## Whole Health for Mental Health: Crossing the Mind-Body Divide

### COURSE AGENDA

#### DAY 1 MORNING

<table>
<thead>
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<th>Time</th>
<th>Topic/Title</th>
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<tr>
<td>7:30am – 8:00am</td>
<td>Registration</td>
</tr>
<tr>
<td>8:00am – 8:20am</td>
<td><strong>1. Welcome and Course Overview</strong></td>
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<td>• Leadership Welcome</td>
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<td>• Course Materials</td>
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<td></td>
<td>• Community Agreements and Q&amp;A</td>
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<tr>
<td>8:20am – 9:30am</td>
<td><strong>2. Why Are We Here?</strong></td>
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<td>• Who is in the Room?</td>
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<td></td>
<td>• Introductions</td>
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<td>• Learning Objectives: What This Course Is, What it Is Not</td>
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<td></td>
<td>• What is Whole Mental Health?</td>
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<td>• Challenges</td>
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<td>• The Scope of the Problem</td>
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<td>• Points of Tension in Mental Health Care</td>
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<td>9:30am – 9:40am</td>
<td>Break</td>
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<td>9:40am – 10:55am</td>
<td><strong>3. Interconnections I: Self-Care</strong></td>
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<td>• Molecular and Genetic Connections</td>
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<td>• The Gut Connection</td>
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<td>• Group Activity: Interconnections and Self-Care for Mental Health</td>
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<td></td>
<td>• Connecting Power of the Mind with the Other Areas of Self-Care</td>
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<tr>
<td>10:55am – 11:05am</td>
<td><strong>Movement</strong></td>
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<td>11:05am – 11:30am</td>
<td><strong>4. Interconnections II: Professional Care</strong></td>
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<td></td>
<td>• Complementary and Integrative Health (CIH) and Mental Health</td>
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<td>• Choosing the Right CIH Approaches for Your Patient</td>
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<td>• Resources at Your Site</td>
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<td>• Research on List 1 Approaches</td>
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<td>11:30-am – 11:45pm</td>
<td><strong>5. Introducing... Tony!</strong></td>
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<td>11:45pm – 12:45pm</td>
<td>Lunch</td>
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<td>Time</td>
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<td></td>
<td>• Your Amazing Brain</td>
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<td>• Whole Health for Memory</td>
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<td>• Whole Health for Attention</td>
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<td>o Attention Pop Quiz!</td>
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<td>o Whole Health for Adult ADHD</td>
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<td>1:15pm – 1:45pm</td>
<td>7. Thinking and Cognition, Part 2: Thinking Healthy Thoughts</td>
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<td></td>
<td>• Cognitive Distortions</td>
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<td>• Small Groups: Psychotherapies</td>
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<td>• Whole Health for Thought Disorders</td>
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<td>1:45pm – 2:00pm</td>
<td>8. The Power of Hypnosis and Meditation</td>
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<td>• Meditation Experience</td>
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<td>2:00pm – 2:10pm</td>
<td>Break</td>
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<td>2:10pm – 2:40pm</td>
<td>9. Our Emotions, Part 1: Feelings Have Power</td>
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<td></td>
<td>• Emotions: What Are They?</td>
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<td>• Studying Emotions and Health</td>
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<td>• Activity: RAIN Practice</td>
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<tr>
<td>2:40pm – 2:50pm</td>
<td>Movement</td>
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<tr>
<td>2:50pm – 4:00pm</td>
<td>10. Implementation, Part 1: Your Personal Mental Health Plan</td>
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<td></td>
<td>• Care of the Caregiver</td>
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<td>• Toward Resilience and Engagement</td>
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<td>• Elements of a Whole Mental Health Visit</td>
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<td>• Mapping to the MAP</td>
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<td>• Visit Demo</td>
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<td>• Large Group Debrief</td>
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<td>• Partner Exercise: Your Whole Mental Health Self-Care PHP</td>
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<tr>
<td>4:00pm-4:30pm</td>
<td>Site Presentation</td>
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<tr>
<td>4:30pm</td>
<td>Wrap Up, Pulse Checks, and Adjourn</td>
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# Whole Health for Mental Health: Crossing the Mind-Body Divide

