

InSHAPE[®]

Physical health initiative for adults with serious mental illness

The Heartland Family Service **InSHAPE[®]** program is a health initiative developed at Dartmouth College for adults experiencing serious mental illness. The goal of the program is to improve physical health and quality of life, reduce the risk of preventable diseases, and enhance the life expectancy of individuals living with serious mental illnesses.

Studies show that individuals with serious and persistent mental illnesses, such as schizophrenia and bipolar disorder, have a lifespan that is 20-25 years shorter than the general population. These individuals also are at an increased risk of chronic diseases, including diabetes, hypertension, cardiovascular disease, and nicotine dependence.

How the Program Works

Through **InSHAPE[®]**, participants will meet with a health mentor for one hour once a week for a personalized physical activity and nutrition program. To start, the health mentor will help participants create a **Self Health Action Plan for Empowerment (SHAPE)** that includes physical activity, healthy eating goals, and attention to medical needs, as well as implement the plan by linking the participant to already available community resources, such as gyms, parks, nutritional programs, etc.

Services Provided

The Heartland Family Service **InSHAPE[®]** program includes the following services:

- Fitness assessments
- Goal-setting
- Personal training
- Nutrition and cooking education
- Smoking cessation
- Support in accessing and using the health care system

Eligibility

To be eligible for **InSHAPE[®]**, participants must be:

- 18 years or older
- Overweight
- Diagnosed with a serious mental illness
- Given medical clearance by a doctor for participation
- Interested in working toward a healthier lifestyle

For more information or to sign up, contact Amanda Henkel at (712) 435-5374 or AHenkel@HeartlandFamilyService.org



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HEARTLAND
familyService
Good works.



Referral Form

Name: _____

Phone: _____

Clinician/Case Manager: _____

Race _____ Hispanic : Yes No

Inclusion Criteria. The following conditions must be met for Study eligibility:

1) Age _____ 18 or older: Yes No

2) SMI as defined by (a) primary DSM-IV Axis I diagnosis Yes No

(Please circle diagnosis below)

- Schizophrenia,
- Schizoaffective Disorder,
- Bipolar Disorder,
- Major Depressive Disorder

4) Willing to participate in a diet, exercise and health promotion program: Yes N

5) Able to participate in six minute walk test Yes No

6) Living situation allows the individual to participate in choosing, and preparing own meals Yes No

Please confirm that the following have been completed

- Referral has been discussed with client
- InSHAPE Goals/Objectives/Interventions have been added to the treatment plan
- Client/Guardian phone number(s) are up to date and accurate in MyEvolv
- PCP information (including phone #) is complete, current and accurate in MyEvolv
- Current release for PHI identifying the client's PCP practice is signed by client/guardian
- PHI release is attached
- Client has met with PCP within the last 2 weeks and has clearance for program

Please send all referrals to: Amanda Henkel

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