

Mental Health

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2023 Statewide Symposium in Support of Service Members, Veterans & Their Families

APRIL 19-20, 2023 | PHOENIX, ARIZONA

 arizona coalition
for military families



beconnected
service members • veterans • families • communities

Mental Health

April 19, 2023



Experiences, Solutions and Next Steps

Session 3



Facilitators



Nicki Bartram
Program Administrator
Arizona Coalition for Military
Families

**U.S. Department of
Veterans Affairs**

Erica Leffler
Community Mental Health Liaison
Phoenix VA Healthcare System

Before we begin . . .

The discussion of mental health can include some intense material.

- Please watch for triggers and practice self care.
- If you need to step out of the room for any reason, please give us a “thumbs up” if you’re okay, otherwise someone from our team will head out to check on you.

Agenda

1

Introduction

2

Treatment Modalities

3

Case Study #1

5

Case Study #2

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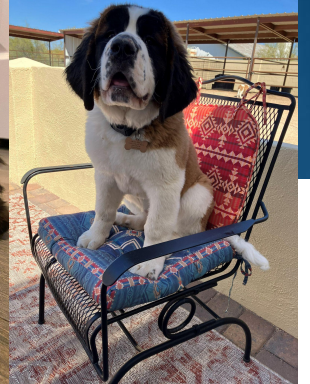
Q&A

Treatment Modalities

- **Non-Traditional**
- **Combining Treatments**

Animal Assisted Therapy

- **Iridescent Counseling Centers:**
 - **Dogs - Layla/Octavia**
 - **Mini horses - Lola**
 - **Goats - Oakley and Dune**



Equine Therapy



Rancho Milagro
Vanessa R. Kohnen
Founder and CEO

www.ranchomilagroaz.org

480 529 2633

Art Therapy

- **Mesa Arts and Service**

Psychiatry / Pharmacist

- **Jessica Hopper**

Medication Considerations

- **There must be buy-in**
- **Good Understanding**
- **Strategies for Adherence**
- **Support and understanding across the treatment team**

Role of Medications in a Bigger Plan

- **Medications are meant to correct physiological abnormalities**
- **Correction of alterations takes time**
 - As needed medications can be problematic - detract from more effective coping skills
- **Ultimately some physiological alterations have common symptoms**
 - Depression and Anxiety
 - Mood disorders
 - Thought disorders
 - Sleep

Building a Medication Treatment Plan

- **What is the Primary Problem? Or predominant symptoms?**

Treat the primary problem for enough time

- **Was there a treatment response?**

- Continue
- Dose change
- Medication change

- **What symptoms are left?**

Augmentation strategies

- **Add medication from a different class**

Medications by Symptoms

Depression and Anxiety

- Fluoxetine (Prozac)
- Sertraline (Zoloft)
- Paroxetine (Paxil)
- Citalopram (Celexa)
- Escitalopram (Lexapro)
- Fluvoxamine (Luvox)
- Venlafaxine (Effexor)
- Duloxetine (Cymbalta)
- Bupropion (Wellbutrin)
- Mirtazapine (Remeron)
- Buspirone (Buspar)
- Gabapentin (Neurontin)

Medications by Symptoms

Mood Disorders

- Divalproex (Depakote)
- Lithium (Lithobid)
- Carbamazepine (Tegretol)
- Oxcarbazepine (Trileptal)
- Lamotrigine (Lamictal)

Medications by Symptoms

Thought Disorders - Antipsychotic Medications

- Quetiapine (Seroquel)
- Risperidone (Risperdal)
- Olanzapine (Zyprexa)
- Aripiprazole (Abilify)
- Lurasidone (Latuda)
- Ziprasidone (Geodon)
- Clozapine (Clozaril)
- Haloperidol (Haldol)
- Fluphenazine (Prolixin)
- Perphenazine (Trilafon)
- Chlorpromazine (Thorazine)

Medications by Symptoms

Sleep

- Because of negative impact on PTSD and therapy – avoid benzodiazepines
 - “ –pam or –lam”
 - Zolpidem (Ambien)
- Antidepressants
 - Trazodone
 - Mirtazapine
 - Tricyclic antidepressants
 - Doxepin
- Hydroxyzine (Aterax)
- Diphenhydramine (Benedryl)
- Gabapentin (Neurontin)
- Antipsychotics
 - Quetiapine (Seroquel)

Herbal or Over-the-Counter Options

- Vitamin D
- B vitamins
- Minerals: Magnesium, Zinc
- Kava
- Saffron
- Fish Oil – Omega 3 Fatty acids
- St. Johns Wart
- SAMe
- 5HTP
- Lithium Orotate

Alternative Treatments

- Alpha-Stimulation
- Weak electric current placed on body
- Acupuncture
- Aroma-therapy
- Light Therapy
- Trans Cranial Magnetic Stimulation (TMS)
 - 6 weeks of daily treatments
- Electroconvulsive Therapy (ECT)

Warrior Health and Fitness Programs



- **Louis Chow, PhD**



HOME BASE PRESENTATION: WARRIOR HEALTH & FITNESS

Louis Chow, PhD

*Senior Director of Training Institute and Network Development
Assistant in Psychology, Massachusetts General Hospital
Instructor, Harvard Medical School*

**A RED SOX FOUNDATION AND
MASSACHUSETTS GENERAL HOSPITAL PROGRAM**



**RED SOX
FOUNDATION**



Massachusetts General Hospital

ABOUT HOME BASE

Home Base is dedicated to healing the invisible wounds for Veterans of all eras, Service Members, Military Families and Families of the Fallen through world-class clinical care, wellness, education and research.