## DAY 2 MORNING

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<tr>
<th>Time</th>
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<tr>
<td>7:30am – 8:00am</td>
<td>Registration</td>
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<tr>
<td>8:00am – 8:20am</td>
<td>Settle in, Pulse Check Reviews, Q&amp;A</td>
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<tr>
<td>8:20am – 8:50am</td>
<td><strong>11. Our Emotions, Part 2: Whole Health for Mood Disorders</strong>&lt;br&gt;  - Tony's Depression&lt;br&gt;  - Small Groups: What Would Help Tony?</td>
</tr>
<tr>
<td>8:50am – 9:20am</td>
<td><strong>12. Our Behaviors and Choices, Part 1: Healthy Patterns</strong>&lt;br&gt;  - Why Clinician Behaviors Matter&lt;br&gt;  - What We Know About Habits and Addiction</td>
</tr>
<tr>
<td>9:20am – 9:30am</td>
<td><strong>13. The Power of Biofeedback and Guided Imagery</strong>&lt;br&gt;  - Guided Imagery Experience</td>
</tr>
<tr>
<td>9:30am – 10:00am</td>
<td><strong>14. Our Behaviors and Choices, Part 2: Unhealthy Patterns</strong>&lt;br&gt;  - Back to Tony: Addiction and Substance Use Disorders&lt;br&gt;  - Whole Health and Substance Use</td>
</tr>
<tr>
<td>10:00am – 10:15am</td>
<td>Break</td>
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<tr>
<td>10:15am – 11:00am</td>
<td><strong>15. Finding Peace and Ease, Part 1: Working With Stress</strong>&lt;br&gt;  - Partner Exercise: Peace and Ease&lt;br&gt;  - Perspectives on Stress&lt;br&gt;  - Whole Health and Anxiety: Melissa's PHI&lt;br&gt;  - Debrief&lt;br&gt;  - Guided Exercise: Breathing Meditation</td>
</tr>
<tr>
<td>11:00am – 12:00pm</td>
<td><strong>16. Implementation, Part 2: Your Practice</strong>&lt;br&gt;  - The Final Element of WH Care: Integration&lt;br&gt;  - The Power of Community&lt;br&gt;  - Group Discussion: Successful Teams&lt;br&gt;  - Breakout Session: Trans-Professional Collaboration&lt;br&gt;  - Panel Discussion: Successful Mental Health Collaborations</td>
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<tr>
<td>12:00pm – 1:00pm</td>
<td>Lunch</td>
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</table>
# Whole Health for Mental Health:
Crossing the Mind-Body Divide

## DAY 2 AFTERNOON

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<thead>
<tr>
<th>Time</th>
<th>Topic/Title</th>
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<tbody>
<tr>
<td>1:00pm – 1:30pm</td>
<td>17. <strong>Finding Peace and Ease, Part 2: Trauma</strong>&lt;br&gt;• Back to Tony: Trauma&lt;br&gt;• Adverse Childhood Experiences and Trauma-Informed Care&lt;br&gt;• Whole Health for PTSD</td>
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<td>1:30pm – 1:40pm</td>
<td>18. <strong>Mindful Awareness: Just Like Me</strong></td>
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<td>1:40pm – 2:10pm</td>
<td>19. <strong>Finding Vitality and Wholeness, Part 1: Suicide Prevention</strong>&lt;br&gt;• An Unflinching Look at Suicide&lt;br&gt;• Back to Tony: Suicide Prevention&lt;br&gt;• Whole Health to Save Lives</td>
</tr>
<tr>
<td>2:10pm – 2:20pm</td>
<td><strong>Movement Break</strong></td>
</tr>
<tr>
<td>2:20pm – 3:00pm</td>
<td>20. <strong>Finding Vitality and Wholeness, Part 2: Meaning and Purpose</strong>&lt;br&gt;• Partner Exercise: The Most Vital Person You Know&lt;br&gt;• The Power of Meaning and Purpose&lt;br&gt;• Small Group Activity: It’s Alive! It’s Alive!</td>
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<tr>
<td>3:00pm – 3:20pm</td>
<td>21. <strong>Q&amp;A</strong></td>
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<tr>
<td>3:20pm – 4:30pm</td>
<td>22. <strong>Implementation, Part 3: The Next Level</strong>&lt;br&gt;• Tony: Wrap Up&lt;br&gt;• Whole Health for Mental Health: Systemic Changes&lt;br&gt;• Brainstorming&lt;br&gt;• Sharing Your Ideas</td>
</tr>
<tr>
<td>4:30pm</td>
<td><strong>Wrap Up, Evaluations, and Adjourn</strong></td>
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Thank you for joining us!
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<td>Substance Use: Self-Care Options</td>
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Day 2 – Pulse Check

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Welcome to the Whole Health for Mental Health course! This course is brought to you by the Veterans Health Administration (VHA) Office of Patient Centered Care and Cultural Transformation (OPCC&CT), which was established in 2011 to lead one of the most massive changes in the philosophy and process for care delivery ever undertaken by an organized health care system. Whole Health is included within VA’s strategic goals for 2019-2024, and Whole Health Systems are now under development in all 18 VISNs, with rapid and successful spread to all VA sites being the ultimate goal.

The Whole Health approach for any given Veteran is built around his or her values. What matters most? Why do they want to be healthy in the first place? Focusing on someone’s mission, aspiration, and purpose engages them. Teams can empower and equip Veterans with the tools they need to reach their goals. The Whole Health approach builds on the successes of other programs and offers an overarching philosophy that can inform any type of patient care. It applies to inpatient and outpatient, for acute and chronic conditions. This is true whether those conditions are considered “mental” or “physical”; in fact, this course focuses on how that divide may not be useful when it comes to optimally taking care of people.

