

Wellness Promotion & Health Literacy

January 20, 2022



Welcome & Introductions



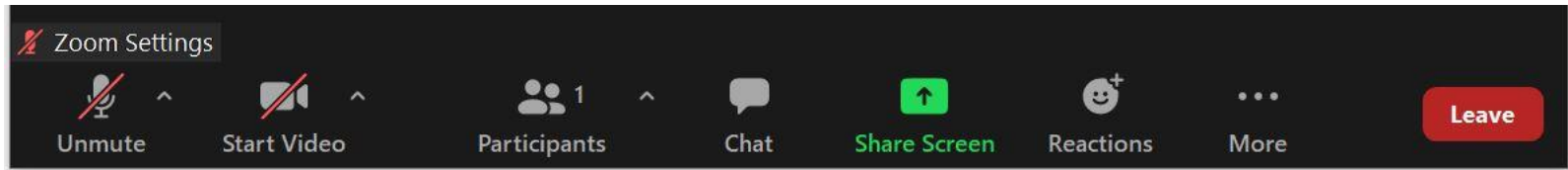
Welcome

Celia Brown

OMH Regional Advocacy Specialist
and

Telehealth Series Spokesperson

Recording

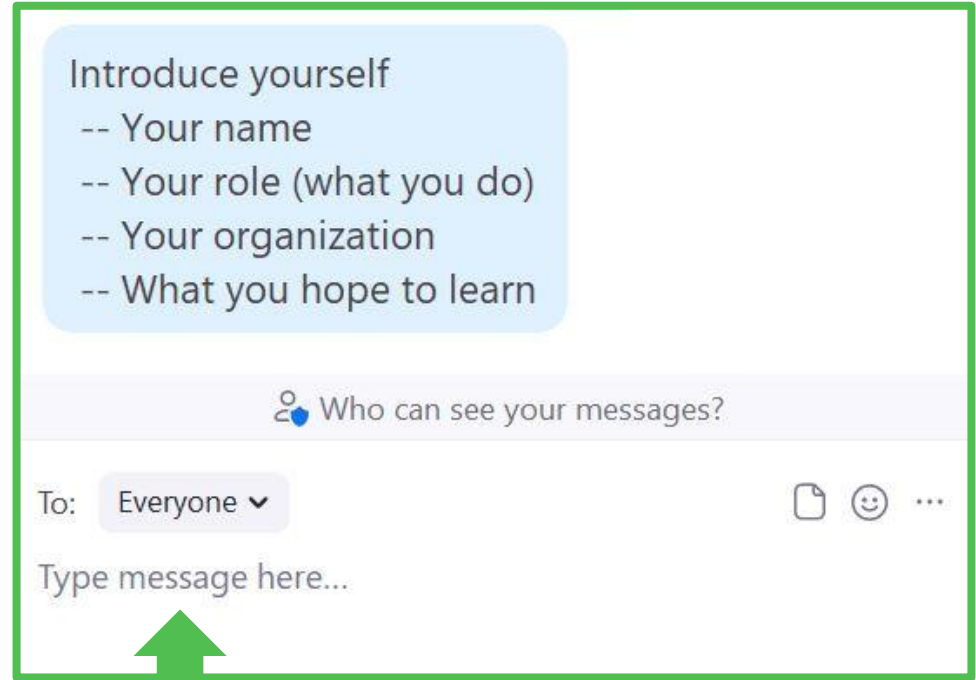


Please leave your audio muted and video off (as shown with red slash marks)

Use the Chat Box if you have questions or comments during the presentation

Click More (three dots) if Chat is not visible on your screen

Question



Introduce yourself

- Your name
- Your role (what you do)
- Your organization
- What you hope to learn

Who can see your messages?

To: Everyone ▾

Type message here...

The screenshot shows a chat interface. At the top, there is a light blue rounded rectangle containing the text 'Introduce yourself' followed by a bulleted list: '-- Your name', '-- Your role (what you do)', '-- Your organization', and '-- What you hope to learn'. Below this is a grey bar with a person icon and the text 'Who can see your messages?'. Underneath is a 'To:' dropdown menu currently set to 'Everyone'. To the right of the dropdown are icons for attachments, emojis, and a menu. At the bottom is a text input field with the placeholder 'Type message here...'. A green arrow points from a text box below to the 'To:' dropdown.

