



Strategies for Success in Health Management Going for the 3 Increases: Increase in Health, Increase in Happiness & Increase in Energy

A Model Patient Support Group and One on One Consultation Tools

The following are a set of materials which Behavioral Health Consultants can utilize in setting up and conducting ongoing psychoeducational and support groups in their Integrated Primary Care Settings. The title of the program is: Strategies for Success in Health Management and the motto for the psychoeducational and emotional support group is: Going for the 3 increases: Increase in Health, Increase in Happiness & Increase in Energy. These materials are available free online at:

Directions for use of this program

The topics covered in this program can be shared with patients on a one-to-one basis outside of a group setting. However, it is recommended that this group be conducted once a week and specific topics to be covered be determined by the needs of the group members. Also, it is recommended that the SEA's Tools for Recovery Items 28-33 be utilized throughout the course of the group given they are tools to help patients cope with irrational or illogical thinking, stress, anger, control issues, inner emotional turmoil and relapse.

How to use these materials

1. Personalize the PowerPoints with your name and the name of the medical team you are associated with and add additional facts and figures to make the program specific to the needs of your patient population.
2. Use the PowerPoints and Handouts in one-on-one Psychoeducation with individual patients.
3. Use the PowerPoints and Handouts in Groups which are arranged around the topics and issues contained in the program.
4. Develop Specific Groups for Your Medical setting such as the three described in this program for 1. Smoking Cessation Support Group, 2. Parents Support Group and 3. Diabetes Support Group
5. When to use these materials
 - a. When asked for a curbside consult with a patient right after seen by the Primary Care Physician
 - b. A scheduled date and Time to have a one and one consult based on referral from the Primary Care Physician
 - c. In scheduled Weekly Support and/or Psychoeducational Groups you set up within the Primary Care Medical Setting

- d. As in-service educational programming for allied medical professional in your medical setting.
6. Create any additional handouts which suit the topics in the program to enrich the experience of your patient population. Do not forget to utilize the material handouts available at:
<http://coping.us/cliniciantreatmenttools/worksheetsforclinicians.html>

Topics for this program:

- 1. What do these Terms Mean?** Overview of Medical Terminology to Help Patients have a better understanding of what is going on in the Integrated Medical Setting
- 2. Tips from "Eat, Drink and Be Healthy"** Overview of tips on healthy eating from Harvard Medical Center
- 3. Benefit of Exercise over the Lifespan** A rationale for including a program of physical activity and exercise in one's long term plan for a Healthy Lifestyle.
- 4. Introduction to the Use of Exercise in Your Life** More explicit instruction on the use of exercise to improve one's health and lifestyle
- 5. Rationale for Exercise for Weight Management** Specific guidelines for use of exercise in a weight management effort by patients
- 6. All About Heartrate in Exercise** Provides patients with information on the different heartrate goals when exercising
- 7. Tips on Walking** Looking at walking as an inexpensive and reasonable exercise for patients to begin with in their efforts to improve their health and change their lifestyle.
- 8. All about Stretching** Instruction for patients on stretching so as not to hurt their muscles and body as they begin to initiate the use of exercise in their every day life.
- 9. Sustaining a Healthy Outlook** An overview of redirecting patients thoughts to a more positive direction as they initiate an effort to implement a healthy way of living in their lives.
- 10. Overcoming Perfectionism in Changing Your Lifestyle** Helping patients to let go of the need to control and be so perfectionistic which is self-defeating when trying to implement a way of living which they have never experienced before.
- 11. Making Peace with Food** Helping patients to let go of their guilt and anger over their previous issues with food so as to help them get on track in their efforts to change their lifestyle patterns.
- 12. Introduction to Your Support Team** Tips for participants in the support groups established by Behavioral Health Consultants in Integrated Primary Care Settings.

13. Open Admission to Your Support Team Advice to participants in support groups conducted by Behavioral Health Consultants to take the risk and be open about themselves, their trials and failures as well as their successes in their attempts to create a healthy lifestyle for themselves.