Incorporating the Whole Health framework requires a paradigm shift from problem-based, disease-focused care to Whole Health Care, which is a more expansive and inclusive model. This course is designed to help you, someone who participates in mental health care for Veterans, to take part in that paradigm shift. VA defines Whole Health as patient-centered care that affirms the importance of the partnership between the clinician and the patient. The focus is on the whole person. It involves co-creating a personalized, proactive, and patient-driven experience. It is informed by evidence and makes use of all appropriate therapeutic approaches, health care professionals, and disciplines to achieve optimal health and well-being.

As they move through the Whole Health System, Veterans are encouraged to complete a Personal Health Inventory (PHI), a tool that helps them reflect on their values, priorities, self-care goals, and their vision of what it means to live life fully. Using information from the PHI and other assessment tools, and based on shared patient and clinician goals, a Personal Health Plan (PHP) is co-created by the Veteran and their care team. The plan is evidence-based. It is built upon self-care and empowerment for the individual; it enlists both conventional and complementary approaches as appropriate; and it leverages support systems inside VA and in the community. The PHP follows Veterans through the system and, ideally, can draw Whole Health into every aspect of their care.

We wish you well as you explore how the Whole Health approach can support you in your practice, your broader team, your department, your facility, and even the health care system in general. The intent is that this course can also support you with your own self-care and connect you back to why you chose to be a health care professional in the first place. Thank you for joining us!
Whole Health for Mental Health explores how Whole Health can support mental health care in the VA. This two-day course shifts the perspective away from mind-body dualism and toward a system of care where mental health is seamlessly incorporated as a core aspect of whole-person care. The course highlights the connections between mental health (and Power of the Mind) and each of the components of the Circle of Health, including mindful awareness and the various aspects of self-care (e.g., Food and Drink, Moving the Body, Surroundings, Spirit and Soul, Personal Development, Recharge, and Family, Friends, and Co-Workers). It focuses on the importance of professional care provided by well-informed, carefully-coordinated transdisciplinary teams. Course participants discuss the latest research in complementary and integrative health (CIH) related to mental health care within a broader context. They learn about resources that can inform “Whole Mental Health,” and they explore how to overcome the stigma that often surrounds mental health conditions and their treatment. In short, this course is designed to help clinicians bridge mental health care with every other aspect of Veterans’ lives.

Whole Health for Mental Health is designed for clinicians who support Veterans who have mental health conditions. It is intended to support anyone who would like to focus more on “Power of the Mind” as they are helping Veterans create PHPs, including Whole Health Partners. The course focuses on prevention of mental health problems as well as their treatment. Whole Health for Mental Health draws from the group wisdom of participants and gives them the opportunity to network, share their successes and challenges, and explore how to make care in VA even better.

The course is built upon innovative approaches that are already being used by some clinicians to support mental health and health in general. An individualized approach to care that is based on a person’s core values is central, and the course draws in positive psychology, the recovery model, psychotherapeutic approaches, posttraumatic growth, and the best that conventional care and CIH have to offer.

You are invited to:

- Help lead the charge with advancing Whole Health Care in VA.
- See why VA is specially suited to advancing Whole Mental Health in ways that will inform future directions for the entire U.S. health care system.
- Explore how you can make the care of Veterans even better, in terms of preventing and addressing mental health conditions, and in terms of whole-person care.
- Bridge, and perhaps even reconcile, the mind-body divide, exploring how care can shift if we reframe our perspectives on the interconnections between mental and other aspects of health.
- Receive evidence-based tools and information related to Whole Health for yourself, your patients, and your co-workers.
- Share your experiences and your wisdom with your colleagues as you join the ranks of your local—and national—Whole Health community.
• Take time to pause and focus on what you need to take care of yourself and others. What do you need for your Whole Health? How are you doing in terms of resilience, emotional well-being, and addressing stress? What would support your own mental health?

Course Learning Objectives

• Explore the power of the Whole Health approach when it comes to working with mental health conditions, moving beyond models that treat mind and body as separate.
• Demonstrate how all the areas of the Circle of Health are relevant for mental health. This may include preventing mental health challenges, building mental health skills, and addressing mental health conditions, such as PTSD, depression and other mood disorders, substance use, psychoses, suicide, and other mental health-related conditions.
• Focus on the importance of transdisciplinary teams for supporting mental health, including programs that integrate mental health professionals into primary care and other teams.
• Explore evidence-informed use of integrative care to support mental health.
• Gain familiarity with a number of tools and skills that can support Whole Mental Health.
• Explore how what you learn about Whole Health can benefit your own self-care and mental well-being.
• Confidently incorporate Whole Health into your clinical work, as appropriate for your scope of practice.
• Empower Veterans to build or elaborate upon their PHPs, both in relation to their mental health concerns as well as their overall health.
• Make care more values-driven, honoring what really matters to each Veteran and engaging them in their care as fully as possible.
The Circle of Health

To learn more visit: https://www.va.gov/WHOLEHEALTH/
Key Elements of the Whole Health System

THE PATHWAY (Empower)
Partners with Veterans to discover their mission, aspiration, and purpose and begins to create an overarching personal health plan

WELL-BEING PROGRAMS (Equip)
Self-Care/Skill Building and Support
Complementary & Integrative Health (CIH)
Health Coaching & Health Partner Support

