Day 1 Morning

• Welcome and Course Overview
• Why Are We Here?
• Interconnections I: Self-Care
• Interconnections II: Professional Care
• Introducing...Tony and Melissa!

Welcome!
Whole Health for Mental Health
Day 1 Morning

This course was created by:

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

PIRE
Pacific Institute for Research and Evaluation (PIRE)

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

Who is in the Room? Stand up!

- Acupuncturists
- Chaplains
- Chiropractors
- Complementary Practitioners
- Dentists
- Dietitians
- From a CBOC
- Health Promotion
- Leadership
- Massage Therapists
- MSAs
- Nurse Practitioners
- Nurses
- Occupational Therapists
- Peer Support Specialist
- Pharmacists
- Physical Therapists
- Physician Assistants
- Physicians
- Psychologists
- Recreational Therapists
- Social Workers
- Veterans (thank you!)
- Visiting from Another VA
- Vocational Rehab
- Whole Health Coaches
- Whole Health Partners
- Other Whole Health Team Members
- OTHERS?

Small Group Introductions

At your Table:
Briefly introduce yourself (~1 minute each):
1. Your name
2. Your VA role and connection to mental health
3. What supports your own mental health?
Course Materials to Help You Out

Course Workbook
A few schedule updates

Room for notes in the back, along with specific areas to write ideas for each module

Passport to Whole Health (Large Book)
Will use “PP” for page references, e.g. “PP 31”

Key Website to Get Started
https://va.gov/wholehealth
Bookmark on your phone now!
To Access Course Slides
You can even do it on your phone!
Whole Health Library Website
https://wholehealth.wisc.edu

But... our goal is to avoid this!

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

COURSES
Whole Health Library
http://wholehealth.wisc.edu

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

PowerPoint vs West Point?!
But... our goal is to avoid this!
To Access Course Slides...
(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.

Community Agreements 1

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

Community Agreements 2

• Be respectful
  — Confidentiality
  — Differences

• Be on time
  — After breaks and lunch
  — Signal to return to large group
  — We’ll get you out on time!
Whole Health for Mental Health
Day 1 Morning

Community Agreements 3

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

Any Others?

Some Final Logistics...

• Q&A Cards
  – Cards at center of your table
  – Give the person who signed you in the cards with your questions
  – We’ll answer as we proceed

Please change places tomorrow morning!

2. Why Are We Here?

Whole Health in Your Practice
Whole Health for Mental Health
Day 1 Morning

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

Intention: Pause for a Moment

• 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?

Write down your ideas on page 48!
Never to early in the course to think about implementation!

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
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Day 1 Morning

Why Is This Course Here?

- Strong link between Mental Health and Whole Health
- Care of the caregiver
- Expand possibilities
- Help strengthen teamwork and connection
- Honor self-care and prevention
- Give you time to consider how to augment what you do...

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 (...because YOU matter!)
  - Your practice and care teams
  - Your facility and the system in general

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
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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
- We won’t be doing a conga line, group selfies, head-stands competitions, or Fortnite reenactments

Let’s Start with a Few Numbers

<table>
<thead>
<tr>
<th>How many adults in the U.S. experience mental illness each year?</th>
<th>How many adults in the U.S. live with serious mental illness?</th>
</tr>
</thead>
</table>
| - 1 in 2
- 1 in 5
- 1 in 10                                                     | - 1 in 25
- 1 in 50
- 1 in 100                                                    |

Let’s Start with a Few Numbers

<table>
<thead>
<tr>
<th>How many adults experience mental illness for people who live to be 75 years old?</th>
</tr>
</thead>
</table>
| - 1 in 2
- 1 in 5
- 1 in 10
- ✔ 1 in 50                                                                    |

The U.S. has the highest global rate of overall mental health disorders.
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Day 1 Morning

**Mental Health in VA**
- Is of “…comparable or superior quality, yet substantial unmet need…”
- 1/4 in 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% of those seek help

**In Light of These Statistics…**

What explains this gap?
Let’s name some points of tension...

