

Focus on Mental Health through Wellness Fundamentals

Reimagining Comprehensive Care for individuals living with sickle cell disease

By Dr. Marjorie Dejoie-Brewer



Sickle cell disease is a complex chronic illness in which people require comprehensive care across the lifespan

- Patients, Families, Providers, Support Networks & Health Systems
- Community-based organization/Advocacy groups
- Federal agencies, private industry and political representation
- Innovators



The Comprehensive Care Model

Multidisciplinary, comprehensive care that is accessible, well-coordinated and evidence-based protocol driven when optimal.

- Integrated behavioral health
- Psychosocial support in all health care settings/home
- **Mental Health support**
- Health systems management
- Support for academic and vocational goals
- Integrative health component
- Community-based component
- Advocates and Champions



SCD & Mental Health Diagnosis

Most common:

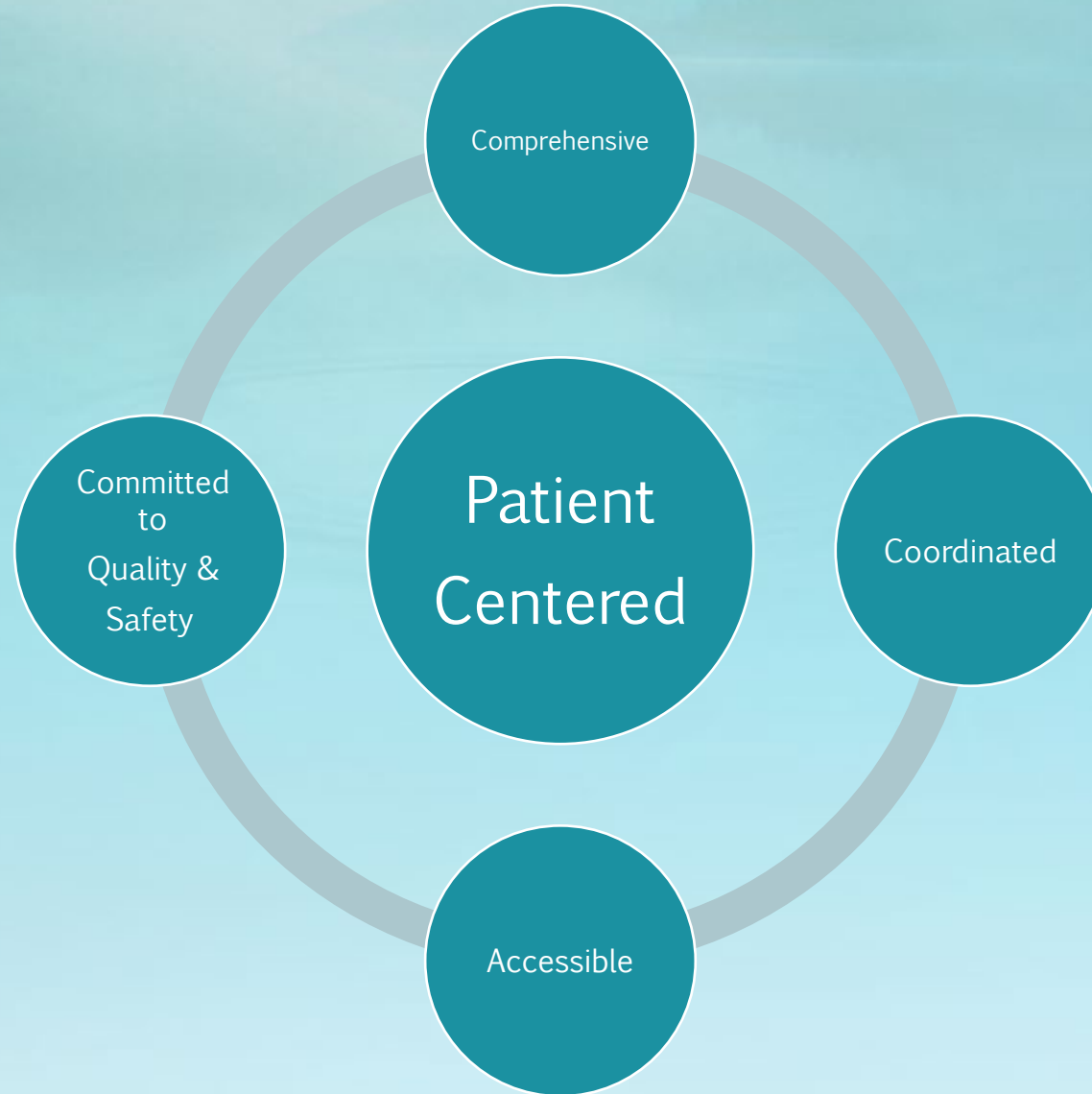
- depressive syndrome
- social isolation
- feelings of helplessness
- suicidality
- anxiety
- psychosis
- PTSD