WHOLE HEALTH CLINICAL CARE (Treat)
Outpatient & Inpatient Health & Disease Management within a Whole Health Paradigm (i.e., Personal Health Planning, CIH, Health Coaching)
IMPORTANT BIOCHEMICAL PATHWAYS

Amino Acids, Serotonin, and SAMe

Dietary Proteins

Niacin (B3)

B1, B6, Zinc, Stomach Acid

Tryptophan

Fe, C, B12, Folate, Mg, Ca

5-HTP, 5-Hydroxytryptophan

B6, C, Zn, Mg

Serotonin

Light Level

Melatonin

Methionine

S-adenosylmethionine

Homocysteine

B12, Folate

Amino Acids, Serotonin, and SAMe

Beans, dairy, eggs, soy, fish/shellfish, cheese, meats, Brazil nuts

Tomatoes, olives, barley, rice, walnuts, coffee beans, whey

The exact mechanism for SAMe and depression is unclear. It affects serotonin, dopamine, and noradrenaline levels.
Amino Acids, Dopamine, and Norepinephrine

Dietary Proteins
- B1, B6, Zinc, Stomach Acid

Phenylyalanine
- Iron, B3

Tyrosine
- Iron, B3, Folate

L-Dopa
- B6

Dopamine

Norepinephrine
- Copper, Vit C

Epinephrine
- Mg, SAMe

Amino Acids, Dopamine, and Norepinephrine

Also increases with music, meditation, achieving goals, creativity, exercise.
Omega 6 and Omega 3 Pathways

Omega 6 Pathway
- Linoleic Acid (LA)
  - Unsaturated oils
  - Partially hydrogenated vegetable oil
  - Sunflower oil
  - Evening primrose oil
  - Animal proteins
  - Meat
  - Dairy
  - Eggs

Omega 3 Pathway
- Alpha-Linolenic Acid (ALA)
  - Flax, walnuts, hemp, pumpkin seed, green leaf veggies

Conversion:
- Δ6-Desaturase (Mg, B6, Zn, C, B3)
- Δ5-Desaturase (Mg, B6, Zn)

Long Chain Fatty Acids
- Eicosapentaenoic Acid (EPA)
- Docosahexaenoic Acid (DHA)
- Prostaglandins Series 1, 2
- Leukotrienes Series 5

Cyclooxygenase (COX)
- Others - e.g., Thromboxane A2

Some omega-6's can tie in to anti-inflammatory pathways. Both pathways are essential to good health. A healthy ratio is key.
Personal Health Inventory

Use this circle to help you think about your whole health.

- All areas are important and connected
- The body and mind have strong healing abilities.
- Improving one area can help other areas.
- The inner ring represents your mission, aspirations, or purpose. Your care focuses on you as a unique person.
- Mindful awareness is being tuned in and present.
- Your self-care and everyday choices make up the green circle.
- The next ring is professional care (tests, medications, supplements, surgeries, examinations, treatments, and counseling). This section includes complementary approaches like acupuncture and yoga.
- The outer ring includes the people and groups who make up your community.

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

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<th>3</th>
<th>4</th>
<th>5</th>
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<tr>
<td>Physical Well-Being</td>
<td>Miserable</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>Great</td>
</tr>
<tr>
<td>Mental/Emotional Well-Being</td>
<td>Miserable</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>Life: How is it to live your day-to-day life</td>
<td>Miserable</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
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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:

*I live for my wife and kids. 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.*
**Areas of Whole Health**

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<thead>
<tr>
<th>Areas of Whole Health</th>
<th>Where I am Now (1-5)</th>
<th>Where I Want to Be (1-5)</th>
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<tr>
<td><strong>Moving the Body:</strong></td>
<td>3</td>
<td>5</td>
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<tr>
<td>Our physical, mental, and emotional health are impacted by the amount and kind of movement we do. Moving the body can take many forms such as dancing, walking, gardening, yoga, and exercise.</td>
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<td><strong>Recharge:</strong></td>
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<td>3</td>
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<td>Our bodies and minds must rest and recharge in order to optimize our health. Getting a good night’s rest as well as recharging our mental and physical energy throughout the day are vital to well-being. Taking short breaks or doing something you enjoy or feels good for moments throughout the day are examples of ways to refresh.</td>
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<tr>
<td><strong>Food and Drink:</strong></td>
<td>2</td>
<td>5</td>
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<td>What we eat and drink can have a huge effect on how we experience life, both physically and mentally. Energy, mood, weight, how long we live, and overall health are all impacted by what and how we choose to eat and drink.</td>
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<tr>
<td><strong>Personal Development:</strong></td>
<td>2</td>
<td>4</td>
</tr>
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<td>Our health is impacted by how we choose to spend our time. Aligning our work and personal activities with what really matters to us, or what brings us joy, can have a big effect on our health and outlook on life.</td>
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**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 take better care of myself. I would have a job I like. No nightmares. Clear thinking. Would like to go back to school someday to get an MBA, but there is no way I could handle that right now.*