**Points of Tension I: 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. “Sign of weakness;” important to be stoic
  5. “I would lose respect”
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Day 1 Morning

Points of Tension II: The Mind Body Divide

- How much should we separate out mental and physical health?
- Ties into reductionism vs holism, too
- How might a whole‐person approach play a role?

Physical and Mental Health Overlap

- 25% of adults have mental disorders
- 58% with mental disorders have medical conditions
- 29% with medical conditions have mental disorders
- 58% of adults have medical conditions

Points of Tension III: Varied Perspectives

- Biochemistry
- Genetics
- Neuroscience
- Psychology
- Medicine
- Sociology
- Public Health
- Complex Systems

Adapted from National Comorbidity Survey Replication 2001-3 (3,83), based on figure by SAMHSA.
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Points of Tension III: Varied Perspectives

Biochemistry  Genetics  Epigenetics  Neuroscience  Psychology  Medicine  Sociology  Public Health  Complex Systems

Points of Tension IV: Individualized and Generalized

DSM-IV

1992  106 DISORDERS

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

Points of Tension V: Disease vs Growth

- Moves to focus on growth
  - Positive psychology
  - Prevention (more on that in the next module)
  - Post-traumatic growth
  - Recovery model
  - Coaching and peer support

Whole Health itself is very much focused on growth: personalized, proactive, patient-driven care.
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Day 1 Morning

The Scream, Edvard Munch

Lack of Resources
Joint Commission
Access concerns
Metrics
Time

Documentation burdens
Sentinel event
Change in leadership
Veteran complaints
New mandates

Start where you are. Use what you have. Do what you can.

Arthur Ashe

Let’s Dive in to Possibilities!

How do you define Whole Health?
**Fundamentals: The Circle of Health**

AKA, "The Components of Proactive Health and Well-being"

Workbook, Page 7

**Let’s Dive in to Possibilities!**

What exactly is Whole Mental Health?

![Photo credit: timesofmalta.com](image)

**What is Whole Mental Health?**

- Evidence-Based Care
- Behavioral Health Integration
- Suicide Prevention
- Measurement Based Care
- Access across Continuum of Care
- Telemental Health
- Biopsychosocial Assessment/Treatment
- CIH Interventions
**Whole Health for Mental Health**
**Day 1 Morning**

**What is Whole Mental Health?**

**Whole Mental Health** is clinical care anchored in what matters to the Veteran: his or her Mission, Aspiration, and Purpose.

It maximizes the power of:
- healing relationships,
- collaborative decision-making,
- evidence-based approaches, and
- whole-body care
to support the Veteran’s Personal Health Plan.

**Journey to Whole Health Clinical Care**

**Map to the MAP**

**PERSONAL HEALTH PLANNING**

**Whole Health Clinical Care**

**Workbook, Page 9**
Whole Mental Health

Easing Points of Tension

- Reduce stigma
- Erase mind-body divide
- Bridge various professional perspectives
- Use whole-person perspective
- Weave in focus on growth
- Focus on prevention in addition to intervention
- Acknowledge our current systems and tools, plus others
- Offer individualized, evidence-based care

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 Whole Mental Health

What aspects of us does it include?

- Thinking and Cognition
- Emotions
- Behaviors and Choices
- Peace and Ease
- Vitality and Wholeness
The Real Questions...

How will Whole Mental Health support you?

With Self-Care?
With Veteran Care?

Time to Pause and Create

- Whole Health is a grassroots system change
- You have the answers that are right for you
- Now is the time to put them into action

Pause  Be Present  Proceed Towards Whole Health

Where Are We Headed?

