



## Putting It Into Practice: Weaving Activation and Health Literacy Into Community Organizations

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- We are working towards a fully integrated Behavioral Health System.
- We have just started to break the barriers of stigma. Our maturation has been slow.
- It has been trial and error, and trial again.

# Health Literacy

- Health Literacy is "the degree to which individuals have the capacity to obtain, process, and understand basic health information and services needed to make appropriate health decisions."

National Network of Libraries of Medicine

- Health Literacy is an prerequisite to Health Activation

# Health Activation

- Health Activation is having the knowledge, skills, and confidence to manage one's health (prevention, unhealthy behaviors, clinical indicators, and costly utilization).

# Why is health activation important in the community?

- Improve decision-making and choices.
- Improve self-esteem and self-confidence.
- Helps people gather information about Mental Health and Substance Abuse.
- Create and initiate a plan.
- Develop skills to moves towards a goal.
- Help keep people out of crisis.
- Cost effective.

# What prevents people from managing their own health?

- Recovery is difficult.
- Feeling overwhelmed with the smallest task.
- Lack of understanding of the process.
- Difficulty making a choice.
- Lack of skills.
- Experience with repeated failure.
- They would rather just not think about their health.
- Changes due to aging, new diagnosis, changing of the DSM, new illegal drugs coming out, trauma, hopelessness, and changes in life expectancy.
- *Internalized-stigma* and *stigma* in everyday speech.
- Madeline's story.

# Purpose and Objectives

- How do we instill confidence and knowledge in someone's ability to help them manage their own healthcare?
- How do we get somebody to understand the care process so that they feel capable managing their own health/recovery?
- How do we get a person's involvement and actively engage participation?



# Involvement and Participation

- The most important quality characteristic commonality is trust.
- How do you promote cooperation?  
(We need “buy-in” every time we see them.)
- You can't dictate other people's priorities and tell people what to do.



# The Benefit of the Hassle

- Obstacle: We live in an underdeveloped healthcare system, where needs are immediate, and the community resources are ill-equipped to respond at top speed.
- The Hassle: It takes executive functioning to access services and navigate both the system and the life changes that come with recovery.
- There's not one place to get every single thing that you need, but that hassle is important for building skills necessary for better health.

# Emotional Practice Field using "FPS"

FPS is short for Feeling Problem Solution. Each base, first, second, and third, represent the goal of communicating effectively. Think of doing so as hitting a home run in a baseball game. You are the Speaker up at bat. The Listener acts like the "pitcher". Your job as the batter is to make it to each base, safety, in order of how the game of baseball is played. Using PSF or SPF to speak to others is considered a "Foul," in other words it's not how you want to communicate. Playing baseball isn't about going to Third base, first, and neither is using FPS! Visit us at: <https://www.facebook.com/groups/AngerManagement101/>



# Different Levels of Activation

1. People tend to be passive and overwhelmed by the thought of managing their own health. They do not understand their role, or the process.
2. People have a lack of knowledge and skill of how to manage their own health.
3. People appear to be taking action, but lack confidence and self-esteem to truly participate in their own health care management.
4. People have incorporated and adapted different behaviors to support their recovery needs. They still need assistance maintaining their health.

# Fact-based Thought

- Patient activation has been found to be highly relevant to the outcomes of people with mental health disorders, including depression, post-traumatic stress disorder, bipolar disorder, anxiety, and schizophrenia (Cabassa *et al* 2013; Kukla *et al* 2013)

# For Consideration

- Invite discussion of best practices.
- Suggest what to do next (strategies).
- Identify action items.

- It's imperative that we work collaboratively as a community, and motivate each other to be part of the change.
- The person in need of services is the only person who can effect the changes in their lives that they need.
- When that person trusts the community that provides the resources, success happens.





# ACMHA

## ACTIVATION OF RECOVERY PRINCIPLES AND PRACTICES FOR HEALTH LITERACY

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APAA - Association of Persons

Affected by Addiction



# PRINCIPLES

- ALL PATHS/ROADS OF RECOVERY HAS PRINCIPLES
- Honesty about how healthy am I (Step 1)
- Hope (Step II)
  - Do I believe that a power greater than me could restore my physical health
  - Do I believe that I have sane thinking about my health
- Willingness to change my health status (Step III)
  - Am I willing to connect and communicate my mental, physical emotional self/health with my healthcare provider, Peer support, family, friends for my wellbriety
- Trust the process
  - How did I get here?
  - How am I staying clean and sober
  - Uncover to discover, how we Recover



# PRACTICE

- WHAT WE ARE **TAUGHT**, WE LEARN
- WHAT WE LEARN, WE **PRACTICE**
- WHAT WE PRACTICE, WE BECOME
- WHAT WE **BECOME** HAS CONSEQUENCES,
  
- GOOD OR BAD
  
- THE CHOICE IS OURS
- WHAT ARE WE TEACHING? **HEALTH LITERACY**
- PEERS LEARN FROM PEERS

# HEALTH LITERACY

ACCORDING TO HEALTHY PEOPLE 2010, AN INDIVIDUAL IS CONSIDERED TO BE "HEALTH

LITERATE" WHEN HE OR SHE POSSESSES THE SKILLS TO UNDERSTAND INFORMATION

AND SERVICES AND USE THEM TO MAKE APPROPRIATE DECISIONS ABOUT HEALTH.