RED SOX
FOUNDATION



MASSACHUSETTS
GENERAL HOSPITAL

VETERAN
AND FAMILY CARE

WELLNESS PROGRAMS



WARRIOR HEALTH AND FITNESS PROGRAM

Currently operates in Boston, MA and in Southwest Florida. Leads up to 60 Service Members, Veterans, and their significant others through a free 90-day program designed to improve their physical health and



ART THERAPY

Mask Making is one of the Art Therapy Exercises Utilized in the Intensive Clinical Program and is part of our Holistic Approach to care.



NUTRITION SERVICES

Home Base provides nutrition counseling for weight-management, general nutrition and more

- Led by a team of registered dietitians
- Individual and group

WHY WARRIOR WELLNESS?

- Nearly **87%** of Veterans are overweight, obese, or severely obese
- Veterans deal with higher rates of metabolic disease
- Extensive sleep disturbance patterns
- **66%** report joint or musculoskeletal injury*
- Provides structure and social opportunities based in healthy activities
- Non-stigmatized entry into self-care



PTS(D): ADVERSE HEALTH CORRELATES

M.L. Pacella et al. / Journal of Anxiety Disorders 27 (2013) 33–46

Table 3
Weighted mean effect sizes for physical health outcomes.

Physical health outcome	<i>k</i>	<i>r</i> ⁺	SE	<i>z</i> score	95% CI
General physical symptoms ^a	16	.48	.05	10.33 ^{***}	.40 to .56
General medical conditions ^a	10	.32	.02	18.26 ^{***}	.28 to .35
Physical health-related quality of life ^a	26	-.20	.09	-2.23 [*]	-.36 to -.02
Pain ^a	26	.23	.02	11.89 ^{***}	.19 to .27
Gastrointestinal health ^a	19	.19	.02	8.57 ^{***}	.15 to .23
Cardio-respiratory health ^a	21	.17	.03	7.70 ^{***}	.12 to .22

k = number of studies included in each outcome; *r*⁺ = weighted effect size; SE = standard error of the weighted mean effect size (upper bound) of the weighted mean effect size.

^a Random effects model used.

^{*} *p* < .05.

^{***} *p* < .001.

WELLNESS AND MENTAL HEALTH

- Wellness-based interventions, such as exercise and nutrition, are robust ways to **improve physical health as well as mental health outcomes**
- Exercise has also been shown to improve depression, stress, and anxiety in Veterans ^{1,2,3}, as well as suicide risk⁴
- An exercise program for Veterans was specifically associated with a reduction of hyperarousal symptoms in the context of post-traumatic stress disorder (PTSD), symptoms that are very similar to most anxiety disorders⁵

1. Deslandes A, Moraes H, Ferreira C, Veiga H, Silveira H, Mouta R, et al. Exercise and Mental Health: Many Reasons to Move. *Neuropsychobiology*. 2009;59(4):191–8.

2. Penedo FJ, Dahn JR. Exercise and well-being: a review of mental and physical health benefits associated with physical activity. *Current Opinion in Psychiatry*. 2005 Mar;18(2):189–93.

3. Raglin JS. Exercise and Mental Health: Beneficial and Detrimental Effects. *Sports Medicine*. 1990 Jun;9(6):323–9.

4. Davidson CL, Babson KA, Bonn-Miller MO, Souter T, Vannoy S. The impact of exercise on suicide risk: examining pathways through depression, PTSD, and sleep in an inpatient sample of veterans. *Suicide and Life-Threatening Behavior*. 2013;43(3):279–89.

5. Babson KA, Heinz AJ, Ramirez G, Puckett M, Irons JG, Bonn-Miller MO, et al. The interactive role of exercise and sleep on veteran recovery from symptoms of PTSD. *Mental Health and Physical Activity*. 2015;8:15–20.

WARRIOR HEALTH AND FITNESS PROGRAM



Warrior Health & Fitness alumni see significant improvements in key medical indicators of fitness.

Home Base's Warrior Health and Fitness Program is a 90-day evidence-based exercise, nutrition and mindfulness program empowering Veterans & Families to take control of their wellness and improve their quality of life. The program provides

FLORIDA FY 2021

- 123 VETERANS ENTERED THE PROGRAM
- 66 COMPLETED (53.6%)
- 39 MALES (59.1) 27 FEMALES (40.9)
- AVERAGE AGE = 53
- AVERAGE SESSIONS ATTENDED = 20.2

- Supervised exercise prescriptions from NSCA or ACSM certified coach
- Nutritional education and consultation from Registered Dietitians
- Opportunities for social bonding while building healthy lifestyle habits
- Portal to more complex PTSD or TBI care

“The experience and wealth of knowledge you receive from Home Base’s trainers, registered dietitians and mental health coaches are amazing! This program gave me back a piece I missed from my military life.”

- Veteran Participant

FLORIDA WARRIOR HEALTH AND FITNESS BY THE NUMBERS

53.7% decreased RHR

45.3% decreased body fat %

52.7% reduced blood pressure

68.8% increased strength (Hand Grip)

93.7% increased mobility (FMS Overhead Squat)

93.6% increased work capacity





HOME BASE'S RESILIENCE PROGRAMS

Resilient Warrior

**Resilient Family &
Caregiver**

Resilient Youth

6-session courses offered in person and virtually.

Based off Benson-Henry Institute for Mind Body Medicine at MGH

WHY RESILIENCY?

