

WELLNESS MANAGEMENT & RECOVERY COORDINATING CENTER OF EXCELLENCE

APHA Poster Handout # **291678**

Deborah Wilcox, PhD, *Confluency Consultants and Associates, Wellness Management and Recovery Coordinating Center of Excellence, Columbus, OH*

Kelly Wesp, PhD, *Wellness Management and Recovery Coordinating Center of Excellence, Wellness Management and Recovery Coordinating Center of Excellence, Columbus, OH*

In support of this most critical mission the Ohio Department Mental Health (ODMH) established the Wellness Management and Recovery Coordinating Center of Excellence (WMR CCOE) to promote evidence-based and clinical best practices for the purpose of delivering recovery-oriented education and services to persons living with psychiatric and co-occurring substance use disorders in Ohio's mental health system. Through training, consultation, and technical assistance, the WMR CCOE has worked with 26 diverse community mental health agencies and psychiatric hospitals to implement the WMR Program and curriculum. The goals of the WMR Program are to 1) identify and achieve personal recovery and wellness goals, 2) develop informed collaborative approaches to selecting and managing treatment, and 3) embark upon a journey toward wellness. WMR is offered in small groups settings of 8-10 people. There are 11- 2-hour sessions that covers holistic wellness, gaining more knowledge about mental health recovery, learning about the role of medication in recovery and wellness, effective communication, self- another person who is usually employed by the agency as a mental health specialist. To date, over 1200 Ohioans have participated in WMR and 287 peer and provider facilitators have been trained to facilitate WMR groups. Outcome data indicates that 64% of individuals who complete WMR demonstrate greater efficacy in their mental health recovery.

Learning Areas:

Administer health education strategies, interventions and programs

Advocacy for health and health education

Chronic disease management and prevention

Diversity and culture

Implementation of health education strategies, interventions and programs

Systems thinking models (conceptual and theoretical models), applications related to public health

Learning Objectives:

Identify the core elements in the WMR Train-the-Trainer Curriculum that support the development of Cultural Brokers in health navigation. Explain the role of culture in health and how Multicultural Competence supports ethical practice in healthcare. Describe how processes like open space, co-facilitation, and deliberative dialogue support health navigation in bi-directional healthcare systems. Identify three significant findings of WMR implementation that lead to better health outcomes for persons with SPMI and co-occurring disorders.

Deborah A. Wilcox, PhD - CEO Confluency Consultants & Associates; a multicultural educational and organizational development enterprise. Principal consultant, trainer and researcher for the Wellness Management & Recovery Coordinating Center of Excellence. She has practiced for over 20 years working with public and private sectors organizations, and has conducted professional presentations on local, national and international levels. Currently serves on the Board of Directors of the National Wellness Institute and the Health Policy Institute of Ohio Wellness and Prevention Collaborative.

Kelly Wesp, PhD - Director, Wellness Management & Recovery Coordinating Center of Excellence. She has worked extensively in community mental health as a clinician, administrator, trainer, consultant, and researcher with healthcare organizations on quality improvement initiatives, evidence-based practices (EBPs); coordinated the dissemination and evaluation of an emerging best practice across 27 healthcare organizations. Co-authored articles

and gave presentations nationally on workforce development, mental health recovery, and on the role of multicultural competency in supporting holistic health and wellness.