

Profiles of Integrated Care: Get Connected

Description

Get Connected, a pilot program designed by Mental Health America of Franklin County, is a 10-week psychoeducational and support program for consumers of mental health services aimed at promoting physical wellness as a critical factor in their recovery process.

Through lectures, discussions, and training exercises designed to increase awareness and motivation, Get Connected enhances health promotion skills in five life domains: nutrition and weight management, physical activity, securing optimal medical care, stress management, and sleep. In addition, the program provides prevention and management information on health concerns common in this population, namely diabetes, cancer, and heart disease.

Operational Resources

The program operates with one part-time program consultant who is researching, writing, and facilitating the program and the program director, who supervises the program. The supervisor is employed by Mental Health America of Franklin County.

Financial Resources

The Get Connected pilot was funded by ODMH. Mental Health America of Franklin County has also submitted grants to United Way of Central Ohio and Cardinal Health. There is no cost to groups interested in implementing this program.

Program Type



Direct clinical service



Psychosocial/psychoeducational



Agency practice



Workforce development



Other

Location



Mental health or substance abuse treatment agency



Community



Primary care provider office



Hospital

Provider



Primary care



Mental health or substance abuse treatment



Consumer



Trainer/consultant



Other

The scales below are meant to be at-a-glance graphic descriptions of this provider's perspectives of issues related to integration projects. For more information, please contact the provider or the Ohio Coordinating Center for Integrating Care.

Cost



Staffing



Ease of Implementation



Contact information

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