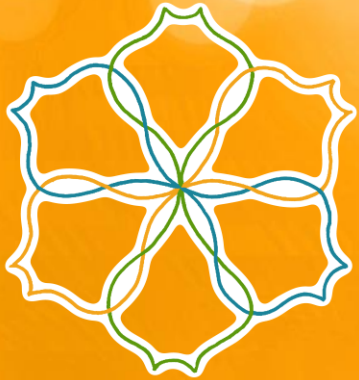


Integrative Health and Wellness Program Washington D.C. VA Medical Center



November 5th, 2014

Melane Rose Boyce, MSW



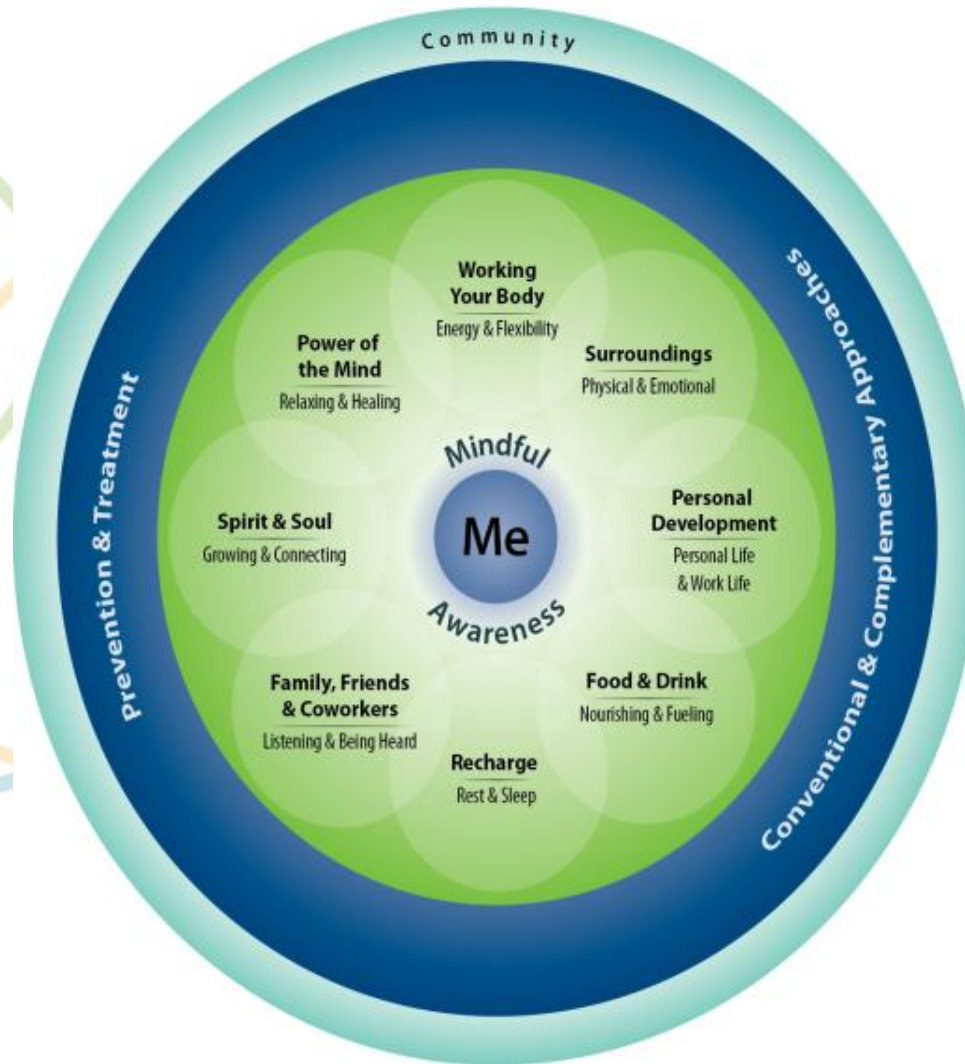
Grantmakers In Health
Fall Forum

New Directions in VA Healthcare: A Patient Centered Approach



- Veterans Health Administration is the **single largest healthcare provider in the country**, and manages the largest medical education and health training professionals program in the U.S.
- Serving more than **8.3 million Veterans each year** and their families
- **Unique needs of returning Veterans** in the last decade has served as a catalyst to expand thinking about services
- Office of Patient Centered Care and Cultural Transformation leading a **new direction in integrative care** for Veterans
- **Integrative Health and Wellness (IHW) Program** serving as national model across the VA with particular attention from policy makers
- **Overview** of what we have accomplished, with implications for funders and future direction