14. Your Support Team as a Healing Environment Ways for the support group participants to evaluate how supportive their group is.

15. Strengthening Your Support Team Steps that patients can take to strengthen the support they get from participating in the support group lead by the Behavioral Health Consultant.

16. The Importance of Sleep An overview of the need for a healthy night's sleep and the implications for not having achieved restful sleep in one's life.

17. What is Stress An overview of the physiological process involved in the human body's response to stress.

18. What are the Sources of Stress An overview of the various issues in everyday life which create stress for our patients

19. Tips for Relaxation of Stress Response A look at Progressive Relaxation Training and Full Breathing Exercise to help reduce the impact of stress in our patients' lives.

20. Tips on Pain Management An overview of the typical treatments for managing pain, the sources of this pain and a look at non-medication alternatives to help create a healthier outcome for our patients.

21. Resilience-Bouncing Back in a Healthy Way An overview of what is Resilience and why it is so important when facing challenges to your health and in your life. A personal inventory is included in this program.

22. Overcoming Helplessness A look at the pattern of helplessness which undermines the work of patients to take control of their health and to be compliant with medical directives.

23. Dealing with Depression An overview of Depression including a self-assessment, understanding how depression is experienced, what irrational thoughts contribute to depression, the neurobiology of depression and why medications do work and changes in lifestyle which can help prevent or lessen the impact of depression.

24. Self-Affirmations To Strengthen Health Management A look at Self-Affirmations of all types which patients can use as they begin the process of putting in efforts to improve their handling of their health related Thoughts, Emotions and Actions.

25. Recovery Strategies to Strengthen Health An overview of Journal Writing, Behavioral Chains and Thought Stopping as three ways to turn one's life around to live a healthier life and improve one's habits and lifestyle.

26. Steps of Problem Solving in Health Management Easy steps to follow to problem solving. This model can be applied by patients in problem solving on how they can change old unhealthy habits to healthier ones.

27. Handling Unhealthy Cravings & Urges That Undermine Health Management Tips on how to cope with cravings, triggers and urges to revert back to old unhealthy habits which can impact the longterm health of patients.

SEA's Tools For Recovery Presentations The following topics are short hand easy to remember tools which patients can use as they work to get more rational and ready to change old unhealthy habits into new healthy health engendering habits.

28. The SEA's Tools for Recovery and TEA System This system teaches patients they must first change their thoughts and actions before they take on changing their behaviors to adopt new healthy habits in their life. If they do not follow this system they are subject to stress and pressure to revert to their old habitual ways of living.

29. ALERT System-Change Irrational Thinking To Become Healthy This system teaches patients that they need to recognize what unhealthy irrational thinking keeps them stuck in their unhealthy lifestyle so that they can work at changing this unhealthy thinking to adopt a new healthy way of living.

30. ANGER System--Dealing With Your Anger in a Healthy Way This system teaches patients that they must deal honestly with their triggers for anger which upset and stress them out keeping them hooked into their old unhealthy habits which tend to help them cool off their anger, even it is in an unhealthy way.

31. LET GO System-Lighten the Need to Control to Become Healthy This system teaches patients that they need to let go of trying to control people, places and things which they have no control over. That in reality they can only control their own thoughts, emotions and actions which is important if they want to turn their lives around and live a healthier lifestyle.

32. CHILD System-Gaining Inner Health for a Healthier Body This system teaches patients that they must grow in unconditional self-love and self-acceptance in order for them to believe that they deserve the effort and time needed to develop a healthy lifestyle which ensures their longterm health

33. RELAPSE System--Bouncing Back from Reverting to Old Unhealthy Habits This system teaches patients that relapse back into old unhealthy habits is to be expected and this system gives them steps to take if and when there is an urge to relapse into old unhealthy habits.

34. All About Smoking Cessation An overview of rationale for quitting smoking and tips for successful smoking cessation.

35. Impact of Secondhand Smoke A look at the negative impact that smoking around others especially children can do harm to them.

36. Physical Effects of Smoking A look at the health and appearance issues which come from not quitting smoking. It is a hopeful motivator to assist patients to decide to quit.

