



# HIGHWAY TO HEALTH

Peoples Oakland

Carla Medina-Gil, School of Pharmacy

Archisha Ghosh, School of Public Health

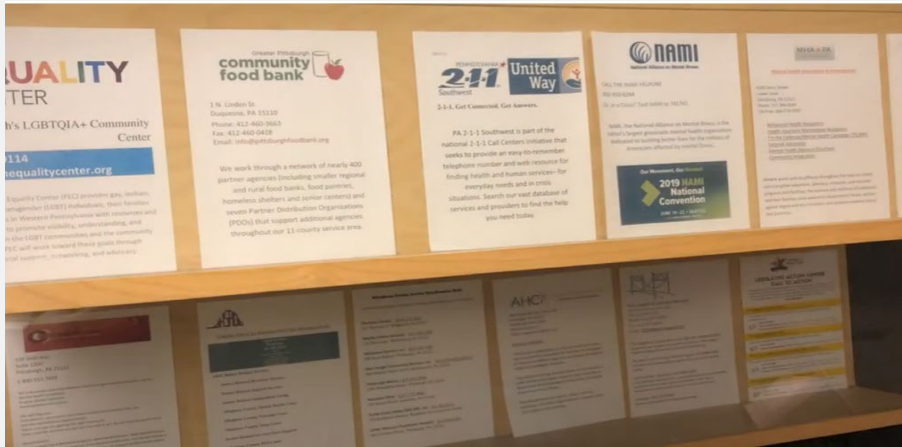
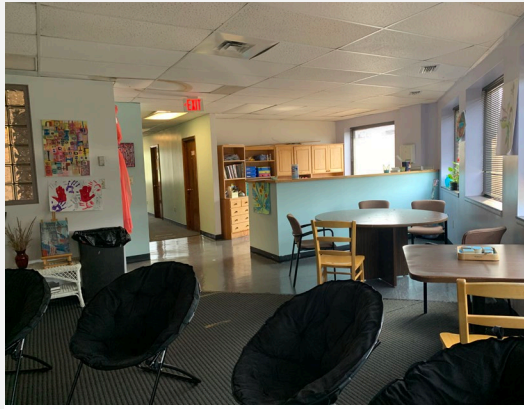
Allison Haley, LCSW, Associate Director of Peoples Oakland

Dr. Nina Markovic, Associate Professor Dental Public Health

# BACKGROUND INFORMATION

- Premier recovery and wellness center
  - holistic, comprehensive, member driven recovery
- Founded in response to people with chronic severe mental illness released into the community with little support and minimal social connections following statewide deinstitutionalization mandates
- Based on peer support, hope, self-help, and collaborative relationships with professionals
- Cultivating a Culture of LOVE
  - Hope • Integrity • Respect • Empathy • Humility





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July 2023

**Hours:**  
Mon - Thurs: 9:30 am - 6 pm  
Friday: 9:30 am - 4 pm  
www.peoplesoakland.org  
www.facebook.com/  
peoplesoakland

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>Please note the new Groups &amp; times on other side!</i>						1
2	3	4 CLOSED Independence Day 	5 Sports @ Mon Yough: leave at 12:15 pm (Josh) Planning Team Mtg. 1 pm (Alli) Food Bank: 1 pm (Joel)	6	7 Women's Groups: 1 pm (Kiara)	8
9	10	11 Cooking Class: 12 pm (Josh & Joel)	12	13	14 Men's Group: 1 pm (Josh)	15
16	17	18 New Member Social / House Meeting (Josh), Open Mic (Josh), Member Gala Planning Mtg. (Jen) Beginning at 12 pm	19 Pirates Game: 12:30 pm - 4 pm (Josh)	20 Gateway Clipper: 6 pm - 9 pm (Josh & Joel)	21 Pool Tournament: 1 pm (Joel)	22
23	24	25 Swimming at Schenley: SS 1 pm - 3 pm (Andrea)	26 CLOSE at 1 pm Staff In-Service	27	28 Cookout: 12 pm - 3 pm (No groups or Snack Shack)	29
30	31					

# SERVICES

- Counseling and Therapeutic Support
- Daily crisis intervention
- Social and Recreation
- Nutrition and Fitness
- Employment
- Resource Coordination