The System
Your Life  Your Practice
Your Team  Your Facility

Implementation Planning Sheet, Workbook Page 25
Where Are We Headed? ADKAR

AWARENESS OF THE NEED FOR CHANGE

DESIRE TO SUPPORT THE CHANGE

KNOWLEDGE OF HOW TO CHANGE

ABILITY TO DEMONSTRATE SKILLS AND BEHAVIORS

REINFORCEMENT TO MAKE THE CHANGES STICK

What Else Is Possible?

• What does the VA do well?
• What would you like to see improved?

Keep jotting down your ideas in the back of your workbook!

3. Interconnections I: Self Care

Whole Health in Your Practice
How Might Whole Health and Mental Health Be Linked?

We’ll cover some general examples, then focus on the areas of self care!

Or is it more like this, with overlapping circles?

Maybe Venn diagrams don’t really work here...?

Many Ways to Connect
The Biopsychospiritual Model...and Beyond

Engel: "Nature is ordered as a hierarchically arranged continuum, with its more complex, larger units superordinate to the less complex, smaller units" (Engel, 1981).

The Circle of Health contains 8 areas of self-care. The perspective can expand to encompass all aspects of who we are.

Any illness involves each of the parts of this continuum. They may help cause a problem, and they may be part of its healing.


The Neurotransmitter Roles

Chemistry affects our mental health at many levels

GABA Inhibitory
Glutamate Excitatory

Neurochemical Control Room

Serotonin
Norepinephrine
Dopamine
GABA
Oxytocin
Cannabinoids
Endorphins
Your Chromosomes, Your Mental Health

- Consistent findings from 26 studies:
  - Chronic stress → telomerase activity
  - Depression shortens telomeres but ↑ telomerase
  - Telomerase ↑ with lifestyle changes (Medi diet, exercise)
- Smaller studies also show:
  - Meditation ↑
  - Qi gong ↑
  - Heroin ↓

Short telomeres → end of cell life → aging


Mental Health Across Generations

- Sleep, nutrition, and exercise in pregnancy are linked to a baby’s lifelong mental health.
- High maternal BMI is linked to risk of depression, anxiety, low IQ.
  - Not as clear for ADHD, Autism.

 наличии


Neural Plasticity

- Plasticity = ability to change.
- We used to think our brains changed little after childhood.
- 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.

Image: braintalks.wordpress.com

Our brains can change. For example, they function differently when we do mind-body exercises.
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Day 1 Morning

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

Gut function is closely linked brain function. Thoughts and emotions affect immunity, hormones, and absorption.

Psychobiotics

100 trillion organisms form our microbiome. They affect:

- **Thinking:** Humans would be less smart w/o them
- **Sociability:** Rats become less social
- **Mood:**
  - Which ones you have early on shape body stress coping
  - Transferring bacteria can transfer anxiety.
    - *If I’m anxious, you will be too, if you get my bacteria*
  - Lower counts of some species more common in major depressive disorder


Intestinal Permeability

- Linked to inflammation, food sensitivities, drugs, environment
- **Disrupted tight junctions** between intestinal cells
- **Larger molecules** than normal (e.g., improperly digested food, bacteria) get into the bloodstream and activate immune system
- **Can induce depression by causing leaky gut**

Mental health is linked to what can move from our gut to our bloodstream.

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Day 1 Morning

“Me” at the Center

Mental Health and Whole Health both focus on personalized, proactive, and patient-driven care.

Both can build on Mission/Aspiration/Purpose (MAP)

Points of Tension Revisited:
Prevention and Treatment

How well do we do prevention in mental health care?
What is possible, if we focus on self-care?
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Day 1 Morning

Self-Care in Context

- After you outline MAP and do an assessment, what happens?
- You can go over the Circle and the PHI and decide on an area to work on.
- AND, you set goals with them, but you need to know:
  - What are some options for a Personal Health Plan?
  - How do we empower and equip the Veteran to achieve their goal?
Self-Care in Context

- You are part of a team that works on this process!
- **Whole Health Coaches** are trained to help Veterans outline their MAP, explore the Circle, and set goals.
- **Whole Health Partners** are trained to orient them to Whole Health and various self-care options.

