

The Wellness Group: Motivation to Engage in Mental Health Services

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THE INSTITUTE FOR FAMILY HEALTH



- Federally Qualified Health Center
- Network of 31 full and part-time clinics in Manhattan, the Bronx, Brooklyn and the Mid-Hudson region, serving over 100,000 patients annually
- Primary care, mental health, dental care, case/care management, community programs and more
- HIV specific services at 4 locations: Family Health Center of Harlem, Urban Horizons, Stevenson, and Institute for Family Health at 17th Street
- Ryan White Part A, C and AIDS Institute supplemental funding.
- Serve approximately 1,000 patients with HIV/AIDS annually

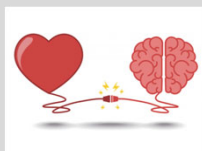


PROJECT BACKGROUND



The Wellness Group:

- 6 week group with 5 individuals, facilitated by Ryan White Part A Care Coordination Program Care Coordinator at Urban Horizons Family Health Center for PLWH
- 16 identified patients across two sites who had received a mental health diagnosis, had previously been referred for mental health services, and were actively engaged in primary care, but not enrolled in MH services
- An analysis was performed to evaluate group outcomes by analyzing results from survey
- Goal of group:
 - **Bridge the gap between primary care and mental health services by providing psychoeducation to increase motivation to engage in mental health services.**



WELLNESS SELF-MANAGEMENT CURRICULUM



- Modified Curriculum
- Six week program
- Topics covered: Symptoms of Mental Health, Stress/Mental Health, Problem Solving, Self-Management Strategies, Services, Creating Wellness Plan

PERSONALIZED WORKSHEET:
Thinking about signs of stress

You can use the following checklist to identify your own personal signs of being under stress.

SIGNS OF STRESS CHECKLIST

Check the physical and/or emotional signs you notice when you are under stress.

<input type="checkbox"/> Headaches	<input type="checkbox"/> Anger over relatively minor things
<input type="checkbox"/> Sweating	<input type="checkbox"/> Anxiety
<input type="checkbox"/> Increased heart rate	<input type="checkbox"/> Feeling restless or "keyed up"
<input type="checkbox"/> Back pain	<input type="checkbox"/> Tearfulness
<input type="checkbox"/> Change in appetite	<input type="checkbox"/> Forgetfulness
<input type="checkbox"/> Difficulty falling asleep	<input type="checkbox"/> Prone to accidents
<input type="checkbox"/> Increased need for sleep	<input type="checkbox"/> Using alcohol or drugs
<input type="checkbox"/> Trembling or shaking	<input type="checkbox"/> Wanting to use drugs or alcohol
<input type="checkbox"/> Digestion problems	<input type="checkbox"/> Being suspicious of others
<input type="checkbox"/> Stomach aches	Other: _____
<input type="checkbox"/> Dry mouth	Other: _____
<input type="checkbox"/> Problems concentrating	

PERSONALIZED WORKSHEET:
Thinking about strategies for preventing stress

Below are some strategies to prevent stress from becoming a problem. Check the boxes that apply to you.

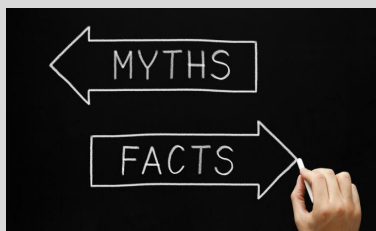
Strategies for Preventing Stress Checklist

Strategy	I already use this strategy	I would like to learn about this strategy or do more of it
Be aware of situations that have caused stress in the past.		
Schedule meaningful activities.		
Make time for relaxation.		
Develop my support system.		
Take care of my health.		
Talk about my feelings with friends or family.		
Talk about my feelings with my mental health professional.		
Write down my feelings in a journal.		
Avoid being hard on myself. Identify positive features about myself.		
Other:		
Other:		

GOALS



- Debunk myths surrounding mental health
- Provide coping strategies for patients
- Discuss barriers to receiving mental health care
- Provide list of community resources
- Make successful referrals to mental health clinician
- Increase readiness to engage in mental health treatment



