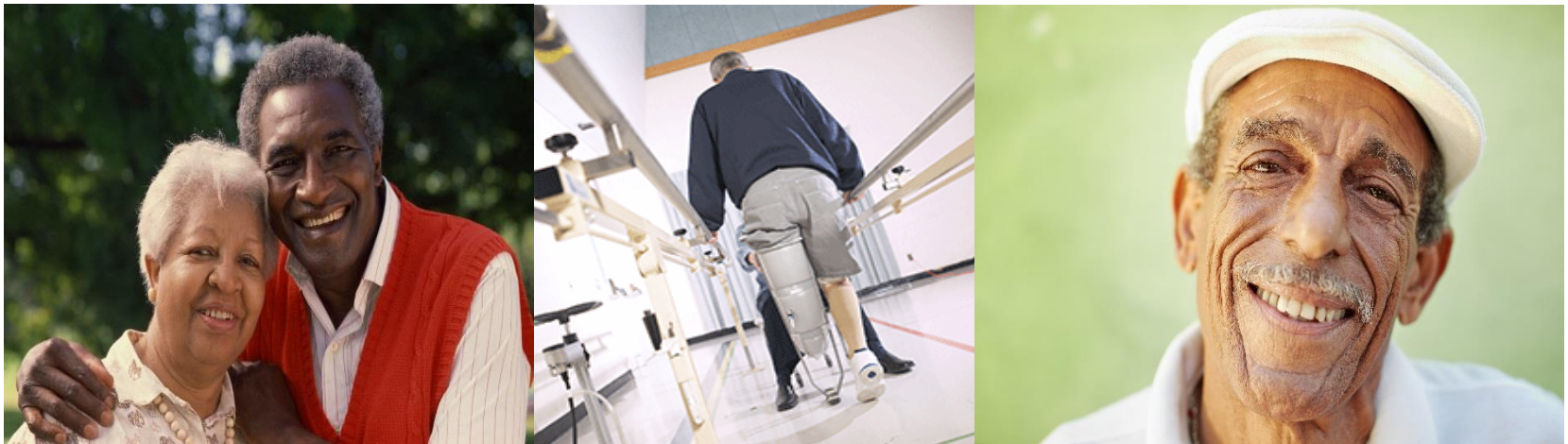


September 10, 2019

Health Coaching and Wellness Planning to Increase Client Engagement in Self-Management: A Conversation with Judith Cook



Support Statement

- This Conversation is supported through the Medicare-Medicaid Coordination Office (MMCO) in the Centers for Medicare & Medicaid Services (CMS) to help individuals dually eligible for both Medicare and Medicaid programs have access to seamless, high-quality health care that includes the full range of covered services in both programs. To support providers in their efforts to deliver more integrated, coordinated care to dually eligible individuals, MMCO is developing technical assistance and actionable tools based on successful innovations and care models, such as today's event.
- To learn more about current efforts and resources, visit Resources for Integrated Care at:
<https://www.resourcesforintegratedcare.com>

Agenda

- Introduction of Judith Cook
- Question & Answer
- Additional Resources

Question and Answer



Slides

September 10, 2019

RESOURCES FOR INTEGRATED CARE
Resources for Plans and Providers for Medicare-Medicaid Integration

Health Coaching and Wellness Planning to Increase Client Engagement in Self-Management: A Conversation with Judith Cook



<https://www.ResourcesForIntegratedCare.com>

The slide content is displayed within a window titled "Slides". It includes the date "September 10, 2019", the organization's logo and tagline, the main title "Health Coaching and Wellness Planning to Increase Client Engagement in Self-Management: A Conversation with Judith Cook", and three images: a smiling couple, a person on a stationary bike, and a smiling man in a white cap. A URL is provided at the bottom.

Closed Captioning

This window is currently empty, indicating that no closed captions are present for the video content.

Q&A

Enter your question:

Submit

This window is titled "Q&A" and contains a text input field for users to enter their questions, followed by a blue "Submit" button.

Dr. Judith Cook, PhD

Professor of Psychiatry

Director, Center on Mental Health Services Research and Policy



Background

- Education
 - PhD, Sociology, Ohio State University
 - Post-doctoral fellowship on clinical services
- Center on Mental Health Services Research and Policy
 - Conducts research and develops approaches on:
 - Integrating physical and behavioral health
 - Promoting self-determination through self-direction
 - Encouraging competitive employment

Can you provide an overview of the Wellness Recovery Action Plan?

How does motivational interviewing help promote engagement and health behavior change?

What is a simple, easy tool for home health clinicians to use to assess readiness to change and promote engagement?

How do peer-led interventions encourage self-management and which ones are best practices?

How should providers ensure that they are delivering culturally competent health coaching and wellness planning services?

How do you work with clients who have serious mental illness to help them set goals and work toward those goals?

Many individuals do not return after the first sessions. How do you keep people engaged in self-management education when they realize they are responsible for facilitating the change needed in their lives?

How can I encourage an individual to follow their self-management plan once they have designed it?

Live Question and Answer



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Thank You and Send Us Your Feedback!

Help us diversify our behavioral health trainings, resources, and other offerings – your input is essential!

Please contact us with your suggestions at

RIC@Lewin.com.

What We'd Like from You:

- How best to target future behavioral health events, trainings, and other resources to health care providers and plans involved in all levels of the health care delivery process
- Feedback on today's Conversation, as well as ideas for other topics to explore in additional resources related to behavioral health

Additional Resources

Additional Resources

- [This is Your Life: Creating a Self-Directed Life Plan](#)
- [Wellness Activities Manual](#)
- [Wellness in Eight Dimensions and the Wellness Daily Plan](#)
- [Cultural Competency Guidebook, NAMI Star Center and University of Illinois at Chicago, National Research and Training Center](#)
- [Motivational Interviewing for Health Behavior Change](#)
- [Health Coaching Toolkit, Catherine's Health Center](#)
- [Center for Self-Determination Theory, University of Rochester](#)
- [Wellness Recovery Action Plan, The Copeland Center](#)

Additional Resources: RIC

- [Action Plan Selection Guide](#)
- [Self-Management Support In Behavioral Health: Organizational Assessment Tool](#)
- [What To Expect When You're Self-Managing: A Client Handout](#)
- [Self-Management Success Story: Client Handouts](#)
- Relevant RIC Webinars
 - [Assessing Organizational Ability to Support Client Self-Management](#)
 - [Tools to Support Clients with Self-Management](#)