Can see these up close at the beginning of Passport chapters 5-12.
Group Exercise:

Mental Health & the Self-Care Circles

1. You’ll divide into 8 groups
2. Each group will focus on a different area of self-care
3. You will meet with your group to discuss your topic. We will show you where in a moment. *Take your Passport!*

Your Mission

1. Choose a spokesperson
2. Refer to the *Passport* chapter for your topic
3. Look through your self-care chapter and pull out pieces related to mental health
4. What ideas can you offer Veterans who want to bring this topic into their Veteran’s Personal Health Plan?
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Your Mission

Answer these two questions:
1. How does your topic connect with mental health?
2. How can it inform a Personal Health Plan to support Mental Health?

Focus on specific suggestions. You will have 3 minutes to share what you learned. We will time you!

Your Other Mission

You should come out of this exercise with at least 40 ideas of ways that you can draw self-care approaches into mental health care...
...for yourself, as well as for others.

Example: Surroundings

There was a study that showed time in nature helps mental health by...
You might benefit from being in a clinical environment where...
A person's job satisfaction can have a huge effect
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Day 1 Morning

Your Mission

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

Key Questions:
1. How does your topic connect to mental health?
2. How might it inform a Personal Health Plan to support Mental Health?

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

1. Surroundings
   Physical and Emotional

As You Listen...

Write down your ideas for each area of self-care in the back of your workbook.
Zeroing in on Options

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

The Healing Power of Nature

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

• Information overload / the media
  – 179 undergrads:
    • Anxiety and mood disturbance increase with 15’ of news
    • Feelings persist despite distractions
    • Feelings improve with relaxation exercises
• Humor reduces anxiety, increases motivation, decreases stress hormones, improves brain blood flow
• 10% of people are introverted or highly sensitive

Emotional Surroundings

• Intimate partner violence common
  – 1 in 3 women, 1 in 4 men
  – PTSD, depression, anxiety, SUD
• Information overload / the media
  – 179 undergrads:
    • Anxiety and mood disturbance increase with 15’ of news
    • Feelings persist despite distractions
    • Feelings improve with relaxation exercises
• Humor reduces anxiety, increases motivation, decreases stress hormones, improves brain blood flow
• 10% of people are introverted or highly sensitive
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Surroundings and Healing

What would you rather see from your hospital bed?

What Else Makes a Space Healing?

- Affects on senses
- Art
- Nature
- People
- Choice
- Knowing where you are
- Feels a little like a home

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
2. Moving the Body
Energy and Flexibility

• Exercise helps mood, self-esteem, anxiety levels, cognitive function
  – Studies of >42,000 people with anxiety
  – >48,000 with depression
    • Maybe not as much as SSRIs; best together
• Some studies – comparable to psychotherapy
• Bonus: All the physical effects too!
• Too much can cause problems (due to inflammation, eating disorders, etc.)
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Exercise: Many Mechanisms

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

Bottom Line:
Be active, even in small amounts, through activities you enjoy!

3. Food & Drink
Nourishing and Fueling

Zeroing in on Options

GROUP 3 – PLEASE SHARE YOUR THOUGHTS (<3 minutes)
“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 dysthymia; 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 and unhealthy foods</td>
</tr>
<tr>
<td>Whitehall II</td>
<td>3,500</td>
<td>Western diet increases 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 4 ½ years; fast foods and commercial baked goods; 0 depression</td>
</tr>
<tr>
<td>Many others...Japan, China, US</td>
<td>Lots</td>
<td>All support the same findings</td>
</tr>
</tbody>
</table>

### Blood Sugar (BS) Rollercoaster

- **High Glucose**
  - Starts with high carb meal; glucose quickly raises

- **Stable**

- **Low Glucose**
  - Can overshoot; Hypoglycemia symptoms; Hormones are released to raise levels

- **Insulin increases to compensate**
  - Stress hormone makes glucose increase.
  - Insulin attempts to lower BS quickly.
  - Insulin alters serotonin levels.

