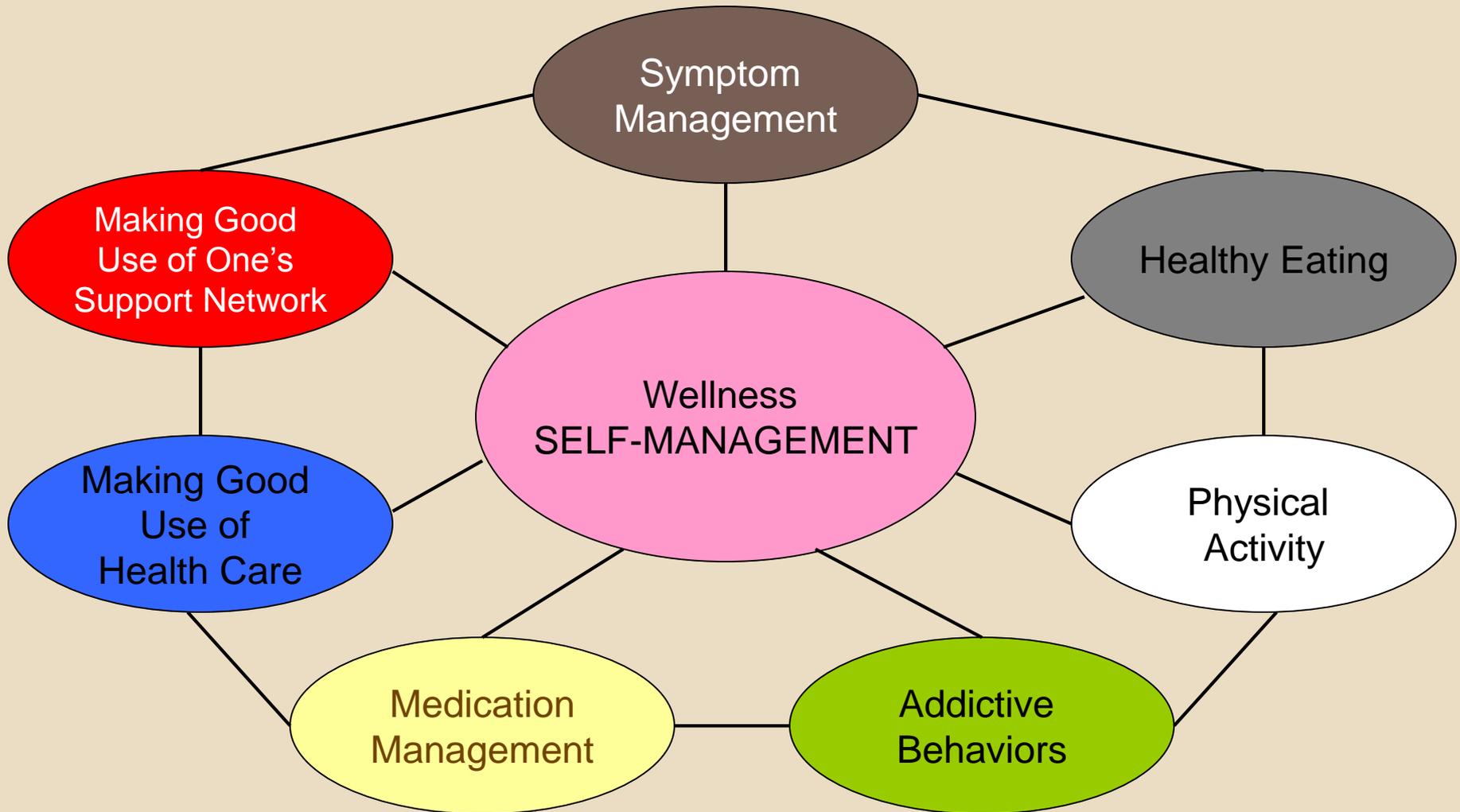
Attitude

Action

- Self-Efficacy refers to the attitude and sense that one is capable of adapting healthy behaviors
(I Can do it !)
- Motivation refers to a sense of readiness and willingness to adapt healthy behaviors
(I Want to do it, and I'm ready to do it !)

