

SAMHSA'S Wellness Initiative

SAMHSA envisions a future in which people with mental and substance use disorders pursue optimal health, happiness, recovery, and a full and satisfying life in the community via access to a range of effective services, supports, and resources.

INFORMATION FOR GENERAL HEALTH CARE PROVIDERS



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DID YOU KNOW ...

“People with mental illnesses die decades earlier than the general population.”

—National Association of
State Mental Health Program Directors

WHAT WE KNOW ABOUT PEOPLE WITH SERIOUS MENTAL ILLNESSES*:

- The co-occurrence of chronic medical disorders and complex health needs is an expectation, not the exception.
- Eighty-seven percent of years of life lost to premature death are due to medical illness.
- Premature mortality is predominantly due to chronic diseases—especially infectious, pulmonary, and cardiovascular—and diabetes.
- Medications, especially the atypical antipsychotic drugs, can cause weight gain, dyslipidemia, and glucose metabolism.
- Mental health consumers have a higher prevalence of metabolic syndrome, liver diseases, hypertension, and dental disorders.
- Mental health consumers have high rates of smoking, poor weight management/nutrition, and physical inactivity.
- Mental health consumers have the lowest rate of utilization of preventive medicine and self care.

*Source: National Association of State Mental Health Program Directors. (2008). *Measurement of Health Status for People with Serious Mental Illness*.

SAMHSA'S WELLNESS INITIATIVE

The Federal Government has spearheaded a major cross-governmental, public/private initiative to transform delivery of the Nation's mental health services into a system based on the expectation of recovery.

Through its Wellness Initiative, SAMHSA pledges to promote wellness for people with mental and substance use disorders by motivating individuals, organizations, and communities to take action and work toward improved quality of life, cardiovascular health, and decreased early mortality rates.

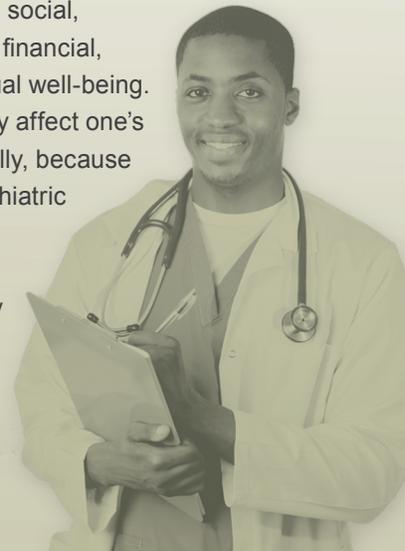
To learn more and sign the Pledge for Wellness, visit <http://www.samhsa.gov/wellness>.

You can make a
difference—ask about all eight
dimensions of a person's wellness.

THE EIGHT DIMENSIONS OF WELLNESS*

When treating a person with a mental disorder, it's important to inquire about many health factors, including one's physical, emotional, social, occupational, intellectual, financial, environmental, and spiritual well-being. All of these factors directly affect one's physical health. Additionally, because of the side effects of psychiatric medications, people with mental illnesses are at a much higher risk for many physical ailments.

*Source: Swarbrick, M. (2006). A wellness approach. *Psychiatric Rehabilitation Journal*, 29(4), 311–314.



You play an important role
as a health care provider.

The **Institute of Medicine*** states that health care should be consumer-centered, based on shared knowledge, and have the free flow of information—especially important for persons with mental health problems who have multiple health care providers.

With a patient's permission, connect with his or her other health care providers and share pertinent health information for an integrated treatment plan.

TIPS FOR HEALTH CARE PROVIDERS

- Talk to your patients about the importance of following up on blood work and other medical tests—especially when a person is taking psychiatric medications.
- When treating a person taking psychiatric medications, be aware of glucose levels, weight loss or gain, blood pressure, sleep patterns, and metabolic levels.
- Refer consumers to needed resources, such as smoking cessation tools, if applicable.
- Talk with patients about ways to improve health—a nutritional diet, daily exercise, making social connections, and avoiding nicotine, alcohol, and other substances.
- Remember—all eight dimensions of wellness affect one's overall well-being!

*Source: Institute of Medicine. (2005). *Improving the Quality of Health Care for Mental Health and Substance*.

FOR MORE Information

- Substance Abuse and Mental Health Services Administration (SAMHSA)
<http://www.samhsa.gov>
- FDA Office of Women's Health
<http://www.fda.gov/womens>
- Million Hearts™
<http://www.millionhearts.hhs.gov>
- U.S. Department of Health and Human Services
<http://www.hhs.gov>
- National Association of State Mental Health Program Directors (NASMHPD)
<http://www.nasmhpd.org>
- Institute of Medicine
<http://www.iom.edu>
- Center for Psychiatric Rehabilitation
<http://www.bu.edu/cpr>
- The National Wellness Institute
<http://www.nationalwellness.org>
- Health Finder
<http://www.healthfinder.gov>
- SAMHSA-HRSA Center for Integrated Health Solutions
<http://integration.samhsa.gov>
- FAVOR (Faces & Voices of Recovery)
<http://www.facesandvoicesofrecovery.org>

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Support SAMHSA's efforts by signing the **PLEDGE FOR WELLNESS** to promote wellness for people with mental and substance use disorders by taking action to improve the quality of life and reduce early mortality.

SAMHSA'S Wellness Initiative

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