

TAKE CHARGE OF YOUR HEALTH!

By: Denise Zinn

In recognition of the importance of integrated health care, Chartiers Center is focusing on the need to assist our consumers in meeting their medical/physical needs as this will directly benefit their mental health as well. Service Coordination/Care Assurance is among the leading service offerings at Chartiers Center and is highly regarded for our ability to retain clients and address their needs in a comprehensive manner. Our Care Assurance teams represent a continuum of services that are able to support the individual with short term, episodic needs via the Administrative Service Coordinators, while complex, chronic care needs associated with co-occurring, behavioral and medical needs are served by the Wellness Nurse Case Manager. Consumers with long-term care needs are assigned to the Blended Service Coordination staff. The integrated health care approach is characterized by a high degree of collaboration and communication among health professionals. What makes integrated health care unique is the sharing of information among team members related to patient care and the establishment of a comprehensive treatment plan to address the biological, psychological and social needs of the patient.

Did you know that lifestyle choices are responsible for nearly 90% of health outcomes? Here are five areas we can improve to positively impact our health.

1. **Physical activity and fitness:** If you have been inactive, don't be discouraged. Some activity is better than none. Start at a comfortable level and add a little more activity over time.
2. **Diet and Nutrition:** Large portion sizes, processed foods, refined carbohydrates, and saturated fats-these are the deadly components of the American diet which has caused obesity rates to skyrocket in both adults and children.
3. **Making healthy food choices** and practicing mindful eating can help you provide your body with the nutrients it needs to achieve optimum *wellbeing* and lower your risk for diseases like type 2 diabetes, high blood pressure, coronary heart disease, stroke, gallbladder disease, osteoarthritis, sleep apnea, respiratory problems, and certain cancers.
4. **Sleep:** research is showing more and more that healthy sleep is a vital component of a flourishing life. Learning to prioritize sleep in your life, create healthy sleeping patterns, and effectively manage sleep-related disorders can have a powerful effect on your overall wellbeing.
5. **Thoughts and Emotions:** Emotional health is more than avoiding or overcoming mental anxieties and diseases. Emotional wellbeing is the ability to create and sustain a healthy attitude in life by cultivating positive thoughts, practicing self-compassion, and expressing the full range of emotions that occur in human experience.

6. **Stress Mastery:** Understanding how to identify and control your reactions to stress can lessen its negative impact. Learning to be aware of, and control, your stress responses takes intention, awareness, and practice over time.

If you are an active Chartiers Center consumer and have questions about your medical health needs Denise Zinn, our Wellness Nurse Case Manager, is available as a resource. She can be reached by calling (412) 221-3302 ext.106.

SAVE THE DATE: MAY 15, 2015
15th ANNUAL CONFERENCE:
DAY OF "SELF" DISCOVERY

"The Art of Recovery Management" will be the 15th annual Day of "Self" Discovery Conference's theme. The Conference will focus on maintaining wellness and its importance in the recovery process. Workshops will cover topics such as, Drug & Alcohol Recovery, Mental Health Recovery & Peer Support, Art Therapy, Behavioral Health Support on a College Campus and Music Therapy. Other workshops include Find it Free/or Next to Nothing, Yoga, Tai Chi and a Nutrition Educator.

Advance registration is required. Registration forms (due May 4, 2015) will be available at Allegheny County Community Support Program (CSP), Psychiatric Rehabilitation programs, Drop-In Centers, Residential programs, Community Care's website and through Case Managers. Registration forms can also be emailed or faxed to you. The Conference is FREE for Allegheny County HealthChoices members. [For more details, please call 412-383-1557](tel:412-383-1557) or email walkerwl@upmc.edu.

HERBERMAN CONFERENCE CENTER
Enter Main Entrance of
UPMC/SHADYSIDE HOSPITAL
5150 Centre Avenue
Pittsburgh, PA 15232

Mary Kay Bonn
412.221.3302 ext.118

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Give us a call today!