Most common causes:

- The pain crisis episodes
- Chronicity of the illness
- Trauma
- unpredictable
- disruption syndrome



End Goal : Patient Centered Model



But where do we start ?????

- The best approach to treatment of an individual living with SCD is the bio-psychosocial model
- Think about the person as whole **FIRST**. Consider macro-factors that may be impacting them and then their disease state (environment, stress, cultural barriers, emotional state sleep patterns...)
- Then think of them on a micro level (labs, radiology, medication...) as it pertains to their illness. This will help design a true holistic approach to treatment.
- Remember that physical health and Mental health are not mutually exclusive! Address them **TOGETHER**

Can we shift our perspective....



Building a Wellness foundation



What are the basics of living well with Sickle Cell?

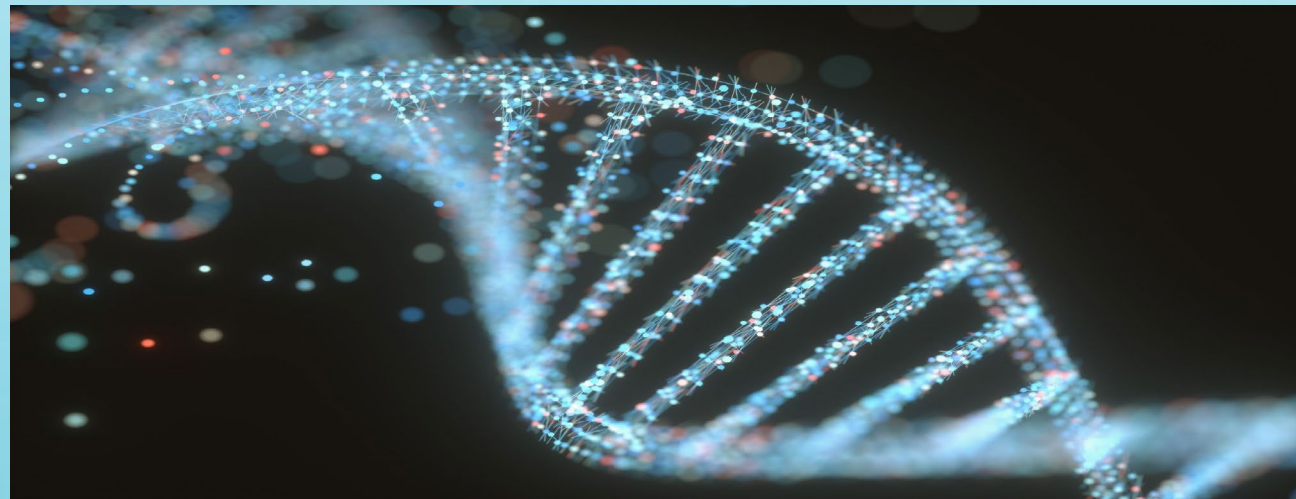




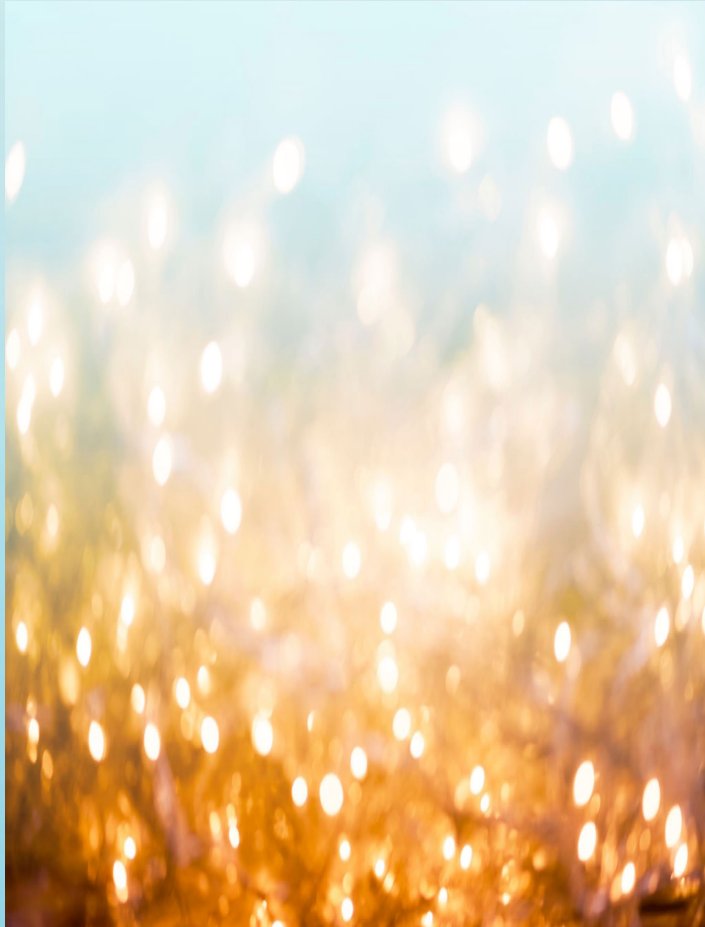
Wellness Fundamentals

- Positively impacts the course of the chronic illness
- Lengthens Telomeres
- Decreases Inflammation
