Welcome

Before we get started . . .

A quick introduction to NAMI Massachusetts Support and Education Programs

www.namimass.org

NAMI Education Programs

NAMI Family-to-Family is NAMI's flagship education program for family members of people diagnosed with mental health conditions. This free, 8-week program is facilitated by trained volunteers who are family members, caring for their loved ones themselves.
The course provides family caretakers with education about mental health conditions, skills workshops, and information about available resources. The NAMI Family-to-Family curriculum includes:

•Information about mental health conditions and treatments
•Coping skills, handling crisis and relapse, local and national resources
•Listening and communication techniques
•Problem solving, limit setting, self-care

NAMI Education Programs

NAMI Basics is a free, 6-week course for parents and family caregivers of children and adolescents with emotional or behavioral issues. It provides critical strategies for taking care of your child and learning the ropes of recovery. BASICS will give you techniques for:

- Managing crises, solving problems, and communicating effectively
- How to take care of yourself and handle stress
- Developing the confidence and stamina to support your child with compassion
- Advocating for your child's rights at school and in health care settings
- Learning about current treatments, including evidence-based therapies and medications
- Gaining an overview of the public mental health care, school, and juvenile justice systems and supporting resources to help you navigate these systems
- Understanding the challenges and impact of mental health conditions on your entire family

NAMI Education Programs

NAMI Peer-to-Peer is an 8-week free recovery-focused program for people who wish to establish and maintain their wellness. Taught by trained leaders with lived experience, this program includes activities, discussions, and informative videos. Great value is placed on the individual experiences of each person in the class, and participants are empowered to share their own stories and the coping tools that have worked for them.

Peer-to-Peer helps you create your own:
- Vision Statement
- SMART goals
- Recovery Workbook
- Support Networks
- Awareness Grid
- Crisis Plan

NAMI Support Groups

NAMI Family Support Groups are free groups for family members, friends, and other caregivers of people diagnosed with mental health conditions.

Family Support Groups provide a nonjudgmental environment where caregivers can discuss concerns, learn about local resources, and benefit from one another's collective knowledge and experience. Led by NAMI-trained facilitators who are also family members, they provide comfort, hope, and a sense of community.

NAMI Family Support Groups are unique because they follow a structured model, ensuring everyone has an opportunity to be heard and to get the support they need. By sharing your experiences in a safe and confidential setting, you gain hope and develop supportive relationships.

NAMI Support Groups

NAMI Connection is a free, peer-led support group for people who are concerned about their mental health. Groups are led by NAMI-trained facilitators who've been there. NAMI Connection groups allow you to talk about your experiences in a safe and confidential setting. The groups encourage empathy, productive discussion, and a sense of community. You will gain insight from hearing the challenges and successes of others.

NAMI Connection Recovery Support Groups will help you:

• Find hope and develop relationships

• Find better coping skills

• Help others while helping yourself

• Find strength in sharing experiences

• Work for a better future in a realistic way

NAMI @home

@home
NAMI Massachusetts
National Alliance on Mental Illness

NAMI Mass @home is a support group with a difference. We offer a traditional facilitated group on the 1st and 3rd Thursday of the month, and a presentation on the 2nd and 4th Thursday. Registration is required for @home presentation sessions.

Upcoming presentations:
- Surviving the holidays
- NAMI Jams

NAMI Compass

The COMPASS Helpline at NAMI Massachusetts provides information and resources to help people navigate the complex mental health system, and problem solve in difficult circumstances.
COMPASS is staffed by people with experience navigating the mental health system for themselves or a loved one. Our trained Navigators are available to answer a wide range of questions and refer to community resources

The COMPASS helpline is available Monday through Friday, 9 am – 5 pm (excluding holidays).

Call us at 617-704-6264 or 1-800-370-9085,

or email us at compass@namimass.org. Please note that we are unable to make in-person appointments at this time
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Family and Peer Support Services to Address the Health Disparities of People Living with Serious Mental Health Challenges

Martha Barbone, DVM, CPS

"Believe in yourself and all that you are. Know that there is something inside you that is greater than any obstacle."

