Wellness Promotion & Health Literacy

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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...

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
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)?
How do you define wellness?
Wellness is.....
WELLNESS

Emotional
Developing skills and strategies to cope with stress.

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

Financial
Satisfaction with current and future financial situations.

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

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

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

Spiritual
Search for meaning and purpose in the human experience.

Occupational
Personal satisfaction and enrichment derived from one's work.
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
- Embarrassment
- 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.