

Senior's Wellness Program

Mental Health, Saint John, NB

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Senior's Mental Health Team

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Overview

- Planning Session
- Loneliness & Isolation
- Social Support Network
- Pilot of Wellness Program
- SMHPL Evaluation
- Planning for Evolution
- Summary

Facts about Seniors and Mental Health in Canada

- Seniors in Canada are three times more likely to be hospitalized.
- Hospital rates rise substantially among older seniors especially over 75 years of age.
- Seniors experience long hospital stays, an average of 14 days, however , in New Brunswick average length of stay related to a mental illness is 30 days.
- Mental Illnesses can be treated effectively.
- Mental illnesses are costly to the individual, family, health care system and community.
- The economic cost of mental illnesses in Canada was estimated to be at least \$7.331 billion in 1993.
- In 1999, 3.98% of all admissions in general hospitals (1.5 million hospital days) were due to anxiety disorders, bipolar disorders, schizophrenia, major depression, personality disorders, eating disorders and suicidal behaviour.
- The stigma attached to mental illnesses presents a serious barrier not only to diagnosis and treatment but also to acceptance in the community.

SMHPL Application

- Team surveyed
 - SMHPL In Action
- New insights
 - Assumptions
- Shared Vision
 - Building Capacity
 - Health Promotion
 - Reducing Isolation & Loneliness
- Proposal for Transportation Component
 - MINDCARE Support

Development of the framework for the Seniors' Wellness Program

Values identified by seniors	Values identified by CMHS staff	Framework for wellness program	Basis for Group Activities
- learn from each other	Being treated with respect	<ul style="list-style-type: none"> ● Dignity <ul style="list-style-type: none"> ○ Respect each other ○ Appreciate accomplishments ● Independence <ul style="list-style-type: none"> ○ Self reliance ○ Freedom to choose ○ Access to support ● Participation <ul style="list-style-type: none"> ○ Getting involved ○ Enjoy activities ● Fairness <ul style="list-style-type: none"> ○ Acceptance for who you are ○ Have your voice heard ● Security <ul style="list-style-type: none"> ○ Safe and comfortable environment ○ Friendly and supportive atmosphere 	<ul style="list-style-type: none"> ● Social <ul style="list-style-type: none"> ○ Make friends ○ Laugh, joke ○ Celebrate life ○ Share stories ○ Learn from each ● Emotional <ul style="list-style-type: none"> ○ Friendly support, encouragement ○ Enhance coping skills ○ Improve self esteem ○ Feel empowered ● Spiritual <ul style="list-style-type: none"> ○ Review of one's life and contributions ○ Beliefs ● Physical <ul style="list-style-type: none"> ○ Participate in group exercises ○ Learn about nutrition, exercise, wellness
- share stories	Having freedom to choose		
- feel connected	Appreciation		
- belonging	Acceptance		
- to take part in activities (participate)	Safe environments		
- to have a say in things (empowered)	Feel supported		
- to laugh and celebrate	Laughter		
- be happy	Friendliness and caring		
- make friends	Learn from one another		
- feel welcome	Sharing		

	Budget Items	Cost per Item	Cost per 2 hour session (12 sessions)	Total Cost per Annum
1.	Staffing costs per hour (salaries paid by CMHS)	Program Director (\$30.00) Nurse (\$22.95) Social Worker (\$20.48) Support Worker (\$15.74)	\$173.84	\$2140.08
2.	Admin/secretary	\$13.00	\$26.00	\$312.00
3.	Venue	Boys & Girls Club	Donated Space	No charge
4.	Transportation	10 x \$10.00	\$100.00	\$1200.00
5.	Refreshments	\$1.50 per individual	\$15.00	\$180.00
6.	Entertainment	\$20.00	\$20.00	\$240.00
7.	Guest Speakers	Volunteer	No charge	No charge
8.	Gift Fund	\$8.00	\$8.00	\$96.00
9.	Educating Facilitators	\$125.00 x 6	\$62.50	\$750.00
			Subtotal	\$4918.08
	Miscellaneous (15% Total cost)			\$738.00
			Total	\$5656.08

Note: total costs for the wellness program for the first year is est. at \$5606.08 divided by a lower estimate of 10 individuals attending = \$565.61 per individual

Hospitalization Costs

Health Service*	Health Cost per individual
Physician visits (family Dr)	\$ 28.00
Emergency Room (ER, physician)	\$105.00
ER Nurse	\$ 22.95
Ambulance service	\$150.00
Hospital stay	\$750 per day x average 30 day stay = \$22,500
Mental Health Consultation ER	
Psychiatrist	\$105.00
Mental Health Nurse	\$22.95
Social Worker	\$20.48
Support Worker	\$15.74
Subtotal	\$22970.12
Health care overhead (20% of health costs)	\$1594.02
Total	\$27564.14

Total Cost per individual = \$ = 26194.64

Less total Wellness Program Cost per individual 565.61

Potential Savings for the Province \$ 25629.03

Program Logic Model for Seniors' Wellness Program (based on Dykeman, MacIntosh, Seaman & Davidson (2003).