RESILIENCY IS OUR ABILITY TO ADAPTIVELY RESPOND TO STRESSFUL SITUATIONS. IT MINIMIZES THE IMPACT OF STRESS ON OUR PHYSICAL AND EMOTIONAL HEALTH.



According to our partners at the MGH Benson-Henry Institute for Mind Body Medicine, more than 60% of all visits to primary care are for stress-related conditions.



A large and growing body of evidence supports mind body medicine as an effective way to treat and decrease stress.

HOME BASE RESILIENT WARRIOR OUTCOMES

Table 2.

Pre-Post Changes on Psychosocial Measures Following the Resilient Warrior Online Program (N = 26)

Variable	N	Pretest score range	Pretest score mean (SD)	Posttest score range	Posttest score mean (SD)	t value	P value	Cohen's d
Depression (PHQ-8)	26	2 to 24	12.62 (6.19)	1 to 24	10.46 (6.79)	2.85a	.009	0.56
Stress (PSS-10)	25	13 to 34	21.52 (5.38)	10 to 32	20.92 (5.63)	0.65	.52	0.13
PTSD (PCL-5)	14	4 to 78	36.29 (19.58)	1 to 60	33 (19.33)	0.67	.51	0.18
Self-efficacy (GSE)	23	10 to 39	27.65 (7.33)	13 to 40	29.39 (6.69)	-1.39	.18	0.29
Sleep disturbance (PROMIS)	21	18 to 27	23.47 (2.23)	16 to 32	22.90 (3.46)	0.92	.37	0.20
Stress reactivity (MOCS-A)	23	0 to 44	19.43 (9.98)	1 to 40	23.69 (10.14)	-2.22b	.04	0.46
Mindfulness (CAMS-R)	21	21 to 38	27.28 (4.12)	18 to 48	30.86 (6.16)	-2.46b	.02	0.54
Resilience (CES)	19	17 to 110	73.63 (27.74)	15 to 120	77.05 (27.98)	-0.94	.36	0.21

CAMS-R = Cognitive Affective Mindfulness Scale-Revised; CES = Coping Expectancies Scale; GSE = General Self-Efficacy Scale; MOCS-A = Measure of Current Status-Abbreviated Scale; PCL-5 = PTSD Symptom Checklist for Diagnostic and Statistical Manual of Mental Disorders (Fifth Edition); PHQ-8 = Patient Health Questionnaire-8; PROMIS = Patient-Reported Outcomes Measurement Information System; PSS-10 = Perceived Stress Scale-10.

^a P < .01.

^b P < .05.

HOME BASE RESILIENT FAMILY OUTCOMES

Table 2

Outcomes for the In-Person and Online Resilient Family Programs Combined

Variable	Baseline			Endpoint			<i>t</i>	Cohen's <i>d</i>	<i>p</i>	Cronbach's α
	<i>M</i>	<i>SD</i>	<i>n</i>	<i>M</i>	<i>SD</i>	<i>n</i>				
PSS, range: 0-21	20.93	2.89	27	18.78	3.84	27	2.73	0.632	0.0113	0.785
GSE, range: 10-40	30.78	3.52	27	33.15	3.08	27	-4.73	0.716	0.0001	0.891
PHQ-8, range: 0-24	7.68	5.28	28	4.68	3.51	28	3.76	0.669	0.0008	0.857
PROMIS Sleep, range: 0-40	21.92	3.44	26	23.04	3.34	26	-1.58	0.329	0.1260	0.936

PSS: Perceived Stress Scale; GSE: General Self Efficacy; PHQ-8 = Patient Health Questionnaire; PROMIS: Patient-Reported Outcomes Measurement Information System-Sleep Disturbance.



HOME BASE ARIZONA

**PHASE 1
LAUNCH SEP 2023**



Fitness & Resilience



PARTNERING WITH:



**PHASE 2
LAUNCH NOV 2023**



Mental Health Clinic for
Vets & Families



PARTNERING WITH:

HONORHEALTH®

**PHASE 3
1ST QTR
MOBILIZATION 2024**



Rural
Intensive Clinical
Treatment for Native
American Veterans



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Their Mission Is Complete.
Ours Has Just Begun.



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MASSACHUSETTS
GENERAL HOSPITAL

Whole Health

- **Dr. Kundra**
- **David Donaldson**



Live Whole Health.

Whole Health for You and Me



Dr Superna Kundra

VA



U.S. Department of Veterans Affairs
Veterans Health Administration

A photograph of a beach at sunset or sunrise. The ocean waves are breaking onto the shore, creating white foam. The sand is wet and reflects the golden light of the sun. The word "WELCOME" is written in the sand using pieces of seaweed.

WELCOME

*“When health is absent,
wisdom cannot reveal itself,
art cannot manifest,
strength cannot fight,
wealth becomes useless,
and intelligence cannot be applied.”
— Herophilus*

Objectives

- Consider what health is and how health is created
- Reflect on your mission, aspiration and purpose (MAP)
- Understand how your MAP relates to your personal health and well-being
- Strengthen skills for supporting the creation of health and well-being for both you and those around you
- Explore ways to build resilience and overcome obstacles

Community Agreements

- ✓ Be Present
- ✓ Be Curious
- ✓ Be Silent (sometimes)
- ✓ Be respectful
- ✓ Be Healthy
- ✓ Be Honest
- ✓ Culture
- ✓ Others?

