Welcome and Course Overview

Why Are We Here?

Interconnections I: Self-Care

Interconnections II: Professional Care

Welcome!

Crossing the Mind-Body Divide

1. Welcomes and Course Overview
Your Whole Health Faculty Team:

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- Codi Schale, PhD, VA Eastern Kansas Health Care System, National Ed Champion
- Julia Yates, LCSW, University of Wisconsin
- Adam Rindfleisch, MD, Integrative Health Medical Director, University of Wisconsin
- Admin: Marité Hagman, MPH, Course Program Manager, University of Wisconsin

This course was created by:

Veterans Health Administration
Office of Patient Centered Care & Cultural Transformation (OPCC&CT)

Pacific Institute for Research and Evaluation (PIRE)

University of Wisconsin-Madison
Family Medicine and Community Health
Integrative Health

Course Manual ("Small Book")

• Schedule is on first few pages
• Room for notes on pp. 25-28.
Will use “PP” for this for page references, e.g. “PP 31”

To Access Course Slides...Later
(You’ll even be able to do it on your phone!)

Whole Health Education Website
https://wholehealth.wisc.edu
Go to “Courses.”

Can Google “Whole Health Library” too.

Whole Health Education Website
http://wholehealth.wisc.edu
Whole Health for Mental Health
Day 1 Morning

Whole Health Education Website
http://wholehealth.wisc.edu

Community Agreements

- Be present
  - Participate
  - Minimize distractions (e.g., phones)
- Be curious and open-minded
- Be silent (sometimes)
  - Okay to pass
  - Watch side conversations

Community Agreements

- Be respectful
  - Confidentiality – share only as comfortable
    - “What happens in Vegas...”
  - Culture
- Be on time
  - After breaks and lunch
  - Signal to return to large group
  - We’ll get you out on time!
Community Agreements

• Be healthy
  – Stand or move as needed
  – Go to the bathroom
  – Ask for movement
  – Notice trigger moments
  – Have fun!

Any Others?

...And Finally

• Q&A
  – Cards at center of table
  – Give Marité the cards
  – We’ll answer as we proceed, or afternoon of Day 2
• Please change places tomorrow morning!

Any Others?

2. Why Are We Here?
Whole Health for Mental Health
Day 1 Morning

Who is in the Room?
- Chaplains
- Chiropractors
- Complementary Practitioners
- Dentists
- Dietitians
- From a CBOC
- Health Promotion
- Leadership
- LPNs
- MAs
- Nurse Practitioners
- Nurses
- Occupational Therapists
- Pharmacists
- Physical Therapists
- Physician Assistants
- Physicians
- Psychologists
- Recreational Therapists
- Social Workers
- Veterans
- Visiting from Another VA
- Whole Health Team Members
- OTHERS?

To begin with, thank you. You are already providing excellent professional care. You have touched thousands of lives.

More Broadly, Why Are You Here?
Every hero has an origin story – what’s yours?

• **With a Partner, Answer these AS YOU PREFER**
1. Why are you here?
   - In (mental) health care
   - In the VA
   - At this course
2. What do you love about this work?
3. What’s challenging?

Each person will share for a minute or two
Small Group Introductions

At your Table:
Briefly introduce yourself (~1 minute each):

- Your name
- Your VA role and connection to mental health
- What supports your own mental health?
- Particular approaches you use

INTENTION

Take A Moment: PAUSE

- Why you are at this course?
- What you hope to gain from this experience?
- What is a word, phrase or affirmation that supports your reason for being here?

What’s the Take Home?

When you walk out of this course...

- You’ll feel transformed, as well as informed
- You will have a clearer vision of how to bring Whole Health for Mental Health into
  - Your own life
  - Your practice and care teams
  - Your facility and the system in general
Whole Health for Mental Health
Day 1 Morning

**How Will This Course Support You?**
- Wisdom of the group and networking
- Research reviews and skill-building
  - Links of the Circle of Health to mental health
    - Relevance of self-care
    - Complementary and Integrative Health (CIH)
- Time to reflect on your needs
- Implementation planning
- What else?

**What This Course Won’t Do**
- Cover everything related to mental health
- Mandate that you have to do things a certain way
- Ignore all the great work that has already been done over the years
- Imply that Whole Health = CIH
- Disrespect scope of practice, and...

**Let’s Start with a Few Numbers**

<table>
<thead>
<tr>
<th>How many adults in the U.S. experience mental illness each year?</th>
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<td>1 in 2</td>
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<table>
<thead>
<tr>
<th>How many adults in the U.S. live with serious mental illness?</th>
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</thead>
<tbody>
<tr>
<td>1 in 25</td>
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</tbody>
</table>
Mental Health in the US

**Mental Health Facts IN AMERICA**

- 43.6 million adults experience mental illness in a given year.
- 1 in 4 adults experience a mental illness.
- 1 in 7 adults experience a mental illness.
- 1 in 10 adults experience a mental illness.
- 55% lifetime prevalence of mental illness for people who live to be 75.

The U.S. has the highest global rate of overall mental health disorders. South Africa and the Ukraine are higher for a distance alone. We are in the middle for suicide.

**NAMI, Mental Health by the Numbers, 2018, https://www.nami.org/learn-more/mental-health-by-the-numbers**

During and after service...

- How many people in active duty show signs of mental health conditions?
  - 1 in 4
  - 1 in 7
  - 1 in 10

- How many of the 1 in 5 OEF/OIF Veterans with PTSD, depression, or both seek care?
  - 50%
  - 66%
  - 80%

- ✔ ✔

Mental Health in VA

- “Comparable or superior quality, yet substantial unmet need...”
- 1 in 4 active duty show signs of mental health conditions
  - 1/10 have multiple disorders
- 19% of OEF/OIF Veterans have PTSD, depression, or both and...
- Only 53% seek help


The Real Question
In light of these statistics...

