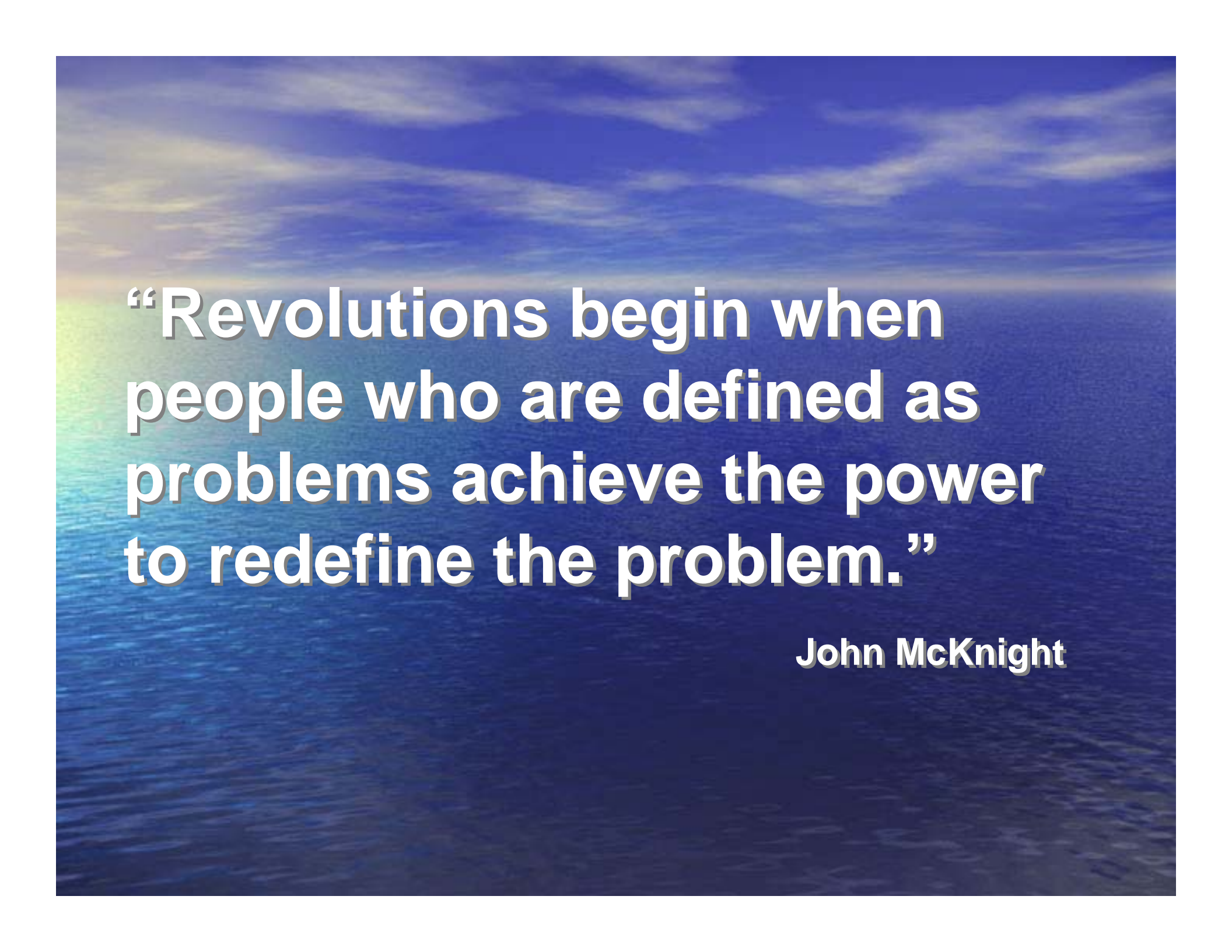




Larry Fricks

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“Revolutions begin when people who are defined as problems achieve the power to redefine the problem.”

John McKnight

Experience of Silo Dysfunction

- 20 to Work by 2000 - Supported Employment vs. Vocational Rehabilitation
- Peer Support vs. Medical Necessity - GA Peer Program
- AA vs. DTR

New Peer Role for Holistic Recovery

- Peer-led health self-management

NASMHPD Morbidity and Mortality Report

“People with serious mental illness served by the public mental health system die, on average, 25 years earlier than the general population.”

NASMHPD
Morbidity and Mortality in People
with Serious Mental Illness
October 2006

USA Today: Mental Illness Linked to Short Life

“Adults with serious mental illness treated in public systems die about 25 years earlier than Americans overall, a gap that’s widened since the early ‘90s, when major mental disorders cut life spans by 10 to 15 years....”

USA Today
May 3, 2007

NASMHPD Morbidity and Mortality Report (cont'd.)

Causes:

- Preventable Medical Conditions
 - Metabolic disorders
 - Cardiovascular disease
 - Diabetes

NASMHPD Morbidity and Mortality Report (cont'd.)

Causes:

- Preventable Risk Factors
 - Obesity
 - Smoking
 - Substance abuse
 - Inadequate access to medical care
 - Some psychiatric medications

Adapting and Testing Health Self-Management Model

- Designed for people with serious mental illness
- Rollins School of Public Health, Emory University
- Directed by Dr. Ben Druss
- Adapting the Chronic Disease Self-Management Program (CDSMP), Stanford University
- Druss research funded by NIMH

Adapting and Testing Health Self-Management Model (cont'd.)

CDSMP:

- Results in sustainable change in healthy behaviors and health in persons with a range of chronic conditions
- Is consistent with efforts to incorporate self-management and peer-support to foster recovery for people with SMI
- Is applicable to populations with multiple risk factors and/or comorbid conditions

Peers Teaching Wellness

- Peers trained by Benson-Henry Institute for Mind-Body Medicine at Mass General teaching the relaxation response that changes physical/emotional response to stress and:
 - Decreases metabolism
 - Decreases heart rates
 - Decreases blood pressure
 - Decreases breathing
 - Decreases muscle tension
 - If practiced regularly, can have lasting effects