Request for Applications:
Integrating Health Promotion for Obesity in Mental Health Organizations
InSHAPE® Implementation Project

Background

The Problem

People with serious mental illness (SMI) in publically funded mental health organizations have a reduced life-expectancy of 25-30 years compared to the general population. Obesity and tobacco use are major causes of this dramatic health disparity. Obesity rates are twice as prevalent among persons with SMI compared to those without SMI, placing this high-risk, high-cost group at risk for diabetes and cardiovascular disease. The presence of obesity-related medical comorbidity is associated with poor medical and psychiatric outcomes, as well as increased morbidity and mortality.

The Opportunity

Selected organizations will receive support in implementing InSHAPE®, a wellness program designed to improve the physical health of people with serious mental illness, and participate in a research study to advance understanding of how to implement such programs. In 2014, the National Institute of Mental Health (NIMH) funded Dr. Steve Bartels and his team from Dartmouth to conduct a study to determine how to best implement evidence-based health promotion to decrease obesity and reduce cardiovascular risk for persons with mental illness in 48 mental health organizations across the nation. Half of the participating mental health organizations will receive training and individual technical assistance for 18 months, and half will receive training and implementation support by participating in a learning collaborative for 18 months. Eligible organizations include mental health provider organizations that could be ready to implement InSHAPE® by January 2017.

Overview of the InSHAPE® Program

(1) An individualized fitness and healthy lifestyle assessment;
(2) Weekly one-on-one meetings with a "Health Mentor," a certified fitness trainer who assists in developing a fitness plan consisting of wellness goals and behaviorally specific healthy eating and exercise objectives;
(3) Membership in a local fitness facility (e.g., YMCA, dance-studio, exercise center);
(4) Nutrition education and opportunities to participate in healthy eating activities;
(5) Triannual motivational "celebrations"

For additional information about the InSHAPE® program,
- Visit: www.kenjue.com/InSHAPE
- Watch: youtube.com/watch?v=R3Ky2baotko&feature=youtu.be

Benefits to Participating Organizations

The mental health organizations selected to participate will receive (at no cost):
- Training in the InSHAPE® Program (a 4-day training);
- Personal trainer certification reimbursement for one designated Health Mentor at a local or online AFAA, NASM, ACE, or ACSM chapter;
- Implementation support through ongoing bi-weekly Health Mentor supervision, as well as either expert technical assistance OR a monthly virtual learning collaborative;
• An iPad to assist the Health Mentor in tracking participant progress and program outcomes;
• A $2,500 annual stipend to offset costs associated with data collection for the study.

Site Commitment

All participating organizations will be expected to:

✓ Be willing to be randomly assigned to one of two groups: one group to receive Individual Technical Assistance or a second group to participate in a virtual Learning Collaborative;
✓ By January 2017 or earlier, hire or designate at least one full-time equivalent (35-40 hours/week) employee to be trained to become a Health Mentor. Salary support for the Health Mentor(s) is the responsibility of the participating organizations;
✓ Designate a staff person to operate as InSHAPE® program supervisor; this person must be able to devote a minimum of 8 hours a week to the project, which includes supervising the full-time Health Mentor;
✓ Attend several “pre-implementation” webinars and individual phone calls between October 2016 and March 2017 in order to learn important next steps and report progress;
✓ Send the Health Mentor(s) to attend a 4-day intensive InSHAPE® training (cost of travel and lodging for first staff member sent is covered by the grant; additional staff are the responsibility of the organization). The 4-day training will be in March 2017 (dates and location TBD in Fall 2016);
✓ Obtain discounted fitness club memberships for participants (or equivalent exercise access). Covering membership cost will be the responsibility of the participating organizations;
✓ Identify an internal implementation team at your organization consisting of (a) Chief Operating Officer (COO), Chief Financial Officer (CFO), or equivalent designated executive representative lead; (b) the identified senior administrative/clinical director who will oversee the program; (c) designated InSHAPE® supervisor; (d) Health Mentor(s);
✓ Sign off on the commitment of time and effort from the Agency CEO;
✓ Participate as an implementation team in virtual web and phone-based training and supervision sessions;
✓ Enroll a minimum of 30 participants in the InSHAPE® program who participate in InSHAPE®;
✓ Participate in data collection as described below.

And for the 24 organizations assigned to the Individual Technical Assistance group:

✓ Also attend four technical assistance phone calls during the first year of implementation and thereafter as needed for 18 months

And for the 24 organizations assigned to the Learning Collaborative group:

✓ Also send your InSHAPE® program leadership (the organization to cover travel and lodging costs) for one face-to-face one-day learning collaborative training/member meeting in March 2017 (date and location TBD in Fall 2016); consisting of a minimum of the senior administrative/clinical director, InSHAPE® program supervisor, and Health Mentor;
✓ Participate in a monthly virtual Learning Collaborative meeting with the Dartmouth implementation team for 18 months. Attendees should include at least the identified administrative/clinical director of the InSHAPE program, InSHAPE® supervisor, and Health Mentor.

Data collection:

Over the course of the 24 months, there will be multiple assessments primarily through surveys and phone calls to learn about your organization, your patient population, and the progress of your InSHAPE® program. All
Please complete the application in its entirety and return by 5 p.m. ET on Friday, June 24th to: Allison Kinney, Program Manager at Dartmouth, Allison.R.Kinney@Dartmouth.edu