



## Health and Wellness Program

*Health and Wellness among Community Rehabilitation and Treatment Program (CRT) Clients*

Clara Martin fosters an integrated approach to wellness for Community Support Program (CRT) clients by encouraging clients to engage in activities that promote physical, as well as mental health. Members of the CRT team assist clients in identifying measures to decrease physical risk factors and promote physical health through individual health coaching, group activities and coordination of treatment with community health care providers.



## Clara Martin Center

*Clara Martin Center is a community based, non-profit organization providing acute and long-term behavioral health care services to the greater Upper Valley area*

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*Embracing the philosophy that physical health is an important component of overall health*



Clara Martin Center  
*People Helping People*



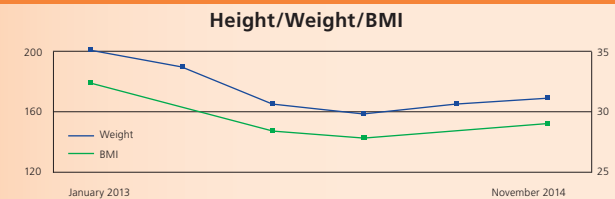
## Participant Profile

53 year old female

**Medical diagnosis:** PTSD, anxiety, depression, history of diabetes.

**Interventions:** VTC 5 days/week, diet

## Why address health and wellness in CRT clients?



*The effects of a mental illness play a significant role in one's physical well being. Symptoms, lack of motivation and antipsychotic medications can promote weight gain, hyperlipidemia and diabetes.*

People with serious mental illness die 20- 30 years earlier than the general population from cardiovascular disease and diabetes, conditions which are considered modifiable by diet and exercise.<sup>1</sup>

Our nurse works with the client to promote physical health on 4 levels.

- 1. On an individual level:** Health coaching – assess needs, assess willingness to participate in activities, provide instruction, encouragement related to wellness activities and work to implement a wellness plan.
- 2. On a group level:** Participate in wellness groups with clients. Wellness groups are centered on activity and diet and include VTC fitness group, “Curves” group, walking groups, health and nutrition group.
- 3. On a program level:** Interact with case managers and support workers to promote health activities with clients. Provide education on health issues. Assist in coordinating health activities.
- 4. On a community level:** Coordinate with health care providers in the community

## Rewards and Benefits

Clients who have been consistent with life-style changes feel pride in themselves for their accomplishments. Clients who have been successful in weight loss are more independent, less likely to rely on the agency, and recognize the ability to make changes in their lives.

## Collaboration with Community Health Care Providers

On a community level, Clara Martin Center is working to improve communication with health care providers in order to facilitate health care of mutual clients. By increasing collaboration around diagnoses, medication, and laboratory results we can improve client outcomes, increase client satisfaction, decrease costs and ultimately improve the overall health of our clients.

<sup>1</sup>(Cabassa, Ezell, & Lewis-Fernandez, 2010; Newcomer, 2008)