How can we do even more to support mental health?

Let’s Dive in to Possibilities!

What exactly is Whole Mental Health?
How do you define Whole Health?

Fundamentals: The Circle of Health

Manual, page 7
Whole Health for Mental Health
Day 1 Morning

Journey to Whole Health Clinical Care

Whole Health Clinical Care

Map to the MAP

PERSONAL HEALTH PLANNING

Fundamentals

Empower

Equip

Integrate

The Whole Health System

Community

THE PATHWAYS (Empower)

Personal Health Plan

Whole Health Clinical Care (tied)

Passport, page 9

Disease Focused Care

Obesity

Opioids

Triptan

Appetite Suppressant

HA

LBP

Depression

SSRI

Obesity

Statin

ACE

Cholinesterase Inhibitor

Depression

DM

Dementia

Insulin

Appetite Suppressant

SSRI

Insulin

Cholinesterase Inhibitor

The Whole Health System

Passport, page 9
Imagine Moving Through a Whole Health system...

- You hear about it at orientation (like all the employees at your VA have)
- You work with a fellow Veteran or coach to highlight what matters to you (MAP)
- You can access a variety of well-being options and are empowered with setting
- Your clinical team works together to help you create/update your PHP

Whole Health Flagship and Design Sites

VHA’s Goals, 2018 – 2024

1. Strategy 2.1.4 in the VA strategic goals: *Emphasize Veterans’ and their families’ Whole Health and wellness*

2. Whole Health/Mental health are one of Secretary’s ten “lanes” or areas of focus
How do you define **Mind**?

Aspects of Mental Health

What qualities, attributes, and traits are tied to our mental health?

That is...

What needs to be in balance for a person to be mentally healthy?
Aspects of Mental Health

What aspects of us does it include?

• Thinking and Cognition
• Emotions
• Behaviors and Choices
• Peace and Ease
• Vitality and Wholeness

The Real Question...

How will Whole Mental Health support you?

With Self-Care?
With Veteran Care?
Can a Whole Health Approach Ease Points of Tension?

Points of Tension I: The Mind Body Divide

• How much should we separate out mental and physical health?
• How might a whole-person approach play a role?

Which Statement Feels Truer?

I am a brain.

I have a brain.
Whole Health for Mental Health
Day 1 Morning

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**Physical and Mental Health Overlap**

25% of adults have mental disorders

68% with mental disorders have medical conditions

29% with medical conditions have mental disorders

58% of adults have medical conditions

Adapted from National Comorbidity Survey Replication 2001-3 (3,83), based on figure by SAMHSA

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**Points of Tension II: Varied Perspectives**

Biochemistry
Genetics
Neuroscience
Psychology
Medicine
Sociology
Public Health
Complex Systems

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**Points of Tension II: Varied Perspectives**

Biochemistry
Genetics
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---
Perspectives

• What perspectives do you operate from most?
• When it comes to mental health, how do you decide what is fact? How do Veterans?
• How do you as a clinician address the tension between different perspectives?
• Does this ever lead to challenges with colleagues? With Veterans?

Points of Tension III: Individualized and Generalized

- DSM diagnoses over the years
- How many different ‘types’ of depression?
- Cultural, familial, idiosyncratic perspectives
- Stigma
- Different response to treatments

Points of Tension IV: Prevention and Treatment

- 1960-70s: Mental illness a “Private Matter”
- Deinstitutionalization: Now a public health issue
- Media and decreased (ish) stigma have changed that
- How well do we do preventive mental health in modern medicine?
  - What could that look like?
Whole Health for Mental Health
Day 1 Morning

Points of Tension V:
What Is and What Could Be

• What does the VA do well?
• What would you like to see improved?
• What is the ideal?
  – Teams and integration
  – More options
  – Clinician well-being

And a Few Last Facts...

VA offers great care, but only for people who seek it! Why don’t they?

NAMI, Mental Health by the Numbers, https://www.nami.org/learn-more/mental-health-by-the-numbers
Points of Tension VI: Stigma

- DoD and VA have MORE capacity to work with mental health than most systems
- But there is a gap between need and use
- Examples of barriers
  1. Medication side effects
  2. “Could harm my career”
  3. Impede security clearance
  4. Loved ones are more helpful than professionals
  5. “I would lose respect”
  6. Sign of weakness; important to be stoic

Time to Pause and Create

- Whole Health is a grassroots system change
- You have the answers
- Now is the time to put them into action

Where Are We Headed?
Whole Health for Mental Health
Day 1 Morning

What else is possible?

Break!

3. Interconnections I: Self-Care
Many Ways to Connect

The Biopsychosocial Model: George Engel

Any illness involves each unit as part of its pathology or part of its healing.

Our Body Mechanics

"The whole is greater than the sum of its parts." - Aristotle
Whole Health for Mental Health
Day 1 Morning

**Neurotransmitter Roles**

- Serotonin: Obsession, Compulsion, Memory, Anxiety, Impulse Inhibitability, Alertness, Concentration, Energy
- Norepinephrine: Attention, Mood, Cognitive Function
- Dopamine: Reward, Motivation
- GABA: Inhibition
- Glutamate: Excitatory

**Your Chromosomes, Your Mental Health**

- Review of 26 human studies
- Consistent findings:
  - Chronic stress 🔄 telomerase activity
  - Depression 👆 it (maybe due to inflammation)
  - Telomerase increases with lifestyle changes (Medi diet, exercise)
- Smaller studies
  - Meditation 🔄
  - Qigong 🔄
  - Heroin 🔄
- More studies needed

**Mental Health Across Generations**

- Sleep, nutrition, exercise in pregnancy linked to baby’s lifelong mental health
- High maternal BMI is linked to risk of depression, anxiety, low IQ
  - Not as clear for ADHD, Autism
  - Ties to DNA methylation?

