



Temple University  
**Collaborative**

On Community Inclusion of Individuals with Psychiatric Disabilities

# Promoting Physical Activity: A National Conversation

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## First Slide: Welcome

(00:00) Gretchen: I am Gretchen Snethen. You will be hearing me throughout this presentation. Just for some logistics as we're going through this...This is sort of the technical information. We're hoping that you will want to engage with us throughout this. You can do this in a couple of ways. You're welcome to join us. When you see these little red squares with what look like speech bubbles in there, that's going to be times where we want you to join in and talk with us. You can raise your hand, which if you see the top of the screen and it says, and you hover on it, it will give you the opportunity to pull the chat and the participant boxes down. That's going to be the way that you can interact with Katie or myself. So you can type into the chat box. I just sent you all a message that says "Hello" and that should prompt you to pull that down. That will be an easy way, if you're uncomfortable talking out loud on this webinar, you're welcome to type your comments or questions in that box and share it with all participants. And we will be happy to read those comments as we're going through. If you'd like to talk with us you can raise your hand and Katie, who was kind enough to help us host this event, will unmute you so you can join in the conversation. You can also unmute yourself but if it seems like it's going to be a free-for-all of conversation, we will try to organize it so that we can unmute you as well. If you are on Twitter and you'd like to participate that way also, you can Tweet us using @TUCollab and the hashtag #Collabmoves16. Paige O'Sullivan, who is our lovely Twitter extraordinaire, is going to be live-tweeting throughout this presentation as well. So, we're really excited. This is the first time that we've done one of these presentations and we're really hoping that you guys are excited to be here and are excited to join us. So with that being said, let's get moving!

## Slide Two: Why Physical Activity and Mental Health?

(02:45) Gretchen: So to start out I just wanted to give a little bit of an orientation as to why we wanted to have this conversation. Why we're focusing on physical activity, particularly for individuals with mental health conditions. Some of the information that we know is that people diagnosed who are diagnosed with mental illnesses experience higher rates of sedentary activity and are less likely than the

general population to meet the physical activity guidelines. Why do we care about this? It's because this contributes to obesity and poorer physical health. We know that obesity is experienced at rates higher, 1.2-3.5 times more, among individuals diagnosed with a mental illness. And this is associated with higher rates of cardiovascular disease, diabetes, and other conditions that really contribute to poor physical health. And it's also associated with the statistic that says that people who are diagnosed with mental health conditions have a life expectancy that's up to thirty years less than the general population. So this is something that's really interesting and really something that we need to focus on because not only do we care about mental health, but we also care about the physical health of people who experience mental health conditions. And we know that beyond the physical health connection to physical activity, physical inactivity is also associated with poorer mental health scores and increased symptoms of depression. There's newer research that's coming out as well that really talks about the relationship between cognition, memory, and physical activity.

### **Slide Three: Why Are You Here?**

(04:32) Gretchen: So why are you here? We have a couple of different things that we're going to go through throughout this presentation. We did a survey before, both for some of you who may have participated in it, but also for people who weren't able to attend the webinar today. We have 38 respondents, to that 24 with lived experience, 10 providers, and 4 agency administrators. You'll see as we're going through the presentation that we'll have some speech bubbles that will give us feedback from other individuals. So just briefly, why are you folks here? What brought you here today?

(Webinar Chat/Discussion Opportunity)

(05:23) Gretchen: And it's alright if you don't want to chat yet, hopefully you'll warm up to it. Alright, we've got people at Baylor, Hello! We're looking at people who want to motivate themselves, that's awesome! And so we're hoping that today this will be engaging for both providers and consumers. While we are really focused on strategies to support consumers to engage in physical activity, this is something that can be beneficial for everyone. Katie is really excited about something, I'm not sure what but that's okay.

(06:03) Katie: So many people are participating!