37. What You Need to Know About Asthma An overview of the symptoms of asthma, triggers for asthma and how to manage it.

38. Dealing with Sleep Problems A review of the five stages of sleep, Insomnia, Sleep Apnea, Shift Work Sleep problems and Sleep Hygiene

39. Diabetes: Facing It Head On! An overview of the risks for and causes of diabetes and ways to prevent and/or manage them.

40. Alcohol Use – Good or Bad for You? A review of fact about Alcohol Use, Abuse and Dependence and how an individual can assess if there is a problem with Alcohol and what to do about it if there is a problem.

Alternative Programs using the Program's Modules

Smoking Cessation Support Group

1. What do these Terms Mean?
34. All About Smoking Cessation
35. Impact of Secondhand Smoke
36. Physical Effects of Smoking
27. Handling Unhealthy Cravings & Urges That Undermine Health Management
37. What You Need to Know About Asthma
2. Tips from "Eat, Drink and Be Healthy"
3. Benefit of Exercise over the Lifespan.
4. Introduction to the Use of Exercise in Your Life
12. Introduction to Your Support Team
13. Open Admission to Your Support Team
14. Your Support Team as a Healing Environment
15. Strengthening Your Support Team
9. Sustaining a Healthy Outlook
10. Overcoming Perfectionism in Changing Your Lifestyle
28. The SEA's Tools for Recovery and TEA System
29. ALERT System-Change Irrational Thinking
31. LET GO System-Lighten the Need to Control to Become Healthy
32. CHILD System-Gaining Inner Health for a Healthier Body
33. RELAPSE System--Bouncing Back from Reverting to Old Unhealthy Habits
26. Steps of Problem Solving in Health Management
21. Resilience-Bouncing Back in a Healthy Way
22. Overcoming Helplessness
24. Self-Affirmations To Strengthen Health Management.

25. Recovery Strategies to Strengthen Health
17. What is Stress
18. What are the Sources of Stress
19. Tips for Relaxation of Stress Response
40. Alcohol Use – Good or Bad for You?

Parent Support Group

1. What do these Terms Mean?
9. Sustaining a Healthy Outlook
10. Overcoming Perfectionism in Changing Your Lifestyle
20. Tips on Pain Management.
21. Resilience-Bouncing Back in a Healthy Way
22. Overcoming Helplessness
24. Self-Affirmations To Strengthen Health Management.
25. Recovery Strategies to Strengthen Health
26. Steps of Problem Solving in Health Management
17. What is Stress
18. What are the Sources of Stress
19. Tips for Relaxation of Stress Response
34. All About Smoking Cessation
35. Impact of Secondhand Smoke
36. Physical Effects of Smoking
40. Alcohol Use – Good or Bad for You?

Use of Pathfinder Parenting on www.coping.us at:

<http://www.coping.us/pathfinderparenting.html>

and

Tools for Parents of Children with Special Needs at:

<http://www.coping.us/parentwithchildrenwithspecialneeds.html>

Diabetes Support Group

1. What do these Terms Mean?
39. Diabetes: Facing It Head On!
2. Tips from "Eat, Drink and Be Healthy"
3. Benefit of Exercise over the Lifespan.
4. Introduction to the Use of Exercise in Your Life
5. Rationale for Exercise for Weight Management
6. All About Heartrate in Exercise
7. Tips on Walking.
8. All about Stretching
40. Alcohol Use – Good or Bad for You?
36. Physical Effects of Smoking
34. All About Smoking Cessation
9. Sustaining a Healthy Outlook

23. Dealing with Depression
22. Overcoming Helplessness
24. Self-Affirmations To Strengthen Health Management.
25. Recovery Strategies to Strengthen Health
10. Overcoming Perfectionism in Changing Your Lifestyle
20. Tips on Pain Management.
21. Resilience-Bouncing Back in a Healthy Way
26. Steps of Problem Solving in Health Management
17. What is Stress
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19. Tips for Relaxation of Stress Response