METHODS



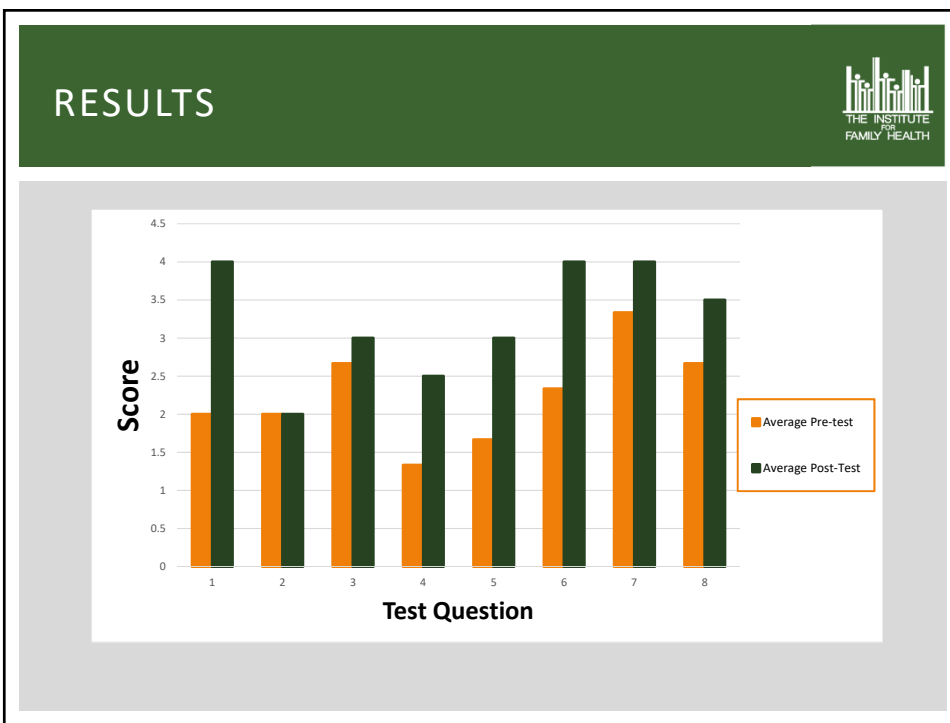
- Created and administered 8 question pre-test and post-test survey
- Survey administered on first day and last day of group
- Survey completed anonymously
- Results collected, coded, and entered into spreadsheet:
 - 0=Don't Know
 - 1=Disagree
 - 2=Somewhat Disagree
 - 3=Somewhat Agree
 - 4=Agree
- Answers were totaled and averaged to show difference between pre-test and post-test results.

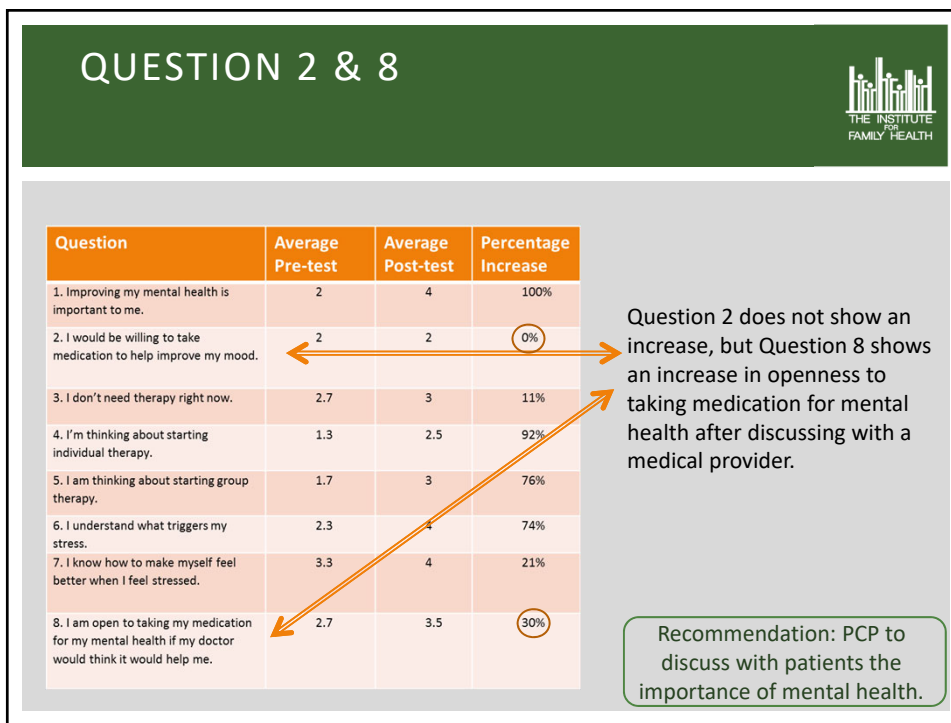
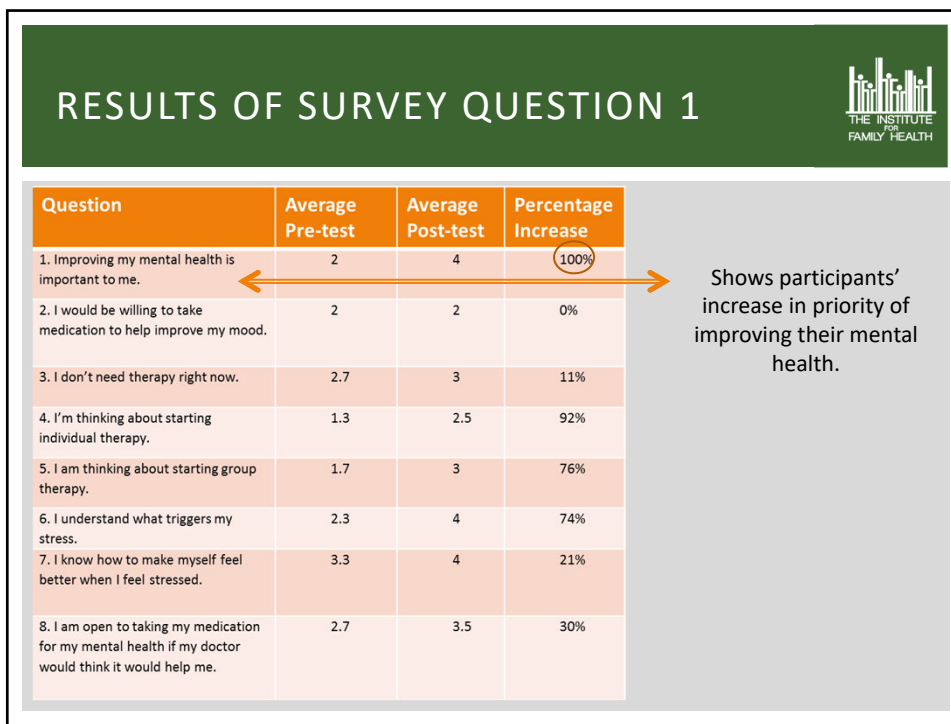


