

## Facilitators Workshop Guide: Enhancing Physical Health

Produced by the Counties Manukau AOD and Mental Health Collaborative

MODULE 1. Enhancing Physical Health: My Health: Self-Assessment Form			
Aim: Overview of Equally Well and Health Disparities			
Length: 1 hour total: 20 mins viewing, 40 min participation			
Slide Title & Number	Outline	Aim & Activities	References
1. Title Slide	Introduce facilitators	Brief facilitator introduction	
2. Workshop Goals	Participants will gain: <ol style="list-style-type: none"> <li>1. Awareness of Equally Well and the health disparities it aims to address.</li> <li>2. Familiarity with the My Health form and other related resources.</li> <li>3. Confidence to use the My Health form effectively with people they support.</li> </ol>	Format of 2 modules Module 1 <ul style="list-style-type: none"> <li>• Awareness of Equally Well, current health disparities</li> </ul> Module 2 <ul style="list-style-type: none"> <li>• Workshop of My Health form; the development, guidelines &amp; using the form effectively</li> </ul>	
3. Module 1 goal	<i>Awareness of Equally Well and the health disparities it aims to address.</i>	Module 1 goal identified	
4. Equally Well	Provide a high-level overview of the Equally Well initiative and its importance in the provision of health care	Importance of EW as a driver to reduce inequity in health care	Full report available <a href="https://www.tepou.co.nz/uploads/files/TePou-EquallyWell-EvidenceReview-FullReport.pdf">https://www.tepou.co.nz/uploads/files/TePou-EquallyWell-EvidenceReview-FullReport.pdf</a>
5. Inequity vs Inequality	Understanding of both inequity and inequality	Clarify difference	<a href="https://www.bmj.com/content/356/bmj.j556/r-r-8">https://www.bmj.com/content/356/bmj.j556/r-r-8</a>
6. Physical health is important to everyone	Personalise health goals	Emphasise importance by personalising physical health	
7. What do you need to be healthy	Maintain personalised focus. Brainstorm range of needs to support healthy lifestyle and physical wellbeing.	Stop ppt presentation while participants complete this slide as a group activity or individual brainstorm (5 mins).	

## Facilitators Workshop Guide: Enhancing Physical Health

Produced by the Counties Manukau AOD and Mental Health Collaborative

Slide Title & Number	Outline	Aim & Activities	References
<b>8. What are the barriers</b>	Describe range of internal and external factors that are barriers to achieving health needs.	Continue with exercise (5 mins). Personal story from presenter.	
<b>9. Coping styles</b>	Introduce key types of responses to a health challenge.	Provide information for self-reflection from participants. Provide optional exercise for participants to identify their coping style and review implications for health decisions- see reference (10 mins).	Monitor Blunter style scale (MBSS) <a href="https://www.cancernetwork.com/articles/monitors-and-blunters-different-patient-coping-styles">https://www.cancernetwork.com/articles/monitors-and-blunters-different-patient-coping-styles</a>
<b>10. Barriers lead to inequity in Healthcare</b>	Barriers to healthcare lead to inequity and higher rates of morbidity and mortality	Evidence provided	Cancer survival in the context of mental illness: a national cohort study. <a href="#">Cunningham R, Sarfati D, Stanley J, Peterson D, Collings S. Gen Hosp Psychiatry. 2015 Nov-Dec;37(6):501-6.</a>  <a href="https://www.tepou.co.nz/resources/cardiovascular-disease-risk-and-management-in-people-who-experience-serious-mental-illness-an-evidence-review/741">https://www.tepou.co.nz/resources/cardiovascular-disease-risk-and-management-in-people-who-experience-serious-mental-illness-an-evidence-review/741</a>  <a href="https://www.tepou.co.nz/uploads/files/resource-assets/TP%20NZHS%20infographic-2d-Final.pdf">https://www.tepou.co.nz/uploads/files/resource-assets/TP%20NZHS%20infographic-2d-Final.pdf</a>  <a href="https://www.ncbi.nlm.nih.gov/pubmed/28462330">https://www.ncbi.nlm.nih.gov/pubmed/28462330</a>
<b>11. Addressing Inequality in Health Care</b>	Presentation of drivers of inequality and inequity Acknowledgement of the reality	Presentation of systemic factors	Ewart et al, Mental Health Consumer Experiences and Strategies When Seeking Physical Health Care: A Focus Group Study (2016) <a href="https://www.ncbi.nlm.nih.gov/pubmed/28462330">https://www.ncbi.nlm.nih.gov/pubmed/28462330</a>