Introductions

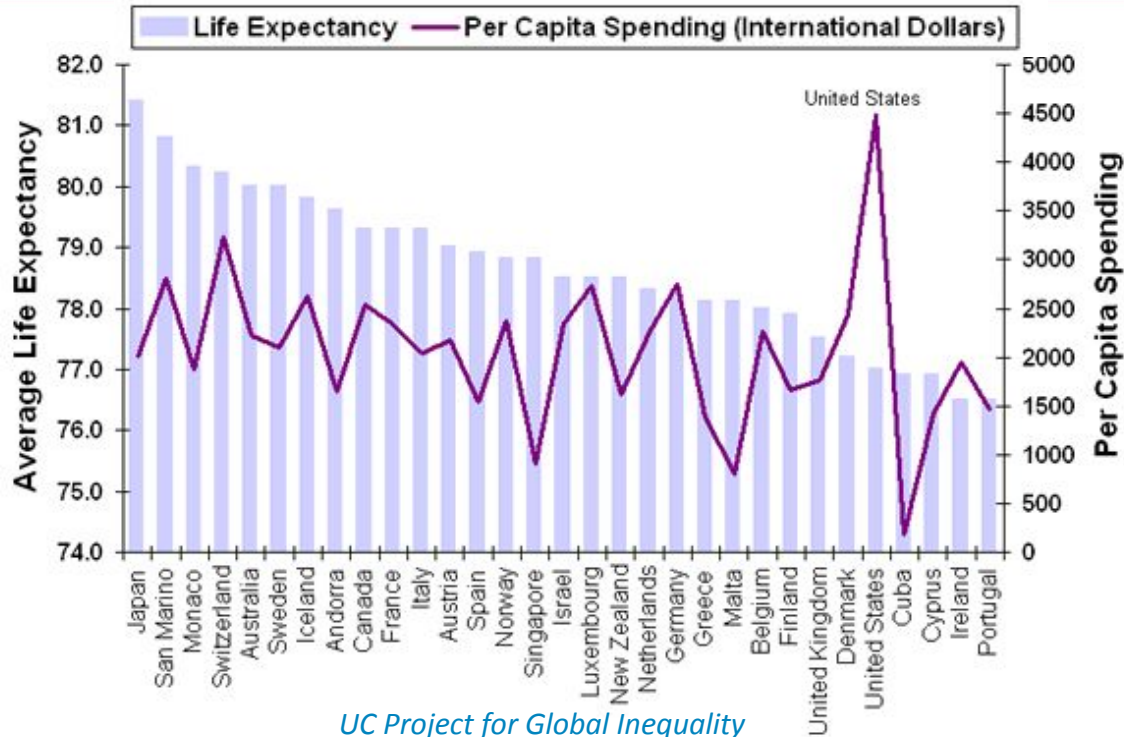
Who are you?

What is your role?

What brings you joy?



The Economics and the Outcomes

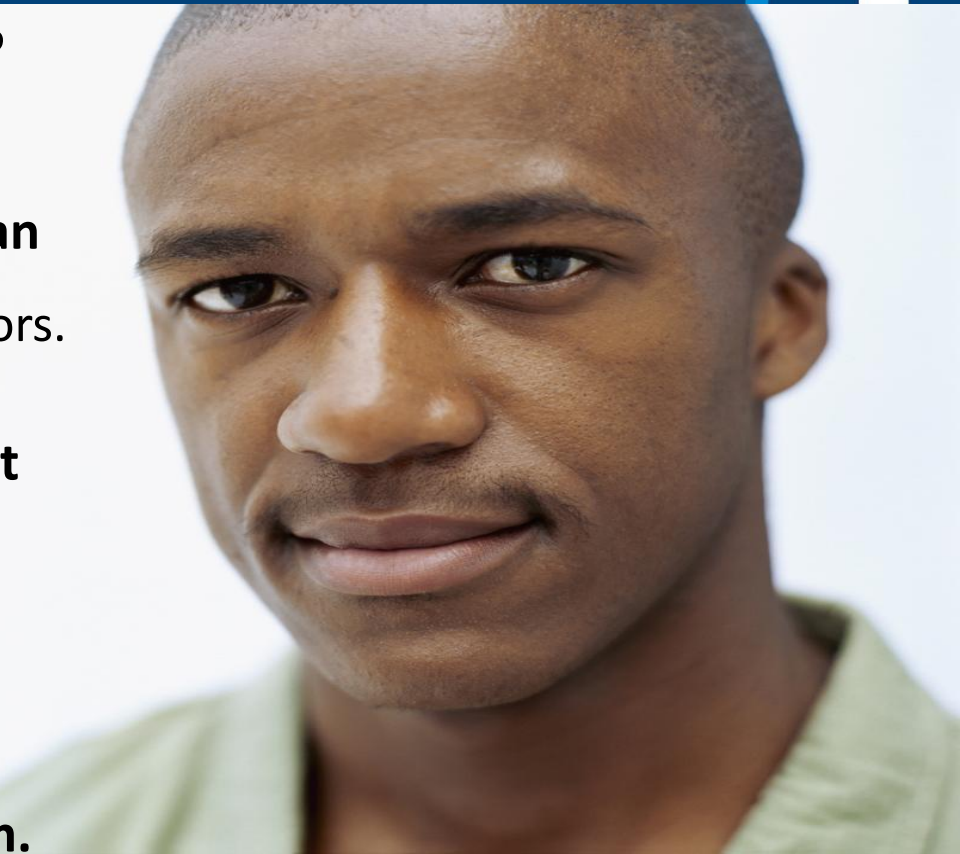


UC Project for Global Inequality

The Healthcare Crisis Facing the U.S.

