# A Culture of Wellness: Oklahoma's Lived Experience with Tobacco Cessation

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PRESENTED BY HEATH HOLT HAYES

## Recovery Support Cornerstones

#### **Definition**

Recovery is a process of change through which people improve their health and wellness, live self-directed lives, and strive to reach their full potential.

#### **Pillars**

Health—overcoming or managing one's disease(s) or symptoms and making informed, healthy choices that support physical and emotional well-being.

Home—having a stable and safe place to live.

*Purpose*—conducting meaningful daily activities and having the independence, income, and resources to participate in society.

Community—having relationships and social networks that provide support, friendship, love, and hope.

### 8 Dimensions of Wellness Framework

#### **EMOTIONAL**

Coping effectively with life and creating satisfying relationships

WELLNESS

#### ENVIRONMENTAL

Good health by occupying pleasant, stimulating environments that support well-being

#### INTELLECTUAL

Recognizing creative abilities and finding ways to expand knowledge and skills

#### PHYSICAL

Recognizing the need for physical activity, diet, sleep and nutrition

Adapted from Swarbrick, M. (2006). A Wellness Approach. Psychiatric Rehabilitation Journal, 29(4), 311–314.

#### FINANCIAL

Satisfaction with current and future financial situations

#### SOCIAL

Developing a sense of connection, belonging, and a well-developed support system

#### SPIRITUAL

Expanding our sense of purpose and meaning in life

#### OCCUPATIONAL

Personal satisfaction and enrichment derived from one's work

# Priming the Organizational Culture

#### **Culture of Wellness Assessment**

- -Self-Management Language and Messaging
- -Organizational Wellness Committee
- -Person-Centered Wellness Programing

#### **Workforce Development**

- -PRSS Continuing Education
- -Wellness Coach Credential

#### **Wellness Champion Network**

- -Community Connections and Resources
- -Organizational Policies & Enforcement

## A Systems Change Approach

Interagency State Plan developed, adopted & disseminated (FY12)

Statewide trainings about wellness integration and tobacco cessation plan

Tobacco-Free policy requirement for state-funded agencies

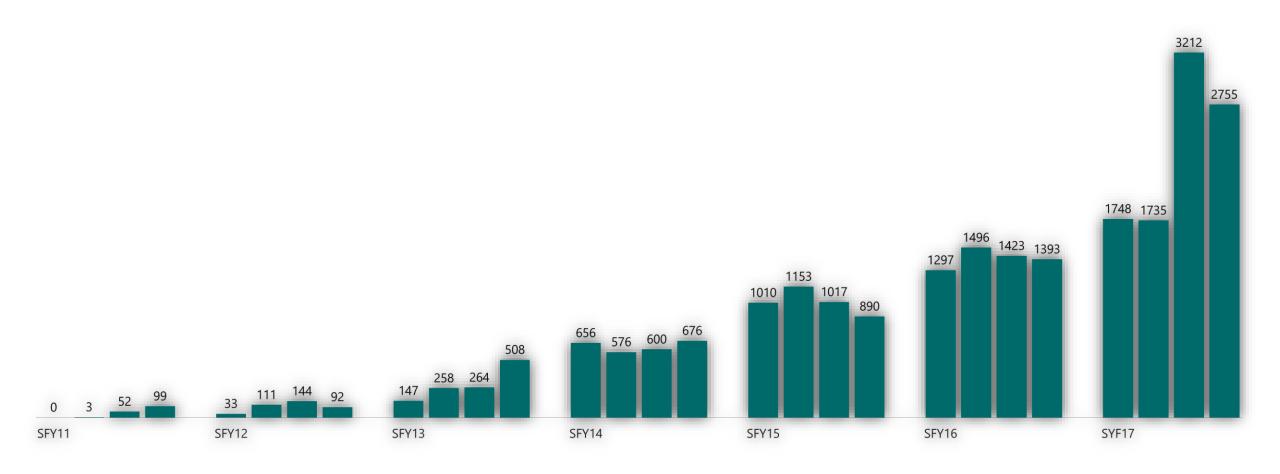
Required state-funded behavioral health agencies to implement the "5 A's" and refer consumers who use tobacco to the State Quitline

Required state-funded behavioral health agencies to track number of consumers referred to Quitline and increase proportion each year

Tobacco-Free workplace policy requirement expansion

Gap Nicotine Replacement Therapy (NRT) Project launch for residential, crisis and inpatient programs (FY18)

# Oklahoma Tobacco Helpline Referrals



### Outcome Overview

# Oklahoma has the highest proportion of behavioral health treatment agencies in the U.S. that:

- -Offer cessation interventions
- -Refer to the State Quitline
- Prescribe non-nicotine cessation medications
- -Provide tobacco-free campuses

Substance Use		Mental Health
2011:	77%	71%
2012:	63%	59%
2013:	58%	54%
2014:	56%	49%
2015:	56%	48%
2016:	53%	46%
2017:	51%	45%

### THANK YOU!

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