-Christian D. Larson

CHDC
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Disparities Center

iNAPS
National Association of
Peer Supporters

Purpose

This Presentation will review the value of family support and peer support to address health disparities and is based on **PCORI funded research** in assisting people with mental health challenges in attaining their health and wellness goals.

Specific Focus:

- MISSION
- HISTORY
- PCORI IS NOT RESPONSIBLE FOR THIS PRESENTATION OR RELATED MATERIALS

Objectives

1. Discuss the concern: Health and wellness of people with mental health challenges

2. Describe Family and Peer support services as an effective solution

3. Describe Program development through Community Based Participatory Research (CBPR)

4. Discuss PCORI Research Findings

5. Discuss how peer support services might be implemented moving forward

RECOVERY FOCUSED

Long-term research has shown that hopes and dreams can be achieved, even if some symptoms persist

RECOVERY IS POSSIBLE

Providers and programs assist people in attaining their goals with hope and empowerment and recognize the effect that mental health concerns have on the entire family

Objective 1

What is the issue:

Health and wellness of people living with mental health challenges and their families

Physical Health Concerns

Cardiovascular Disease

Respiratory Illness

Communicable Disease

Gastrointestinal Disorders

Throat Disease

Obesity

Kidney Ailments

Infectious disease

Orthopedic Injury

Cancer

Neurological Disorder

Risks of the COVID-19 Pandemic

This community is at greater risk during the COVID-19 pandemic for many of the reasons we will discuss

Staying safe from infection

What to do if you are infected

Impact on mental health

Results

Emergency

Early Death
10-20 years

INSTITUTIONS

Desired Results

WHOLE FAMILY WELLNESS

Quality of Life

Inner Peace

Sense of Wholeness

What do we mean by Serious Mental Health Challenges?

A diagnosable mental, behavior, or emotional disorder that causes serious functional impairment that substantially interferes with or limits one or more major life activities (SAMHSA)

Difficulties to achieve specified goals:

- Education
- Employment, vocation, income
- Independent Living
- Relationships
- Health

What Contributes to Worse Health Outcomes?

- Poverty

- Homelessness

- Crime
  - Victim
  - Justice System Involvement

- Substance Use

Six Reasons Why This Occurs.

1. Life Style

- Diet
- Exercise
- Smoking
- Unsafe sex
- Substances

Six Reasons Why This Occurs.

2. Social Determinants

- Poverty
- Homelessness
- Crime Victim
- Domestic Violence
- Jail or Prison

Six Reasons Why This Occurs.

3. Insufficient Resources $\longrightarrow$ **FRAGMENTED HEALTH SYSTEM**

- Inaccessible clinics (lack of transportation)
- Too few entitlements (insurance coverage)
- Lack of parity (equity) in mental and physical healthcare
- Lack of recovery resources
- Distrust of healthcare system

Six Reasons Why This Occurs.

4. Lack of Culturally Relevant Services

- Services not in ethnically diverse neighborhoods
- Providers of color largely absent from care settings
- Services fail to reflect cultural priorities including the culture of hope and recovery

Six Reasons Why This Occurs.

5. Medication Side Effects

Significant weight gain in atypical anti-psychotic medication lead to:

- Type 2 diabetes
- High blood pressure
- Cardiovascular Disease

Six Reasons Why This Occurs.

6. Genetic Comorbidities

- Heart Arrhythmias
- Auto-immune disorders
- Diabetes

Treatments Do Exist!

Evidence-based strategies:

Are those that prove effective through rigorous study and evaluation

Properly trained doctors, nurses, therapists, and peer support providers as well as education of individuals and families.