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[Image Source](https://www.mpg.de/593605/pressRelease20091028)
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Examples of Ways to Support Healthy Eating

- Fruits
- Veggies
- Fiber
- Water
- Nuts
- Nutrients
- *A dietitian’s expertise
- 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

We’ll get deeper into this as we talk about specific aspects of mental health

4. Recharge
Sleep & Refresh

4. Recharge
Sleep & Refresh

Make One Small Change
Sleep Better
Work with an Expert
Take Breaks
Take Time Just for You
Boost Your Energy

Zeroing in on Options

GROUP 4 – PLEASE SHARE YOUR THOUGHTS (<3 minutes)
The Sleep of Veterans
- > 40% Veterans overall have insomnia
- Twice the rate of non-Veterans
- Insomnia increased 10-fold, 2001-2009 Veterans
  - Increases during and after deployment
- Combat exposure and mental health symptoms separately affect sleep difficulties
- Traumatic Brain Injury linked to increased insomnia

Sleep and Mental Health Linked
“Symbiosis” of sleep and mood
- Sleep problems pervasive in mental illness
- Insomnia precedes many mental illnesses (review of 16 studies)
- Sleep = brain detox
  - Aspartate
  - New memories

If you have insomnia:
- Over 6 years, 2.4 x the chance of new anxiety disorder
- 10 years: 1.4 x risk for bipolar
- 7.5 years: 1.85 x risk for depression (in those who never had it before)

Sleep and Mental Health
Sleep deprivation
- <5 hours/night for a week: More irritability and volatility
- Missing a full night: More aggression, anger, anxiety, suicidality, inflammation, sympathetic activity
- Deprivation activates reward system (food seeking, other habits)
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**Insomnia Tied to Other Problems**

- 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

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

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**Other types of recharging**

- >2-3 hours of screen time for kids correlates to decreased mental health
- Weekday sitting time below 8 hours/day = 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

---

5. Family, Friends & Coworkers Relationships

- *Who really matters?*
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Zeroing in on Options

GROUP 5 – PLEASE REVIEW THESE FOR THE GROUP

Make One Small Change
Connect with Loved Ones
Make One Small Change
Connect with Other Veterans and Community

Family, Friends & Coworkers
Relationships
Practice Compassion
Improve Communication
Work with an Expert

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

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

• Study of nearly 16,000 found poorest mental health ratings if:
  • Seeing loved ones < once a month (risk 1.8 times higher)
  • Less contact than desired with social network (2.4 times higher)
  • Younger age
  • Being in a happy relationship decreases depression
  • People having heart catheterizations live longer if in a good relationship
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
- Risk of mortality 1.14 times higher
- Tied to high or moderate level of psychological distress (psychosis, suicide, depression)
- Causes mental health problems, caused by them too

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

6. Spirit & Soul
Growing & Connecting
Zeroing in on Options

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

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)

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, more satisfaction
- Important for clinicians to have a sense of their own beliefs/spiritual views
Whole Health for Mental Health