## Facilitators Workshop Guide: Enhancing Physical Health

Produced by the Counties Manukau AOD and Mental Health Collaborative

Slide Title & Number	Outline	Aim & Activities	References
<b>12. Stigma in Health Care</b>	What is stigma in healthcare and its impact	Understanding impact of stigma for people with mental health and addiction challenges.	<a href="https://www.likeminds.org.nz/assets/Uploads/Discrimination-reported-by-users.pdf?">https://www.likeminds.org.nz/assets/Uploads/Discrimination-reported-by-users.pdf?</a>  <a href="https://adf.org.au/insights/stigma-people-who-use-drugs/">https://adf.org.au/insights/stigma-people-who-use-drugs/</a>  <a href="https://www.likeminds.org.nz/communities/">https://www.likeminds.org.nz/communities/</a>  <a href="https://changingminds.org.nz/resources/mental-health-stigma-reduction-guidelines/">https://changingminds.org.nz/resources/mental-health-stigma-reduction-guidelines/</a>  <a href="https://beherenownetwork.com/understanding-trauma-addiction-and-the-path-to-healing-a-conversation-with-gabor-mate/">https://beherenownetwork.com/understanding-trauma-addiction-and-the-path-to-healing-a-conversation-with-gabor-mate/</a>
<b>13. Racism</b>	Presentation on racism. Explain institutional racism, impact on access and quality of care.	Discussion and direct towards further information to develop own understanding. Ask participants to reflect on cultural privilege/disadvantage (10 mins).	<a href="http://www.journal.mai.ac.nz/sites/default/files/MAI%20Journal%20Vol.2%20pages%2063-77%20Moewaka%20Barnes%20et%20al..pdf">Te Rōpū Rangahau Hauora a Eru Pōmare http://www.journal.mai.ac.nz/sites/default/files/MAI%20Journal%20Vol.2%20pages%2063-77%20Moewaka%20Barnes%20et%20al..pdf</a>  <a href="https://www.health.govt.nz/our-work/populations/maori-health/wai-2575-health-services-and-outcomes-kaupapa-inquiry">https://www.health.govt.nz/our-work/populations/maori-health/wai-2575-health-services-and-outcomes-kaupapa-inquiry</a>
<b>14. Pause to Ponder</b>	Identification of barriers that result in inequity in healthcare outcomes	Reflection of the range of barriers for people that participants support (10 mins).	
<b>15. Module 1 goals</b>	Re-presentation of goal <i>Awareness of Equally Well and the health disparities it aims to address.</i>	End of Module 1 Summarise key messages	

## Facilitators Workshop Guide: Enhancing Physical Health

Produced by the Counties Manukau AOD and Mental Health Collaborative

<b>MODULE 2. Enhancing Physical Health: My Health: Self-Assessment Form</b> <b>Aim: Introduce the <i>My Health</i> form and how to use it</b> <b>Length: 2 hour total: 20 mins viewing, 1hr 40 min participation</b>			
<i>Slide title &amp; Number</i>	<i>Outline</i>	<i>Aim and Activities</i>	<i>References</i>
<b>16. Title Slide</b>	Introduce facilitators	Brief facilitator introduction	
<b>17. Module 2 Goals</b>	<ol style="list-style-type: none"> <li><i>Familiarity with the My Health form and other related resources.</i></li> <li><i>Confidence to use the My Health form effectively with people they support.</i></li> </ol>	Introduce module 2 and goals for this module	
<b>15. Training resources</b>	Identify 3 key resources required for workshop	Name the resources required for this module and how to access on the AoD collaborative website	<p>My Health: Self-Assessment Form  <a href="http://www.aodcollaborative.org.nz/vdb/document/167">http://www.aodcollaborative.org.nz/vdb/document/167</a></p> <p>My Health: Self-Assessment Form- Guidelines for Use  <a href="http://www.aodcollaborative.org.nz/vdb/document/168">http://www.aodcollaborative.org.nz/vdb/document/168</a></p> <p><b>Finding Health Services: Counties Manukau.</b> A brochure to accompany <i>My Health</i>, about health services available.  <a href="http://www.aodcollaborative.org.nz/vdb/document/166">http://www.aodcollaborative.org.nz/vdb/document/166</a></p>
<b>16. My Health Self-Assessment Form</b>	Brief overview of development, consultation and aims of the form	Facilitators presentation	<p><a href="https://assets.neaminational.org.au/assets/Resources/Projects/HealthPrompt/ba5e141718/booklet_health_prompt_a4_cmyk.pdf">https://assets.neaminational.org.au/assets/Resources/Projects/HealthPrompt/ba5e141718/booklet_health_prompt_a4_cmyk.pdf</a></p> <p>Kelly E et al. Integrating behavioral healthcare for individuals with serious mental illness: A randomized controlled trial of a peer health navigator intervention Schizophrenia Research 182 (2017) 135-141</p>