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Objective 2

Family and Peer support services as one solution

The Promise of Integrated Care

One stop health care for

Primary

Specialty

Mental health care

Reality: The Promise Has Not Been Realized

- Some care providers oppose or are reluctant
- Funding is not available (especially for low income groups)
- Recovery services and resources are lacking

Peer Support Workers

Peer support workers are people who have been successful in the recovery process who help others experiencing similar situations. Through shared understanding, respect, and mutual empowerment, peer support workers help people become and stay engaged in the recovery process and reduce the likelihood of relapse. Peer support services can effectively extend the reach of treatment beyond the clinical setting into the everyday environment of those seeking a successful, sustained recovery process. (SAMHSA)

Family Peer Support

Families affect and are influenced by the recovery experiences of children, youth, and adults with mental or substance use disorders. As caregivers, navigators, and allies, family members play diverse roles and may require a variety of supports. Families and family-run organizations are vital components of recovery-oriented service systems. Family members train and support other families—sharing lived experiences and insights that instill hope, increase understanding, and contribute to systems transformation. (SAMHSA)

Basic Values of Peer Support

Recovery-Focused

- accepting
- empowering
- strengths-focused
- in the community

One Key Ingredient to Peer Support

Disclosure

- On the way-down story (challenges)
- On the way-up story   (recovery)
- What's worked for me and others

Limits to disclosure

What Can Peer and Family Support Workers Do?

- Promote shared decision making

- Teach Skills

- Support to Navigate the system

Support Shared Decision Making

- Focus:
  - Hope
  - Self-determination
  - Empowerment

- Achieved through:
  - Helping to understand health and wellness goals (everyday language)
  - Exploring the full range of options given specific goals
  - Using person-centered planning to support individual to make decisions

Teach Skills for Self-Management

Gather Information

- What are my health challenges?
- What treatments help?
- How do I access them?
- What are my wellness goals?
  - (e.g., diet and exercise)
- How do I achieve these goals?

Teach Skills for Self-Management

Behaviors
(What do I do to achieve my health and wellness goals?)

- Stress management
- Healthy eating
- Physical activity
- Social Connection

Navigate the System

Opportunity

Peer supporters help people use these skills in their world.

- Find Services
- Go with them to appointments
- Go shopping together
- Participate in wellness program in one's community

Peer Support Skills: Working with the Person

- Active listening skills

- Support with Goal setting and Problem Solving

- Support through strengths-based model

- Advocacy

What might peer service providers do for COVID-19 and other infectious disease.

- Explain guidelines for personal protection in common, everyday language.
- Discuss how to check for symptoms and where to be tested.
- Discuss Managing fear, stress and isolation.

Objective 3

Program development through Community-Based Participatory Research (CBPR)

Strengths of CBPR

Underrepresented individuals **should** be involved in all phases of research to help reduce unfair barriers.

This is where community-based participatory research (CBPR) can be used!

Collaborative - Unique strengths - Importance to the community - Improves communities- Eliminates disparities

Leadership Topics
Introduction to Research and CBPR
Leadership Styles
Communication Skills
Project Management
Leading a Meeting
Professionalism
Self-Care
Mentorship
Solving Problems and Managing Conflict

Objective 4

PCORI Research Findings

Title & PI	Goals
Peer Health Navigation: Reducing Disparities in Health Outcomes for the Seriously Mental Ill (PI: John Sinclair Brekke; brekke@usc.edu) https://www.pcori.org/research-results/2013/can-people-who-have-experience-serious-mental-illness-help-peers-manage-their	Help patients with serious mental illness to better access and use healthcare services, improve self-management of health and health care. *(Completed)*
Integrated Care and Patient Navigators for Latinos with Serious Mental Illness (PI: Patrick Corrigan; corrigan@iit.edu) https://www.pcori.org/research-results/2013/peer-navigator-support-latinx-patients-serious-mental-illness	Assess the effects of peer navigators to existing integrated services on enhancing primary care engagement for Latino patents with mental illness. *(Completed)*
Integrated Physical and Mental Health Self-management Compared to Chronic Disease Self-management (PI: Sarah Pratt; Sarah.I.Pratt@dartmouth.edu) https://www.pcori.org/research-results/2018/comparing-two-programs-managing-long-term-health-problems-people-lived	Compare the effectiveness of two programs, led by either mental health or by people with lived experience, on helping patients manage chronic medical and medical illnesses. *(Ongoing)*
Increasing Healthcare Choices and Improving Health Outcomes Among Persons with Serious Mental Illness (PI: Chyrell Bellamy; chyrell.bellamy@yale.edu) https://www.pcori.org/research-results/2013/does-peer-led-program-wellness-coaching-improve-wellness-among-people-serious	Examine the impact of a peer-led holistic health group curriculum and personalized wellness coaches on helping patients with serious mental illness improve their physical and mental health. *(Completed)*
Integrated Smoking Cessation Treatment for Smokers with Serious Mental Illness (PI: Eden Evins; a_eden_evins@hms.harvard.edu) https://www.pcori.org/research-results/2016/helping-people-serious-mental-illness-stop-smoking	The project seeks to examine evidence-based treatments on helping patients with serious mental illness stop smoking with support from community health workers. *(Ongoing)*

