

MaineHealth

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### Does a Peer-Led Program with Wellness Coaching Improve Wellness among People with Serious Mental Illness?

REACH Dissemination Committee

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# Does a Peer-Led Program with Wellness Coaching Improve Wellness among People with Serious Mental Illness?

People with **serious mental illness, or SMI**, such as bipolar disorder or schizophrenia often also have **long-term physical health problems**.  
Mental health centers may be able to help people with SMI get **wellness services and improve their health**.

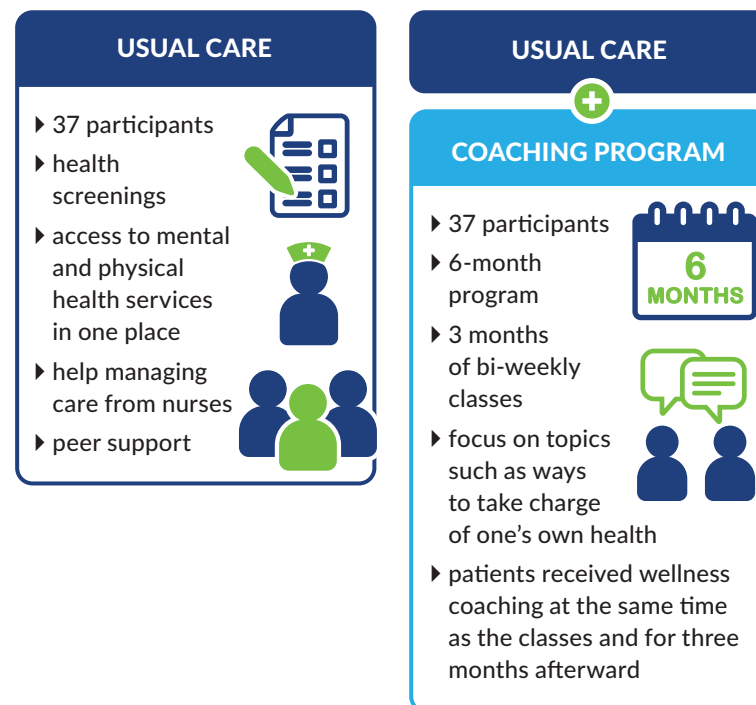
## LOCATION & POPULATION

- ▶ A mental health center in **Connecticut**
- ▶ **74 people with SMI** whose health had recently gotten worse
- ▶ **46% Black**
- ▶ **36% White**
- ▶ **4% American Indian/Alaska Native**
- ▶ **4% more than one race**
- ▶ **10% Other races**
- ▶ **Average age: 49**
- ▶ **64% Men**



## STUDY DESIGN

Both groups were similar in age, gender, and mental and physical health.



## FINDINGS at 6 months

Based on patient surveys and research team review of patient health records.

### ▶ Compared with people receiving usual care, people in the peer-led program:

- Had fewer visits to the emergency room for mental health problems
- Drank less alcohol
- Had better general wellness, such as emotional and financial wellness
- Gave more input to doctors about their care
- Were more satisfied with their care



## USED ACRONYMS

SMI – serious mental illness

## Key Take-Away

The researchers found that this intervention shows promise for increasing people's wellness and person-centered outcomes.

## REFERENCES

1. Bellamy C, et al. (2020). *Does a Peer-led Program With Wellness Coaching Improve Wellness Among People With Serious Mental Illness?* Washington, DC: Patient-Centered Outcomes Research Institute (PCORI). <https://doi.org/10.25302/03.2020.IH.13047294>

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