## Facilitators Workshop Guide: Enhancing Physical Health

Produced by the Counties Manukau AOD and Mental Health Collaborative

Slide Title & Number	Outline	Aim & Activities	References
<b>17. Can be used by Everyone</b>	Introduce form	Provide opportunity to read through form for understanding and familiarisation. (10 min)	
<b>18. Can be used Everyone</b>	Begin familiarisation of the 6 sections <ol style="list-style-type: none"> <li>1. Using Health Services.</li> <li>2. Keeping Healthy</li> <li>3. Health Checks with my GP</li> <li>4. Health Screens</li> <li>5. Other Health Needs</li> <li>6. My Health Goals</li> </ol>	Presentation and discussion Describe and provide rationalisation for <ul style="list-style-type: none"> <li>• Sections</li> <li>• Flexibility</li> <li>• Goal setting</li> <li>• Review</li> </ul>	
<b>19. My Health: Guidelines for use in AOD and MH services</b>	Introduce Guidelines for use prior to using the form	Time provided to read through guidelines (10 min)	
<b>20. My Health: Guidelines for use in AOD and MH services</b>	Identify purpose and type of response for each of the six sections to enhance effectiveness	Facilitators present the guidelines for each of the 6 sections Or Suggest turn off ppt and participants present 1 section each back to the whole group (20 min).	
<b>21. My Health Self-Assessment Form</b>	Participants asked to complete the form for themselves	Participants complete the form and then clarify own goals and priorities. (20 min).	
<b>22. My Health Self-Assessment Form</b>	Review importance of goal setting as the final section of the form	Identify best practice in goal setting. <ol style="list-style-type: none"> <li>1. Roleplay setting goals from the health priorities identified (15 min).</li> </ol> <b>And/ Or</b> <ol style="list-style-type: none"> <li>2. Watch video of brief roleplay (5 min)</li> </ol>	Role play link for Demonstration of Goal Setting.
<b>23. Health Resources</b>	Additional resource section to identify community and internet resources to accompany the form.	Sample of resources available	

## Facilitators Workshop Guide: Enhancing Physical Health

Produced by the Counties Manukau AOD and Mental Health Collaborative

Slide Title & Number	Outline	Aim & Activities	References
<b>22. How can this be used in your organisation</b>	<p>Support participants to answer the following questions</p> <ul style="list-style-type: none"> <li>• Where do these discussions naturally occur in your service?</li> <li>• Who would complete this with whaiora, when?</li> <li>• What is the most important need?</li> <li>• Are there gaps where physical health discussion may be important?</li> <li>• How would this be reviewed?</li> </ul>	<p>Important to link the forms use back to the service that participants work in.</p> <p>Presented for self-reflection or to start a group discussion (20 min). Participants may want to initiate a discussion with others in their organisation.</p>	
<b>23. How can this be used in your organisation (cont.)</b>	<ul style="list-style-type: none"> <li>• Could it be used in integrating health car?</li> <li>• Results belong to the person, but could they be shared?</li> <li>• Are there further resources that you need or know of?</li> </ul>	Continue discussion/ reflection (10 min).	
<b>24. Module 1 &amp; 2 goals</b>	<ol style="list-style-type: none"> <li>1. <i>Awareness of Equally Well and the health disparities it aims to address.</i></li> <li>2. <i>Familiarity with the My Health form and other related resources.</i></li> <li>3. <i>Confidence to use the My Health form effectively with people</i></li> </ol>	Review goals to summarise, check they have been met.	
<b>25. Thank you</b>		Appreciation expressed for engagement in modules and supporting equity in physical health outcomes.	