Can people who have experience with SMI help peers manage their health care? (PI: Brekke)

◆ The *Bridge* Program

  ◆ Targets: health care access, utilization, and outcomes.

  ◆ Taught SKILLS to better avail health care with manualized program.

  ◆ Augmented by motivational interviewing, psychoeducation, modeling and role paraprofessionals.

  ◆ Training done *in vivo*; i.e., in the consumers' clinic.

  ◆ Peers (people in recovery) are teachers.

  ◆ It is a six-month program.

Methods

- 151 people with serious mental illness were randomly assigned to one of two groups:
  - Mental health care as usual
  - The Bridge plus mental health care as usual.
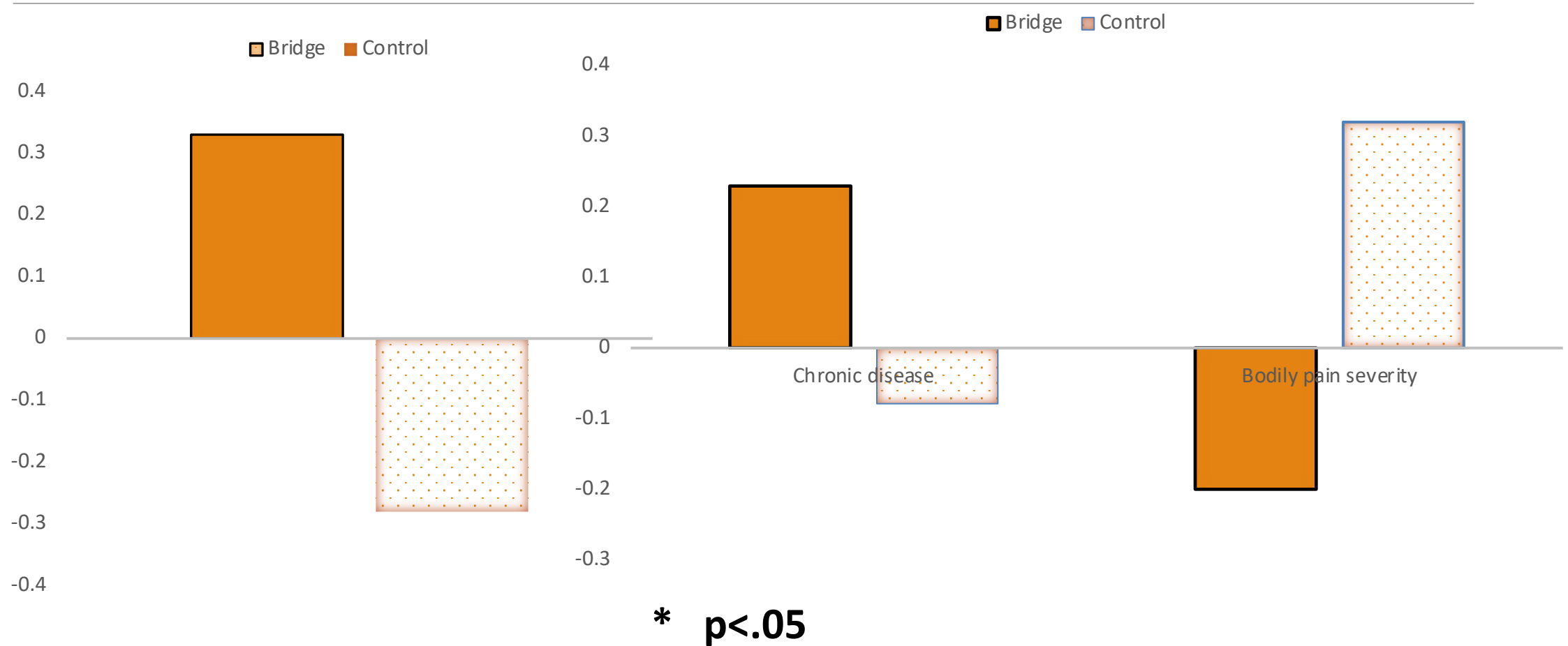- Data collected at baseline, 6, and 12 months.