OPCC: Whole Health Care 2012



Mission IHW Program



The **mission of the IHW Program** is to promote comprehensive health and wellness for Veterans and staff by providing the best of complementary and integrative medicine to

- **Support wellness**, which includes a positive balance and wholeness in body, mind, spirit, and community;
- **Empower and equip Veterans and staff** to live successfully to their fullest potential;
- **Create positive cultural transformation** that builds the strength of the entire VA community.



Vision IHW Program



Integrative Health & Wellness (IHW) Program at DCVAMC will:

- **Expand provision of integrative and complementary services** to Veterans and Staff in the key areas of Mind, Body, Nutrition and Spiritual Life;
- **Provide information, education, and training** on Integrative Health and Wellness;
- **Conduct and support evaluation and research** on the effectiveness and outcomes associated with our programs and services; and
- **Create new partnership opportunities** in the communities in which we work.



IHW Program Offerings



- **The Energetic Body**

- ✓ Integrative Medicine Physician
- ✓ Acupuncture
- ✓ Qi Gong
- ✓ Yoga
- ✓ Reiki

- **Mind and Emotions**

- ✓ MBSR
- ✓ iRest Yoga Nidra
- ✓ Heartmath Biofeedback
- ✓ Meditation & Relaxation

- **Nutrition, Food and Drink**

- ✓ Nutritional Psychology
- ✓ MOVE
- ✓ LIVE
- ✓ Teaching Kitchen

- **Spiritual Life**

- ✓ Veteran's Writing Group
- ✓ Interfaith Services
- ✓ Individual counseling
- ✓ Spiritual groups