SURVEY

Please complete the table below. Please check one box for each statement.

Question	Don't know	Disagree	Somewhat Disagree	Somewhat Agree	Agree
1. Improving my mental health is important to me.					
2. I would be willing to take medication to help improve my mood.					
3. I don't need therapy right now.					
4. I'm thinking about starting individual therapy.					
5. I am thinking about starting group therapy.					
6. I understand what triggers my stress.					
7. I know how to make myself feel better when I feel stressed.					
8. I am open to taking my medication for my mental health if my doctor would think it would help me.					





QUESTION 3



Question	Average Pre-test	Average Post-test	Percentage Increase
1. Improving my mental health is important to me.	2	4	100%
2. I would be willing to take medication to help improve my mood.	2	2	0%
3. I don't need therapy right now.	2.7	3	11%
4. I'm thinking about starting individual therapy.	1.3	2.5	92%
5. I am thinking about starting group therapy.	1.7	3	76%
6. I understand what triggers my stress.	2.3	4	74%
7. I know how to make myself feel better when I feel stressed.	3.3	4	21%
8. I am open to taking my medication for my mental health if my doctor would think it would help me.	2.7	3.5	30%

An increase in not needing therapy right now could be from:

1. The wording "need"
2. Due to participation in group

Recommendation: Change question to reflect openness towards therapy, or reflecting on benefits of therapy

QUESTION 4 & 5



Question	Average Pre-test	Average Post-test	Percentage Increase
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8. I am open to taking my medication for my mental health if my doctor would think it would help me.	2.7	3.5	30%

A large increase in openness in starting individual therapy, and starting group therapy.

Recommendation: Language used is contemplative. May add time frames in the future to have more concrete plan for patients.

QUESTION 6 & 7



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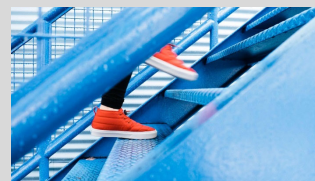
Patients developed an understanding in what triggers for stress are, and how to make themselves feel better when they are stressed.

Recommendation: Focus more on techniques to reduce stress for future, or make referrals.

LESSONS LEARNED AND NEXT STEPS



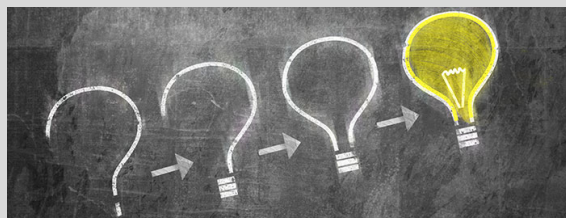
- The Wellness Group significantly increased participant's readiness for engaging in mental health services.
- Challenges included:
 - a small sample size
 - possible self-selection bias of participants
 - length of the intervention
- Overall recommendations for future studies:
 - Increasing group from 6 to 8 weeks
 - Changing the focus of group from "The Wellness Group" to "Coping with Stress"
 - Include a co-leader (possibly a patient)
 - Further explore stigma around individual psychotherapy.
 - Increase time spent on techniques for coping with stress
 - Revise survey wording



TO CONSIDER



1. Implement a **pre and post-test survey** for groups to examine effectiveness of groups
2. **Discuss** with medical providers importance of talking with patients about mental health
3. Perform a **needs assessment** for patients prior to starting a group
4. **Modify curriculum** if needed to best fit the needs of your population



QUESTIONS?