### **Slide Four: Barriers**

(06:05) Gretchen: So one of the things that we know that exists in barriers, there are a number of barriers that individuals with mental health conditions experience in terms of physical activity. We know there's information that says that consumers believe that there are a lack of adequate programs and also professional support to engage in physical activity. We also know that symptoms of a lot of mental health conditions impacts motivation and really that desire to engage in new activities or physical activity and making those changes. And while we're talking about mental health, this really is something that impacts everyone. We also know that sometimes individuals with lived experience live in neighborhoods where they may feel like it's unsafe to be outside and they're concerned about engaging in the community and their immediate area because potentially unsafe conditions or because of high crime rates. We also know that sedation of medication can impact physical activity and really that motivation as well. And that's a very real thing that we need to be aware of and talk about with

consumers and also give them the voice to let them talk to their providers about how that medication may be impacting other areas of participation. Again, we also know that there's sometimes negative self-perceptions. Medication also impacts weight gain. So, we know people who take psychiatric medications often experience a significant weight gain which may impact their self-perception. We know that body image and low body image can negatively impact people's willingness to engage in physical activity in public environments. We also know that once you're less active, it's harder to get started because you may not feel like you have the confidence to do those things. Another thing is that there's a lack of social support. People who are socially connected are more likely to be physical active. And this makes sense because we know that if you sign up to run with a friend, and it's Friday night and you're tired and you get home and all you want to do is sit back and relax, but you're like "Oh my friend is coming to meet me and we're going to go running," you're more likely to do those things. And so having that social support can be very important. And this can be lack of people or lack of social support to do those activities with, but also looking at social support as the people who support you to reach your physical activity goals. So, if you set goals for yourself, who do you share that information with? Who do you share your successes with, or who do you tell that you're really trying to make a change and engage in physical activity? Having those people that you report to who are you in your own natural supports or your support network can be really important in trying to change your own physical activity and really meet those physical activity goals. And then we also know that people with lived experience have very real financial and transportation barriers that may make it difficult to engage in physical activity outside the home. And so those are things that we also need to be aware of.

#### **Slide Five: Barriers (From Our Survey)**

(09:45) Gretchen: What are some of the barriers that you experience? These were some of the barriers that we heard from the survey we put out. Kathryn's is not a barriers sorry that one got in there.

We have Karen from Appleton, WI who said, "For me right now, finances are not a barrier to physical activity. In the past, this has been the case. It's been difficult to afford a gym membership or supplies needed (Shoes, clothing). I think helping to advocate for health care paying for supports for physical activity would be a great step forward! As a side effect of psychiatric medications, I gained more than 80 pounds. It was difficult to get back in to physical activity because I had really poor body image and felt uncomfortable going to a gym, yoga class, etc."

So there's a lot of information here. We know people have financial barriers. We know people have some of that self-confidence barriers.

An anonymous individual from Louisiana said that they have little to know encouragement from their spouse and their energy level is low. They spend too much time playing games on their phone when they're depressed or they zone out too long. So these are some of the barriers that happen on a day to day basis.

Marjorie from Pennsylvania, she was a provider, she said, "Some of our staff have physical disabilities which limit physical activity. It is also expensive to purchase gym and yoga memberships and classes. As a non-profit agency, our limited resources cannot sustain providing pedometers, shoes, clothes, etc. to

our consumers. Consumer desire to participate in physical activity is a barrier, and we do our best to encourage participation”

And then finally Dan from the North side of Chicago told us that he has many barriers, probably too many to list but he starts by working full time because, “Working full time is difficult. Working during the prime hours of the day leaves very little energy to be utilized afterwards, I believe. Also, I am not a morning person so there is that. Also, I often times feel pretty crappy internally in my stomach area. I believe this is due to many factors. Finally, I have not made it a habit. Experts so that it takes three weeks to form a habit, and for me, exercise simply is not one of them.”

So we have some real barriers that we’re hearing about.

### **Slide Six: What Barriers Do You Face?**

(12:12) Gretchen: What about you guys? Consumers, or people with lived experiences, are there barriers to physical activity that you experience? What are others? Are there personal barriers? Are there barriers within your community? Are there barriers you experience within your agency? Providers are there agency barriers that you experience that really prevent you from promoting physical activity? What do you observe in the individuals that you work with?

(Chat/Discussion Opportunity)

(12:41) Gretchen: We have Pat Hayes who is looking at some tools, we’ll get to those. Learning the proper tools and how to do things safely, that’s really important because if you don’t feel confidence that you’re able to do those things independently, then it’s going to be difficult for you to engage in that. Tracy, I’m going to unmute you so hopefully you’ll join us and let us know some of the barriers that you experience. Tracy are you there?

