

My Health

GUIDELINES FOR USE IN AOD AND MENTAL HEALTH SERVICES

Thank you for using the *My Health: Self-Assessment Form*. This information will help you to support tāngata whaiora to use *My Health* to enhance health and wellbeing. You may not be an expert in physical health, but your support will assist others to upskill and engage in their own health care.

Ensuring People are Equally Well

People experiencing serious mental health and addiction issues have higher rates of morbidity (health issues) and earlier mortality. *Equally Well* is a national initiative that encourages organisations to collaborate to reduce these health inequities (see bit.ly/equallywellphysical for more details).

The My Health Resource

The *My Health: Self-Assessment Form* has been developed to help people improve their access to healthcare and is an *Equally Well* initiative. This resource is based on the NEAMI Health Prompt (2012), and an adapted version developed by Comcare (NZ) in 2014. *My Health* includes updated New Zealand health guidelines; health issues relevant to people with addiction challenges; and a user-friendly design.

Aims of My Health

My Health aims to promote conversations about physical health within mental health and addiction services. It builds knowledge about health issues, personalises health priorities, and encourages people to take control of their own health. This resource aims to improve physical health through improved self-management, earlier and regular access to physical health checks, and improved engagement with health services when needed.

Structure of My Health

Sections	Purpose of the Section	Type of Support To Provide
1 Using Health Services	To promote use of primary health care services and encourage a positive and informed relationship with a clinic/medical centre or GP.	<p>Provide advocacy, information and support for engagement with a primary health service.</p> <ul style="list-style-type: none"> Facilitate enrolment with a Primary Health Organisation (PHO). Identify and help to overcome barriers to accessing care e.g. information, cost of appointments, transport, stigma, trauma.
2 Keeping Healthy	To promote self-management of physical health through lifestyle factors that are associated with health benefits.	<p>Provide motivational support to highlight options, priorities and personal goals.</p> <ul style="list-style-type: none"> Affirm positive health activities already in place. Facilitate access to lifestyle information and activities/groups in the community.
3 Health Checks with my GP	<p>To promote earlier identification of common health issues linked to higher mortality:</p> <ul style="list-style-type: none"> Metabolic syndrome Diabetes Heart health Adverse effects of medication Cancer 	<p>Highlight the value of regular health checks to identify issues early.</p> <ul style="list-style-type: none"> Help to identify any areas of concern or priority. Facilitate access to health checks. <p>NB: This section can be taken to a medical appointment by the person and used as a checklist directly with a GP/practice nurse.</p>
4 Health Screens	To raise awareness of national screening programmes, available to those who meet age and gender criteria.	<p>Highlight the value of participating in national screening programmes to identify issues early.</p> <ul style="list-style-type: none"> Facilitate access to screening services.
5 Other Health Needs	To identify other health needs which impact on wellbeing, particularly those that may be harder to discuss or describe.	<p>Create opportunities to address other health issues if required.</p> <ul style="list-style-type: none"> Help to identify health priorities. Help to access health information and services, or to discuss health issues with a GP.
6 My Health Goal(s)	To consolidate personal health priorities, and to identify the steps and resources required to put them into action.	<p>Assist person to set achievable goals and to identify plans to achieve them.</p> <ul style="list-style-type: none"> Highlight this as a key section, which helps to turn ideas into actions. Should be completed for any section which is identified as a health priority.

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Using *My Health*



Self-Autonomy

The focus of *My Health* is to meet the needs of people who use services and to maintain their self-determination, so it should always be optional and led by their preferences.



Flexibility

My Health is designed to be easy to use and flexible enough to fit a range of service settings. People can choose which section to start on, and complete as much as they want to.



Supporting Treatment or Recovery Plans

My Health can be used as part of clinical assessment and treatment planning or a Wellness Recovery Action Plan (WRAP). Find out from the service user which information from their *My Health* form they want recorded in service notes.



A Self-Help Tool

People can also complete *My Health* on their own or with whānau. Offering to discuss this experience at the next visit, and whether they need further support or information, can improve outcomes.



Building a Relationship

Taking time to build a relationship first makes it easier to discuss health concerns, particularly in relation to more sensitive issues such as weight or sexual health. Being culturally responsive, working motivationally and trauma-informed are also important for health discussions.



Tick One (✓) for Each Statement:

The response options are designed to be affirming and constructive. Ticking 'Yes', provides a list of personal achievements and positive self-care. Ticking 'Not my priority' indicates these things aren't an issue or there are more important areas to focus on. Ticking 'I'd like to focus on this' provides personal priorities that can be turned into goals in the final section.



Reviewing Progress

Reviewing goals can affirm achievements and help to address any challenges in achieving goals. Health priorities and progress can be reviewed as frequently as is useful for the person involved. Reviews can be useful when a goal is achieved, to identify if there

are other priorities. Scheduled reviews can also be beneficial to support progress (e.g., every 6 months). Reviews can be done with the same staff member, or with different people who provide support e.g. a peer worker, GP, clinician, nurse or support person.

Other Equally Well Resources

Finding Health Services: Counties Manukau

This brochure accompanies *My Health* and lists available health services.
aodcollaborative.org.nz

Healthy Together

Information about health issues and services from Counties Manukau Health.
countiesmanukau.health.nz/healthy-together

Health Navigator NZ

Reliable health information and self-care resources about health conditions, medicines and healthy living.
healthnavigator.org.nz

Healthpoint

An online directory of health services.
healthpoint.co.nz

A Guide for Maintaining Health and Wellbeing (2018)

Tips, self-management tools and supports for holistic health.
bit.ly/guideforhealthwellbeing

Equally Well Service Self-Assessment Tool

Assists services to review their current physical health supports and potential areas for development.
bit.ly/tepouresources



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