Day 1 Morning

**Koenig’s Review of Studies up to 2015**

<table>
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<tr>
<th></th>
<th>Negative</th>
<th>No Assess</th>
<th>Positive</th>
<th>Negative</th>
<th>No Assess</th>
<th>Positive</th>
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<tr>
<td>Positive Mental Health</td>
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<td></td>
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<td></td>
<td></td>
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<tr>
<td>Well-being</td>
<td>9% (53)</td>
<td>20% (127)</td>
<td>76% (524)</td>
<td>1% (1)</td>
<td>9% (53)</td>
<td></td>
</tr>
<tr>
<td>Musings &amp; Purpose</td>
<td>6% (6)</td>
<td>7% (7)</td>
<td>82% (82)</td>
<td>0% (0)</td>
<td>8% (8)</td>
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<tr>
<td>Hope</td>
<td>6% (6)</td>
<td>19% (17)</td>
<td>73% (73)</td>
<td>0% (0)</td>
<td>8% (8)</td>
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<tr>
<td>Optimism</td>
<td>6% (6)</td>
<td>1% (1)</td>
<td>93% (93)</td>
<td>0% (0)</td>
<td>8% (8)</td>
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<td>Self-esteem</td>
<td>3% (3)</td>
<td>38% (38)</td>
<td>49% (49)</td>
<td>1% (1)</td>
<td>49% (49)</td>
<td></td>
</tr>
</tbody>
</table>

Most studies – especially good ones – show benefits spirituality/religiosity and mental health

**Moral Injury**

- Original definition:
  - Betrayal of what’s right
  - By someone in authority
  - In a high stakes situation
- Someone did, saw, 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

There are techniques to work through it – care professionals can help, including pastoral care. Can affect physical health too.

**What is a Spiritual Practice?**

- Something you do that reminds you about what really matters
- An activity that brings peace and ease
- Something that helps you feel a sense of connection to something more
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

Examples of topics they address:
- Death and dying
- Meaning of illness and suffering: “Why is this happening?”
- Feelings of spiritual anxiety, guilt, anger, loss, and despair; moral injury

7. Personal Development
   Personal Life and Work Life

Group 7 – Please share your thoughts (<3 minutes)
Whole Health for Mental Health
Day 1 Morning

**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

**PD and Mental Health: Examples**

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

**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

*“Personal Development” overview in Whole Health Library*
https://wholehealth.wisc.edu/overviews/spirit-soul
8. Power of the Mind
Relaxing & Healing

Zeroing in on Options

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

...and many others

* Starred items must be covered by all VA’s in some form (List One).
* Many psychotherapies are already covered.
* Others this group are also offered already, but it varies by site.
Whole Health for Mental Health
Day 1 Morning

Relaxation Response: A Common Denominator

- 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 is best suited for any given individual?

Working With Stress

- In short bursts, stress helps us stay alive
- Chronic stress — being in “fight, flight, or freeze” all the time — is hard on us
  - Inflammation
  - Mood changes
  - Blood pressure
  - Emotions/mental health
- And, there are things we can do about it

So...

Talk with a partner. How can you apply what you just learned about self-care in your practice?
Whole Health for Mental Health
Day 1 Morning

Questions?
Comments?

Movement Break

4. Interconnections II: Professional Care

Whole Health in Your Practice
Whole Health for Mental Health
Day 1 Morning

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.
What is CIH?

Inside the VA: CIH and Veterans

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.
Your Experience With CIH and Mental Health

• Have you experienced some approaches?
• Discussed them?
• Recommended them? Discouraged them?
• Do you practice some of them?

The ECHO Tool

• Efficacy
  Does it work? Research findings? What does it help?
• Co$ts
  Reimbursed? Access? Timing?
• Harms
  Data? How risky? Compared w/ conventional care?
• Opinions
  Experience? Importance?

CIH: Resources
Whole Health for Mental Health
Day 1 Morning

Integrative Health Coordinating Center (IHCC)

- Created in 2013
- Part of Office of Patient-Centered Care
- Multiple clinical champions
- Implementing strategies to related to CIH across the system
  - Education
  - Research
  - Clinical Care

CIH Directive 1137

- Signed by USH May 2017: CIH approaches became part of the medical benefits package
- **LIST One:** 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 Two:** Generally Considered Safe
  - Optional for inclusion in VA facility, depending on capability (staff/space) at sites

What’s on List One?

**LIST ONE**

1. ---------e
2. M------T-----
3. T-- C--/ Q--g--
4. ----
5. M--------
6. G--d I-----y
7. B--------
8. C----- H-----s

To learn more: https://wholehealth.wisc.edu/overviews/part-iii-complementary-integrative-health/
What’s on List One?

