

St. Clair County Community Mental Health

InSHAPE® Orientation

Individual: _____ Case #: _____ Date: _____

What is InSHAPE®?

InSHAPE® is a comprehensive health and wellness program designed to support individuals with significant mental health diagnoses and health conditions such as high cholesterol, high BMI, heart disease, diabetes, pre-diabetes, and more, help find a path to a healthier lifestyle. This program is designed for people starting at age 8 to learn how exercise and nutrition can positively impact their well-being for a lifetime.

InSHAPE® is an Evidence Based Practice (EBP), with researching showing that the changes you make over the course of the program will become life-long and self-directed. To have the greatest success with the program, **consistent participation is key**. You will be paired with a Health Mentor and will meet one-on-one on a weekly basis, for a 1-year commitment.

While you have the option to close out of the program at any time, when you reach the end of your first year we will do a reassessment to assess the progress you have made. After reassessment, a graduation celebration will occur, and you will continue working on your goals on your own. **The most important aspect of the program is attending your appointments – if you miss 3 meetings in a row without notice, you may be closed from the program.**

Note: If you miss and/or cancel meetings for 30 days in a row, you may also be removed from the program.

Before closing with your Health Mentor, you will be offered to attend our weekly Graduate Group. Led by different Health Mentors each week, this class is designed to support you after graduation to help you stay motivated and continue progressing towards your goals. You will also get to attend an InSHAPE® Celebration, where you will be honored for graduating from the program. This celebration is exclusive to CMH clients, and family and friends are not allowed to attend due to the privacy of other participants.

Expectations for the Health Mentor and InSHAPE® Participant

The first few weeks of the program will include assessments that are required by the InSHAPE® fidelity. We will track your weight and waist circumference to help us evaluate your progress throughout the program and make any necessary adjustments to your plan.

Health Mentor's Role:

- Assist participants identify and track both long-term and short-term goals and objectives.
- Assist participants in creating a flexible plan to achieve their goals and objectives.
- Encourage and facilitate participants in making social connections as part of their health and well-being plans and activities.
- Provide training in use of techniques, equipment, facilities, and guidance about activities suited to a participant's goals and level of fitness.
- Demonstrate self-monitoring tools (such as food log, activity sheet, etc.).
- Provide regular and frequent education and support, either in person or by phone, to promote healthy eating habits.
- Make weekly or bi-weekly phone contacts to monitor progress and support participants in advancing along the continuum of steps to achieve their goals.
- Be available during mutually scheduled hours to offer ongoing support and guidance.

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Participant's Role:

- Active and honest participation in the assessment process.
- Take responsibility for making own health choices, setting goals, and creating plans.
- Follow through with all scheduled appointments.
- Whenever possible, call 24-hours in advance or as soon as possible, if an appointment needs to be cancelled.
- Track activities and/or maintain a food diary, whenever possible.
- Strive to commit additional time for exercise every week when not with a Health Mentor.
- Regularly discuss healthy eating habits with a Health Mentor to work on changing unhealthy eating habits.
- Gradually increase the intensity and/or frequency of exercise beyond what feels easy.
- Set challenging goals that push your limits to encourage ongoing progress.
- Strive to set challenging goals
- Demonstrate success and progress in meeting healthy eating goals.
- Engage in social interactions with other InSHAPE® participants to build supportive relationships that help motivate and encourage your health and wellness goals.
- Complete both initial and follow-up assessments.
- Ask for help when needed.

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Would you like a copy of this Orientation form today? ☐ Yes ☐ No

Participant Signature

Print Name

Date

Health Mentor Signature

Print Name

Date