	Monday (Andrea)	Tuesday (Josh)	Wednesday (Jen)	Thursday (Kiara)	Friday (Joel)
9:30 am	Breakfast Club	Breakfast Club	Breakfast Club	Breakfast Club	Breakfast Club
10:00 am					
10:45 am	Meditation (10:45 - 11:15) (Jen)	Meditation (10:45 - 11:15) (Kiara)	Meditation (10:45 - 11:15) (Josh)	Meditation (10:45 - 11:15) (Alli)	Meditation (10:45 - 11:15) (Andrea)
11:15 am	Recovery Group (11:15 - 12 pm) (Jen)	Recovery Group (11:15 - 12 pm) (Kiara)	Recovery Group (11:15 - 12 pm) (Josh)	Recovery Group (11:15 - 12 pm) (Alli)	Recovery Group (11:15 - 12 pm) (Andrea)
12:00 pm	Creative Writing (Jen)	Circles Group (Jen)	Music Group (Kiara)	Managing My Emotions (Alli)	Theatre Group (Jen)
1:00 pm				Arts & Crafts (Lisa)	
2:00 pm	Bingo (2 pm - 2:30 pm)	Bingo (2 pm - 2:30 pm)	Bingo (2 pm - 2:30 pm)	Bingo (2 pm - 2:30 pm)	Bingo (2 pm - 2:30 pm)
3:00 pm					
4:00 pm	Please stop in to say 'Hi,' be with friends, grab a calendar! They're also available on our website and Facebook page. Thank you!				

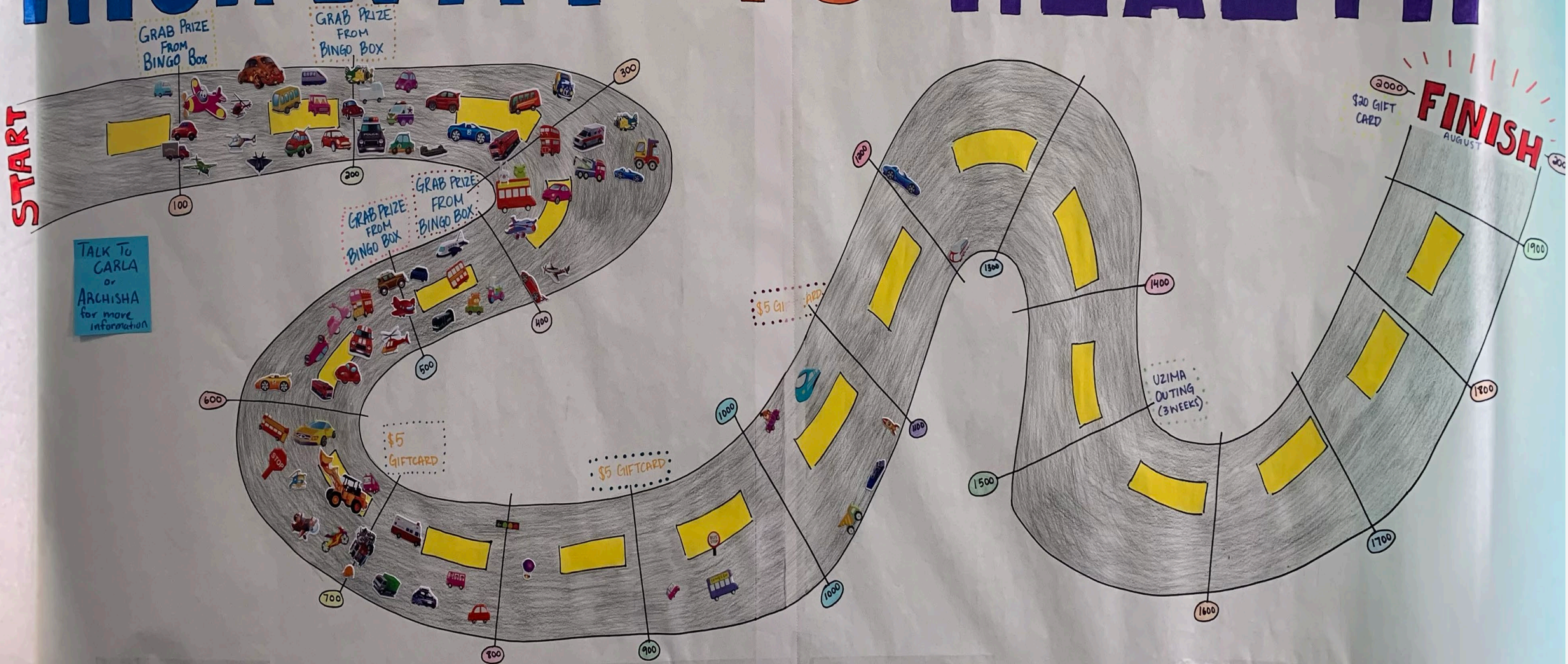




## HIGHWAY TO HEALTH CHALLENGE PROMOTES HEALTHY HABITS.

- During the Covid 19 Pandemic, many members gained 10-50 pounds
- Physical health problems and poor self-image leads to mental health decline
- Many members have diabetes or other comorbid diseases which are exacerbated by poor hygiene and lifestyle decisions about diet and exercise

# HIGHWAY TO HEALTH



# HEALTH CHALLENGE POINT SYSTEM

## 😊 HIGHWAY TO HEALTH SCORESHEET 😊

This summer we are all competing "Highway to Health", a challenge to help us build healthy habits! Every day you attend Peoples Oakland you can submit a "Highway to Health Scoresheet" to Carla, Archisha, or Allison. They will keep track of the points you earn on our community score board in the drop in. You can earn bingo prizes, gift cards, and fun outings!