- Improves the Immune system
- Slows the aging process

Scientific research has shown that this approach:



Self Awareness



We are born with a sense of self and then we lose it when we start to define ourselves using external measures- “True Self”

SCD is a Disease of isolation – anything that promotes a sense of isolation leads to chronic stress and often illness

Achieving horizontal intimacy & vertical intimacy is a priority

Research has shown that social isolation is a strong predictor of mortality. It is as significant as smoking, high blood pressure, high cholesterol, obesity and physical exercise

Make the connection between when they feel stress and why, then stress becomes the teacher

PAIN can be the catalyst...

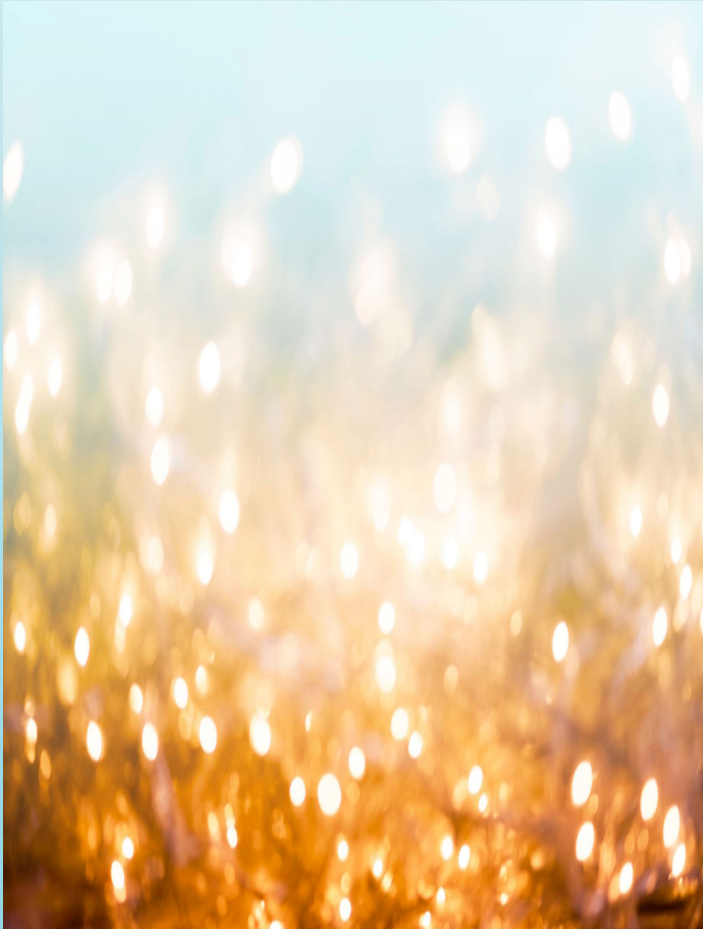


Self Awareness

We develop self awareness by finding our JOY, our PURPOSE

Through looking at :

- Perspective
- Humility
- Humor
- Acceptance
- Forgiveness
- Gratitude
- Compassion
- Generosity



Meditation/Mindfulness



Quieting the chattering mind helps us find a sense of inner peace and self-worth that was already there.