LACK OF HEALTH LITERACY IS ESTIMATED TO COST \$106-\$236 BILLION ANNUALLY.

ACTIVATION GOES BEYOND SEEING A HEALTH CARE PROVIDER AND UNDERSTANDING

HOW TO PROMOTE RECOVERY; IT'S THE ART AND SCIENCE OF TAKING ACTION ON THE INFORMATION YOU HAVE BEEN GIVEN. IT'S DOING THE THINGS NECESSARY TO MOVE TOWARD RECOVERY AND

WELLNESS.

# Welcome to Recovery:

## 5 A's of Activation

**Available** – be of service and support how peers live their lives,  
Strong Peer Network, "Peers go where no man has gone before"  
Consumer Choice

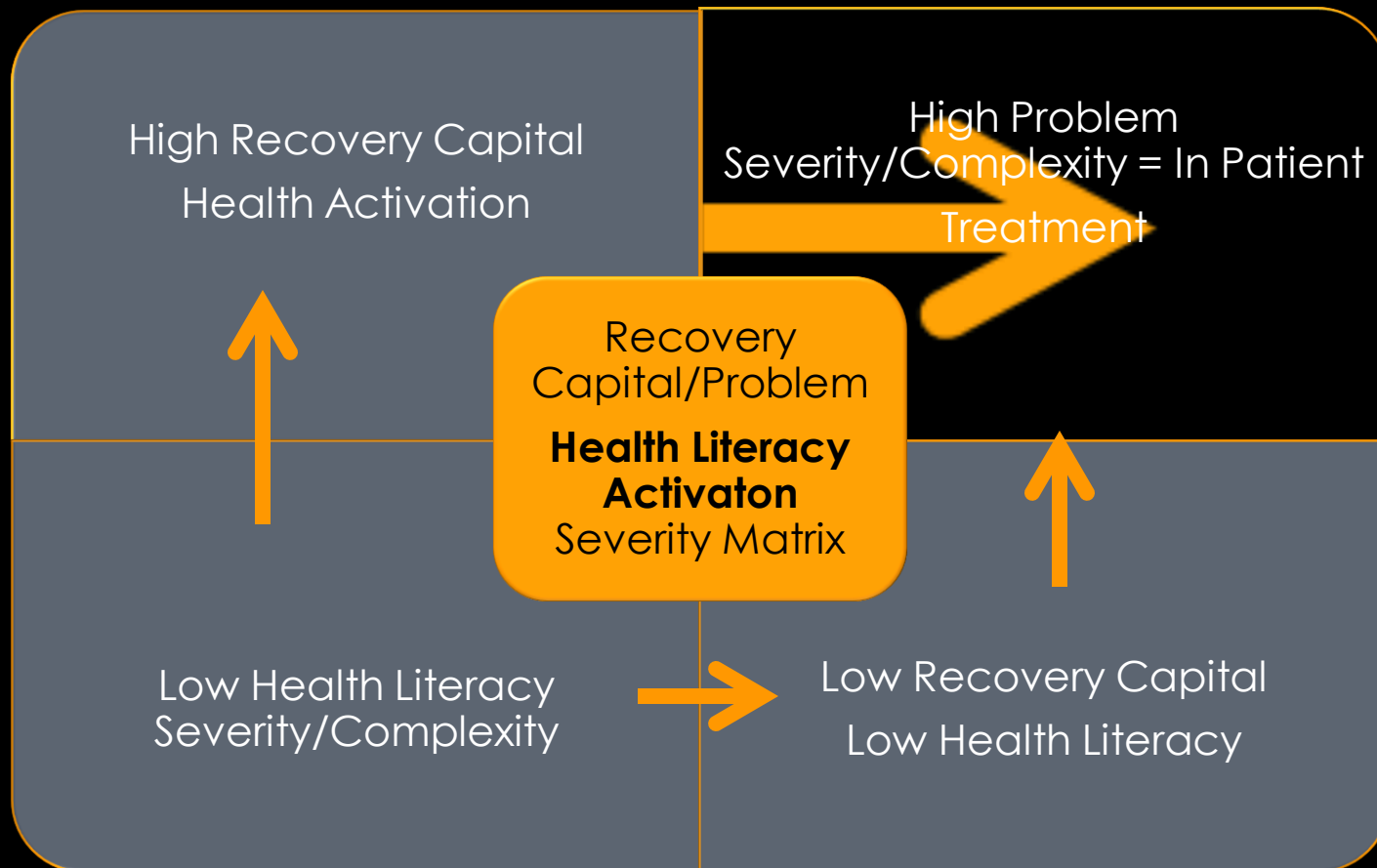
**Accessible** – Easy Access, Referral process, wait time for appointment,  
No wait time for service, hours and days of operation, travel time, travel access- by  
car, parking, public transportation