Select To: Everyone then type your introduction in the Chat Box

Previous Session

Providing/Linking to Needed Supports and Services

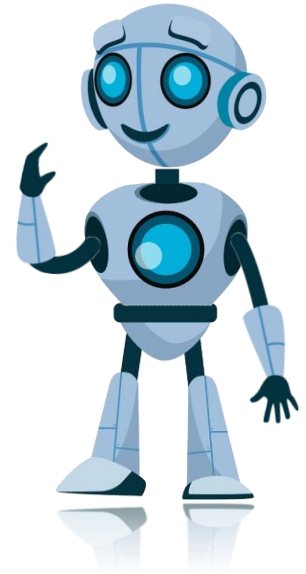
Referring people to crisis response teams, warmlines, hotlines, healthcare providers

Identifying healthcare providers

Connecting people to & facilitating virtual support groups

CE Credits

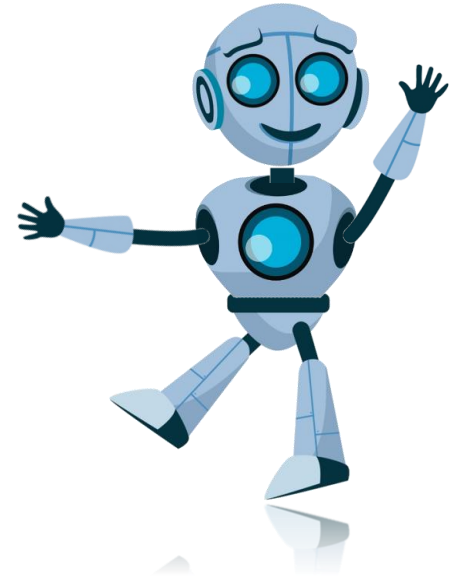
CE credits will be available by taking the quiz and completing the course evaluation for this and all of the sessions in the series as soon as they become available on the APS website.



Trainers

Peggy Swarbrick – Collaborative Support Programs of NJ, Rutgers Center for Alcohol Studies

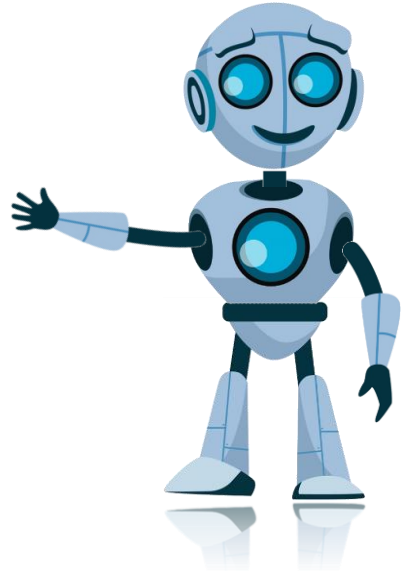
Clinton Green – Coalition for Behavioral Services



Learning Objectives

After today's workshop, participants will be able to:

1. Identify methods for providing health information
2. Describe how to teach others how to access health information
3. Explain strategies to teach health promotion skills



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Wellness Promotion & Health Literacy

COMPETENCIES

1. Providing health information
2. Teaching others how to access health information
3. Teaching health promotion skills



Question

What has your experience been with tele-health peer support (ThPS)?



Question

How do you define wellness?



Wellness is.....

Emotional

Developing skills and strategies to cope with stress.

Financial

Satisfaction with current and future financial situations.

Social

Developing a sense of connection and a well-developed support system.

Spiritual

Search for meaning and purpose in the human experience.

Occupational

Personal satisfaction and enrichment derived from one's work.

Physical

Recognizing the need for physical activity, diet, sleep, and nutrition.

Intellectual

Recognizing creative abilities and finding ways to expand knowledge and skills.

Environmental

Good health by occupying pleasant, stimulating environments that support well-being.