(13:19) Katie: I think they should be able to talk but I’m not sure if Tracy has a microphone.

(13:25) Gretchen: That’s alright. I did see that you typed in that staying motivated is one of the barriers that you experience. Funding and time to work with partners, that’s definitely something, so having the finances to do it. Brandon, who is one of our coworkers he said that people he works with don’t even know where to start to find things that they might enjoy. So, knowing those resources is also very important. I’m seeing a lot of information about confidence and having that poor body image or not being confident or comfortable in engaging in these new atmospheres or new activities. Great, and physical problems associated with excess weight makes exercise painful or uncomfortable, great! Well, that’s not great, but these are great examples of barriers. And the reason why we’re starting with barriers is, well there’s a couple of reasons for it. First is that you have to recognize that changing your lifestyle and being more physically active is not always easy. Really recognizing that there are barriers out there and they are very real. It’s not just that individuals don’t want to do it or they don’t want to make the time for it, but it’s hard, it’s hard for everyone. We all know that exercise really can be a wonder drug, but as a population, both individuals with mental health conditions but also the general population, we’re not engaging in the level of physical activity that can help us have some of those health benefits. So recognizing that those barriers exist, acknowledging them, and then really trying to

figure out if there are strategies to navigate these barriers and start to engage in more sustainable activity.

### Slide Seven: What Works?

(15:33) Gretchen: So we talked about barriers for a little bit. Now we're going to talk about things that work. What the research tells us is that we want to use strategies that connect an individual's interests. And this can be on a couple of different levels. First, we want to learn what motivates the individual to be physically active. Sometimes it's the more obvious things like, "I want to lose weight", or "I want to feel better", or "I want to be healthier", or "I want to be able to walk up the stairs and not lose my breath". And those are important, and that may be the motivation that really promotes people to engage in physical activity. And that's fine, and recognizing it and helping people to identify what those motivations are can be really helpful to starting and maintaining a physical activity program. But, there may be other motivations as well. For example, some people may be motivated if they have children or grandchildren that they want to be more physical active so that they can keep up with their kids or they can keep up with grandkids, because they're fast and they run around and if you get tired it can be exhausting. So, their motivation may be to engage with family members or friends. Their motivation may be that they like to be outside, and being outside is often an expectation that you need to be more physical active. And so recognizing that an individual's motivation may be different than just the obvious of being more physical active or losing weight, is really important, because knowing that motivation can help you to support both your own engagement, but also help you to better support consumers to continue to engage and reminding them of what that personal motivation is.

(17:23) Gretchen: The other important thing to remember is that exercise doesn't have to be painful, it doesn't have to be boring, and it doesn't have to be a chore. You can engage in exercise or physical activities that are fun. I bike, I like to hike, I like to run. Not everybody is going to like those things. An example that I often give is when I lived at home I had my mom sign up for the gym with me. And we went all the time, but as soon as I stopped going I moved away my mom stopped because she didn't particularly like the gym, she liked going with me. So, her motivation was that social connection, but once I stopped going with her she had to find something else that she was able to continue to do and she enjoyed on her own. The other thing that research tells us is that having a diversity of activities that promotes physical activity is going to be beneficial. So, it's not just doing one thing consistently to engage in physical activity, but thinking about diverse strategies to increase physical activity. Going for walks, riding bikes, dancing with your friends, going to yoga, doing multiple activities can help you decrease burnout and can also help you vary your activity plan. It starts to become something that is more consistent and more sustainable.

(18:46) Gretchen: The other thing is really connecting to those social individuals. So connecting and sharing your goals with others helps will help you increase your own accountability. It also encourages you when people ask you what you're engaging in. And then finding those activities that you can do with others because its often more fun to do things together, and you're more likely to follow through because that person may call you and show up and you know they're going to be at the gym at a certain time so that may be the motivation to get you through.

(19:19) Gretchen: The other thing to consider when you're planning your own activities, or when you're supporting individuals to engage in physical activity, is to really recognize what those barriers are. And then also plan activities that have the least amount of barriers. So, if transportation is a very real barrier that seems insurmountable, don't plan activities that require a lot of transportation to get there. Think about things that you can do in your own community, or think of things that you can do outside of your house. Because if there no way to get around the barrier to transportation, then you can't set activities that force you to get through that barrier. Or, if you're working with an individual or planning your own activities and you start to identify all these barriers that exist, you may find that that's not actually an activity that you're interested in because you're starting to just make a lot of excuses as to why that's not going to work. So pick something else, and that's fine.