Measures

- **Health Services:**
  - N routine care visits
  - N routine health screenings
  - Quality of relationship with health care provider
- **Confidence for self-management**
- **Health concerns:**
  - Chronic disease
  - Bodily pain severity

Confidence for Self-Management (change scores)

Health Concerns (change scores)

* p<.05

Peer Navigator support for Latinx Patients with Serious Mental Illness (PI: Corrigan)

◆ Peer Navigator Program
- Program developed using CBPR approach
  - Trained Latinx with lived experience to become peer navigators
- Navigators are currently in recovery from serious mental illness
- Assisted participants to address healthcare goals
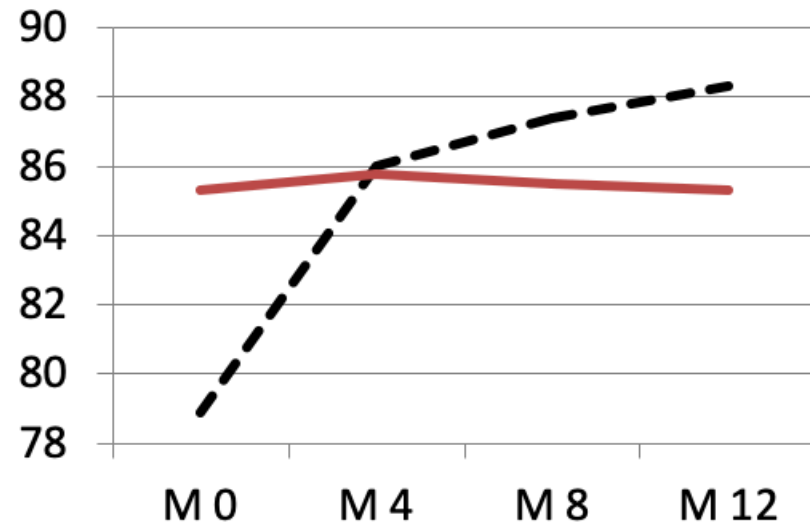
◆ It is a 12 month program.

Methods

Measures

➢ 110 Latinx with serious metal illness and physical health concerns were randomly assigned to:

- Peer Navigator Program (PNP) or
- Integrated Care as Usual (ICAU)
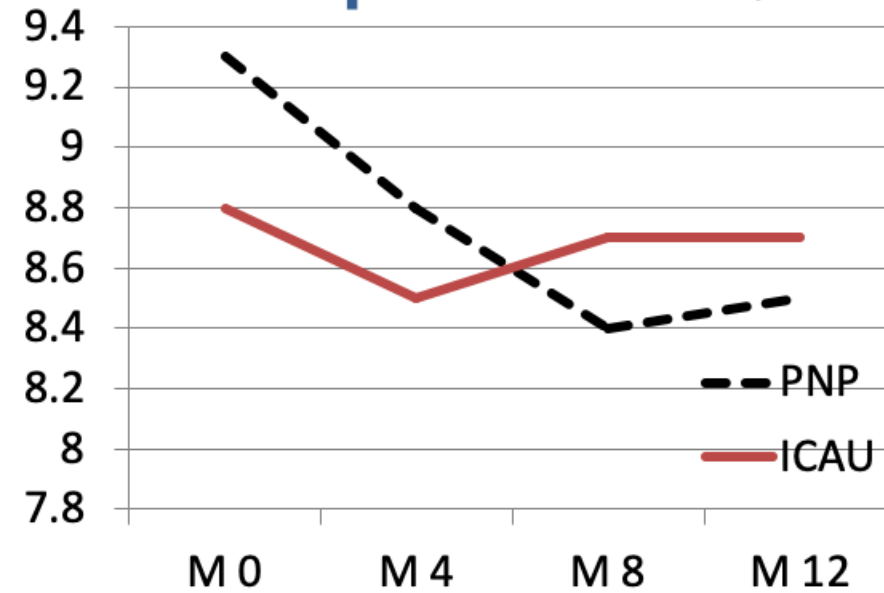
➢ Data was collected at baseline, 4, 8 and 12 months