WELLNESS

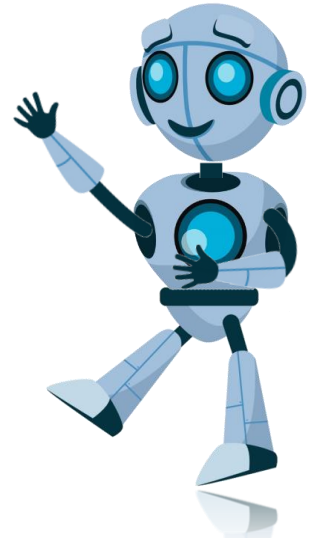


Wellness Promotion

People take control over their own health and wellness

Range of strategies and interventions

Focuses on strengths and capacities!



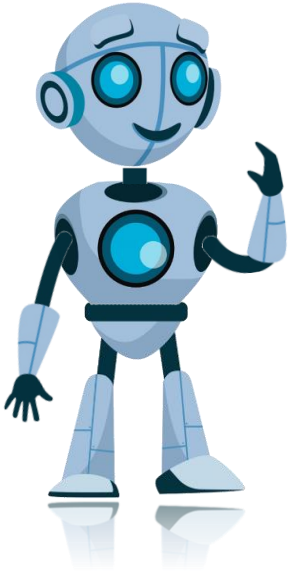
Health Literacy

The ability to find, understand, evaluate, and apply health information.

Capacity to obtain, process, understand.

Make health & wellness decisions.

Access/navigate healthcare system.

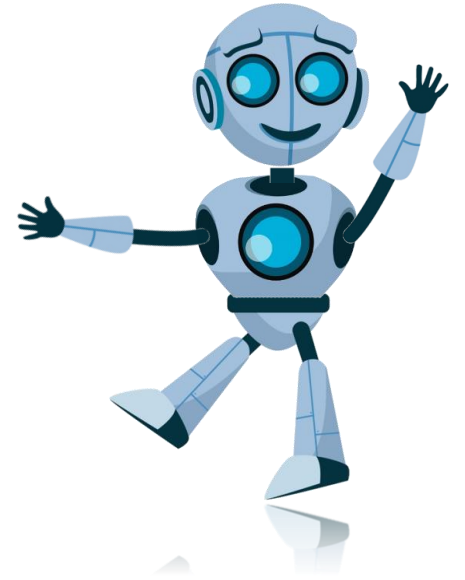


Importance

Low health literacy associated with

1. Greater risk factors & behaviors
2. Worse health outcomes

Limited ability to make informed decisions & self-manage



Challenges to Health Literacy

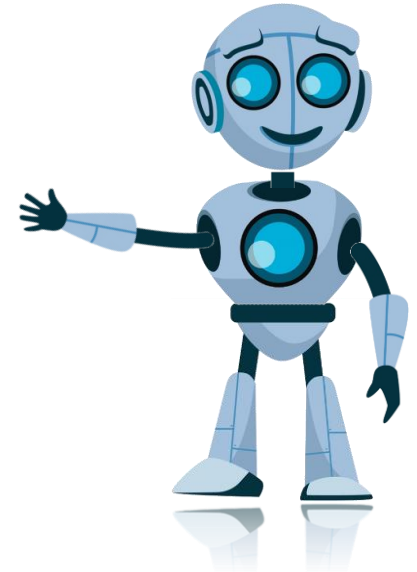
Complexity

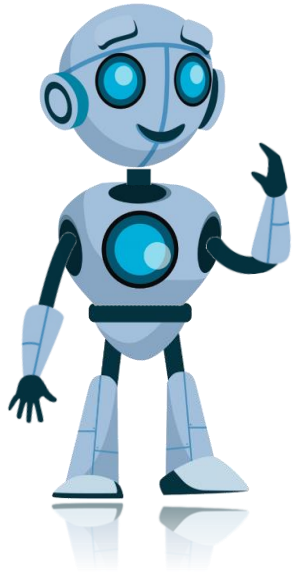
Information flood

Misinformation

Embarassment

Limited English Proficiency (LEP)