(20:22) Gretchen: The other thing is that when we often think about physical activity, we think about high end energy expenditure. We think about the gym, we think about exercise, we think about running, we think about things that make us sweat and make our heart beat really fast, but there are other ways that we can be physical active. Going outside, walking, those are things that may not be that high energy expenditure, but they are also really important. There is a lot of research right now that's looking specifically at the impacts of sedentary behavior and how it can be equally or more so detrimental than just meeting the physical activity guidelines. So, if you're meeting the physical activity guidelines you're exercising thirty minutes of the day, but then you're spending the rest of your time sitting, that's going to have a detrimental impact on your health. So looking for ways to incorporate light activity and really intentionally reduce sedentary time is beneficial.

#### Slide Eight: What Works? (From Our Survey)

(21:28) Gretchen: So when we got our responses from the consumer and the providers that were engaged in our survey, these are some of the responses that we got. And I love that they're very honest.

"I struggle with this. I do track my steps, and am gradually increasing my reach to 10,000 a day. Currently my goal is 6000 and I make it 5 out of 7 days. When I drive anywhere – I always park further away to get more steps in," Those are some very concrete strategies that help people to engage.

Marjorie from Pennsylvania says that "We develop goal plans which sometimes include a consumer's desire to increase physical activity. Our agency holds ongoing Peer Support Whole Health group meetings discussing the physical activity domain. We also encourage our staff to meet consumers in the community to encourage taking walks and being engaged during visits".

Terri from Pittsburgh says that she has a coach that helps her to develop an appropriate exercise regimen.

Kathryn from Chicago tells us, "It's been a lifestyle. For transportation I usually bike commute or walk whenever possible". So these are some great ways that people are really out an engaging in the community. And I like that we have some examples of what providers and consumers do to engage in physical activity.

#### Slide Nine: How do you engage in Physical Activity?

(22:57) Gretchen: So what about you all? Are there strategies or things that you guys use? How are you physically active?

(Chat/Discussion Opportunity)

(23:10) Gretchen: Katie who is on the other side of the room, she does yoga. She tells me about the yoga that she does all the time. I run, and I'm trying to always encourage my coworkers to run with me so that I don't get bored. Paige swims, sometimes. [laughter] And we occasionally take walks during the day, and we'll go out when it's nice out and go walking around the community. Biking to work, Brandon is telling us that biking to work is sometimes the only exercise he can fit into his schedule, and he has to commute anyways and that's great! You have to get to work, so you can drive, you could take the subway, you could walk, or you could bike. So there's a lot of ways that you can engage in physical activity.

(23:58) Gretchen: Tracy is telling us that she set a goal to hike the Appalachian trail and stay in shape by walking when she's not actually on the trail. "Hiking in nature has relieved my depression," that's fantastic! Because we know that being physical active in nature is hugely beneficial for relieving some of the symptoms of depression.

(24:21) Gretchen: Jane is telling us that one thing that has worked for her is that she got a free pedometer app installed on her iPhone which motivates her to walk more often. And that is one of the thing that research tells us, is that if you actively track your physical activity and make note of it, you become more conscious of it. One other thing that I would also suggest is beyond being aware of how many steps you take, think about how much screen time you engage in. So, how much TV do you watch? How often are you in front of your computer or on your phone? Because those things are typically associated with sedentary activity. And so if you want to be aware of your physical activity, that's great! But also be aware of your sedentary activity.

(25:05) Gretchen: Alison is telling us that, "When commuting, instead of taking the subway sometimes I get off early and decide to walk the rest of the way home". That's fantastic because it's a mix of some of that activity. If it's a nice day and you could stop, maybe a stop before your normal either bus stop or subway stop, and then get off and walk the rest of the way.

(25:26) Gretchen: April is telling us her dog is great for exercise! Mine as well because he needs to get out and move and he's kind of sometimes my motivation to get out and to engage in some physical activity in my community.

Slide Ten: What do we know?