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

*With the pain and everything, it is hard. I hate my job. I want to get the spark back with my wife and exercise more. I stress eat. I smoke too much. I'd just like to feel good, for once.*

After completing the Personal Health Inventory, talk to a friend, a family member, your health coach, a peer, or someone on your healthcare team about areas you would like to explore further.
**Personal Health Inventory**

**Use this circle to help you think about your whole health.**

- All areas are important and connected
- The body and mind have strong healing abilities.
- Improving one area can help other areas.
- The inner ring represents your mission, aspirations, or purpose. Your care focuses on you as a unique person.
- Mindful awareness is being tuned in and present.
- Your self-care and everyday choices make up the green circle.
- The next ring is professional care (tests, medications, supplements, surgeries, examinations, treatments, and counseling). This section includes complementary approaches like acupuncture and yoga.
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**Rate where you feel you are on the scales below from 1-5, with 1 being miserable and 5 being great.**

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Write a few words to capture your thoughts:

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For each area below, consider “Where you are” and “Where you want to be.” Write in a number between 1 (low) and 5 (high) that best represents where you are and where you want to be. You do not need to be a “5” in any of the areas now, nor even wish to be a “5” in the future.

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________________________________________________________________________________________

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

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After completing the Personal Health Inventory, talk to a friend, a family member, your health coach, a peer, or someone on your healthcare team about areas you would like to explore further.
PERSONAL HEALTH PLAN (PHP)

Personal Health Plan (PHP)

Name:

Date:

Mission, Aspiration, Purpose (MAP):
*My mission, aspiration or purpose in life is...*

My Goals:

Strengths (what’s going right already)/Challenges:

My Plan for Skill Building and Support

Mindful Awareness:

Areas of Self-Care:
- Moving the Body
- Surroundings
- Personal Development
- Food and Drink
- Recharge
- Family, Friends, and Co-Workers
- Spirit and Soul
- Power of the Mind
Professional Care: Conventional and Complementary

- Health concerns

- Prevention/Screening

- Treatment (e.g., conventional and complementary approaches, medication, and supplements)

Referrals/Consults

Community

Resources

My Support Team

Next Steps

Please Note: This plan is for my personal use and does not comprise my complete medical or pharmacological data, nor does it replace my medical record.
Personal Health Inventory

Use this circle to help you think about your whole health.

- All areas are important and connected
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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:

*I want to feel safe leaving the house. I am afraid of everything – spiders, heights, evil clowns, regular clowns, other people. I love where I live, and I have a few online friends and I talk a lot to my nieces on the phone. I want to not be so afraid.*
### Where You Are and Where You Would Like to Be

For each area below, consider “Where you are” and “Where you want to be.” Write in a number between 1 (low) and 5 (high) that best represents where you are and where you want to be. You do not need to be a “5” in any of the areas now, nor even wish to be a “5” in the future.

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### 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?

_Who else is going to be reading this? This is overwhelming. I would stop stress eating. I would be able to sleep instead of waking up worrying. I would have a dog, or maybe even a boyfriend. I would have “Power of my Mind” - don’t know what that is. I have wondered about getting more spiritual, but I don’t want to be kidnapped by a cult. I love to be active, but it is hard in my little apartment._

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

_I want to reach a point where I can feel brave enough to go see my nieces in person instead of just Skyping. I would be in control of my fear and be able to trust that my body is as healthy as my nurse practitioner keeps saying it is. I would drive. I would leave the house to go shopping, instead of ordering everything online._

_After completing the Personal Health Inventory, talk to a friend, a family member, your health coach, a peer, or someone on your healthcare team about areas you would like to explore further._
WHOLE HEALTH TEAMS & IMPLEMENTATION STRATEGIES

COMMON EXAMPLES OF IMPLEMENTATION STRATEGY TOPICS

Big question:
How can you support your team or site with pre-existing Whole Health goals?

Examples:
- Incorporate mindfulness at team meetings/huddles (educate colleagues)
- Use the PHI or Circle of Health with Veterans—individually, in groups, or as part of group medical visits or classes
- Form a Whole Health group (for Veterans and/or staff) with rotating weekly topics
- Create a pilot with Veterans to test rollout
- Collaborate with key partners at your facility
- Develop an updated resource list with referral information (including CIH info)
- Explore documentation options on the Electronic Medical Record (EMR)
- Enhance communication between different groups
- Form a facility Whole Health task force/interest group
WHOLE HEALTH—IMPLEMENTATION

OUTLINE FOR TEAM IMPLEMENTATION DISCUSSION

The intention for this exercise is to create clear and constructive action plans which will be shared with your facility leadership, OPCC&CT leadership and other participants at this course. (This is not a time to focus on frustrations and obstacles, but rather to empower solutions for your team and your facility.)