Examples

Making healthcare decisions

Appointments

Insurance

Meal prep

Managing stress

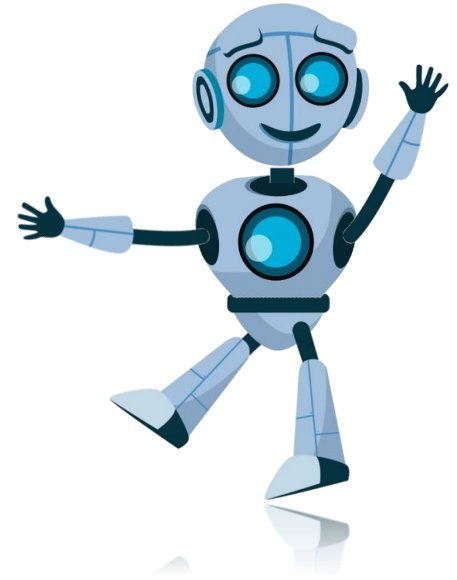


Providing Health Information

Identifying Reputable Sources

Before providing, evaluate reliability

- Sponsor
- Target
- Citations
- Ads
- Utility



Evaluating Health Literacy

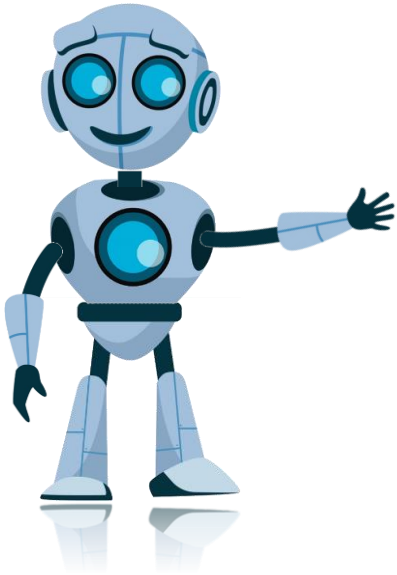
Estimate the health literacy of the person you're supporting

Computer access

Retention

Education level

Memory, attention, or concentration problems



What Can You Do?

Shame-free
atmosphere

Everyday language

Simplify/update
handouts

Listen

Go slow

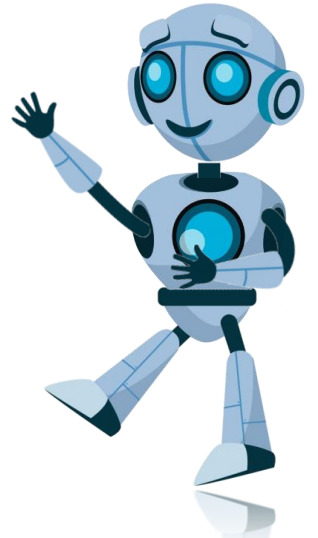
Be specific

Teach-back

Chunk information

Be hopeful

Summarize



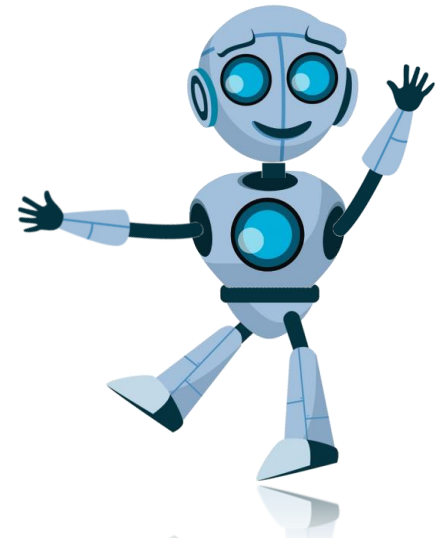


Teaching Others How to Access Health Information

Where to Find it

Reliable health information can be found in many places:

1. Providers
2. Books, magazines, pamphlets
3. Online



Where to Access

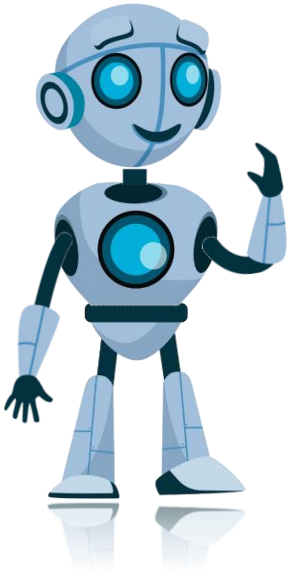
Printed material and online access:

