



# Mind, Body, Spirit – Mental Health, Martial Arts, & Motivation

## Mieng Nguyen, OMSII

Millcreek Community Hospital Behavioral Health



### MCH Behavioral Health

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Millcreek Community Hospital Behavioral Health is comprised of three units in the hospital that provides 24/7 mental health care for the adolescent/children, adult, and geriatric population. MCH's Behavioral Health is the Erie region's largest provider of inpatient psychiatric treatment whose goal is to address mental health needs of individuals in the community. MCH Behavioral Health focuses medication management and tailors each patients' treatment plans to with consideration to their respective diagnoses, needs, and medical history.



### Project Summary

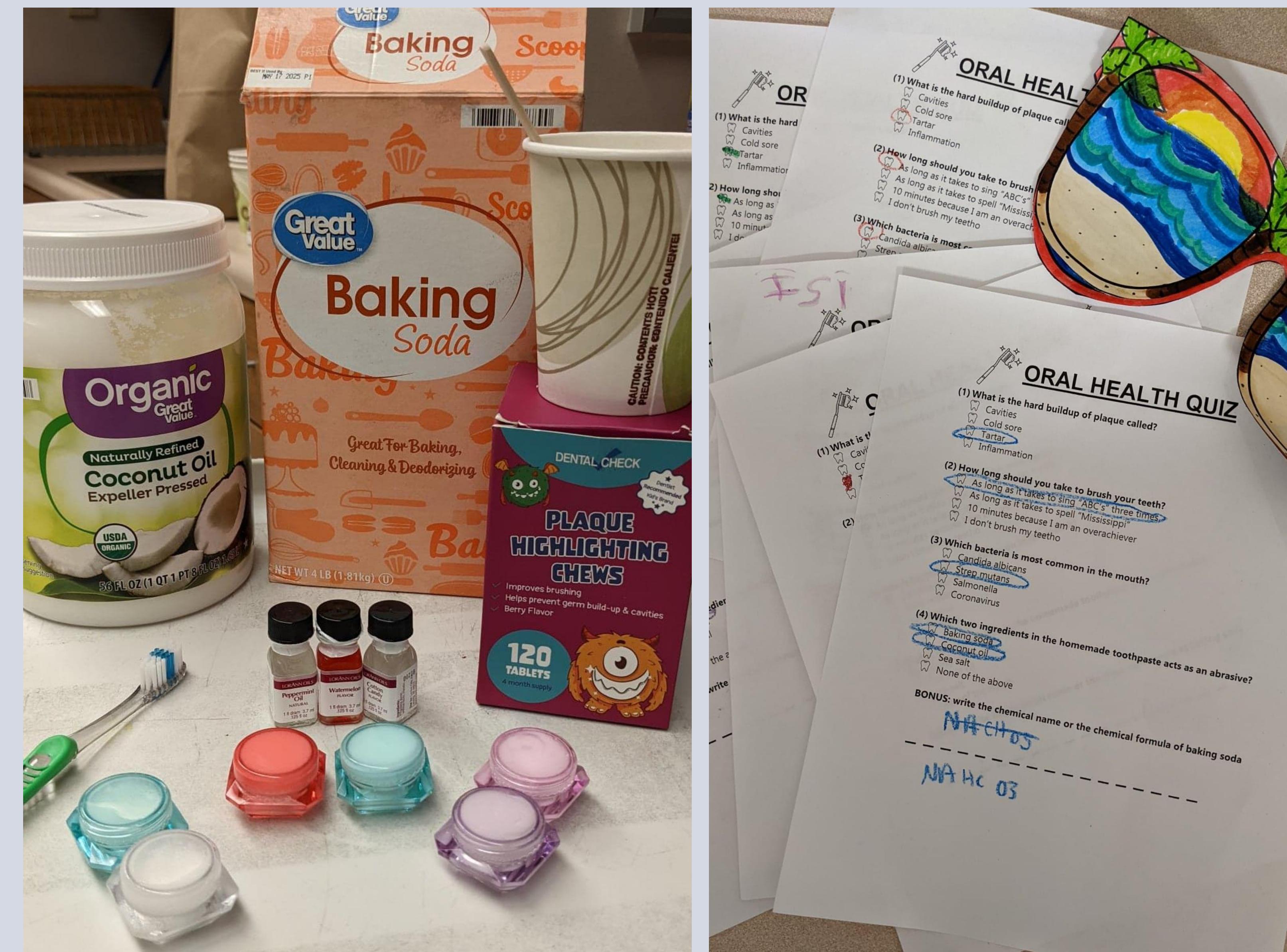
The student intern developed and participated in an exercise program for the psychiatric children and adolescent patients at Millcreek Community Hospital Behavioral Health to emphasize the benefits of physical activity on mental health. The exercise program consisted of full-body stretches, body weight exercises, and basic martial arts to not only promote wellness but also proper body mechanics and impulse control. The exercise program was carried out for one hour every morning (on each side of the unit) before the patients' hygiene time and optional afternoon sessions with more curated exercises were offered upon patients' successful completion of other therapeutic recreational activities. The student intern also developed an oral health project that consisted of patients making their own simple toothpaste and consisted of a spoken lecture about the importance of teeth brushing in the prevention of oral diseases. The patients were given plaque disclosing tablets (plus new toothbrushes) to test the effectiveness of their homemade toothpaste and a brief quiz on all the material was given at the end for rewards.

- ### Project Goals
- Promote the benefits of physical activity on mental health
  - Teaching impulse control and the appropriate use of exercise as a positive coping skill
  - Promote positive self-image by focusing on proper body mechanics rather than body type



### BTG Focus Areas

Mental Health, Physical Activity & Fitness, Injury & Violence Prevention, Oral Health.



### Site Activities

Patients were initially surveyed about sports they participate in to gauge interest in incorporating physical activity into their recreational group times. Exercise groups were held every morning and involved a series of stretches, body weight workouts, and basic martial arts. Patients were encouraged to create with their own combination of martial art exercises and teach other patients about their favorite type of exercises.

### Personal Statement

My summer at Millcreek Community Hospital Behavioral Health allowed me to be a part of the care of psychiatric adolescents and children in a way I don't think I would have experienced if not for Bridging the Gap. I got to spend time with each patient in a capacity that was not strictly medical, which gave me the chance to get to genuinely know each patient beyond the scope of their diagnosis and history. Coming up with the project and implementing it allowed me to connect with the patients and just really drove home the point that at the end of the day, they are still kids, and they want to have fun and be happy despite the challenges they're facing. I'm grateful to have been able to see the progress every patient made with their mental health and the exercise program, and to have been a part of Behavioral Health team at Millcreek Community Hospital this summer.



### Acknowledgements

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