Things I Can Do Today!		
Activity	Points	Did I do it? [✓]
Drinking 8 cups a water	10 points	
Eating 1 cup fruits OR vegetables	10 points	
Attend group session(s)	10 points/group	
Random act of kindness	10 points	
Walking group/Walk 20 mins	20 points	
Grab a brochure from the Resource Center and read/talk to the interns about it	20 points	
Spend 30 minutes in the Fitness Room	30 points	

Things I did before I left my house (this morning or last night)		
Activity	Points	Did I do it? [✓]
Brush my teeth/Clean my dentures/Wash my mouth	10 points	
Shower	10 points	
Change my clothes	10 points	
Clean my room	10 points	
Clean the dishes	10 points	
Do Laundry	10 points	

Activities I Can Do Once During the Challenge...		
Activity	Points	Did I do it? [✓]
Set my primary health goal/healthy habit on the My Health Challenge board	30 points	
Use the computer and find 3 ways to manage diabetes or a healthy heart	60 points	
Talk to my counselor about creating a diet plan or visiting a dietitian	60 points	





# PROJECT EVALUATION



Consistent feedback



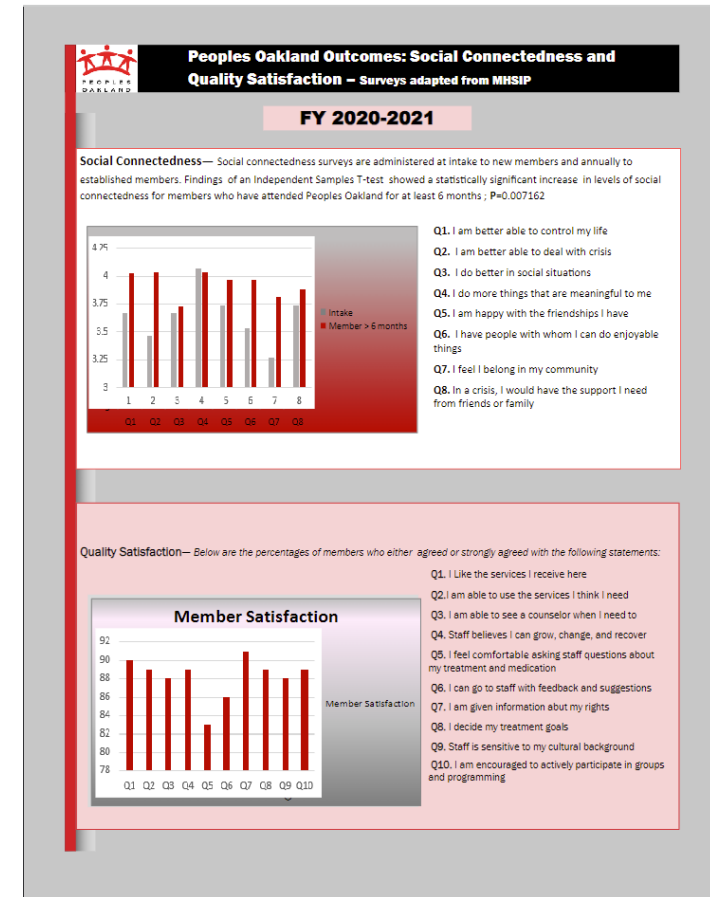
Decreasing point values



How to encourage more participation?



Possible survey after the challenge



# SUMMARY

- Health Challenge
  - People have already gotten more than halfway through
  - Visible changes in lifestyle and efforts made
- Second Family
  - Outings
  - Pool and board games
  - Groups



- Peoples Oakland gave me a change of perspective. I have met many people and listened to many stories. I have learned that members are more than their symptoms, each member has strengths, aspirations, and goals. Peoples Oakland fosters an environment of empowerment. Empowering not only its members but also its staff and interns. **I come out of this internship with a new understanding of needs, concerns, progress, empathy, trust, and communication. In short, the relationships I have made here will stay with me for a lifetime.**

- Carla Paulina Medina-Gil



- My time at Peoples Oakland will always be special to me because I am leaving with new friends and experiences. **I learned what everyday life with mental illness could look like but also realized they are so much more than just a diagnosis.** They have their own stories and dreams. I have a **better perspective on holistic care, the value of social interaction, and new appreciation about what recovery and wellness could look like.** It truly is a family, and I am so glad that I got to experience that family for however short a period that it was.

- Archisha Ghosh

A HUGE THANK YOU TO OUR  
COMMUNITY MENTOR, ALLISON  
HAYES, AND FACULTY MENTOR, DR.  
NICOLE MARKOVIC AND THE MEMBERS  
AND STAFF AT PEOPLES OAKLAND  
ALONG WITH OUR BRIDGING THE  
GAPS-PITTSBURGH TEAM AND  
INTERNS