Public libraries

College libraries

Continuing Education centers

Senior centers



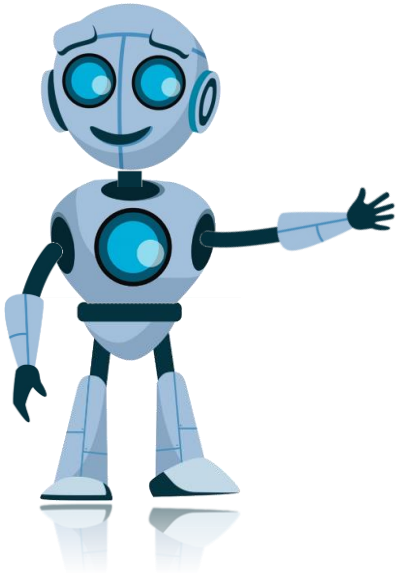
Is it Reliable?

Use what you've learned about reliability checking to give suggestions:

Use trusted websites

Use trusted publications

Ask trusted health providers



Shared Decision Making

Defining goals

Obtaining information

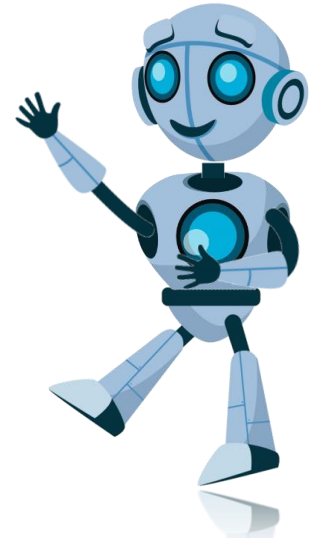
Choosing services

Developing treatment plans

Ongoing assessment

Reviewing decisions

Cultivating responsibility





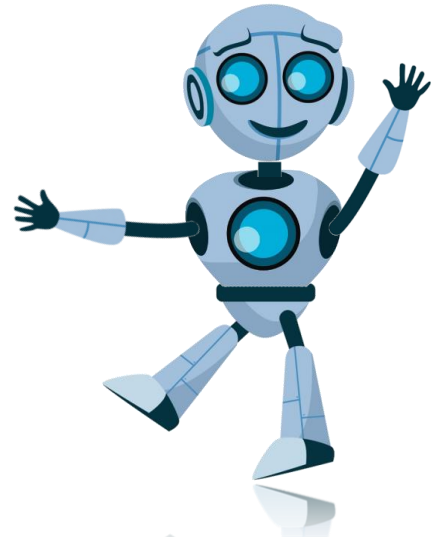
Teaching Health Promotion Skills

Health Promotion Skills

Find reliable health information

Evaluate and comprehend

Use and apply

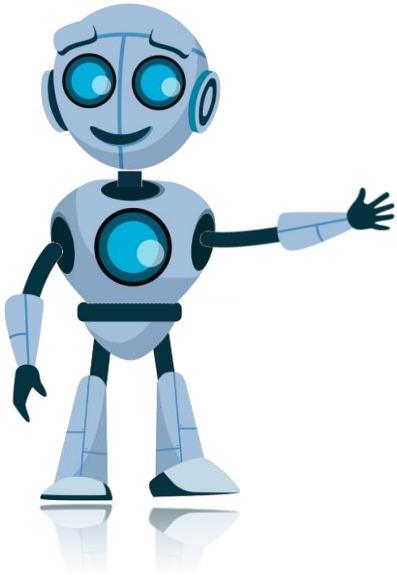


How to Teach Them

Teach Back Method

Decision Aids

Decision Support Interventions





Small Group Instructions

Think about your experience with one of the three competencies in this category:

1. Providing health information
2. Teaching others how to access health information
3. Teaching health promotion skills

Discuss in your small group how you can ensure this competency works in a telehealth environment.



Large Group Processing



Question

What did you discover in this practice activity?



Wrap Up

Today We Talked About

Why health
information is
important

How to provide
health information

How to teach others
how to access health
information

How to teach health
promotion skills





Question

What is the most important thing you're taking away from this session?

Maryam's Minute



Thanks

Any questions?

Credits

Slideshow design by Athena Rayne Anderson, PhD, MEd

Robot body parts available free online.