(25:42) Gretchen: Alright! One of the things that we know, and we've heard this from some of the barriers, is that a lot of times people aren't aware of the community resources that exist. Sometimes we have providers and consumers that are not always aware of free and low cost activities within the community. And we also know that a number of community organizations like YMCAs or parks and rec don't always reach out to mental health agencies to increase the awareness of those activities. So, a couple of things that we found that work is to really take the time to compile a monthly list of resources about what's going on in your community. And you can use calendars within the agency, you can use

calendars at your house to help you remind yourself, you can use social media as a way to help you stay on top of the things that are going on. And so what that might be is if you like certain things, maybe it's a certain park or the local YMCA or library and you follow their Facebook page directly, it might give you reminders of some of the activities that are coming up that might promote physical activity.

(27:02) Gretchen: One of the things that we've done through the Temple University Collaborative is that we hosted an activity fair. And what we've done is we went out within our community and we found some of the organizations within the local community, like the YMCA, parks and recreation, ride indigo, which is our community bike share program, some of the libraries that have physical activity opportunities, there's a group called Deck Conspiracy that they do pop-up activities within the parks where people can come and be active together. And so, what we did is we had all of these organizations come in. They set up tables to provide information to people, and then we also had some activity sessions. But, really the point was to have an opportunity and a place where we can bring consumers, providers, and these community organizations together to raise awareness of the activities that were going on in their community. So that you can start this dialogue between the community members, these community organizations, and individuals with mental health conditions. Because as people are more aware of these resources, then we're more likely to help make those connections.

(28:34) Gretchen: The other thing is really to think about physical activity as a lifestyle change. So, agency based exercise groups are great, they increase physical activity for short periods of time, but really we want to think beyond just that thirty to sixty minutes a day, every day or two times a week. We want to think more about engaging in physical activity across your day and finding ways to really support that sustained activity. Because the concern sometimes with agency-based exercise groups is that if for some reason they go away, even though you may plan to do them until the end of time, there may be things that come up in terms of funding, resources, whatever it might be. Sometimes those programs stop, and if individuals haven't taken these activities and integrated them into their day-to-day life, they're not going to have that lasting impact.

(29:30) Gretchen: So one of the strategies is really to raise awareness of sedentary activity and ways to reduce sedentary time. Promote active transportation, this could be walking, this could be biking, this could be supporting people to independently use public transportation because public transportation you have to walk more than if you get picked up from front of your house and dropped off where you're going. Set goals to get outside of your house, and this doesn't seem like it really is that physically active, but think about it. If you're home for 24 hours a day the physical activity that you get may or may not be that high, but if you say, "Okay three times a week I'm going to set a goal to do something in the community," you're forcing yourself to get up, walk to wherever you're going, walk around within that organization or within that activity, and then come home. So, even if it's not exercise based, getting out of the house is a strategy that you can use to get out into the community and get moving.

(30:37) Gretchen: Then also promote enjoyable activities. Think about hiking in the woods versus running on a treadmill. So, helping people to identify what those activities are that they like and also recognizing that it's okay to say, "I don't like this activity". And then supporting individuals to connect to those natural supports. Think about people within their community that you can be active with. So that might be really thinking through like, oh you go to church every Sunday and maybe during the week for bible study group, or you go to the library group where you're consistently reading, like a book club with the same people. Those are not inherently physically active groups, but it's likely that you have friends

within those organizations, you have some of those natural supports. When you're thinking of those other places you go consistently, are there ways that you can be more physically active with those individuals? A lot of religious organizations want to promote your physical health as well, so they may be willing to have walking groups or they may have other exercise groups that they run through their organization. Or, as you meet people and become friends with them, share your activity goals because they may have some as well. If you share that you're planning to walk three times a week they may say, "Hey that would be good for me too!", and then all of a sudden you have walking buddy. So really help people think through who their natural supports are and how they can connect to those individuals either through sharing their goals as engaging them in physical activity as well.