**Affordable** – No Cost to explore recovery, Peer driven

**Appropriateness** –1)offer – Screening, tools, take cultural issues  
into account in recovery plans, implementation and recovery 2) Self-  
Assess health for literacy status, including assess medications to  
achieve recovery outcomes

**Acceptable** community services are Culturally Congruent with 16  
year history of recovery principles, practices, performance of Peer  
Recovery

# RECOVERY CAPITAL & LEVEL OF HEALTHCARE PLACEMENT





- **1<sup>ST</sup> SAMHSA funded Peer to Peer Recovery Community Organization in Texas - 1998**
- **Value Options Peer Provider - 2007**
- **America Honors Recovery Award -2010**
- **Currently the only RCO with a National Accreditation for Peer Recovery Support Services (CAPRSS 2014) in Texas**
- **Texas DSHS Trainers for Peer Specialist and Peer Recovery Support Specialist**
- **Million Hearts Collaboration 2014**

# ARCC – APAA Recovery Community Center

## COURT/CJ

- Court, Divert &
- Re-entry, Community Court

- Community Service

## Coach/Peer Navigators

- Green Oaks Hospital
- Treatment Centers

## Educational

### Trainings

- Computer Training
- GED Classes
- DSHS-PRS CERT. Training
- DSHS Co-occurring Module
- Media Message Advocacy Training

### Health & Wellness

- Yoga
- HIV Awareness

## 12 Step Fellowship

- NA meetings
- AA Meetings
- Bilingual meetings
- Celebration Recovery
- Peer Hurdles

## Social Engagement & Activation

- Jammin n' Recovery Dances
- Recovery at the Movies
- Recovery Café
- Rally for Recovery
- Family Support & Events
- Recovery Walks
- Recreational and Social Outings

## Groups/Workshop

- Orientation
- Morning Meditation
- Criminal Justice
- Co-occurring
- Family Recovery
- Recovery 101
- Peer Leadership Development
- Dual Recovery Groups
- Relapse Prevention
- Life Skills
- Early Recovery intervention
- Recovery



# PEER WORKFORCE NETWORK

## **Peer Support: Integrity, Quality Recruitment**

- Addressing fears by peer workforce that professionalism will lead to co-optation and fears by traditional workforces that peers will “de-professionalize” the workforce
- Negotiating and maintaining collaborations that promote integrity of the peer workforce and discover ways to educate providers on working with peers and on supporting the development of the peer workforce

## **Peer Support: Integration is an expectation**

- Services: Mental health and addiction, Behavioral health and primary care, **Manage Care Peer Support**
- Roles for Peer Supports & Services: veterans, probation, parole, crisis intervention team, mental health and drug court initiatives, housing, child/family services
- Roles for Peer Support and Services: Wellness/health coaching and support services

# APAA HEALTH LITERACY & ACTIVATION STRATEGIES

## Strategies

- Educate on health literacy to the whole community about the reality that people, family and communities recover from addiction and mental health challenges.
- Advocate for Wellness, Recovery and Whole Health
- Change the language to strength base whenever possible
- Promote recovery at schools, hospitals, jail, treatment centers, courts, movies, celebrations, town hall meetings, everywhere.
- Have a seat at every table when possible and bring recovery to spread – “Recovery is contagious”
- Provide Healthy (warm) Handoffs, 24/7 Recovery line and traveling companions

# PERFORMCE OUTCOME

- **Puts Health First / Recovery First**
- **Knowledge, Skills and Attitude of Being Grateful for.....**
- **Connected to higher self, others and healthy activation**
- **Friendly Cultural Congruent healthcare Support**
- ✓ **Learning daily revitalization (energy – healthy food, sleep, exercise, support groups, prayer, meditate, etc.)**
- ✓ **Connected to healthy pleasure for self care**
- ✓ **ACTIVATES OF NEW HELP/SUPPORT SEEKING SKILLS**
- ✓ **Find Time for relaxation and self revitalization**
- ✓ **Telling our story – healing the community**
- ✓ **Spiritually Connected / belonging and part of Community**

# WHAT ARE THE NEXT STEPS?

Family  
Engagement  
& Activation

Prevention &  
Integrated  
Services

Community  
Health  
Literacy  
Development