- **Healthcare consumes 18% of our GDP** and costs continue to rise, with unsatisfactory results.
- **Chronic conditions consume more than 75% of health care costs**, are largely affected by people's choices and behaviors. The US is now 37th in life expectancy.
- **The current health care model doesn't work** because we do not have a core competency in engaging the person to optimize their health, self-care, and well-being.
- **The Opioid Crisis is a clear demonstration of the limitations of a "find-it, fix-it" reductionistic paradigm.**

Live Whole Health.



The Root Cause of U.S. Healthcare's Failure

The root cause of the crisis is that we have put the disease at the center, not the person.



Whole Health

is an approach to health care that empowers and equips people to take charge of their health and well-being, and live their life to the fullest.



Live Whole Health.

VA



U.S. Department of Veterans Affairs
Veterans Health Administration

What's the matter with you?

What matters to you?

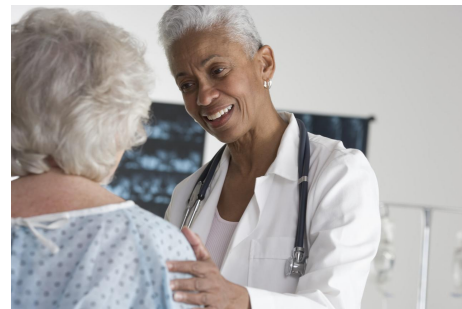
Focus

- Whole Health for patients, families and employees does not target just work life, but rather whole life of a person
- Only with the holistic approach can we all succeed not only in our work, but also in our lives



Whole Health Clinical Care

- What is it?
 - Excellent clinical care per usual definitions
 - Aligns with patient's Mission, Aspiration, Purpose
 - Empowers patients to live their lives fully
 - Equips patients with many different resources (including Whole Health Coaching and Complementary/Integrative Health approaches)







Why Whole Health for all of us?

How many of us have made a choice in the past 24 hours that was inconsistent with our own personal health values?

Unhealthy Habits

The most common behaviors that lead to chronic diseases are:

-  Tobacco
-  Insufficient Physical Activity
-  Poor Eating Habits
-  Excessive Alcohol

The World Health Organization estimates that **80 percent** of all heart disease, stroke, and type 2 diabetes, as well as more than **40 percent** of cancer, would be prevented if Americans would stop using tobacco, eat healthy, and exercise.

Put on Your Own Mask First




Live Whole Health.

The Path Forward




Live Whole Health

An Invitation


VA  U.S. Department of Veterans Affairs

Live Whole Health.

Personal Health Inventory



Personal Health Inventory


VA  U.S. Department of Veterans Affairs
Veterans Health Administration
Office of Patient-Centered Care and
Cultural Transformation

Personal Health Inventory

Whole Health for Life

Use this circle to help you think about your whole health.


- All areas are important and connected.
- The body and mind have strong healing abilities.
- Improving one area can help other areas.
- The inner ring represents your values and aspirations. Your care focuses on you as a unique person.
- Mindful awareness is being tuned in and present.
- Your self-care and everyday choices make up the green circle.
- The next ring is professional care (tests, medications, supplement, surgeries, examinations, treatments, and counseling). This section includes complementary approaches like acupuncture and yoga.
- The outer ring includes the people and groups who make up your community.



Rate where you feel you are on the scales below from 1-5, with 1 being miserable and 5 being great.

1 Miserable	2	3	4	5 Great
1 Miserable	2	3	4	5 Great
1 Miserable	2	3	4	5 Great

Live for? What matters to you? Why do you want to be healthy?
 Write down your thoughts:





Circle of Health

Components of
Proactive Health
 and Well-being





ORIENTAL POST

where technology and
creativity meet



FLAME 2

Product	TC BANK
Title	DREAM RANGERS
Agency	OGILVY & MATHER TAIWAN
Produced by	PHENOMENA
Duration	3 MIN
Date	16 JANUARY 2011
Note	ENGLISH VERSION
Tape No.	MSOP - 12

Dream Rangers Video

ORIENTAL POST
where technology and creativity meet



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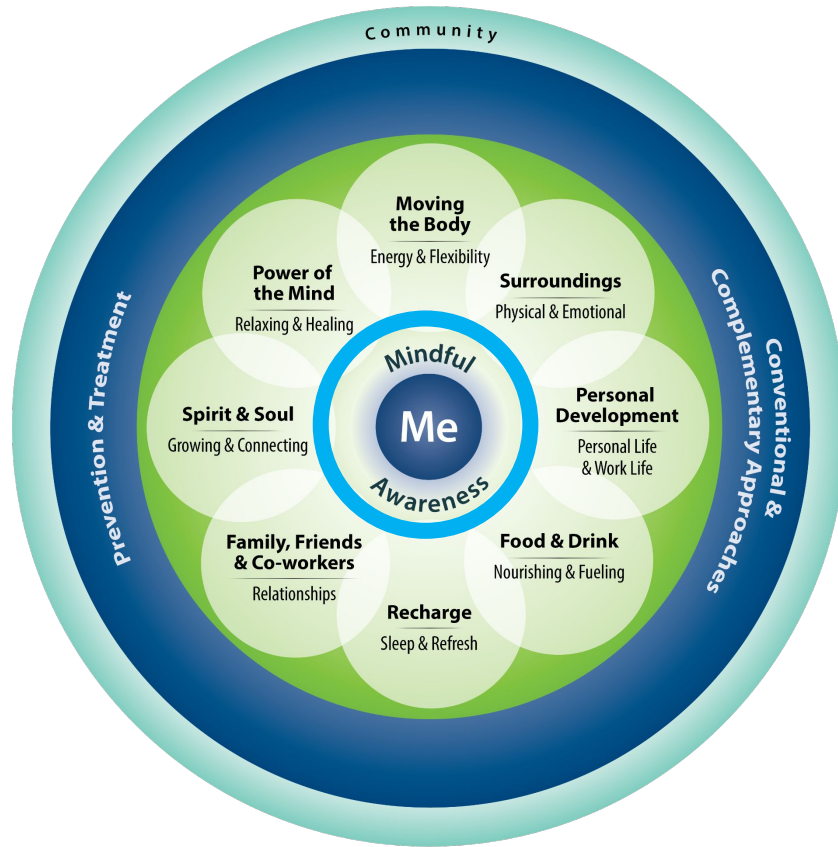
Dream Rangers Video