De Weerth, DevPsychopathol, 2018;30:1129‐44.
De Weerth, DevPsychopathol, 2018;30:1129‐44.

Photo:rd.com

Multiple stressors throughout pregnancy interact along multiple paths to cause a variety of outcomes.
Neural Plasticity

- Plasticity = ability to change
- We used to think our brains never changed after adulthood (except with aging and a little with learning/memory)
- Now we know better
- Mind-body approaches change them. For example:
  - Chronic pain causes loss of brain mass
  - Psychotherapy (CBT) can help brain mass increase

Gut Brain: The Enteric Nervous System

- >100 million nerve endings
- 95% of the body’s serotonin, 50% dopamine
- Part of the “Gut Brain Axis”:
  - CNS
  - HPA Axis
  - Gut neuroendocrine system
  - Microbiome
- Links emotional and cognitive brain centers to peripheral gut functions
  - Immune activation
  - Intestinal permeability
  - Enteric reflex
  - Entero-endocrine signaling

Psychobiotics

- 100 trillion organisms form our microbiome that affect
  - Cognition: Humans probably wouldn’t be as smart w/o them
  - Sociability: Altering them can make lab rats “autistic”
  - Mood:
    - Colonization in early life affects programming of stress response system
    - Transplanting the bacteria can transfer an “anxious phenotype”
    - Lower Bifidobacterium and/or Lactobaccilus counts more common in major depressive disorder (OR = 3.23, 2.57)
  - Prenatal maternal stress changes a baby’s microbiome
The Gut-Brain-Microbiota Axis

Intestinal Permeability
- Can be caused by inflammation, food sensitivities, drugs, environment
- Disrupt the integrity of the tight junctions between intestinal cells
- Larger molecules than normal (e.g., improperly digested food, bacteria, and other pathogens) can get into the blood stream
- Can induce depression by causing leaky gut with lipopolysaccharides from bacteria

Ground-Breaking VA Study

Conclusions: Four-week intake of a fermented milk product with probiotic by healthy women affected activity of brain regions that control central processing of emotion and sensation.
Whole Health for Mental Health
Day 1 Morning

Can see these up close at the beginning of Passport chapters 5-12.
Group Exercise:
Getting to Know the Self-Care Circles
1. Count off from 1 to 8
2. Your number will be your self-care topic group assignment
3. Meet with your group (we will show you where in a moment) – *take your Passport!*
4. As a group, review your Chapter of the Passport
5. Be ready to share for about < 3 minutes!

Your Mission
1. Use the *Passport* chapters to guide you
2. Pick a spokesperson
3. Be ready to share for <3 minutes

**Key Question:**
What are options related to your topic that could be put into a Personal Health Plan to support Tony’s Mental Health?

You will share when the “Subtopic Circle” slide for your topic comes up.

Example: Surroundings

- Spend Time in Nature
- Reduce Stress
- Improve Where You Live
- Improve Emotional Surroundings
- Create Healing Environments
- Make One Small Change
- Get More Organized
- Improve Where You Work

There was a study that showed time in green spaces helps mental health by...

You might benefit from being in a clinical environment where...

A person’s job satisfaction can have a huge effect on...

We could talk about how being organized influences mental health...
Whole Health for Mental Health
Day 1 Morning

Go to the part of the room with your #

1. Surroundings (Ch. 6)
2. Working Your Body (Ch 5)
3. Food & Drink (Ch 8)
4. Recharge (Ch 9)
5. Family, Friends & Coworkers (Ch 10)
6. Spirit & Soul (Ch 11)
7. Personal Development (Ch 7)
8. Power of the Mind (Ch 12)

Again: Your Mission

1. Use the Passport chapters to guide you
2. Pick a spokesperson
3. Be ready to share for <3 minutes

Key Question:
What are options related to your topic that could be put into a Personal Health Plan to support someone’s mental health?

You will share when the “Subtopic Circle” slide for your topic comes up.

Photo: Samhealth.org
Zeroing in on Options

- Surroundings
  - Physical & Emotional
    - Improve where you live
    - Get more organized
    - Improve where you work
  - Create healing environments
- Emotional surroundings

GROUP 1 – PLEASE SHARE YOUR THOUGHTS (<3 minutes)

Photo: HDWPro.com

The Healing Power of Nature

- Nature images and sounds improve stress recovery
- Walking in nature (vs other places) restores attention and improves affect, lowers stress
- Urban vs rural: Anxiety = 21% higher prevalence, depression = 39% higher

Lack of opportunity to explore and engage may lead to hippocampal atrophy, which is linked to 20+ disorders (e.g., PTSD, Depression, Alzheimer’s)

Photo: ivfpittsburgh.com

Emotional Surroundings

- Intimate partner violence common
  - 1 in 3 women, 1 in 4 men
  - → PTSD, depression, anxiety, SUD
- Information overload / the media
  - One study of 179 undergrads:
    - Anxiety and mood disturbance increased with 15’ of news
    - Feelings persisted despite distractions
    - Feelings improved with relaxation exercise
- Humor reduces anxiety, increases motivation, decreases stress hormones, improves brain blood flow
- 10% people are introverted or highly sensitive

Surroundings and Healing

What would you rather see from your hospital bed?

Living Space

- Degree of clutter
  - Messiness and falls
  - Hoarding (5%)
    - Link to OCD, treatable
  - Squalor – garbage accumulates
    - Dementia, Depression, SUD
- Other factors
  - Homelessness
  - Housing quality, esthetics
  - Crowding
  - Access to medical, and other services and food

Zeroing in on Options

- Work with an Expert
- Create a Personalized Activity Plan
- Make One Small Change
- Mindful Movement
- Energy & Flexibility
- Take a Class
- Track Your Progress

Exercise ☃️ Mental Health

• Exercise helps mood, self-esteem, anxiety levels, cognitive function
  - Meta-analyses: 42,000+ people w/anxiety
  - ...48,000+ w/depression
    - Not as much as SSRIs; best together
• Some studies – comparable to psychotherapy
• Bonus: all the physical effects too!
• Too much can cause disorders (due to inflammation, eating disorders, etc.)