- Discuss and list your ideas/strategies for implementing Whole Health into your work teams.
- Identify clear goals and action steps.
- What will be your timeframe?
- Who will take responsibility for various action steps?
- How will you know that you are successful?
- For sustainable change toward Whole Health, what support do you need from:
  - Yourself
  - Your co-workers
  - Your supervisor
  - Your facility leadership
  - Office of Patient Centered Care & Cultural Transformation (OPCC&CT)

Designate a Work Group Volunteer to write a summary document describing the changes in which you would like to be actively involved in bringing to your organization. (See following page for formatting and example document that will be emailed)
WORKSHEET FOR TEAM IMPLEMENTATION DISCUSSION

This exercise is an opportunity to identify the ways in which you will apply what you have learned at the Whole Health for Mental Health course, in support of Whole Health transformation.

As a group, select a point of contact for communications with your Whole Health leadership, and a recorder who will write-up your plans. Together, create a summary of the actions you will take to move your practice and/or program toward Whole Health. This worksheet will be shared with your facility’s Patient Centered Care director, Whole Health advisory group and site leadership.

WORKING GROUP TITLE:

WORKING GROUP MEMBERS (please note who is serving at Point of Contact and Recorder):

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WHOLE HEALTH FOR MENTAL HEALTH: SELF-CARE AND PROFESSIONAL CARE AT A GLANCE

Please see the following pages for:

- Memory: Self-Care Options
- Memory: Professional Care
- Adult ADHD: Self-Care Options
- Adult ADHD: Professional Care
- Schizophrenia: Self-Care Options
- Schizophrenia: Professional Care
- Depression: Self-Care Options
- Depression: Professional Care
- Substance Use: Self-Care Options
- Substance Use: Professional Care
- Anxiety: Self-Care Options
- Anxiety: Professional Care
- PTSD: Self-Care Options
- PTSD: Professional Care
Memory: Self-Care Options

- Mental fitness activities help (e.g., puzzles, music, museums, books, galleries, taking classes)
- Passive mental activity (e.g., TV) is not helpful
- Activity is protective against cognitive decline. Increases brain volume, metabolism, memory, executive function
- Yoga helps mood and agitation, not clear it helps cognition
- Tai chi decreases risk of cognitive decline
- Watch toxins (e.g., lead, mercury, pesticides, aluminum, EMFs)

- Spirituality and religion slow cognitive decline
- Community events, sports, religious services help
- Getting out at least weekly helps
- Animal-assisted therapy helps
- Education counts!
  - Hobbies
  - Talents
  - Creativity
  - Maintain sense of self (e.g., scrapbooks, memories)

- Consider the MIND diet or other diets like it
  - Low glycemic index foods seem to help
  - Polyphenols (e.g., pomegranate)
  - Anti-Inflammation diets, omega-3s
  - Vitamins D, B6 and B12 should be at good levels
  - Intermittent fasting may help

- Regular sleep protects neurons
- Irregular sleep = more risk of dementia
- Sleep apnea treatment helps
- Light therapy reduces Alzheimer’s aggression

Memory: Professional Care

- Meditation training increases cerebral blood flow
- Heart rate variability biofeedback may help
- Caregiver support and respite programs
- Acupuncture needs more research, but TCM promising (6/10 trials)
  
  Zhou, Medicine, 2015;94(22):3933.

Address other health problems:
- Thyroid
- Sleep apnea
- Vascular disease

- Palliative care
- Advanced planning

Watch meds
- PPIs
- Cholinergics

Safety
- Driving
- Falls
- Appliances (e.g., the stove)

Many new protocols for prevention/care are becoming popular (e.g., Bredesen)

Supplements
- Omega-3s enhance cognition, but don’t help dementia
- Gamma tocopherol (form of vitamin E)
- Pomegranate helps mice
- Hypericum, from club moss (Ach inhibition), promise in small trials
- Phosphatidylserine, Bacopa, Turmeric, Rhodiola, Enzogenol, Choline, and N-Acetylcysteine show promise (small studies)
- Ginkgo is not supported

Adult ADHD: Self-Care Options

- Cognitive training
- Common-sense stress management (e.g., involve loved ones)
- Meditation activates awareness centers in the brain
- Moving meditations may be best
- Sense of purpose may help, as do communities
- Promote strengths-based communication
- Avoid isolation
- Improving sleep may help focus
- Watch stimulant medication effects
- Set multiple short-term goals
- Reward successes frequently
- Work on efficiency and time management
- Avoid smoking and drinking while pregnant
- People with ADD have a higher risk of injuries (e.g., use caution, focus on safety)
- Environmental cues help
- Minimal screen time is good
- Limit pesticide exposure
- Nature time helps
- Get good variety of proteins, omega-3s, B vitamins and minerals (e.g., Fe, Mg, Zn)
- Anti-inflammatory eating
- Omega-3s are linked
- Nutrient (Fe) deficiencies common in kids
- Hydration important
- Carnitine may help
- Elimination diets, especially of food colors, sweeteners, preservatives
- Caffeine in low doses may help?
- Regular meals
- Low glycemic index foods

Adult ADHD: Professional Care

- Meditation enhances attention, mental clarity, stability, and creativity. Reduces aggression and mood issues. Shifts EEG
- Common-sense stress management strategies help
- EEG biofeedback (neurofeedback) may help