- Service engagement (achieved appointments)
- Perceived effects on health
  - Recovery
  - Empowerment
  - Quality of life

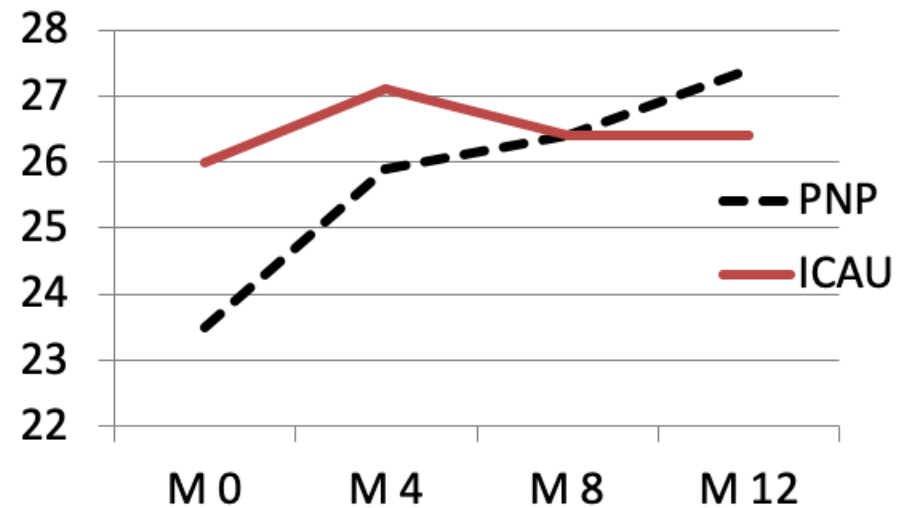**Self-Reported Recovery** p<.001)

Self-Reported Empowerment p<.05

Quality of Life p<.05)

Does a Peer-Led Program with Wellness Coaching Improve Wellness among People with SMI