Exercise: Many Mechanisms

Why does it help?
- Endorphins
- Mitochondrial function
- Neurotransmitter production
- Inflammation
- Body temperature
- HPA axis

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Yoga and Mental Health

- Studies indicate potential benefit – stress, anxiety, depression, PTSD, ADHD, eating disorders
- 2018 Meta-analysis
  - 4/5 studies: ↑ mindfulness
  - Variable findings with mood, but overall favorable
  - 1/3 showed ↑ resilience
  - Self-compassion, self-esteem, coping and sociability increased
- 2017 review of 17 studies: “Weak evidence”

Tai Chi and Mental Health

- 2014 meta-analysis
  - Effect size for depression - 5.97
- 2016 review, 21 studies
  - Low evidence for recommending, though promising initial findings
  - “...beneficial effects on...a range of psychological well-being measures, including depression, anxiety, general stress management, and exercise self-efficacy.”
  - “In spite of the positive outcomes...significant methodological limitations.”

3. Food & Drink

Nourishing and Fueling

Photo: modernfarmer.com
Whole Health for Mental Health
Day 1 Morning

**Zeroing in on Options**

- Food & Drink: Nourishing & Fueling
- Work with a Dietitian
- Make One Small Change
- Create Your Own Food & Drink Plan
- Learn More About Preparing Meals
- Eat Mindfully
- Tailor Your Eating to Your Health Needs

**Food and Drink for Mental Health**

“The emerging and established evidence now strongly supports taking a dietary approach to the prevention and management of highly prevalent mental disorders.”


**Eating Patterns and Mental Health**

<table>
<thead>
<tr>
<th>Study</th>
<th>N</th>
<th>Findings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population study of women</td>
<td>1,000</td>
<td>Western diet = more major depression and dysthymic; healthy diet less anxiety and depression</td>
</tr>
<tr>
<td>Norwegian study</td>
<td>5,000</td>
<td>More anxiety if more intake of processed/ unhealthy foods</td>
</tr>
<tr>
<td>Whitehall II</td>
<td>3,500</td>
<td>Western diet increased depression over 5 years</td>
</tr>
<tr>
<td>Prospective SUN Cohort middle aged Spanish people</td>
<td>10,000</td>
<td>Med Diet reduced depression risk over 4½ years; fast foods and commercial baked goods ↑ depression</td>
</tr>
<tr>
<td>Many others... Japan, China, US</td>
<td>Lots</td>
<td>All support the same findings</td>
</tr>
</tbody>
</table>

Whole Health for Mental Health
Day 1 Morning

The Not-Sane Western Diet

• 320,000 processed foods in market
• 10,000 “new” ones yearly
• Technology manipulates foods’ sensory properties
  – sweeter, saltier, richer, more colorful
• “There appears to be no set point for the amount of fat or sugar people will eat.”
• And this contributes to...
  – 1/10 of Americans don’t meet basic food group rec’s
  – Only 12% of Americans have good diets by age 9 (like adults)
  – People eat for pleasure, not nutrition
  – Eating disorders...


A Few Ways to Support Healthy Eating

• Fruits
• Veggies
• Fiber
• Water
• Nuts
• Nutrients
• *A dietitian

• Serving size
• Total weekly desserts
• Sweetened drinks
• Process foods
• Fast foods
• Sugar

• Eat out less
• Mindful eating
• Plan your eating
• Eat the rainbow
• Cook more yourself
Whole Health for Mental Health
Day 1 Morning

Dietary Proteins

Amino Acids, Serotonin, and SAMe

*The exact mechanism for SAMe and depression is unclear. It affects serotonin, dopamine, and norepinephrine levels.

Amino Acids, Dopamine, and Norepinephrine

Photo: wideopenpets.com
The Sleep of Veterans

- >40% Veterans in primary care have insomnia
- Twice the rate of non-Veterans
- Insomnia in soldiers increased 10-fold, 2001-2009
- Increases during and after deployment
- Combat exposure and mental health symptoms are independently associated with sleep difficulties
- TBI associated with increased insomnia

Sleep → Mental Health

- Sleep problems are pervasive in mental illness
- Insomnia precedes many mental illnesses (review of 16 studies)
- “Symbiosis” of sleep and affect
- Sleep = brain detox
  - Aspartate metabolism
  - Better memory

If pre-existing insomnia:
- Over 6 years, HR of new anxiety disorder (2.38)
- 10 years: OR 3.44 for bipolar
- 7.5 years: OR 1.85 for depression in those without baseline depression
- Another study: 11.86 for if meds needed; 2.74 if not
Sleep & Mental Health

Sleep deprivation
- <5 hours/night for a week: more irritability and volatility
- 1 missed night: more aggression, anger, anxiety, suicidality, inflammation, sympathetic activity
- Activates reward system (food seeking, other habits)


Sleep & Metabolic Syndrome

2017 Review, 18 studies and n=~76,000:
"Those who report a sleep duration of less <5 hours have a 1.5 higher odds of having metabolic syndrome."