Massage seems to favorably influence neurotransmitters

Data for acupuncture is limited

Supplements
- Probiotics may help
- Caffeine-containing (e.g., green tea, gotu kola), may help
- Melatonin may balance sleep
- Not clear St. John’s Wort helps
- Calming herbs like valerian, lavender, and kava not helpful for hyperactivity
- Stimulating herbs like ginseng also not helpful

Prevent prenatal exposure—no tobacco or EtOH
- Limit TV and pesticide exposure

65% of people respond initially to stimulants

More frequent follow up can help

Schizophrenia: Self-Care Options

- Review of 29 studies: Exercise is a ‘robust add-on’ for clinical symptoms, quality of life, global functioning, and depression
- Yoga is not as clear, but may help with cognition
- Mindful exercise (tai chi, yoga) is more beneficial than non-mindful exercise

Limited research on spirituality, but worth exploring

- Group programs may help
- Avoid isolation

Improving sleep may help with other symptoms as well

Consider exposure to infections (e.g., toxoplasmosis)

- Help with hygiene
- Explore talents and skills

- Anti-inflammatory eating
- Omega-3 essential fatty acids
- Consider how microbiome is functioning

Information compiled from a number of sources. See references in slides for items not cited in this diagram.
Schizophrenia: Professional Care

Address other health problems comorbidities:
- Thyroid
- Sleep apnea
- Huge link to CVD risk and type 2 diabetes
- Lower risk of cancer

No meds = 12-fold increase in risk of all-cause death and 37-fold increase in death by suicide

- House calls
- Hospice and home care plans
- Case management

Mindfulness Interventions for psychosis (MIP’s) have benefits over routine care
- Art therapy helps
- So does music therapy
- Low intensity CBT for psychosis (CBTp) promising in small studies

Chinese medicine in general is not clear
- Acupuncture is promising, but not much data

Supplements
- Vitamin and mineral supplementation may help some (biotin, B6, B2 for psychiatric symptoms)
- Maybe saffron

36% of people with schizophrenia respond poorly to meds
Depression: Self-Care Options

- Mindfulness practices specifically geared to depression may be helpful
- Activity is very beneficial
  - Do an exercise prescription for both aerobic and anaerobic activities
- Healthy spiritual communities can help
- Forgiveness therapy may help
- Spiritual practices can foster happiness
- Foster more community/relationships; less isolation helps
- Animal-assisted therapy
- Sleep deprivation therapy only helps short-term
  - Poor sleep doubles depression risk
- Warm temperature exposures help depression
- Phototherapy helps many forms of depression, not just seasonal affective disorder
  - Nature time may help
- Volunteering
- Financial stability
- Education
- Whole foods diet (e.g., Mediterranean)
  - Minimize refined sugar
  - Diet rich in omega-3s
  - Alcohol is a depressant

Depression: Professional Care

- Psilocybin shows promise
- So does Transcranial Magnetic Stimulation
- Electroconvulsive therapy works very well... At a cost
- Not much research favoring biofeedback or hypnosis
- Acupuncture shows some promise
- Biofield therapies have mixed results. Help with emotional coping with various chronic conditions
- Supplements
  - Augment anti-depressants with L-methylfolate
  - 5-HTP
  - St John’s Wort likely helps, but watch drug interactions
  - 5-adenosylmethionine (SAMe) maybe good while waiting for a med to kick in
  - Fish oil supplements
  - Saffron has pretty good research

Address comorbid health problems:
- Thyroid
- Sleep apnea
- Chronic pain
- Substance use
- Heart disease risk
- Obesity

Remove triggers and exacerbating factors, including medications

Schneider & Wissink, Depression, in Rakel (ed) Integrative Medicine, Philadelphia: Sanders, 2018.
Substance Use: Self-Care Options

- Tailoring care to each individual is key
- Exercise doesn’t reduce alcohol consumption, still worth doing
- Working with triggers of negative habitual behaviors is key

- Mind-body approaches, including psychotherapies, help
- Consider how the recovery model ties in; it has many similarities to Whole Health approach
- Goal setting is essential

- Spirituality, as featured in many 12-step programs, can be key. Some of the most effective interventions have a spiritual component
- People with substance use problems are often malnourished
- Dysbiosis is linked to alcohol use problems
- Caution about malnutrition, low BMI
- Substance use disorders and overeating have much in common

- Utilizing positive support systems is vital
- Alcohol abuse causes insomnia, and other substances affect sleep as well
Substance Use: Professional Care

- Psychotherapies
  - Motivational Interviewing techniques can be highly effective, especially with alcohol and tobacco use

- Mindfulness approaches have good support in meta-analyses.
  - Specific techniques:
    - Mindfulness-based relapse prevention
    - Mindfulness Oriented Recovery Enhancement
    - Mindfulness Training for Smokers

- Medical assistance therapy often can be used more effectively

- Avoid inciting factors
  - Be aware of genetic predisposition
  - Pay attention to family history, history of past trauma

- Address comorbidities
  - Depression
  - Anxiety
  - Trauma

- Acupuncture may be of help in opioid use, changes physiology;
- NADA ear protocol not well validated

