

# Transformation Transfer Initiative

February 5  
2010

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Southwest Network will utilize peer run groups in an effort to improve recipients' overall well-being, including improved BMI, improved weight, improved blood pressure, improved sleep, and increased physical activity.

**TTI Grant**

**Overview**

The Transformation Transfer Initiative (TTI) is a grant provided to the Department of Behavioral Health Services (DBHS) and the Regional Behavioral Health Authority (RBHA) to support the whole health initiative. Southwest Network will participate in this program, in conjunction with Magellan Health Services. Southwest Network will establish peer-run whole health programs in each of its clinics to work toward whole health for each recipient, and improve services in relation to coordination of care and physical health awareness.

**Clinics Identified**

Southwest Network is committed to whole health and wellness for each and every recipient. As such, it is the goal of Southwest Network to have each clinic participate in the peer-based whole health program.

**Participant Selection/Enrollment**

Southwest Network Peer and Family Mentors will facilitate a Health and Wellness Orientation in the month of March. This orientation will provide an overview of the peer-based whole health program, including the group model. The orientation will also include health and wellness information, as well as some of the tools to be used in the peer-run programs. Following the orientation, recipients will be given the opportunity to self-select for participation in the program by signing a statement of interest (and release of information for data collection purposes). In addition to the Orientation, the peer and family mentors will work with the clinical teams to identify potential participants. Program size will be limited to six to ten recipients. If more recipients self select for participation, another program will be initiated and run concurrently. Each program will be led by the peer or family mentor, or both the peer and family mentor together.

**Time Commitment**

Each Southwest Network clinic will run, at a minimum, three-two month peer run whole health programs beginning in April. Recipients will be able to enroll in one or multiple different programs. Programs may have a limited focus or a varied focus depending on the number of participants and their personal health goals.

**Outcome Measures**

Southwest Network plans to focus on the following outcome measures: improved BMI, improved weight, improved blood pressure, improved sleep, and increased physical activity. Each program will design its own focus dependant on participant goals, with the understanding that data will be collected based on the above mentioned outcomes. Ideally, any whole health focus would impact the outcome measures, thereby allowing the participants to design their own focus.

**Curriculum**

Southwest Network will incorporate curriculum provided by the Magellan Health Services and the Appalachian Consulting Group, Inc. as presented in the Peer Support Whole Health Training Manual. Program leaders will also draw on previous peer support training and personal experience.

**Data Collection**

Southwest Network clinics will utilize data collection instruments provided by Magellan Health Services, as designed by the PNO/Magellan TTI Project Group. Southwest Network will forward all information to the appropriate parties and within the given timeframes as provided by Magellan Health Services.

**Clinical Team Participation**

Southwest Network is committed to whole health and wellness for each and every recipient, and believes it is important to include the entire clinical team. Clinic RNs will assist as necessary, including, but not limited to, taking data measurements (weight, BMI, blood pressure) and offering topic specific information at the request of the program participants. Clinic DRs will also be available for consultation. The peer and family mentors will communicate regularly (at least once a month) with each involved recipients' case manager to ensure necessary clinical team follow up and encouragement to each recipient.