Psalm 46:10(KJIV) “Be still, and know that I am God...”

This allows our bodies to perform at its peak

We are able to realize that the power of happiness lies within us

We recognize that we have choices and that empowers us- the more inwardly defined you are, the less you need and the less you need the more power you have

This is a gradual process- start small.. Focus on your breath, music, count, a word/quote, prayer, devotion....



Nutrition

Plant based diet

Gluten Free

No Added sugar

Dairy free

No Alcohol

Hydrate

“VEGAN DIET”

Movement



Benefits include:

Increased number of small vessels to your muscles

Increased supply of blood and oxygen to the body

Strengthened vascular wall

Decreased BP

Decreased of blood clots formation

Decreased triglycerides

Increased good Cholesterol

All you have to do is Walk for 30 min/day

Yoga/Breath Work

Yoga comes from the Sanskrit word meaning “yoke” which means to bring together, to unite to make whole

Usually thought of as a collection of various stretching exercises, different postures and bends

YOGA is a collection of breathing techniques, moving meditation, visualization, progressive relaxation, self-analysis and altruism

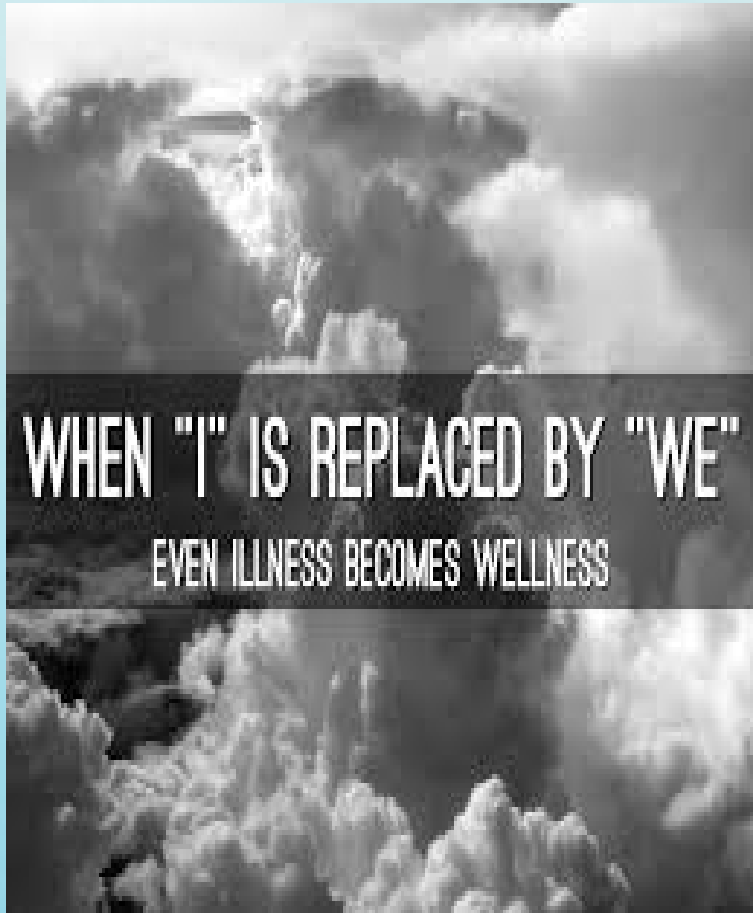
It is fundamentally a way to heal our isolation

Yoga is a system of powerful tools for achieving the union and healing of ourselves

Yoga can teach you how to manage stress (a crisis) and react to a situation differently



Connection



Studies show that feeling connected and intimate with others enhances health, well-being and survival

Isolation fosters a feeling of lacking or not having enough

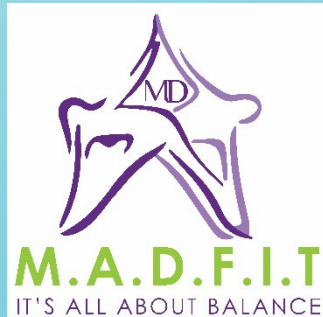
The quality of the social support is more important than the number of people who provide the support