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

Numbers 5-8 will be discussed later in their own modules.

List One and Mental Health

• How and when these will be covered is still up for discussion
• How do you do this in more rural areas? (TeleWholeHealth)
• Which conditions will these be covered to treat?
• What special considerations are there for certain mental health problems?

List Two: Generally Considered Safe

Less research limited compared to List One. Optional for VA sites to offer.

• Acupressure
• Alexander Technique
• Animal-assisted Therapy
• Aromatherapy
• Biofield Therapies
• Emotional Freedom Technique
• Healing Touch
• Reflexology
• Reiki
• Rolfing
• Somatic Experiencing
• Therapeutic Touch
• Zero Balancing

*List as of 11/2018. It keeps growing!

Glossary of Approaches: https://wholehealth.wisc.edu/tools/complementary-approaches-glossary/

More on List Two: http://vaww.infoshare.va.gov/sites/OPCC/SitePages/IHCC-Approved-CIH.aspx
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

Let’s Talk About List One...

As we cover the 8 List One Approaches, write down ideas. What can you start using the next time you work with a Veteran?

1. Acupuncture and Mental Health
Whole Health for Mental Health
Day 1 Morning

**QUERI Evidence Map: Acupuncture for Mental Health**

[Image of a color-coded chart with various icons indicating evidence strength and findings]

[Text snippet: https://www.hsrd.research.va.gov/publications/esp/acupuncture.cfm

Farther right – More evidence of an effect
Farther up – Greater confidence of findings based on literature size]

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**Benefits of Acupuncture (Recent Studies)**

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

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**...Among Many Other Benefits:**

- Alzheimer’s
- Acute Pain
- Cancer adverse effects
- Chronic fatigue
- Chronic knee pain
- Chronic low back pain
- Chronic pain in general
- Dementia
- Depression
- Menstrual pain
- Endometriosis
- Fibromyalgia
- Constipation
- Dyspepsia

- Hip arthritis
- Insomnia from depression
- Male sexual function
- Migraines
- Myofascial pain
- Parkinson’s
- PMS
- PTSD
- Shingles pain
- Substance Abuse
- TMJ
- Tension Headaches

---

[Passport. Chapter 18. Whole Systems of Medicine]
2. Massage Therapy

Mental conditions/diagnoses
- Anxiety disorders
- Other – sleep disorders, mood disorders, PTSD, “stress” management

Physical conditions/diagnoses
- Myofascial pain syndromes
- Fibromyalgia
- Neck pain, back pain, joint pain (e.g., shoulder)
- Cancer pain, labor pain
- Post-op nausea/vomiting (acupressure)

Massage Therapy

- 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

3. 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

- Slow, focused movements may negate erratic movements and thoughts
- Increases awareness about muscle holding patterns and related emotions.
Whole Health for Mental Health
Day 1 Morning

QUERI Evidence Map for Tai Chi

- Much more tai chi research
- 107 systematic reviews, through February 2014
- Farther up means more research
- Farther right means more findings it is effective
- Size of circle = Number of reviews
- Color doesn’t represent a specific intervention here


4. 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

Yoga and Mental Health

- Studies indicate potential benefit – stress, anxiety, depression, PTSD, ADHD, and 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 17studies: “Weak evidence”
Supplements

• CDC
  – 50% of Americans use
  – 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

Resources

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
Take a Few Minutes...

How can you advance the implementation of CIH into your care of people with mental health concerns?

• Take a few minutes to reflect and write your ideas
• Share with a partner

Thank You!

