

SEPTEMBER 9, 2008

- This presentation will focus on how a peer run agency addresses medical & health issues through focusing on overall wellness (physical spiritual, emotional, social, etc).
- Peggy Swarbrick, PhD, OTR, CPRP
 - Collaborative Support Program of New Jersey;
 - UMDNJ-SHRP- Department of Psychiatric Rehabilitation & Counseling
 - pswarbrick@cspnj.org www.cspnj.org

Collaborative Support Programs of New Jersey, Inc. (CSP-NJ)

- is a private not-for-profit organization directed, managed, and staffed through collaborative efforts of mental health consumers/survivors and non-consumers.
- strives to provide individualized, flexible community-based services that promote *responsibility, recovery, and wellness.*

CSP-NJ

- This is done through the creation and administration of services and supports for adults who have mental health issues and other special needs.
- We share a vision of healing and hope, which is promoted by choice, freedom, inclusion, and destigmatization.
- Our greatest resource is the life experiences of persons working through their own recovery.

ISSUES OF CONCERN

- Stigma & discrimination
- Patient role
- Isolation and loneliness
- Inadequate living conditions
- *Poverty*
- *Poor physical health*
- *Unemployment & underemployment*

RECOVERY

- a process of actively self-managing a health condition while reclaiming, gaining and maintaining a positive sense of self, roles, and life beyond the health issue.

WELLNESS IS

– a conscious, deliberate process that requires that a person become aware of and make *choices* for a more satisfying *lifestyle* (Swarbrick, 1997, 2006).



Swarbrick, M. (1997) A Wellness Model for Clients. *Mental Health Special Interest Section Quarterly*. 20, 1-4.

Swarbrick, M. (2006). A wellness approach. *Psychiatric Rehabilitation Journal*, 29 (4), 311-314.

WELLNESS

A lifestyle that incorporates a *self-defined balance of health habits* such as adequate rest, exercise, nutrition, productivity, supportive relationships and engagement in meaningful productive activity.

DIMENSIONS

☯ Physical

☯ Occupational

☯ Environment

☯ Spiritual

☯ Mental/
Emotional

☯ Social

☯ Intellectual

☯ Financial



(Swarbrick, 1997, 2006)

Institute for Wellness & Recovery Initiatives

- Annual Wellness Conference
- Wellness Retreats
- Wellness Education Center
- Peer coaching model
- *Words of Wellness*

RECOVERY NETWORK

- Peer educators (ex-patients) deliver a wellness and recovery curriculum at the five state psychiatric hospitals.

Community Enterprise Corporation

- www.comencorp.org
- Public Housing Authority
- Property Management
- Social Enterprise

DIMENSIONS

☯ Physical

☯ Occupational

☯ Environment

☯ Spiritual

☯ Mental/
Emotional

☯ Social

☯ Intellectual

☯ Financial



(Swarbrick, 1997, 2006)