QMDS Study, Iran:
Sleep disturbances were associated with a 1.4 x the risk of metabolic syndrome
- Adjusted for age, sex, BMI

Sleep and Other Comorbidities

- Address other health issues to improve sleep and, therefore, mental health
  - Sleep apnea (>8% Veterans)
  - Restless legs
  - Reflux
  - Allergies
  - Heart failure
  - Thyroid
  - Bladder and prostate
Whole Health for Mental Health
Day 1 Morning

Sleep Tips – Sleep “Hygiene”
- Includes all the good habits that help you sleep better
- Get up and go to sleep at the same times each night
- Don’t watch TV or read in bed
- Consider sleep masks and good curtains
- Use white noise, ear plugs
- Use blue light filters
- Be strategic with naps

Other types of recharging
- >2-3 hours of screen time and kids correlates to decreased mental health
- Weekday sitting time below 8 hours/day is tied to better perceived mental health (and quality of life)
- Vacations may help a bit
  - Not if you take work with you
  - Not if it all stresses you on return
- Media fasts

CBT-I and Mindfulness for Insomnia:
Both Show Promise, esp CBT-I

Phelps et al, Mil Med, 2017;182:1/2:31541
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Day 1 Morning

Halfway point: Movement Break

Photo: Miybestruns.com

5. Family, Friends & Coworkers

Relationships

Zeroing in on Options

GROUP 5 – PLEASE SHARE YOUR THOUGHTS (<3 minutes)

Make One Small Change
Connect with Loved Ones

Family, Friends & Coworkers

Relationships

Connect with Other Veterans and Community

Practice Compassion

Improve Communication

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Whole Health for Mental Health
Day 1 Morning

**Social Environment and Stress in Animals**

Stress on a lab animal:
- Alone in cage, cortisol up by 50%
- With familiar cage mates, no cortisol level change
- Humans very similar


**Social Connection and Mental Health**

Danish study, n=15,839
- Poor mental health rating in 22% more likely if
  - <1/mo contact with loved ones, OR 1.78
  - Not in contact with network as much as desired, OR = 2.4
  - Younger age group
- Mental health interventions can increase networking (e.g., dog-supported peer engagement, psychosocial skills training)


**Loneliness**

- “Deficit in intimate relationships”
- Increased with
  - Female
  - Single
  - Low income
  - Living Alone
  - Less education
  - Poor self-rated health and function
  - 45% of older adults are lonely
- OR of mortality 1.14
- Tied to high or moderate level of psychological distress (psychosis, suicide, depression)
- Causes/ CAUSED by various mental health problems; may change physiology in similar ways

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Social Capital

- The value of being connected
- You invest in others, they give back to you
- The balance of favors owed, favors given
- More = longer life
- Twin studies show that twins with more social capital have better mental (and physical) health

The Central Question:

**Who really matters?**

6. Spirit & Soul
Growing & Connecting
Whole Health for Mental Health
Day 1 Morning

Zeroing in on Options

Work with an Expert
Spirit & Soul
Growing & Connecting
Explore Forgiveness
Consider if Spiritual Practices are for you
Make One Small Change
Work with Grief, Moral Injury, and Recovery
Explore Values, Meaning and Purpose

GROUP 6 – PLEASE SHARE YOUR THOUGHTS (<3 minutes)

Spirituality and Mental Health

- 2017 review of 43 studies
- Spirituality had an effect on
  - Mental health-related quality of Life
  - PTSD
  - Suicide
  - Depression
  - Aggression
  - Negative symptoms in schizophrenia
  - Personality disorder
  - Eating disorders
  - Adherence to treatments

- Religiously incorporated treatments found to work better in some studies
  - e.g., Christian CBT, Muslim-based psychotherapy
  - Increases patient satisfaction too
- Important for clinicians to have a sense of their beliefs/spiritual views

Koenig’s Review of Studies up to 2015

<table>
<thead>
<tr>
<th></th>
<th>All Studies</th>
<th>Mental Quality Studies</th>
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<tr>
<td></td>
<td>Negative</td>
<td>No Aoms*</td>
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<tr>
<td>Positive Mental Health</td>
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</tr>
<tr>
<td>Well-being</td>
<td>1% (3)</td>
<td>20% (16)</td>
</tr>
<tr>
<td>Meaning &amp; Purpose</td>
<td>6% (16)</td>
<td>7% (17)</td>
</tr>
<tr>
<td>Hope</td>
<td>4% (9)</td>
<td>20% (16)</td>
</tr>
<tr>
<td>Optimism</td>
<td>6% (13)</td>
<td>19% (26)</td>
</tr>
<tr>
<td>Self-esteem</td>
<td>3% (2)</td>
<td>34% (27)</td>
</tr>
<tr>
<td>Negative Mental Health</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Depression</td>
<td>4% (9)</td>
<td>92% (19)</td>
</tr>
<tr>
<td>Suicide</td>
<td>3% (1)</td>
<td>22% (31)</td>
</tr>
<tr>
<td>Anxiety</td>
<td>17% (33)</td>
<td>47% (90)</td>
</tr>
<tr>
<td>Substance Abuse</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Alcohol</td>
<td>1% (1)</td>
<td>17% (19)</td>
</tr>
<tr>
<td>Drugs</td>
<td>3% (2)</td>
<td>19% (20)</td>
</tr>
</tbody>
</table>

Whole Health for Mental Health

Day 1 Morning

**Spirit and Soul may include:**

- Meaning and purpose, what we value
- Seeking well-being, inner freedom, and inner peace
- Living, flourishing, and being resilient when challenges come
- Connecting with others, or with something beyond us. Belonging
- Being in the present moment (mindful awareness)

**Moral Injury**

- Original definition:
  - Betrayal of what’s right
  - By someone in authority
  - In a high stakes situation
- Someone did something, saw something, or couldn’t prevent something that was against their deepest moral beliefs
- Adaptive Disclosure and Cognitive Processing Therapy can help
- Severity of spiritual struggles is linked to suicidal behavior indices

**Spirit and Soul: Experts**

- Chaplains
  - Can help people from many religions and traditions
  - Often the first people Veterans turn to
  - VA has a strong chaplaincy presence
  - They are good “gatekeepers” for other services
  - They can cover many topics
    - Death and dying
    - Meaning of illness and suffering: “Why is this happening?”
    - Feelings of spiritual anxiety, guilt, anger, loss, and despair, moral injury