Studies show that sharing feelings is good for the immune system

Three Main Pillars:

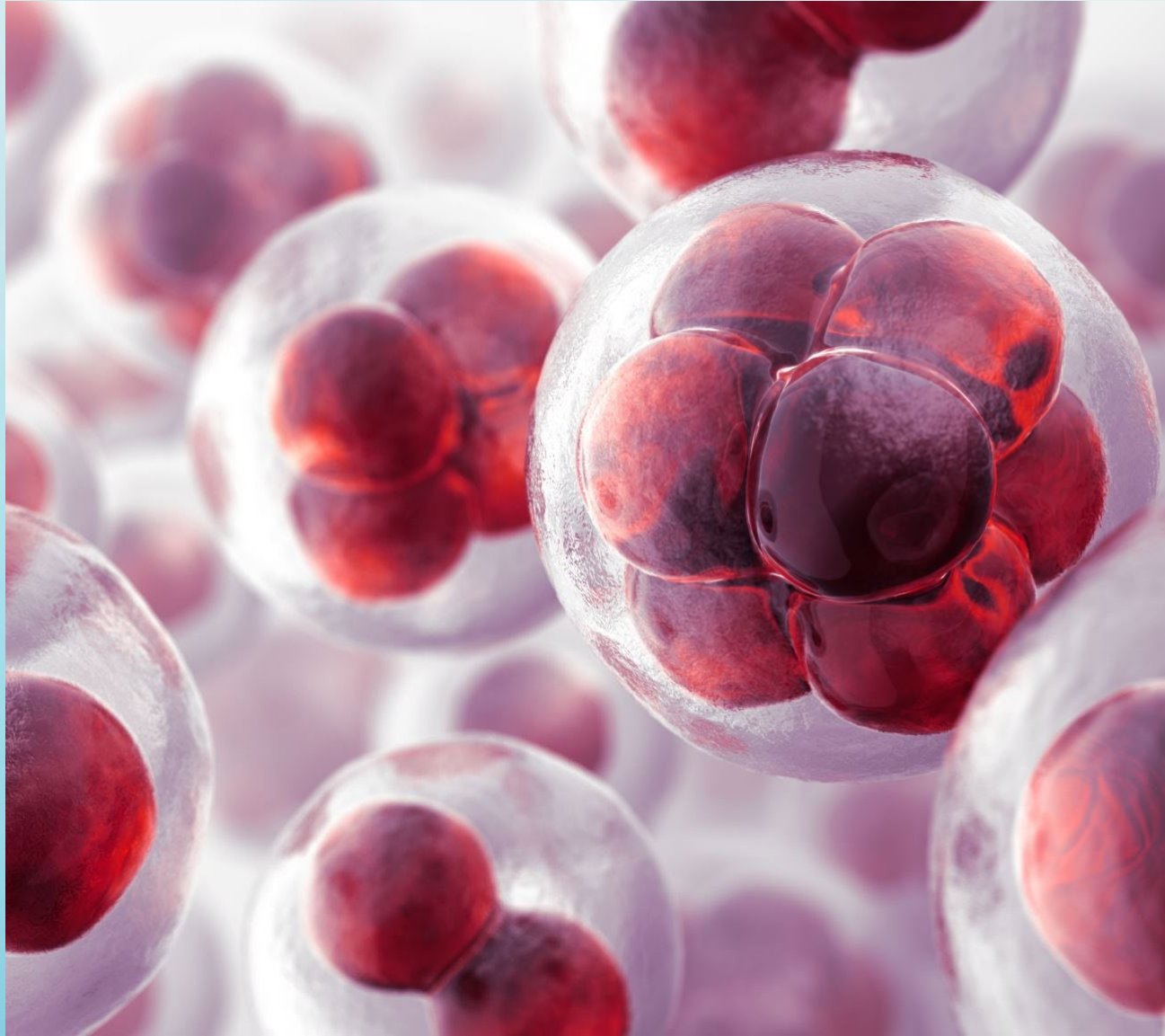
- Communication skills
- Altruism/Compassion/Forgiveness
- Small Group Support/Sharing Secrets/Vulnerability

Create a Judgement free, safe space



By Opening their hearts and building these wellness fundamentals you will be giving individuals with sickle cell disease the tools to Living their Best Life!





THANK YOU

Questions ???