What resonated or landed with you?



What can you do with this information?

Reviewing the Circle of Health



Live Whole Health.



VA



U.S. Department of Veterans Affairs
Veterans Health Administration

Mindful Awareness

A way of being...
in the present
moment....
on purpose....
without judgment

Jon Kabat-Zinn



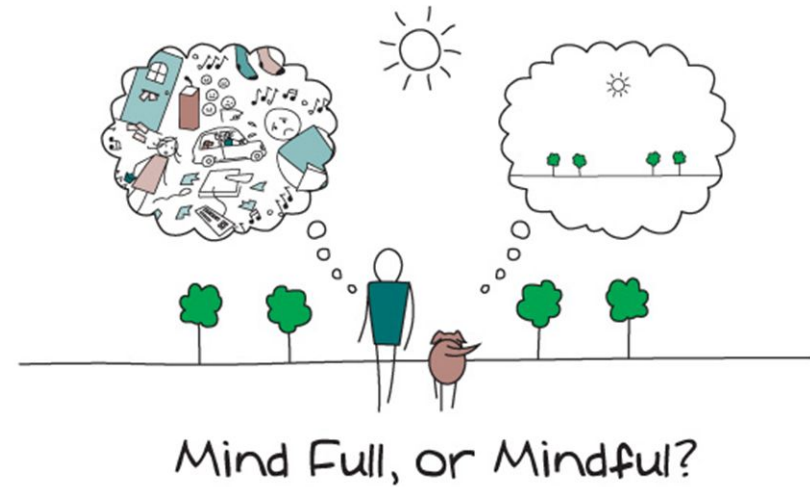
When are you most...

- Aware
- Present
- Centered
- Focused
- Calm



Mindfulness Exercise

- Mind full vs mindful
- Benefits of mindfulness?
- How do we all learn to cultivate mindful awareness?



Mindful Awareness Benefits

Benefits – Mind

less emotional distress, anxiety, depression, anger, worry, and rumination

Benefits – Body

ease chronic pain, decrease hypertension, stress hormones and inflammatory molecules, increase immune function

Benefits - Behavior

increase non-reactivity, smoking cessation, decrease binge eating, reduce illicit substance use, decrease sleep disturbance

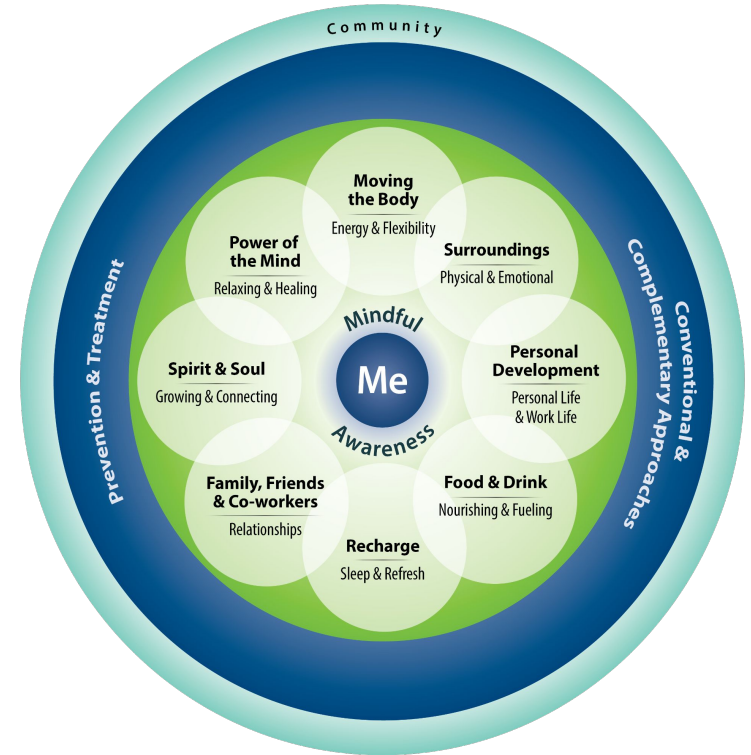
Suggestions for practicing

- Listen with your whole body
 - Deep breath before each interaction
 - Mindfully eat a meal
 - Pay attention to your walking
 - Supportive group
 - Others?
- Mindfulness Videos: Downloadable video products
 - Mindful Awareness: Whole health handouts, videos, and guided practices on Whole Health Internet Page
 - Mindfulness Experientials: Audio and Video files which can be used to plug and play mindfulness or relaxation sessions.



All areas are important and connected.