*Spirit and Soul* overview on Whole Health Ed Website: [https://wholehealth.wisc.edu/overviews/spirit-soul/](https://wholehealth.wisc.edu/overviews/spirit-soul/)

Whole Health for Mental Health
Day 1 Morning

Zeroing in on Options

GROUP 7 - PLEASE SHARE YOUR THOUGHTS (<3 minutes)

Personal Development (PD)
How do you learn/grow/live more fully?
• Abilities - talents and skills
• Gratitude
• Learning and education
• Creativity, hobbies
• Service and volunteering
• Healthy mood, humor
• Hope and optimism
• Balance
• Achieving dreams and goals
• Building resilience
• Wonder and amazement

Photo: dailyherald.com
Whole Health for Mental Health
Day 1 Morning

PD and Mental Health: Examples

- Optimism, reducing hostility, and focusing on what is going well can all improve mental health
- Feeling good about the work you do improves health and prevents burnout
- PD can increase happiness. Happier people are more healthy, socially connected, and successful
- Laughter and humor decrease anxiety (and lower heart attack risk, improve cholesterol)

PD and Mental Health: Examples

- Volunteering lengthens your life, helps people with depression and heart disease, and builds connections
- Being more financially healthy is (to a point) linked to less stress
- Educational level is one of the strongest predictors of good health we know of
- Personal Development helps with resilience

Giving: Volunteering and More

People who volunteer...
- Get to help others
- Live longer (RR mortality 0.78)
- Feel a “helper’s high”
- Feel more of a sense of accomplishment
- Seem to do better with chronic illnesses overall
- Find it helps with depression and life satisfaction
- Have lower heart disease risk

What would they like to do? Veterans often enjoy working with other Veterans!

Even if volunteering isn’t possible, random acts of kindness are.

Whole Health for Mental Health
Day 1 Morning

Zeroing in on Options

GROUP 8 – PLEASE SHARE YOUR THOUGHTS (<3 minutes)

A Spectrum of Techniques

• Biofeedback*
• Meditation*
• Guided imagery*
• Clinical hypnosis*
• Psychotherapies
• Art and music therapy
• Breathing exercises
• Eye movement desensitization and reprocessing
• Therapeutic disclosure
• Progressive muscle relaxation

* To be covered by all VAs in some form (List 1). Many psychotherapies are already covered. Many in this group are also offered already, but it depends on which VA.
Relaxation Response:

- Term coined by Herbert Benson, MD, a cardiologist
- The autonomic nervous system has 2 branches
  - Sympathetic (fight/flight)
  - Parasympathetic (feed/breed)

*Most mind-body exercises have the parasympathetic activation and other physiological changes as a common endpoint

The key is, which approach will best fit any given individual?

<table>
<thead>
<tr>
<th>Working With Stress</th>
</tr>
</thead>
<tbody>
<tr>
<td>In short bursts, stress helps us stay alive</td>
</tr>
<tr>
<td>Chronic stress – being in “fight, flight, or freeze” all the time – is hard on us</td>
</tr>
<tr>
<td>- Inflammation</td>
</tr>
<tr>
<td>- Mood changes</td>
</tr>
<tr>
<td>- Blood pressure</td>
</tr>
<tr>
<td>- Emotions/mental health</td>
</tr>
<tr>
<td>And, there are things we can do about it</td>
</tr>
</tbody>
</table>

Movement
4. Interconnections II: Professional Care

Not the only component of the circle, but a very important one...

Professional Care is Integrative
Whole Health is inclusive of conventional clinical treatment and prevention, self-care strategies, and complementary and integrative health (CIH) practices.

About 40% of active duty personnel and Veterans use CIH.

76% of report they would use complementary approaches if offered at their VA facility.

CIH services in high demand. They lead to high rates of satisfaction with care and improve physical and mental health symptoms.
Whole Health for Mental Health
Day 1 Morning

**Most Common Uses of CIH in the VA**

1. Stress
2. Anxiety
3. PTSD
4. Depression
5. Pain

**What Specific Approaches Are Being Used and For What Anxiety Disorders**

<table>
<thead>
<tr>
<th>Anxiety Disorders</th>
<th>Depression</th>
<th>PTSD</th>
<th>Stress Management</th>
<th>Musculoskeletal Pain</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mindfulness</td>
<td>65%</td>
<td>61%</td>
<td>SMRT 80%</td>
<td>Acupuncture 89%</td>
</tr>
<tr>
<td>SMRT 87%</td>
<td>SMRT 80%</td>
<td>Mindfulness 58%</td>
<td>SMRT 92%</td>
<td></td>
</tr>
<tr>
<td>Guided Imagery 90%</td>
<td>Guided Imagery 86%</td>
<td>Guided Imagery 81%</td>
<td>Guided Imagery 91%</td>
<td></td>
</tr>
<tr>
<td>PMRT 84%</td>
<td>Art Therapy 80%</td>
<td>PMRT 73%</td>
<td>PMRT 91%</td>
<td></td>
</tr>
<tr>
<td>Yoga 65%</td>
<td>PMRT 73%</td>
<td>Yoga 63%</td>
<td>Yoga 73%</td>
<td></td>
</tr>
<tr>
<td>SMRT 50%</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- **SMRT** = Stress Management Relaxation Therapy
- **PMRT** = Progressive Muscle Relaxation
- % = What percentage of VA facilities offer this approach for the given condition

**CIH: What do you think??**
Mindful Awareness:
Checking in With Yourself About CIH

1. I advise against using
2. I am OK if there are no other options
3. I am OK as long as they don’t interfere with meds, surgery, etc.
4. I recommend them to complement what I do
5. I refer to practitioners
6. I offer the approach myself
7. I weave it in as much as possible with an array of CIH practitioners on my team