- Transcranial magnetic stimulation shows promise

- Biofeedback has shown promise in several small studies

- Hypnotherapy has limited research support, despite marketing hype

- Supplements—Limited Data
  - Kudzu
  - Cytisine
  - Milk thistle

Screening and brief intervention can help
Anxiety: Self-Care Options

- Mental imagery can elicit greater calm (as can many mind-body approaches)
- Psychodynamic psychotherapy helps, as does CBT
- Exercise reduces anxiety, especially aerobic (but all do). Even helpful at 12 minutes minimum
- Yoga has no clear additional benefits though physiological measures do change
- Tai chi has variable study findings
- Consider risk of experiencing violence
- Phototherapy helps
- Nature time may help
- Media fasts help
- More education and financial security can help
- Anxious people tend to move toward high fat snacks
- Limit caffeine
- Alcohol can worsen anxiety
- Ensure adequate B6 and folate
- Evidence indirect for omega-3s
- Excess processed foods diets ↑ anxiety

Anxiety: Professional Care

- CBT, including CBT-i, is helpful
- Interpersonal Therapy and Psychodynamic Psychotherapy also help (esp. when depression also present)
- Many other mind-body techniques help, too, for various disorders

- Positive psychology can help with emotional resilience
- Creative pursuits and music may help
- Meditation: could use more research (good for PTSD...)

Acupuncture: 2018 review found whole body and ear acupuncture favorable, with few side effects

Research is not supportive of homeopathy

Acupressure shows promise

Aromatherapy may help

Biofeedback research is generally favorable

Supplements
- Kava has some good results—watch liver
- Limited data
  - Valerian
  - Theanine
  - Lysine
  - Passionflower
  - Tryptophan
  - Skullcap

Pharmacotherapy is effective

Cannabinoids have poor evidence

Address other health problems:
- Thyroid
- Vitamin deficiencies
- Chronic pain
- Substance use
- Pheochromocytoma
- Sleep disturbances

PTSD: Self-Care Options

- Treat unresolved grief
- Avoid substance use
- Relaxation practices
- Work with moral injury—PTSD as a “soul wound”
- Forgiveness therapy may help
- Less isolation helps
- Connecting with other Veterans with similar concerns helps
- Involve loved ones as able
- CBT-I is helpful for people with sleep issues due to PTSD
- Address nightmares
- Exercise has helped in several small studies. 40-minute sessions a few times/week usually were the intervention
- Move if in a high crime area
- Look for triggers and work to manage
- Urban environments not always helpful
- Nature time may help
- Facilitate their post-traumatic growth
- Volunteer
- Eat using an anti-inflammatory approach

PTSD: Professional Care

- Biofeedback and neurofeedback have modest success
- Writing (journaling) helps
- Need more data for hypnotherapy
- Mantram repetition beneficial
- Yoga is not clear
- Tai chi is not clear
- Stellate ganglion blocks show promise
- Acupuncture is recommended in clinical practice guideline
- Collaborative treatment planning and education help
- Conjoint CBT showing promise
- Prolonged Exposure
- Cognitive Processing
- Imagery Rehearsal Therapy
- Eye Movement Desensitization and Reprogramming (EMDR)
- Small healing touch study in active duty military found benefit
- Acupuncture with good support
- Supplement research limited
  - Mostly for anxiety
  - Examples: Ashwagandha, brahmi, bitter orange, chamomile, Echinacea, lemon balm

SSRIs are helpful—paroxetine best in one study
Address nightmares (prazosin)
Emotional Freedom Technique (EFT) is promising

DAY 1—PULSE CHECK
Whole Health for Mental Health

We value your input, and it will shape how we plan the rest of the course.

1) Please rate the following sections of Day 1:

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2) What about the course today (Day 1) was most helpful to you?

3) What about the course today (Day 1) could be even better?

4) Other feedback and helpful suggestions:
Day 1—Pulse Check, Page 2

Please do not write your course notes on this back page as you will be turning this sheet in at the end of Day 1. See note pages starting on page 43 for space to take notes.
DAY 2—PULSE CHECK AND FINAL EVALUATION
Whole Health for Mental Health

We value your input, and it will shape future courses.

1) Please rate the following for Day 2:

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OVERALL MATERIAL ON DAY TWO

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2) What about the course today (Day 2) was most helpful to you?

3) What about the course today (Day 2) could be even better?
4) What was your favorite thing about the Whole Health for Mental Health course?

5) What is the #1 thing you would change about this course?

6) As we move forward with future Whole Health Advanced Clinical Education courses, do you have any additional thoughts about how to optimize their experience?

7) Other thoughts and comments?
Supportive Statement?

We hope you have enjoyed the course. We are always on the look out for supportive statements that we can use in course brochures and other Whole Health information. If you would like to share something positive that can be passed along to the Office of Patient Centered Care & Cultural Transformation, please write it here and submit this sheet to the course administrator. Thank you.
Suppotive Statement Continued

*Please do not write your course notes on this page. See note pages starting on page 43 for space to take notes.*