



OUThere Group

And the benefits of exercise based activities for the improvement of Quality of life amongst complex clients.

St Luke's

RESPECT | HOPE | FAIRNESS

St Luke's Albury provide psychosocial rehabilitation programs and offer both individual and group programs funded by both state and federal funding. This group is provided under the D2DL program. My part of the presentation is somewhat dry and will give some background information.

Living With a Mental Illness.

Is Not Just About Social Stigma.....

- Double to risk of developing heart disease
- Double the risk diabetes
- Twice as likely to have a body mass index exceeding 27 (Obesity)
- Three times as likely to smoke
- People with Schizophrenia have 20% shorter average life expectancy.



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(Klam, McLay & Grabke, 2006)

2

This information probably not new information to you all I am sure that many of these facts you are ware off.

It's Not All About Lifestyle Choices ...
Medications Cause a Range of Unpleasant Side
Effects

- Increased appetite,
- Weight gain,
- Reduced white blood cell counts
- Loss of libido
- Poor nutrition
- Tardive dyskinesias (uncontrolled muscle spasms)
- Sedation



(Ellis et al 2007) (Sane 2009)



Exercise What Is It Good For

- Exercise and physical activities improve depressive symptoms;
- Providing diversion from negative thoughts;
- Pride in mastery of new skills;
- Social connectedness;
- Endorphin release;
- Changes in monoamine levels
- Reduced cortisol
- Improves the efficiency of serotonin.



Brosse, Sheets, Lett and Blumenthal,
2002; Mead et al 2009



exercise is associated with an overall improvement in well being and improved cognitive performance. This can lead to an increase self efficacy and confidence in individual belief in change through empowerment.

Exercise What Is It Good ForCont

- Weight reduction and BMI (Body Mass Index)
- Improved fasting blood glucose levels
- Lipid levels
- Reduction in blood pressure
- Improved stable sleep patterns
- Increased ability to relax/reduction in anxiety levels
- Less troubled
- Overall increased quality of life



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Klam et al, 2006; Pulton et al, 2007;
Faulkner & Sparks, 1999 ; Dogan and
Dogan,2008



Longer term benefits of exercise include:- a sense of success increased volition and the establishment of new positive habits.

Setting Up a Group

- Setting up an out door exercise group such as OUTHere raises questions from a management perspective;
- Accountability;
- Liability;
- Costs;
- Staff qualifications;
- Duty of care;
- Fit with organisational philosophy...

This sort of activity group require of the organization a commitment to accepting that not all things can be controlled, Not everything will work, and staff need to recognize that if they want clients to solve there own issues then A staff may not always agree with the solution and B this can be challenging.

RE fit with organizational philosophy. Literature supports a prescriptive approach to client involvement and dignity of risk.

Social Cohesion & Group Dynamics

- Encourages socialization
- Increases empathy and support between peers
- Increased opportunity to share concerns and goals with peers
- Improves self esteem
- Provides sense of belonging
- Can lead to enduring friendship.



Klam et al, 2006;



Being part of an active group is good for the soul we are a species clan dwellers we like to achieve and we like share these achievements with our peers.

Peer group cohesion is a far more effective as an intervention than any lecture could ever be.

OUThere Activities Designed to Build Community

- Over
- Under
- Through...to well being.

OUThere



Its all in the name what we have tried to develop is a group that draws FROM A VARIETY OF experiences to create enduring friendships based on normalized encounters

Building Friendships!!

- Building community cohesion
- Opportunities to chat, plan and problem solve.
- Exercise the other thing we do whilst having fun
- How far have we walked? How much further do we have to go?
- Client ownership “It’s your group you run it”
- Recognise the need for equipment
- Commit to the group and the group will commit to you.



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OUThere

- All clients attending the group have predominantly low prevalence disorders
- This group has been designed by the group for the group.
- Clients who attend this group decide where they will walk etc buy and produce lunch and arrange for their own transportation to St Luke's.
- Peer support has resulted in increased self reliance
- A sense of community amongst the group members has developed.



Key Issues for Exercise Groups and Complex Clients

- Lack of motivation
- Poor engagement
- Poor organizational skills
- Poor planning skills
- Reduced self confidence
- Tendency to withdraw
- Reluctance to contribute
- Created Dependency
- You will get what you expect



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Finlay 2001



Establishing a Successful Exercise Group

- Having a reason to exercise
- Someone to exercise with
- Positive appraisal from peers
- Routine and set times
- Establishing accountability for attendance
- Participant ownership.....

HAVE FUN



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Finlay 2001



WHY DO YOU WANT TO DO THIS a walk for a walks sake will only carry you so far.

If a group has an agenda as with ours it is crucial all facilitators have a comprehensive understanding of what that is. As it will alter how one behaves and what one may say.

I Don't Want To ExerciseCos...

- So why is it so hard to get people to engage in exercise.

I'm tired, I'm fat, I need to wash my hair, I have a doctors appointment.....Its raining.

- Low self esteem (I cant victim syndrome)
- Lack of understanding of the benefits of exercise
- An unwillingness to be vulnerable to expose ones weakness.



So I assume every body in the room does their 30 mins a day. The fact is we all know that exercise is good for us and we spend a fortune on gadgets to make exercise more effective And yet obecity continues to grow.and not only amongst those who live with a mental illness.

Comments from Group Participants

- “When I joined this group I wanted to make friends, now I have. I can be out as many nights of the week I want”.
- “ This group is about three f’s friendship, fun and a feed.
- “I love this group it’s the highlight of my week and where I find out from me mates what’s going on for the weekend”.



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ST Luke's OUPThere Group



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