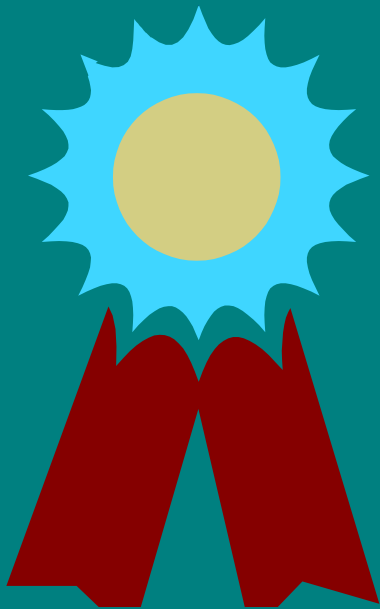
Program Components	Phase One : Pilot Wellness Program (Jan – August 2005)	Phase Two (September – August 2006)	Phase Three: (September 2006 ...)
Objectives	<ul style="list-style-type: none"> *Reduce social isolation, loneliness *Identify lonely, isolated seniors *Plan, develop and deliver monthly wellness sessions *Plan focus groups *Develop mission statement *Develop evaluation tool *Obtain and secure funding 	<ul style="list-style-type: none"> *Develop comprehensive wellness program w/ participants *Incorporate mission statement and core values *Investigate/ implement specific measurement tools *Increase wellness sessions (biweekly, weekly) *Increase awareness, understanding re: seniors, mental health for target group *Increase opportunities for participation *Develop networking between senior - serving community organizations and partners *Implement evaluation model 	<ul style="list-style-type: none"> * Ongoing development, improvement of comprehensive seniors' wellness program based on best practices. * Recognize involvement/ achievements of senior serving organizations * Increase networking between senior serving community based organizations, seniors * Revision of evaluation model

Program Components	Phase One : Pilot Wellness Program (Jan – August 2005)	Phase Two (September – August 2006)	Phase Three: (September 2006 ...)
Target Group	Community Mental Health Services (CMHS) Seniors' Team Seniors	CMHS Seniors' Team, Seniors, Caregivers Senior and mental health – serving community organizations University of New Brunswick, students, researchers	CMHS Seniors' Team Seniors Senior serving and mental Health – serving community organizations and individuals Local, regional, provincial planning bodies Policy Makers
Activities	<ul style="list-style-type: none"> *Literature Review re: Seniors with mental health issues, wellness, determinants of health *Relationship Building *Arrange venue, transportation *Plan initial activities *Analyze focus group data *Integrate Determinants of Health *Communicate, validate focus group data *Develop preliminary evaluation tool *Ongoing adjustment of evaluation tool *Utilize pertinent data to secure funding 	<ul style="list-style-type: none"> *Plan, develop and deliver comprehensive wellness sessions based on best practices. *Assess holistic measurement tools: quality of life, biopsychosocial and functional status *Plan information sharing session *Hold information fair for target group. *Plan /implement focus group sessions *Analyze, communicate, validate data * Assess barriers to effective networking *Ongoing collection of evaluation data *Report evaluation data (3rd month) *Review evaluation tool, make adjustments *Continue collection of evaluation data *Report evaluation data (6th month) 	<ul style="list-style-type: none"> * Continue incorporating literature, senior, evaluation data into development of program * Develop/ implement strategy to recognize senior serving organizations/ individuals. * Develop/ implement strategy to improve networking/ funding * Modify evaluation model

Program Components	Phase One : Pilot Wellness Program (Jan – August 2005)	Phase Two (September – August 2006)	Phase Three: (September 2006 ...)
Outputs	<ul style="list-style-type: none"> *Identification of lonely, isolated seniors *Credible relationships between seniors/staff *Venue and transportation arrangement *Preplanned wellness sessions *Validated data surrounding determinants of health and seniors in group *Mission Statement and core values *Evaluation Model for Phase 2 	<ul style="list-style-type: none"> * Best practice Wellness Program *Information on relevant measurement tools * Improved communication between stakeholders * Input from all stakeholders * Validated data surrounding stakeholders *Increased resources for program staff, seniors with mental health issues * Revised evaluation tool 	<ul style="list-style-type: none"> * Best practice strategy for seniors with mental health issues and wellness. * Recognition process for organizations/ individuals concerned with seniors' with mental health issues. * Resources for seniors' with mental health issues * Iterative feedback loop
Short Term Outcomes	<ul style="list-style-type: none"> *Time/ cost savings per individual *Increased opportunity for education *Improved accessibility for seniors to senior specific community based program *Increased meaningful participation from seniors and CMHS staff 	<ul style="list-style-type: none"> *Increased awareness and understanding *Involvement and increased meaningful participation from interested stakeholders. *Improved wellness program 	<ul style="list-style-type: none"> * Increased knowledge, understanding re: seniors, mental health, wellness priorities. * Clearly established priorities for seniors' with mental health issues and wellness *Program delivery planning transparent, dynamic

Program Components	Phase One : Pilot Wellness Program (Jan – August 2005)	Phase Two (September – August 2006)	Phase Three: (September 2006 ...)
Long Term Outcomes	<ul style="list-style-type: none"> *Improved social networks for seniors *Reduced loneliness and social isolation 	<ul style="list-style-type: none"> * Increased awareness among stakeholders *Appropriate biopsychosocial measurement tools * Appropriate community partners identified/ effectively engaged in improving local resources * Care givers recognize and benefit from wellness program * Senior serving community networks established * Increased/ improved resources for seniors and care givers * Increased opportunities for university student/ research involvement * Effective evaluation/feedback model 	<ul style="list-style-type: none"> * Increased funding/ resources for local seniors with mental health issues - driven initiatives * Increased benefits to seniors with mental health issues * Best practice Seniors' Wellness Program * Effective evaluation model
Overall Goal	<p>Improve, restore, promote and maintain optimal mental health for individuals connected with the Seniors Team at Community Mental Health Services Saint John by addressing social, emotional, spiritual and physical needs of individuals in a friendly and supportive group setting.</p>		

Hip Hip Hooray



Presented to JOHN BROWN
For your success in riding the bus.
Way to go John!!

On behalf of your friends at
THE WELLNESS GROUP

May 3, 2007

Hip Hip Hooray



Presented to **Mary Miller** for your success in quitting smoking.
Way to go Mary!!!!

On behalf of your friends at
The Wellness Group

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