- **Education and Events**

- ✓ Integrative Health Classes
- ✓ Events
- ✓ Health and Wellness Links Website

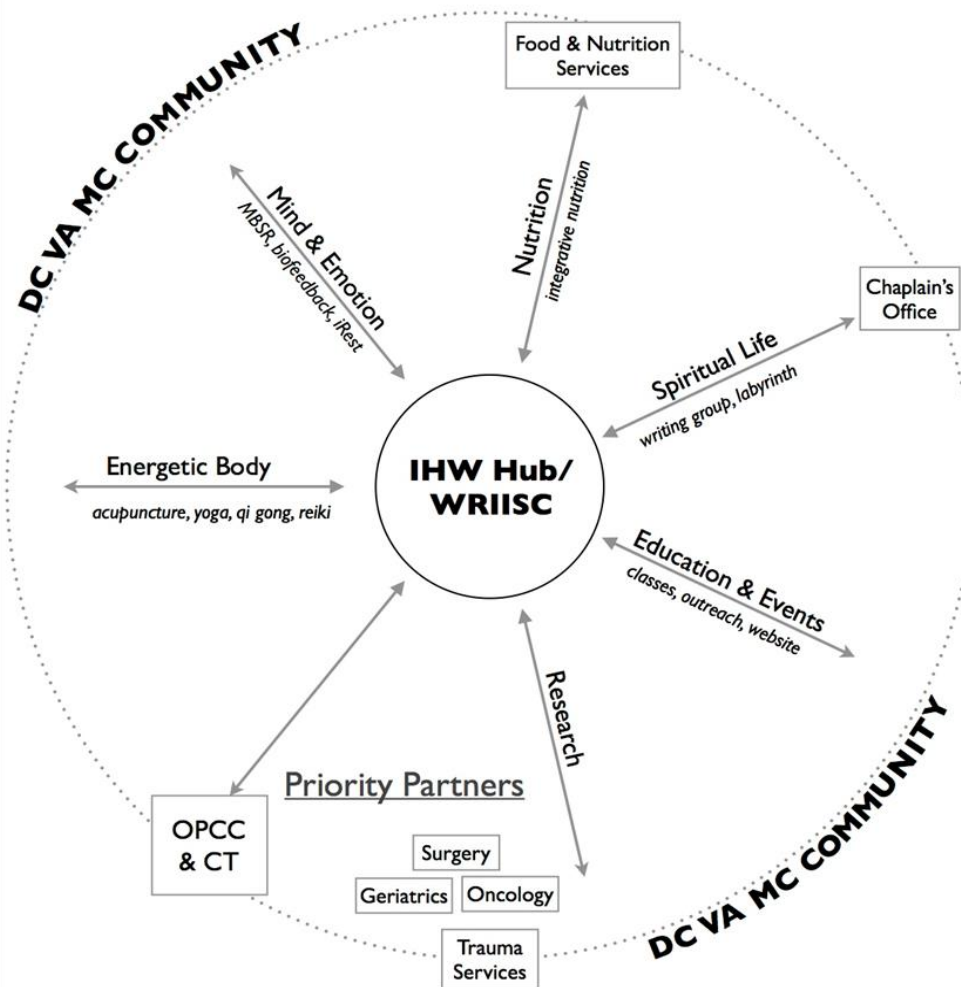
- **Research**

- ✓ Current IRB Approved Projects

Internal and External Partnerships



IHW Hub Program Tracks and Outreach



Key Strategies in Successfully Engaging Veterans



- **Providing Choice and Self-Direction in Achieving Wellness**
 - Veterans choose in consultation with their physicians to engage in wellness services along 6 program tracks
 - New Integrative Medicine track provides comprehensive health and wellness review focused on patient priorities
 - Integrative Health Education Classes focus on Components of Proactive Health and Well-Being, and SMART Goal Setting for long term behavioral change
- **Veterans as health ambassadors**
- **Virtual Wellness Clinic**
- **Opportunity to expand to families**
- **Research**
 - Comprehensive research protocol examines physical and mental health and quality of life outcome for Veterans engaged in integrative health services at the DCVAMC



Virtual Clinic



Washington DC VA Medical Center

- Home
- ▶ Patients & Visitors
- Become a Patient
- ▶ Locations & Directions
- ▶ Health Care Services
- Health Care Providers
- ▶ News & Events
- Jobs & Careers
- ▶ About Us
- ▶ Contact Us
- Volunteer or Donate
- ▶ Operating Status
- ▶ Staff, Clinicians & Trainees



Health and Wellness Links

Welcome to the DC VAMC Link to Health and Wellness

The Health and Wellness Link is a resource for Veterans to improve their health through the use of integrative wellness services. Onsite at their local VA or online through web resources, Health and Wellness Links assists Veterans achieve their health goals by getting them connected to integrative health services.



Health and Wellness Links
Body, Mind, Spirit Fitness

RESOURCES

- [Services for Veterans](#)
- [Online Resources](#)
- [Toolkits for Providers](#)
- [Research and Events](#)

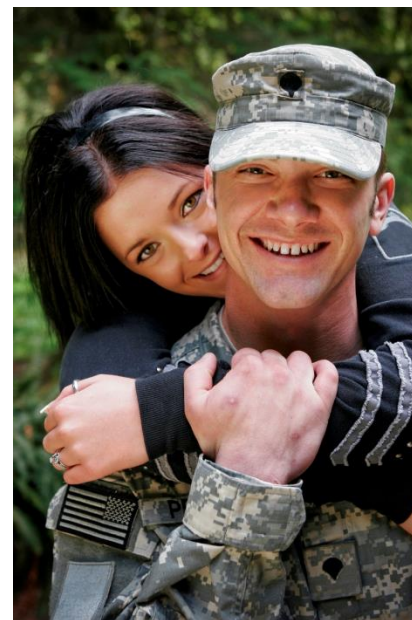
CONTACT

Questions about individual services? Use the

Key Strategies for Implementing Integrative Care for Veterans



- **IHW Program as a hub and a catalyst** supporting staff and departments across the hospital in developing and expanding integrative care
- **Internal and external partnerships key to sustainability** in trainings, clinical programs, and volunteer recruitment
- **Demand for these services continues to grow exponentially**
- **Strategic roll out increases the likelihood of success** – building stakeholder engagement



Implications for Grant Funders: Future directions



- Opportunity to look strategically at **model service provision**
- **Research protocols** assist in targeting effective services
- **Emphasis on health and wellness education:** individual change for the long term
- **Partnerships opportunities** with Veteran Organizations
- **Outreach to policy makers**



Thank you!