Choosing Therapies: The ECHO Tool

• Efficacy
• Cost
• Harms
• Opinions

CIH: Resources
Whole Health for Mental Health
Day 1 Morning

Integrative Health Coordinating Center (IHCC)

• Created in 2013
• Directed by Ben Kligler, MD
• Multiple clinical champions
• Implementing strategies to related to CIH across the system
  – Education
  – Research
  – Clinical Care

The IHCC

Two major functions:
1. Identify and address barriers to offering CIH in the VA
2. Provide resources, clinical expertise, and education for Veterans, clinicians, and leadership

Examples of what they do:
• Modify Standard Medical Benefits Package
• Build a research portfolio
• Define new occupations (acupuncture, massage)
• Business processes (billing, coding)
• Partner with other federal organizations
• Implement CARA

CIH Directive 1137

• Signed by USH May 2017: Dictates that CIH approaches are part of the medical benefits package

• LIST I: evidence of promising or potential benefit
  – VA must provide a mechanism to offer these approaches either within the VA facility or in the community, if they are recommended by the Veteran’s health care team.

• LIST II: Generally Considered Safe
  – Optional for inclusion in VA facility, depending on capability (staff/space) at sites
The VA now covers eight approaches

**LIST I**
1. A________
2. M_____ Therapy
3. T_____/ Q__g__
4. _ _ _
5. M---------------n
6. G_____ I_____
7. B ------------k
8. Clinical_______

[Link](http://www.infoshare.va.gov/sites/OPCC/SitePages/IHCC-Approved-CHI.aspx)

---

The VA now covers eight approaches

**LIST I**
1. Acupuncture
2. Massage Therapy
3. Tai Chi/ Qigong
4. Yoga
5. Meditation
6. Guided Imagery
7. Biofeedback
8. Clinical Hypnosis

[Link](http://www.infoshare.va.gov/sites/OPCC/SitePages/IHCC-Approved-CHI.aspx)

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List I:

**Important Considerations**

- How and when these will be covered is still up for discussion
- Harder in more rural areas
- Can’t just give everybody everything
- Which conditions will these be covered to treat?
- Logistics will be covered more in the next module – for now, let’s focus on some therapies from each category.
**Passport chapters for different areas**

- Ch. 12, Power of the Mind (covers mind-body therapies)
- Ch. 14 – Intro to CIH
- Ch. 15 – Biologically Based
- Ch. 16 – Manipulative and Body-Based
- Ch. 17 – Energy Medicine
- Ch. 18 – Whole Systems of Medicine

**What about local resources?**

- Acupuncture
- Therapeutic Massage
- Yoga
- Tai Chi and Qigong
- Meditation
- Clinical Hypnosis
- Guided Imagery
- Biofeedback

**Keep Calm and Demand Evidence**

---
Acupuncture and Mental Health

Benefits of Acupuncture (Recent Studies)

- Depression
- Insomnia from depression
- PTSD
- Substance Abuse
- Dementia

...And That's Not All! Other Benefits:

- Alzheimer's
- Acute Pain
- Cancer adverse effects
- Chronic fatigue
- Chronic knee pain
- Chronic low back pain
- Chronic pain in general
- Depression
- Menstrual pain
- Endometriosis
- Fibromyalgia
- Constipation
- Dyspepsia
- GERD
- Hip arthritis
- Insomnia from depression
- Male sexual function
- Migraines
- Myofascial pain
- Parkinson's
- PMS
- PTSD
- Shingles pain
- Substance Abuse
- TMJ
- Tension Headaches
Whole Health for Mental Health
Day 1 Morning

Massage Therapy

• Limited research – promise for symptoms related to chronic problems, e.g.:
  - Not clear for anxiety in palliative care
  - Yes for changing vitals in women with acute coronary syndromes

• People love them!
  - Many different types

• Few contraindications
  - Clots
  - Fragile bones
  - Cancer
  - Avoid neck in Downs or rheumatoid arthritis
  - Skin conditions

• Remember, VA won’t be covering “spa” massages; they need to be therapeutic

Photo: ivva via Foter.com/CC BY-SA

QUERI Evidence Map for Tai Chi

• Much more tai chi research
• 107 systematic reviews, through February 2014
• Y axis = size of the literature
• X axis = efficacy
• Size of circle = Number of reviews
• Color doesn’t represent a specific intervention here

https://www.hsrdrerease.va.gov/publications/esp/taichi‐REPORT.pdf

Tai Chi - Best Research Support for:

• General well-being and health
• Cognitive performance
• Depression
  - Balance and reduced fear of falling in the elderly
• Physical function and strength
• Osteoarthritis and pain in general
• Hypertension (85% of trials 3-32 mm Hg systolic, 2-18 diastolic)
• COPD

Some Benefits of Yoga (Recent Studies)

- Mood Disorders
- PTSD
- Neurological problems (MS, epilepsy, Parkinson's, Alzheimer's, neuropathy)
- Type 2 diabetes
- Low Back Pain
- Sleep Problems
- Sexual Function
- Menopause
- COPD and asthma
- Adjunctive care for breast cancer
- Cardiovascular disease and HTN
- Fall prevention

Mind-Body: Meditation

- There are many types with different goals
- Different ways to find different states of consciousness
- Can help rest the mind
- Can help us learn more about ourselves
- Not a "religion" per se

Examples of Benefits:
- Less anxiety
- Peace of mind
- Better coping with pain
- Handle stress better
- Know yourself better

Studying Meditation
Whole Health for Mental Health
Day 1 Morning

Research Highlights:
Healthy Individuals

- Reduces
  - Stress and anxiety
  - Depression, rumination
  - Anger and distress

- Improves
  - Quality of life
  - Emotional intelligence, creativity
  - Concentration

- And (per another study)
  - Enhances spirituality and values
  - Increases empathy
  - Fosters self-compassion