Slide Eleven: Resources that help or would help? (from our survey)

(32:20) Gretchen: So these were some resources that people on our survey identified that would be helpful. Pam from Philadelphia said videos of line dancing. We had a number of people tell us that either they use some videos to increase physical activity in their home, agencies are using some videos to help people learn different ways to be active, and then some people who were asking for short videos to increase physical activity

(32:50) Gretchen: Karen from Appleton Wisconsin said, "Resources that help connect physical activity with wellness instead of body shaming would be helpful for advocacy and encouraging others to take the first steps to increasing physical activity". That's great because a lot of times we think about physical activity has to be reducing weight, and that's not really what it is. It's about being healthy, it's about being the best version of you. Sometimes it means being physically active means that you do lose weight, but it doesn't have to be the focus.

(33:30) Gretchen: Kathryn from Chicago says that she uses MeetUp events. She's done MeetUp Chicago, they're all over the country, "I can sign up to do fun activities with like-minded people, I belong to several biking, hiking, and kayaking MeetUps, it increases awareness about groups, workplace activities such as walks, lunchtime dance lessons, other resources that she suggested would be educational materials related to the physical, emotional and cognitive benefits of exercise.

(34:00) Dan from Chicago told us that support is crucial, he has a gym membership and a personal trainer that he meets with once a week, but they don't always understand how his medication affects his energy levels. I also have a family member who I love dearly that is always telling me that I should work out. And this just makes me a rebel. So having those supports to help him engage his physical activity is really important.

(34:26) Marjorie from Pennsylvania said that helpful materials also include bus passes so our consumers can attend Peer Support Whole Health Meetings and community activities, pedometers, tracking materials like a log or journal book, incentives such as a gift certificate to purchase sneakers or movement clothes. Our staff could benefit from trainings in using online resources with their peers. So these are some strategies and resources that individuals have identified that would be helpful to either increasing their own engagement in physical activity or to support others to increase engagement in physical activity.

Slide Twelve: What resources would help? (Discussion opportunity)

What about you guys? Are there resources - either print or online - that would help you increase physical activity? Is there anything that a mental health agency or provider can do to better support your physical activity goals? Providers: are there resources that would help you better support consumers? Are there trainings that you believe would be helpful? And again, if you'd like to talk, we're happy to call on you so you don't have to just hear from me. Resources, things that you all think would be helpful. These could be concrete resources, like, "I need a transpass or I need running shoes or the resources to purchase it," or possibly even training, "I need to know how to do these things."

(36:05) Lisa is saying that incorporating many of these ideas into a peer support specialist program, that's great, because peers have been there, they've been through some of the struggles in terms of increasing physical activity. WHAM - Maryann, I'm blanking on what WHAM stands for, can you spell that out for me? Brandon said that having a list of things that are available in the community, that are low-cost or free, would be helpful.

(36:41) Using website and social media to share things that are available in the community. So you can do that as an organization, to say, these are happening in the community. You can also do that on your own website or on your own Facebook page or social media so that you're able to tell people what you're intending to do and invite other people to do it.

(37:01) Stephanie says that there's the Gof4Life free videos and exercise materials from the National Institute on Aging. Those are specifically developed for individuals who are older, but they don't have to be, they work for everyone. Tracy is suggesting to implement physical health activities in Psych Rehab programs. That's great because you can really start to encourage and provide some of those ongoing supports for engaging in physical activity.

(37:45) Oh, Maria, that's cool! Maria says - Oh, I just got a lot of comments all at once! Maria said that they're looking toward creating a comprehensive website for individuals to plug into resources virtually. WHAM is Whole Health Action Management, a plan that focuses on the whole health. Amber says that having a list of schools that have open community use of their outdoor recreation facilities, that's great because sometimes you don't know if you can be at a school when it's closed, even though they have these great resources there. Pat Hayes suggested to give education on techniques and safety and how many days a week, and for how long, individuals should be working out. So, helping people be aware of what the physical activity guidelines are, that you can find, and then there's... Emily posted some links in there, that's helpful. So you can find some information about those. And then, Damien says that there are ways to develop baseline data to see if there are better health outcomes as a result of physical activity. And I do think that that's really important because you can start to help people make those connections. That, you know, "oh, I'm being more physically active, and surprisingly, I'm not as tired as I usually am," because sometimes you don't think those things go together. So help people to make connections to how physical activity can influence other areas of health.

(39:30) Katie says that sometimes people - she teaches yoga - sometimes individuals are concerned about what they should wear to class and so having some information that you don't have to look like the commercials to do yoga or to do physical activity. And then Maryann said that public health entities often have free workshops, or arrange a health fair with free screenings, that can help raise awareness of physical activity.

