



is a wellness program for individuals with mental illness.. The goal of In SHAPE is to improve physical health and quality of life, reduce the risk of preventable diseases, and enhance the life expectancy of individuals with severe mental illnesses. Studies show that individuals with severe and persistent

mental illnesses such as schizophrenia and bi-polar disorder are at increased risk of chronic diseases including diabetes, hypertension, cardio-vascular disease, and nicotine dependence; and they have a lifespan that is 10-20 years shorter than the general population.

Each In SHAPE participant works with a trained health mentor to create a ***Self Health Action Plan for Empowerment (SHAPE)*** that includes physical activity, healthy eating goals, and attention to medical needs. The mentor helps the participant implement his/her SHAPE plan by encouraging participation in a variety of activities that already exist in the community and attending the activities with the participant until he or she feels comfortable going alone. Every 12 weeks, participants attend a celebration where they receive incentive items and verbal recognition for their efforts.

Project: In SHAPE **Grantee:** Monadnock Family Services
RWJF Award: \$415,000 **Grant period:** July 1, 2004 to June 30, 2008

Funding Partners: The N.H. Endowment for Health, The Hoffman Family Foundation, The N.H. Charitable Foundation, The Monadnock Community Foundation, The Cogswell Benevolent Trust, Harvard Pilgrim Health Care Foundation, and The Monadnock United Way.

Community Partners: The Keene Family YMCA, The Moving Company Dance Center, Performance Health & Fitness, Cheshire Medical Center-Dartmouth Hitchcock Clinic, Keene State College, Wyman Way Employment Cooperative, The Granite State Monarchs, The Community Kitchen and The UNH Cooperative Extension.

Staffing: Program Manager, Health Mentors, LPN Medical Liaison, Project Assistant

Services: Fitness assessments, goal setting, personal training, nutrition and cooking education, smoking cessation, nursing support to improve active use of health care system, community integration.

Accomplishments

- 400 participants involved since November 2003
- 154 active participants as of August 2007
- Average length of time in the program is 9.72 months
- Pilot research evaluation of 98 participants completed by Dartmouth Psychiatric Research Center
Evaluation participants report:
 - increased number of hours exercising per week,
 - increased overall activity and participation in vigorous activities,
 - feeling more satisfied with their physical fitness,
 - having significantly greater confidence in social situations, and
 - reductions in waist circumference, in blood pressure, and in depressive symptoms.
- The Center for Disease Control and the National Institute of Mental Health have each funded a randomized control study of the program, one implementation in Concord NH, and one in Boston MA.

Going Forward: We are developing a detailed dissemination plan to bring In SHAPE to as many communities as possible, *and to establish In SHAPE as a core component of mental health treatment.*



Contact: Gail Williams, In SHAPE Manager
17 93rd Street
Keene NH 03431
(603) 283-1675
gwilliams@mfs.org