LIVING WELL

The Wellness Self-Management Wheel



Session on Healthy Eating

- Review the benefits of healthy eating and brainstorm about things that make it hard to eat right.

- Review four important keys to healthy eating.
 - 1) Variety
 - 2) Making Healthy Choices
 - 3) Eating reasonable portion or serving sizes
 - 4) Developing regular eating patterns.

- Learn how to use the traffic light to think about food.

“Stop” and Think About What You’re Eating!

For weight loss and health, some foods are better choices than others. Think of a stoplight when you’re trying to plan what you will eat each day.

RED



= **High Calorie and Unhealthy Foods**; Try to avoid as much as possible:

YELLOW



= **Maybe Healthy But Still High In Calories**; OK to eat, but be sure to limit portion sizes:

GREEN



= **Low Calorie and Healthy Too !** Enjoy plenty of these foods at any time:

Session on Social Support

- Learn about importance of getting support from others.
- Learn about two main types:
 - 1) Practical Support: (which includes)
 - Information
 - Assistance
 - Resources
 - 2) Emotional Support: (which includes)
 - getting comfort and encouragement from others
 - having someone lend us an kind ear.

Sessions on Symptom Management

- Learn about how both psychiatric and medical conditions can contribute to common symptoms and how these symptoms can in turn make psychiatric and medical conditions more difficult to manage.
- Learn about fatigue and ways to improve sleep
- Learn about deep breathing as a way to better manage symptoms
- Learn about self-talk and how to identify negative thoughts and turn them into more positive thoughts.
- Learn how to use distraction techniques to deal with symptoms. These include techniques that involved thinking (like thinking of names for each letter of the alphabet) and distraction techniques that involved doing (like getting involved in an activity such as a game or puzzle).
- Learn how to use guided imagery (picturing ourselves in relaxed settings) as a way to deal with symptoms.

Session on Making Personal Health Records

- Learn about importance of playing a more active role in keeping track of our own medical information.
- Review and complete workbook referred to as a Personal Health Record. This includes information about:
 - People and settings involved in our healthcare;
 - Emergency contacts
 - List of chronic and long-term diagnoses and conditions (psychiatric and medical)
 - List of medicines (for both psychiatric and medical conditions);
 - Chart to record a variety of preventive services and screens that are important for staying healthy and/or catching disease early.

General Self-Management Goals

<u>SELF-MANAGEMENT</u> <u>TOPIC AREA</u>	<u>GOAL</u>
Healthy Eating	<u>Sample Goal :</u> To eat healthier foods and to lose weight <u>My Goal:</u> To...
Physical Activity	<u>Sample Goal:</u> To be more active and lose weight <u>My Goal:</u> To....
Symptom Management	<u>Sample Goal:</u> To more effectively manage pain and discomfort <u>My Goal:</u> To....

Three Tips to Making a Good Action Plan

- **BE SPECIFIC:**
 - **WHAT**
 - (include exactly “What” you plan to do)
 - **HOW MUCH**
 - (include details about exactly “How Much” or “How Long” you will engage in the action)
 - **WHEN/HOW OFTEN**
 - (include details about “When” and “How Often” you will engage in the action)

- **CHOOSE SOMETHING YOU CAN DO**

- **CHOOSE SOMETHING YOU WANT TO DO**

Setting Good Action Plans: Its All About the Details

Step 1: Specify The “WHAT”

□ I WILL: _____

Step 2: Specify the “HOW MUCH/HOW LONG”

□ I WILL: _____

Step 3: Specify the “WHEN/HOW OFTEN”

□ I WILL: _____

SO THE ACTION PLAN IS:

□ “I WILL _____

Make sure its do-able:

□ “I WILL _____

Because I CAN !

Make sure its something you want to do:

□ “I WILL _____

Because I WANT TO !

Setting Good Action Plans: Its All About the Details

Step 1: Specify The “WHAT”

• I WILL: ____ walk ____

Step 2: Specify the “HOW MUCH/HOW LONG”

• I WILL: ____ walk ____ for 15 minutes ____

Step 3: Specify the “WHEN/HOW OFTEN”

• I WILL: ____ walk ____ for 15 minutes ____ twice this week ____

SO THE ACTION PLAN IS:

• “I WILL ____ walk for 15 minutes twice this week ____

Make sure its do-able:

• “I WILL ____ walk for 15 minutes twice this week ____ Because I CAN !