Slide Thirteen: Let's all keep working – Our commitment

(40:00) Alright, so great ideas! So what's next? You all came here today because you are interested in promoting physical activity, either with the individuals that you work with, or you're looking really to think about ways that you can increase and engage in more physical activity yourself. And that's fantastic, because coming to this type of event or this online forum is a way that you can really start to say, "alright, this is important. I'm going to take the steps to engage in more physical activity. I'm gonna look for ways that I can support people to set physical activity goals and really sustain and meet those goals." So this is our commitment. You know, this is what we do well: we do research and we do training very well. So we're gonna continue to conduct research and to develop interventions and resources that support consumers to increase physical activity. If you're on our listserv, you likely got our message yesterday that included some resources on increasing physical activity, some strategies for providers to connect with consumers, and also some resources for consumers to increase physical activity independently.

But, the other thing that I wanted to make sure that you know of is that we want to help. Part of our mission as a center is that we provide training and technical assistance to consumers and organizations to help make some of these changes to increase community participation. What that also means is that we want to help you, and so sometimes people don't realize that they can come to us. We can talk you through things, we can set up either online trainings, we can provide some resources, depending on how far you are and what we can make happen we may even be able to come out and do some trainings. But be creative with this! Are you a consumer or a person with lived experience and you want to start a walking group at your local church or your local synagogue? We can help! Reach out to us and we'll provide you with some resources, we'll kinda talk through some ideas, so that that's something that you feel confident that you can go and do.

Are you a provider? Are you looking for interventions or assessment ideas? We can provide trainings. Are you an agency that wants to conduct larger assessments of physical activity and other health outcomes? We can help with program evaluation. These are just some small examples, but we're committed to really helping individuals with lived experience, we're helping providers, really looking at ways that they can engage in their community to increase physical activity and make those lifestyle changes. Kristen, we'll send out the listserv information to everyone once the webinar is over. The other thing is that we will also send out this PowerPoint as well.

Slide Fourteen: Your Commitment

(43:00) So some of the commitments that we saw from the participants from our survey. An anonymous individual from Louisiana is thinking of beginning to go to a support group, Take Off Pounds Sensibly (or TOPS), went to the first meeting two weeks ago. So, high-five to you! It's a group of like-minded individuals willing to get moving together, thinking about having a trainer, getting a physical activity trainer, as I do keep my appointments with others. So that's, that's great because that's some recognition of what this individual does well. They're saying that, "Oh, I follow through with my appointments, so if I sign up for a trainer, I'm likely to do that."

Molly from the University of Minnesota says that "I share research that shows how important physical activity is for mental health - specifically, that it can be as effective as an antidepressant. I inquire about what kinds of activities they like and see how they can incorporate them into their daily lives." And so

this is the way that she is both sharing some of the research that's out there, because people can then make informed decisions about being more physically active, but also looking at things that they like. I love seeing that because too often physical activity is just an assignment. Exercise, go do this. And people are like, "ugh, it's not gonna be any fun, it's going to be painful, I'm going to smell when it's done," but it doesn't have to be, because there are ways that we can be active that we like and we're more likely to do it.

(44:40) Tracy is the peer specialist and she's the person in recovery and wants to create a program that takes women into the mountains hiking and backpacking. That's fantastic. Tracy, if you need any support, or want to brainstorm that, reach out to us and we'd love to help you think through some of those things.

Slide Fifteen: Your commitment (discussion opportunity)

(45:00) So what are you going to do? What are your next steps? And if you're not comfortable sharing, that's fine. But, take a few moments to really think through what you can do and what you're going to commit to to be physically active. It's getting cold, it's really cold today, I talked to my friend in Chicago yesterday and it was like 6°, so I know this is a hard time to really think about being active.

But make a commitment. What can you do? Who can you share your physical activity goals with? Providers: what are your next steps in supporting physical activity? Are there trainings that you need? Is it that you want to set up a meeting with your agency administrators and say, "Hey, we really need to be thinking about supporting physical activity." Because that may be the first step to engaging in starting that conversation. So what's your commitment? Either feel free to share verbally, Tweet us @TUCollab, or type it in the comment box. We're gonna jump forward [in the slides], sorry about that.

