

Trilogy Integrated Healthcare Program

Benefits of Integrated Healthcare

Physical health is a necessary component in creating a recovery-focused lifestyle and our fragmented healthcare system must adapt to meet the growing need for the provision of accessible primary healthcare services to adults with serious mental illnesses. Integrated Healthcare provides an effective solution to this problem by helping to greatly reduce the barriers to care and ultimately produces better health outcomes than traditional methods of care. For example, the *Compendium of Primary Care and Mental Health Integration Activities across Various Participating Federal Agencies* states that integrated healthcare services result in improved access to high quality care, increased patient and provider satisfaction, increased patient treatment adherence, cost effectiveness and cost savings, improved patient health and well-being, and, ultimately, the elimination of health disparities.¹ Our Integrated Healthcare Program adopts this holistic approach to treatment in order to help reduce barriers to quality affordable primary healthcare.

One of the ways we do this is by developing educational programming that addresses the assessed medical needs of Trilogy's client population, helps clients learn how to navigate the healthcare system, and encourages clients to become advocates for their own physical and mental health. Trilogy currently offers the following preventive health programming:

“Healthy Eating On A Budget”

Group Description:

This educational group meets on a weekly basis for 55 minutes and assists clients in understanding how to eat healthy foods within the constraints of their budgets. Content includes understanding food labels, nutritional requirements, and healthful cooking methods, among others. This group is “open” to all clients and is staffed by our Director of Integrated Health as well as our Integrated Care nurse. The nutrition assessment from the “Eat Better, Move More” curriculum is used before the first session and after the last session to evaluate change in clients’ nutrition, food purchasing and food preparation practices.

“Making Healthy Cooking Easy”

Group Description:

This 8-week curriculum focuses on making healthy eating tasty, accessible, and easy for mental health clients. The ratio of instructors to clients is 2:1 in order to ensure individual comprehension of the content and to provide an environment conducive to a dialectical behavioral therapy approach. Attention is paid to using affordable ingredients from stores that clients frequent (i.e. Aldi & Morse Market). Microwave cooking is a focus of this course, as it is both fast and easy. A major goal of this course is to increase the fruit and vegetable intake of mental health consumers by making healthy food both attractive and accessible. Each session consists of creating one recipe from scratch, and concludes with eating the meal created and giving feedback on the meal. The group is staffed by our Integrated Care nurse and four recovery counselors.

¹ Substance Abuse and Mental Health Services Administration. (January, 2008). *Compendium of Primary Care and Mental Health Integration Activities across Various Participating Federal Agencies*. Retrieved March 07, 2008 from www.samhsa.gov.