5. Introducing...
Tony and Melissa

Whole Health in Your Practice
Tony Lopez (Page ##)

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

- 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 ppd x20 years

Tony’s Chart: Mental Health

- Poor sleep: 5-6 hours per night, broken
- Drinks “a few beers” most days
- Notes “no problems” with opioid pain medications, but sometimes borrows them from a friend for his back pain
- Feels more down past year, marriage strained

- Family
  - Mother and brother, poor memory
  - Mother and grandmother with depression
  - Father, MI age 62

Personal Health Inventories
Whole Health for Mental Health
Day 1 Morning

Tony’s PHI

Vitality Signs

Rate where you feel you are on the scales below from 1 to 5, with 1 being miserable and 5 being great.

<table>
<thead>
<tr>
<th>Scale</th>
<th>Self-Rated Health</th>
<th>Mental Health Well-Being</th>
<th>Life</th>
<th>One to be your day-to-day life</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Low</td>
<td>Low</td>
<td>Low</td>
<td>Low</td>
</tr>
<tr>
<td>3</td>
<td>Moderate</td>
<td>Moderate</td>
<td>High</td>
<td>High</td>
</tr>
<tr>
<td>5</td>
<td>High</td>
<td>High</td>
<td>High</td>
<td>High</td>
</tr>
</tbody>
</table>

What Really Matters?

What is your mission, aspiration, or purpose? What do you live for? What matters most to you?
Write a few words to capture your thoughts:
Tony says to his family, "I work hard to support them, 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.

Tony’s PHI, cont’d

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 vision of your best possible self? What would your life look like? What kind of activities would you be doing?
I have a hard time just getting through the day and night sometimes. I would be happier and able to relax. I would like to feel better physically and emotionally. I would like to be out and about more often. I would like to have more friends.
Am I doing anything to work on my mission? Where might you start?
May your relationships improve. I'd like to be more social. I would like to get out and about more often. I would like to have more friends.

Melissa (Mel) Gallagher

• Team includes a nurse practitioner, psychologist
• Struggles her weight; binge eating a concern
• Has digestive problems
• Avoids dating and relationships

• 42 year-old
• Air Force Veteran (served 4 years, OIF)
• Lives alone
• Close to her sister
• Works from home
Mel's Chart: Mental Health

- Poor sleep: Ruminates
- Notes anxiety
  - Especially at work
  - Positive PHQ-9 (score 15)
  - Audit-C (score 2)
- Childhood dx of ADHD
- Reluctant to see a psychiatrist – doesn’t want to be ‘judged’
- BMI in obese range
- Obstructive sleep apnea
- Family
  - Sister had a suicide attempt
  - Brother died in combat in Afghanistan

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Mel's PHI Page XX

Vitality Signs

<table>
<thead>
<tr>
<th>Rate where you feel you are on the scale below from 1-5, with 1 being unwell and 5 being great</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strong</td>
</tr>
<tr>
<td>Phases of High Risk</td>
</tr>
</tbody>
</table>

What Really Matters?

What is your mission, aspirations, or purpose? What do you live for? What matters most to you?

Work a little harder to design your dreams
I want to feel fully living the life I want, to fulfill my potential, and to enjoy the journey.
I am afraid of everything - spiders, heights, and closed, regular closed, other people, I live where I live, and I have a few online friends and I talk a lot to my roommates on the phone. I want to not be an introvert.

---

Mel's PHI, cont'd

Self-Care Ratings

Open-Ended Reflections

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

Birth: I am going to be healthy first. I am an extrovert. I am going to be patient with my health and work on making healthy changes. I am going to be happy and enjoy every moment of my life. I am going to be able to live life to the fullest and enjoy every moment of my life. I am going to be strong and be able to handle any challenge that comes my way. I am going to be able to handle any challenge that comes my way. I am going to be able to handle any challenge that comes my way. I am going to be able to handle any challenge that comes my way.

Are there any areas you would like to work on? Where might you start?

I want to reach a point where I can feel strong enough to go out to a concert or even letter of sight opening. I would be in control of my life and feel less stress and better in my body and feeling very normal.

I would love to see the house to go shopping instead of wanting something online.
• 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