(46:34) Great, Maria is looking to partner with local rec centers to reach more people. That's fantastic. I had a phone conversation with a group out of North Carolina and they were a parks and rec agency and they had developed some programs, and they were trying to encourage engagement from consumers who are being discharged from an inpatient facility. And they were really struggling, because they had this commitment, and people were like, "Oh, yes, I wanna do it!" and then they would go home and they would never see them again. And so, really, having those dialogues continuing and trying to think through strategies, why is this not working? What do we need to do? Is that we need to then connect with the community mental health center, or are there ways that we can follow up with individuals directly so that they have those supports to continue to engage? So thinking about those community recreation resources, because, the thing is, is that often, as mental health providers sometimes we don't think about those community resources. But as community providers or community organizations, sometimes we forget that there's a group of individuals that we may not be reaching. And so, opening the dialogue as the mental health agency or as the consumer, with some of those outside organizations, likewise, like parks, like libraries, can be a great way to get that dialogue going and really see where it goes from there.

(48:00) The other thing, when we send out this presentation, we'll also send you a brief survey, and within that survey we'll include information or the opportunity for you guys to ask questions or tell us that there are resources or supports that we can provide to you directly, please be creative with that. We're always willing to sort of figure out what that might look like. And then we've got some great resources. Be sure to check out the chat box on the side because people are sharing some great

resources and ideas there. [Please note that these are available as supporting document for this webinar at [tucollaborative.org](http://tucollaborative.org)] I've been trying to read them as we go along. But I'm sure that I've missed some throughout.

(49:00) Again, you guys made a commitment. You know, we've got 38 folks on the line, at one point in time I think we had 45, so you guys have made a commitment, you showed up today, and that's fantastic. So take a moment to recognize that you're making a commitment to physical activity. But let us know how we can help. We do want to continue this dialogue and we'll reach out to you. Do check out our resources. We think they're fantastic. But, we also think that there are resources that people might not be aware of that can help give you the tools and the ideas to help either support physical activity goals or to engage in physical activity yourself. But we also would like feedback, if you're looking through those resources and you find that there's something that is missing or that you don't understand, let us know. We can either look at some of our research and see how we can develop other resources, or, we can help walk you through how it might be tailored to your organization specifically.

Amber suggested that creating a Bridge program, or she's going to make a commitment to create a Bridge program between the rehab hospital and the YMCA to give patients the opportunity to increase physical activity once they're back in the community, which is great, because the Y is always there. And in so many different communities as well.

Maria suggested that way down the pipeline, they're looking to explore opportunities to connect with a diabetes prevention program. And it sounds like there's some folks that are connecting through our chatbox as well and that's fantastic, because we can be, not only as the Collaborative, but the people who are in the chat box and online can certainly be your supports and resources as well, so connect with each other. That is another way that you can rely on other providers and consumers to really brainstorm ideas on physical activity.

(51:14) Okay. That's really all I have today. I want to thank you all for participating and throwing out such great ideas. We will be sending out information. It looks like there may be some folks who would be interested in starting maybe an ongoing dialogue around physical activity and really supporting physical activity for people with mental health conditions. So in that survey, we'll ask if you're willing to be added to a list that would target that so that we can all sort of continue having this conversation.

Pat is suggesting that research suggests 3 days is.... 4-6 days exercise is much better. In fact, having exercise and physical activity throughout all of your days is probably what's going to be most beneficial, because there are ways... you can increase physical activity and meet the physical activity guidelines but still have a predominance of sedentary activity. So one of the things that we really emphasize is trying to really try to incorporate physical activity into all of your days. It doesn't mean that you have to go running every day, but it does mean that you're trying to be active in some way throughout every day. And you're right, you're right Pat, persistence is definitely something that is important.

So with that, we'll let... [laughs] he's also commenting that there's backslides in statistics. Yeah, we know that too. Sorry, I lost my train of thought. So, we will follow up with you shortly. I'm going to leave the line open so that you guys can continue to engage on the chatbox if you'd like. We will be signing off and you will hear from us shortly. And have a wonderful holiday season and remember to encourage yourself and everyone else to be active! Thanks for joining us.