- The body and mind have strong healing abilities.
- Improving one area can help other areas.
- The inner ring represents your values and aspirations. Your care focuses on you as a unique person.
- Mindful awareness is being tuned in and present.
- Your self-care and everyday choices make up the green circle.
- The next ring is professional care (tests, medications, supplements, surgeries, examinations, treatments, and counseling). This section includes complementary approaches like acupuncture and yoga.
- The outer ring includes the people and groups who make up your community



Reflection: Living Life to the Fullest

Answer these questions:

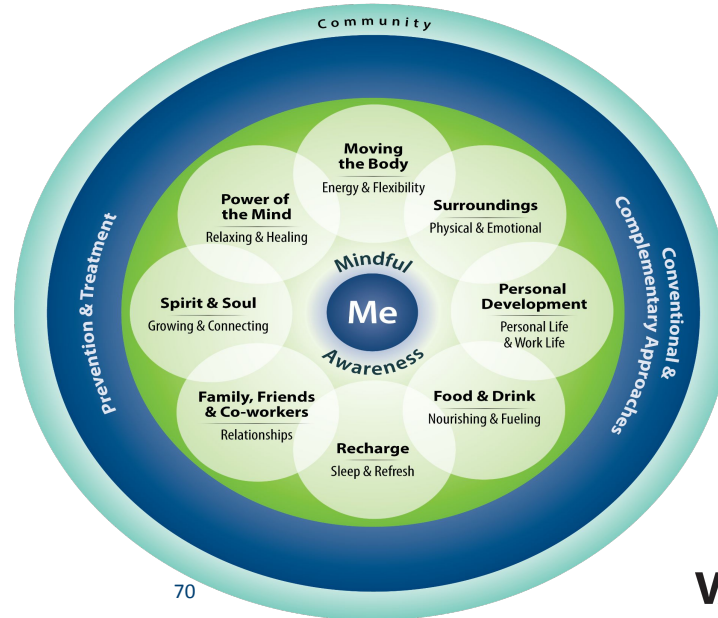
- What gives a meaning to my life?
- What really matters to me in my life?
- Why do I want to be healthy?
- What is my MAP (Mission, Aspiration, or Purpose)?

Complete the first part of your Brief PHI

Reflection

Your Own Health and Well-Being

On your PHI, spend a few minutes rating “Where I am Now” and “Where I Want to Be” on a scale of 1-5 for the eight areas of Whole Health



BREAK

*“Almost everything will work again if you
unplug it for a few minutes...
...including you”*

-Anne Lamott

Exploring the Circle of Health

A Brief Look at a Few Components



For each area of the circle...

1. Learn how it can improve your health and well-being
2. Evaluate whether it's an area you want to explore
3. If desired, set a goal
4. Decide on the first step to move towards that goal



Moving the Body



“Few people know how to take a walk. The qualifications are endurance, plain clothes, old shoes, an eye for nature, good humor, vast curiosity, good speech, good silence and nothing too much.”

-Ralph Waldo Emerson

Getting Started



Key Points

- Keep safety in mind.
- Do activities you enjoy.
- Work your body in all kinds of ways. Do you want more strength? Stamina? Flexibility? Balance? Tailor your actions to your goals
- It might be easier to keep with it if you choose to do activities with other people
- Ask your clinical team for information and guidance. The VA has many experts who can help



FOR
DIFF
HEALTH

23.5 Hours Video

What resonated or landed with you?

What did you find challenging?

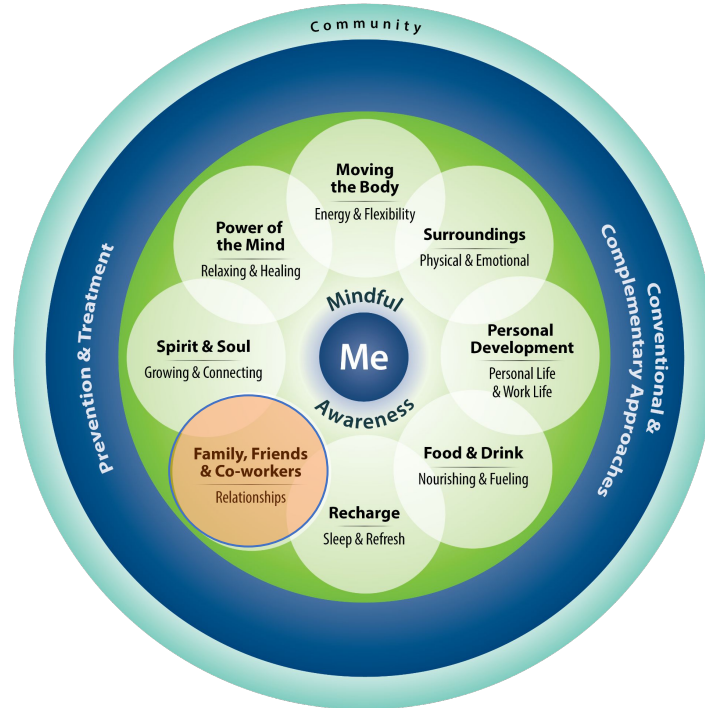
What can you do with this information?



Family, Friends, Coworkers

No man is an island, entire of itself.

John Donne



The 'I' in illness is isolation. The 'W' in wellness is 'we.'

Satchidananda

Getting Started



Key Points

- In addition to asking yourself what really matters, ask yourself who really matters.
- Explore how you can enhance connections with family, friends, fellow Veterans, and others in your community.
- Improving communication can help.
- Loving-kindness practices can help you feel more connected.
- Ask experts like social workers for help.