◆ Peer-Led Wellness Coaching (PLWC)
  ◆ It is a 6-month program:
    ◆ All six months: personal wellness coaching
    ◆ First three months: peer-led group classes that covered:
      • personal wellness
      • mental health stigma
      • self-management strategies
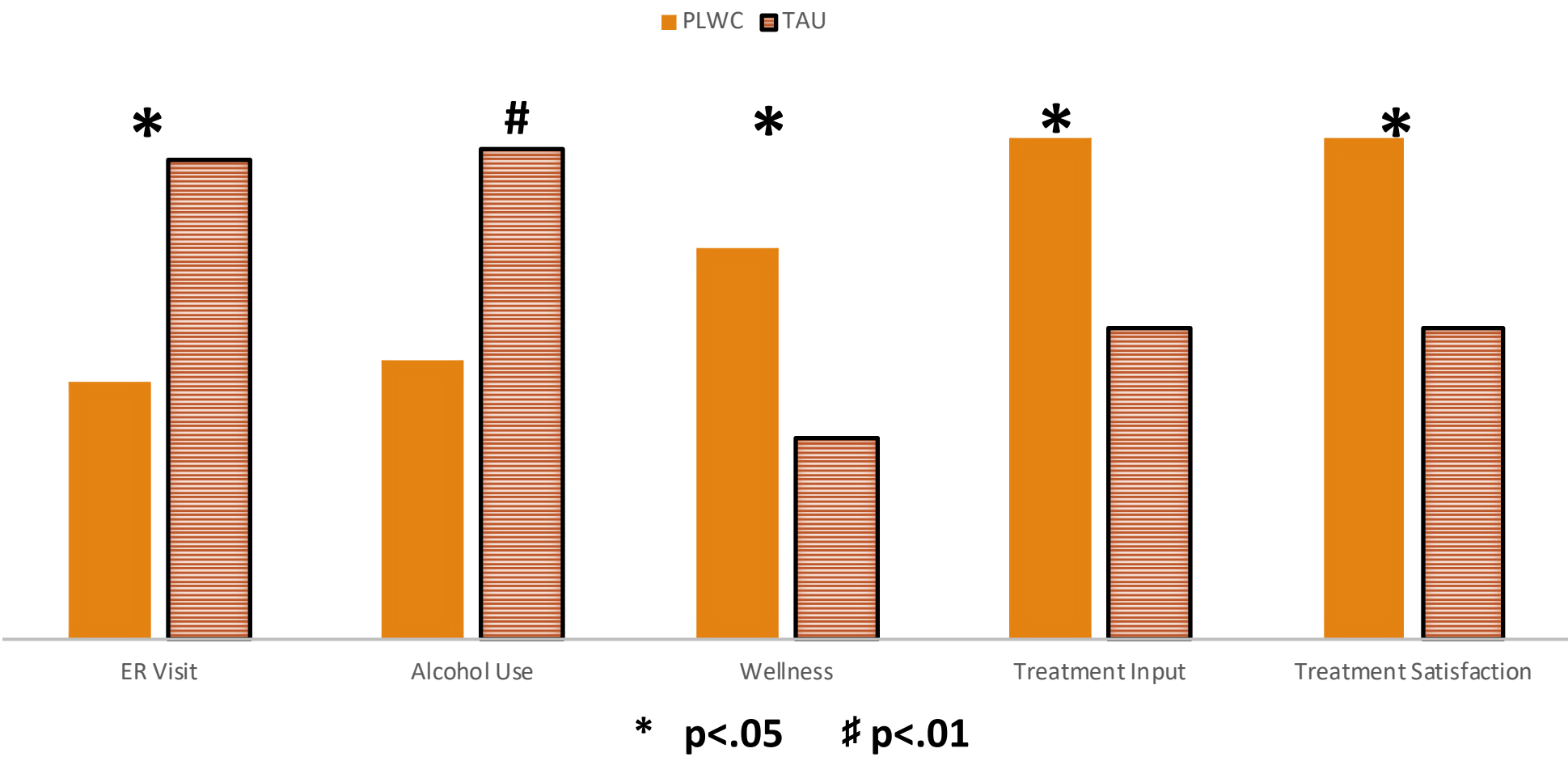 ◆ Design was CBPR

Method

- 74 people serious metal illness
  - quasi-randomized design
    - PWLC
    - Treatment as Usual (TAU)
    - Data collected at baseline, 4, 8, and 12 month

Measures

- Emergency room visits
- Alcohol use
- General wellness
- Treatment plan input
- Treatment satisfaction

Findings

* p<.05   # p<.01

For more information
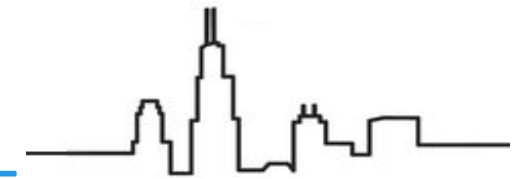
Health Navigation Training Program of the Pacific Clinics

http://www.healthnavigation.org/

Chicago Health Disparities Center

https://www.chicagohealthdisparities.org/index.php/2-uncategorised/31-for-peer-navigators

CHDC
Chicago Health
Disparities Center

Outline Point 5

Moving forward:

A discussion of how peer and family support services might be implemented.

Barriers to Implementation

- A shift in the practice culture

- Identification/selection of workforce

- Training and certification

- Supervision

- Program evaluation

- Reimbursement

Questions and Comments

For further information:

Patrick Corrigan, corrigan@iit.edu

Post Webinar Survey:

https://bit.ly/38UiJ7y

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