



**Community Health Workers and
Mental Health: Wellness Recovery Action
Plan Model**

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Relevance of Depression

- Depression affects 38-51% of rural women in United States compared with 10% in general population of U.S. woman
- Women are more vulnerable to depression than men
- Rural women face increase risk factors for depression including intimate partner violence and poverty
- Rural women tend to be diagnosed with higher rates of comorbidities which can increase the severity of depression
- **Kentucky has 3rd highest rate** of depression in the U.S.
- Over 60% of rural residents live in mental health provider shortage areas



CHWs Role

What role can community health workers play in connecting rural women with depression to the rural mental health care system?





CHW Capacity for Recognizing Depression in Clients, Reducing Barriers, and Education About Treatment

- Many CHWs comment that many of the women they serve struggle with depression throughout their lives.
- Patients struggle to access care due to transportation barriers, long waitlists at community mental health centers, and poverty.
- CHWs investigate women's needs in depth through questioning or visiting the home.
- Many CHWs' clients are unaware what depression is.
- CHWs' strengths are to educate Appalachian women who have a tendency to neglect themselves.



Background: Multi-phase partnership with CHWs



Partnership with Community-based Institutions in Appalachian Kentucky:

- Kentucky Homeplace
- Center of Excellence in Rural Health
- Federally Qualified Healthcare Center



Phase I (2014):
Lived experience of depression



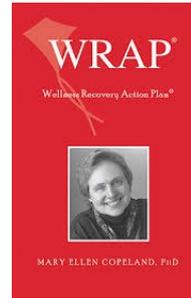
Interviews with Appalachian women with depression (N=28)

Phase II (2014-2015):
Identifying Appropriate interventions



Interviews with diverse health professionals (N=11)

Phase III (2016):
Adapting intervention



Focus groups, interviews with women (n=11), health providers (N=10), follow-up (N=10)

Phase IV (2016):
Pilot Adapted Intervention



Participants (N=16), Personnel Interviews (N=5)

*Image: Rob Amberg
Image: Gloria Feinstein Baker*



WRAP Facilitator Training

- 1 Week Training in Sand Diego, CA
- Learned tools to implement WRAP in our daily lives and help others form a WRAP plan.
- Daily activities, discussion topics, and group facilitating.





Recruitment Flyer



Feeling
down?

Researchers at the University of Kentucky College of Medicine are interested in learning how women deal with their depression to improve the services that are available in this region. Participants will take part in a 2-hour study that includes a confidential interview to share their experience of depression and a survey about their background and overall health.

You may be eligible to participate in this study if you:

- Are over 18 years old
- Currently or previously have had depression
- Are not pregnant or have given birth within the last 6 months
- Live in Breathitt, Knott, or Perry County or a surrounding county

Participants will be compensated for taking part in this study.

For more information or to take part in this study, please contact:

Keisha Hudson at (606) 439-3557, ext. 83452
or by email at keisha.hudson@uky.edu





Phase I (2014):
Lived experience of
depression



Interviews with
Appalachian women with
depression (N=28)

Interviews with Rural Women

- Characteristics of Appalachian women with depression
- Patterns in the causes and treatment-seeking behaviors of this population
- Successful strategies for treatment and outreach
- Personal and systemic factors to improve women's treatment outcomes through communication, outreach, and logistics.



Interviews with Providers Working with the Population

Phase II (2014-2015): Identifying Appropriate interventions



Interviews with diverse health professionals (N=11)

- Urged the importance of considering care beyond the clinic
- Emphasized the challenges in providing quality care due to time constraints and excessive needs
- Knew that the vast majority of vulnerable women would never be able to reach a clinic
- CHWs provided an accessible means to think beyond traditional treatment options.
- Stressed the importance of accessible communication grounded in respect—they felt that CHWs would be crucial to communicating respectfully with women and in terms that would resonate them with.



Provider Interviews Continued

- Finally, participants were skeptical that rural women would participate in any intervention oriented explicitly around mental health, not only because of stigma, but because mental health was simply too difficult to prioritize.
- CHWs emphasis on overall health, and understanding of depression as one of many issues, would better address the lived experience of depression.



Wellness Recovery Action Plan Intervention Implemented

- Phase IV (2016):
 - Pilot Adapted Intervention
 - Participants (N=16)
 - Personal Interviews (N=5)





WRAP®

**Wellness
Recovery
Action
Plan®**



Mary Ellen
Copeland,
PhD



WRAP Includes:

- Wellness Toolbox
- Daily Maintenance Plan
- Triggers and Action Plan
- Early Warning Signs and Action Plan
- When Things are Breaking Down and Action Plan
- Crisis Planning
- Post Crisis Planning

Wellness Recovery Action Plan



Was developed by a group of people who had been dealing with difficult feelings and behaviors for many years

People working to feel better and get on with their lives



WRAP Will:

1. Help you stay as well as possible
2. Help you keep track of difficult feelings and behaviors, and develop action plans to help you feel better



WRAP Will:

3. Tell others what to do for you when you feel so badly you can't make decisions, take care of yourself and keep yourself safe.



You Can Use WRAP

As a tool to help insure your success if you are planning changes in your life, like:

- Getting a Job
- Changing Jobs



You Can Use WRAP

- Increasing your Work Hours
- Taking on More Responsibilities
- Getting More Education or Training
- Leaving Supported Housing



You Can Use WRAP

To Address Other Life Issues like:

- Chronic or Acute Illness
- Addictions
- Breaking Bad Habits
- Losing Weight
- Trying Out New Interests
- Caring for Ill or Elderly Family Member



WRAP

There is only one person who can write your WRAP-
YOU!

You and only you decide:

- If you want to write a WRAP
- How much time it takes you to do it
- When you want to do it
- Which parts you want to do

WRAP



You and only you decide:

- Who you want, if anyone, to help you with it
- How you use it
- Who you show it to
- Where you keep it
- Who, if anyone, has copies of your Crisis Plan

Key Recovery Concepts



- Hope
- Personal Responsibility
- Education
- Self-Advocacy
- Support



Education

Go to www.mentalhealthrecovery.com

for **free** educational articles and information, lists of resources and organizations, recovery stories, and mental health recovery and WRAP resources you can purchase including books, CDs and DVDs.



Resources

For further help in developing your WRAP, check out the resources at

MentalHealthRecovery.com

and

WRAPandRecoveryBooks.com



Questions?????