Social Support

- Social support has as much effect on life expectancy as smoking, high blood pressure, obesity, and regular physical activity
- More powerful predictor of family physician satisfaction than income, staff support, job control or time pressure
- Can be developed at work...
 - Identify shared values and goals with your coworkers
 - Develop a team “mission statement”
 - Start a peer support group in your facility
- ...and at home
 - Cultivate and nurture healthy personal relationships
 - And not just on social media!
 - Find a mentor or accountability partner
 - Join a group



Points to Remember

- Positive interactions at work help bring the cardiovascular system to resting levels and lowers levels of cortisol (a stress hormone)
- “The people we interviewed from good-to-great companies clearly loved what they did largely because they loved who they did it with.” – Jim Collins
- The most important point: remember your mission



Working with your PHI

Setting Goals and Making Changes



The Most Important Questions for Change

Is it worth it?



Can I do it?



Mapping to the MAP

- How do we decide what goals to set?
- What does it mean to “Map to the MAP”?



Goal Setting

Ineffective

- I'm just going to eat healthier. It's important. I've got to do it.
- I need to lose weight soon. I know my weight is making my pain worse.
- I want to lose 35 pounds by next month.

□ Why are these ineffective goals?

- Not **Specific**
- Not **Measurable**
- Not **Action-oriented**
- Maybe **Realistic?**
- Not **Time-bound**

□ Overall, not **SMART**

SMART Goal: Mapping to the MAP

MAP: To ride my motorcycle with my friends (Family, Friends & Coworkers).

- *What interferes with living this value?* Pain.
- *What might help decrease pain?* Losing weight.
- *How would I do that?* Eat 3 servings of vegetables/day 5 days/week.

SMART GOAL: In an effort to ride my motorcycle with my friends more often, I will eat 3 servings of vegetables/day 5 days/week.

Setting Goals: Mapping to the MAP

MAP: To coach kids' soccer.

- *What interferes with living this value?* Pain, HTN, can't get around field very well.
- *What would help decrease these issues?* I can't. I'll just quit and stay at home. I can't coach anymore.
- *What is it about coaching soccer that is important to you?* The kids. I like to be involved in their lives and mentor them.
- *Other than soccer, how could you live according to that value?* Go to the elementary school and read to them.

SMART GOAL: To be involved in the lives of children, I will volunteer at the elementary school 2 days/week, reading to children (Family, Friends & Co-workers, Spirit & Soul).

Reflection

At your table, working with a partner, consider goal setting:

- Is now a good time to make a SMART goal that maps to your MAP?
- If so, what might that goal look like?
- What would be the first step in making this change?
- What supports would be helpful (ex., would it be helpful if your partner checked in with you by e-mail in 1 week)?

SMART GOAL: _____

Resilience

- How common is it to run into challenges or setbacks when you start making changes in your life?
- How do we stay focused on our MAP when these setbacks occur?



“Resilience is the capacity to deal successfully with the obstacles in the road that confront us while maintaining a straight and true path towards life’s goals.”

-Robert Brooks & Sam Goldstein

Two Key Strategies for Resilience

1. Offer yourself Self-Compassion

“Self-compassion is at the heart of empowerment, learning, and inner strength.” Emma Seppälä, Ph.D.

2. Be Grateful

“In positive psychology research, gratitude is strongly and consistently associated with greater happiness. Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships.” Robert Emmons & Michael McCullough

Gratitude Practices

1. Appreciate yourself
2. Keep a gratitude journal
3. Thank someone important to you in person
4. Let yourself be happy
5. Find a gratitude buddy



Reflection

What am I grateful for in this moment?

- Take a moment to write this down

Whom am I grateful for in this moment?

- Can I text that person right now?

“

This is a
wonderful day.
I've never seen
it before.

MAYA ANGELOU

RD.COM/QUOTES

The Path Forward



Live Whole Health.

Cultural Transformation through Whole Health

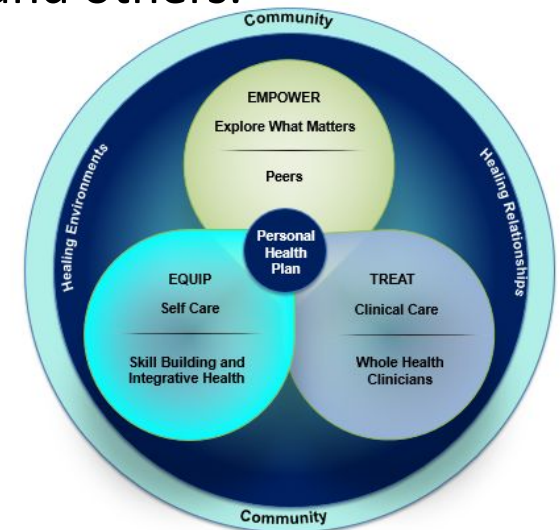
Creating a Culture of Wellness

Simply put, Cultural Transformation means people do things differently.

When employees take a Whole Health approach to their own lives, they're able to share that approach with Veterans, co-workers, and others.

Eventually we can reach the point that :

every employee encourages and guides
every Veteran towards the Whole Health Pathway
every time they see them.



Healthy Work for Employees = Whole Health for Employees = Whole Health for Veterans



Driving Veteran Engagement:

“You get to leave tomorrow but I really want you to follow up with the Whole Health Coach. There are many things you can do to that will help you reach your goals we discussed. I know it will work. It worked for me.”



THANK YOU



Q & A



Session Evaluation

We want to hear from you!