[Image: Photo: Adam Rindfleisch]

Research Highlights:
Specific Health Issues

Remember, meditation is not merely a ‘therapy,’ but it has shown benefit with some conditions

- Especially responsive:
  - Chronic stress
  - Depression
  - Somatization
  - Anxiety disorder
  - Psychosis
  - Substance use
  - Binge eating
  - Insomnia
  - Various types of pain

[Image: Photo: Adam Rindfleisch]

QUERI Evidence Map

81 systematic reviews thru Jan 2015

- Y axis = size of the literature
- X axis = efficacy
- Size of circle = number of reviews
- Color = type of mindfulness studied:
  1. Green = mix
  2. Pink = MBSR
  3. Purple = MBCT
  4. Blue = combo of both
  5. Yellow = "unique interventions"

[Image: QUERI Evidence Map]
http://www.hsrd.research.va.gov/publications/esp/ca m_mindfulness-REPORT.pdf

Passport, Page 55
Mind-Body: Guided Imagery

What is it?
- Focus on images
- Use all your senses
- You might follow a path to a "safe place..."
- Or talk to a wisdom figures (e.g., your subconscious mind)...
- Or generate images related to your symptoms...
- The goal is to gain new insights

Guided Imagery: Benefits

Examples of Benefits
- Relaxation response
- Helps with depression, anxiety, coping
- Lowers cortisol level (a stress hormone)
- Improves immune system function
- Helps cholesterol, blood pressure, heart & breathing rates
- Supports digestive function

Mind-Body: Biofeedback

Making unconscious or involuntary physiologic processes perceptible to the senses in order to manipulate them by conscious control

Using equipment to track
- Heart rate (ECG)
- Heart rate variability
- Breathing
- Skin electricity
- Brain waves (EEG)
- Temperature
Whole Health for Mental Health
Day 1 Morning

Biofeedback Efficacy

**Efficacious**
- Anxiety
- ADD
- Female urinary incontinence
- Headache in adults
- Hypertension
- TMJ
- Male urinary incontinence

**Probably Efficacious**
- Substance abuse
- Insomnia
- Traumatic brain injury
- Epilepsy
- Arthritis
- Chronic pain
- Fecal elimination problems
- Pediatric migraines
- Vulvar vestibulitis

Clinical Hypnosis

- Used for centuries
- Invokes a state of concentration and focus (trance)
- Not like stage hypnosis!
- Patient always in control
- Uses imagery, symbols, and suggestions
- Changes thoughts, perceptions, feelings, behaviors
- Sessions can be recorded and repeated

Clinical Hypnosis - Uses

- Stress
- Depression
- Pain (perception)
- Trauma
- Sleep issues

- Allergies, asthma
- Labor
- Skin problems
- Gut issues (e.g., IBS)
- Weight problems
- Sexual problems

Passport to Whole Health, Chapter 12, Section 3.

Image: kinfolkwellness.com

Clinical Hypnosis - Uses

Passport, Chapter 12, Section 5 Gurgevich S.
Supplements

• CDC
  – 50% of Americans use supplements
  – Majority of cancer patients use supplements during all phases of treatment
  – Can augment / interfere with drug therapy

• AARP Study
  – High level of supplement use in people over age 50; 69% did not tell their doctors
  – What is “natural” is not synonymous with what is safe

Passport, Chapter 15

Why Clinicians Need to Care

• Concurrent use of drugs and supplements occurs in around 20% of patients
• People don’t always report use
  – Over 1/3 do not in many studies
  – Fear negative response from doc’s
  – Don’t think care team can help
• There are tens of thousands of products out there
• We’ll talk about a number of them


Tips for Incorporating CIH

• Learn about CIH approaches
• Be aware of your own opinions on them
• Try them yourself
• Take time to ask patients what they are using and why.
• Build a referral network

“Going Home” Watercolor by Hong Leung, leungstudio.com
Introducing Tony Lopez

- Established primary care 6 months ago
- Low back pain
  - Off and on since service
  - X-rays normal
- Headaches and chest pains/palpitations
  - Present for past year
- Borderline blood sugar
- Smokes ½ pdx 15 years

36 year-old
Army Veteran (served 4 years, non-combat)
Married 8 years to Amy
Daughter age 8, son age 6
Insurance adjuster

Tony’s Chart: Mental Health

- Poor sleep: 5-6 hours per night, broken
- Notes anxiety
  - Especially at work
  - Positive PHQ-9 (score 15)
  - Audit-C (score 2)
- Feels more down past year
- Childhood dx of ADHD
- Drinks “a few beers” most days
- Notes “no problems” with opioid pain medications

Family
- Mother and grandmother with depression
- Mother with poor memory
- Aunt in hospital for “something serious”
- Father, Mr age 62

Tony’s PHI Page 13

Vitality Signs

What Really Matters?

What do you live for? What matters to you? Why do you want to be healthy? Write a few words to capture your thoughts.

- I want to feel less stressed and sleep better.
- I don’t want to have a heart attack like my dad. I’d like to be happy.
Self-Care Ratings

Open-Ended Reflections

**Reflections:**

Now that you have thought about what matters to you in all of these areas, what is your view of your best possible self? What would your life look like? What kind of activities would you be doing?

- Can you see these up close at the beginning of Passport chapters 5-12?

**Tony’s PHI, cont’d**

**What are your initial thoughts, based on his PHI?**

**Around the Green Circle (areas of self-care) with Tony**
What do you think about this as part of the process for Tony so far?
Other ideas? Concerns?

Your Own Personal Health Inventory  p. XX

- What do you need to enhance your mental health?
- Complete your own PHI
- NOTE: YOU WILL BE SHARING THIS WITH A PARTNER LATER TODAY
- Can go to lunch when you are finished

Thanks! Questions?
Lunch!