Make sure its something you want to do:

• “I WILL ____ walk for 15 minutes twice this week ____ Because I WANT TO !



My WEEKLY ACTION PLAN SHEET

- GENERAL GOAL/FOCUS: _____
- My specific ACTION PLAN:
- For this next week, I WILL: _____
- Remember make it specific. Make it something you can do. Make it something you want to do.
 - Includes exactly “What” you plan to do
 - Include details about exactly “How Much” or “How Long” you will engage in the action
 - Include details about “When” and “How Often” you will engage in the action
- **On a scale of 0 to 10 (with 0 being not at all confident and 10 being totally confident), My confidence level for completing this entire action plan is: _____**
- **NEXT GROUP MEETING: _____**

THREE STEPS OF PROBLEM SOLVING

- **STEP 1:**
 - **Identify The Problem**

- **STEP 2:**
 - **Brainstorm Possible Solutions**

- **STEP 3:**
 - **Select One Idea To Try**

ACTION PLAN SUMMARY SHEET

Action Plan	Success Rating	Problem (s) That Got/Get in The Way	Possible Solution (s) That Might Help
Session #4: Good Nutrition & Healthy Eating I will....	Fully Successful Partially Successful Not at all Successful		
Session #5: Physical Activity I will....	Fully Successful Partially Successful Not at all Successful		

Baseline Descriptors

Full Sample (N=242)

Gender	87 % Male
Age	57.8 (7.7)
Race	
African American	62%
Caucasian	29%
Other/Multiple	9%
Diagnosis	
Schizophrenia Spectrum Disorder	28%
Bipolar Disorder	35%
Major Depressive Disorder	5%
PTSD/Other	28%
Health Status	
Number of Chronic Medical Conditions	3.4 (1.7)
Diabetes	38%
Arthritis	77%
Respiratory Diseases	11%
Cardiovascular Diseases	15%
Body Mass Index	31.1 (6.5)
Current Smoker	43%

Outcomes Post-Intervention and 3-month Follow-up

Measures and Outcomes	POST-TX		Follow-Up	
	p-value	(ES)	p-value	(ES)
Mental Health Symptoms (BASIS)	0.044	(-0.23)	0.163	(-0.17)
Self-Rated Functioning (SF-12)				
General Health Functioning	0.362	(-0.11)	0.142	(0.18)
Physical Functioning	0.026	(-0.21)*	0.342	(0.10)
Emotional Well-being	0.032	(0.24)	0.563	(0.07)
Attitudinal Measures				
Self-Management Self-Efficacy	<0.001	(0.43)	0.004	(0.32)
Patient Activation	0.038	(0.21)	0.727	(0.04)
Internal Health Locus of Control	0.045	(0.23)	0.285	(0.12)

Outcomes Post-Intervention and 3-month Follow-up

	POST-TX		Follow-Up	
Measures and Outcomes	p-value	(ES)	p-value	(ES)
Behavioral Self-Management Measures				
General Self-Management Behaviors	0.544	(-0.09)	0.446	(0.11)
Use of Health Care	0.699	(-0.04)	0.459	(-0.07)
Cog-Behavioral Symptom Management	0.006	(0.29)	0.038	(0.22)
Use of Social Support	0.762	(-0.04)	0.238	(-0.15)
Physical Activity	0.326	(0.12)	0.011	(0.29)
Healthy Eating	0.667	(0.04)	0.709	(-0.05)
Medication Adherence	0.134	(-0.19)	0.852	(-0.02)
Service Utilization			LW:	
E.R. visit (medical)			39.5% to 37.9%	
			Control:	
			38.1% to 40.7%	
			(non-significant)	

Current Efforts and Next Steps

- **Main Outcome Paper Accepted in Psychiatric Services !**
- **Working on Cost Analysis and Implementation and Training Manuals**
- **Working on Multiple Secondary Analyses and Additional Manuscripts**
- **Providing Consultation and Supervision to Support Implementation in BT and PP; Gearing up to offer same in DC and Martinsburg, WV**

Questions ? Discussion

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