



Walker's Point Community Clinic*
An Aurora/UW Health Clinic



School of Medicine
and Public Health
UNIVERSITY OF WISCONSIN-MADISON



Aurora
Health Care®

¡VENGA Y RELÁJESE!

A PEER-CENTERED APPROACH TO STRESS REDUCTION

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Funding Disclosures

- No conflicts of interest to report

Part one: *Our journey*

1. Origin of curriculum: stress affecting wellness in uninsured Latina women of Milwaukee
2. ¡Venga y Relájese! 3-week intervention to reduce stress
3. Results: short and long-term benefits of program
4. Lessons and challenges in curriculum implementation
5. Next steps: new communities and deeper connections

Interactive slides for pair sharing



We want to hear
from you!



School of Medicine
and Public Health

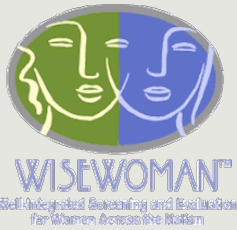
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What is TRIUMPH?

Training In Urban Medicine and Public Health (TRIUMPH) is an urban health training program for University of Wisconsin School of Medicine and Public Health (UW SMPH) medical students.

The program combines **clinical, community, and leadership** training in public health with a mission to recruit and prepare *physician leaders* who will improve health in urban health professional shortage areas.



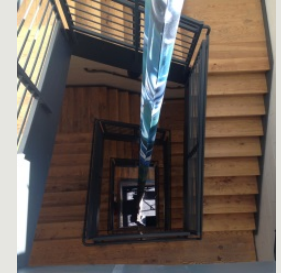
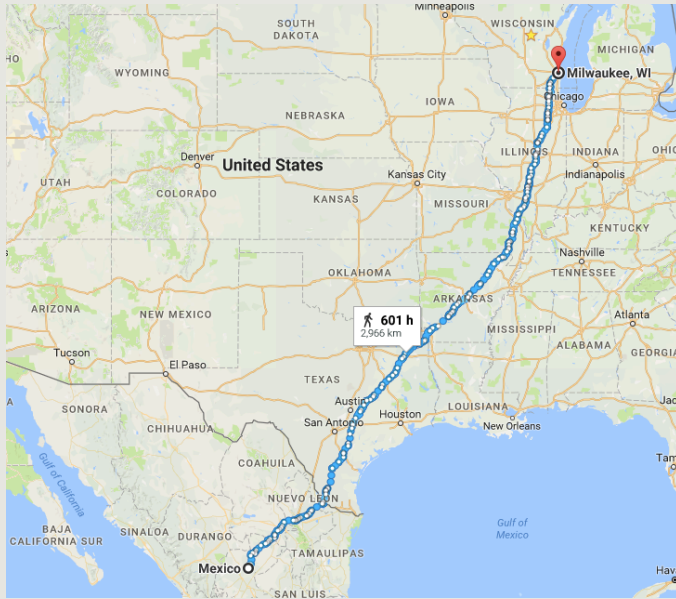
What is WISEWOMAN?

The Well-Integrate Screening and Evaluation for Women Across the Nation (WISEWOMAN) program was a results of the 1993 Congressional legislation authorizing the Centers for Disease Control and Prevention (CDC) to expand the services offered within the National Breast and Cervical Cancer Early Detection Program.

The WISEWOMAN program provides:

- Cardiovascular disease screening (focus on hypertension management and risk reduction counseling)
- Healthy behavior support interventions i.e., evidence-based lifestyle programs, health coaching
- Referrals to community resources

Context- Walker's Point, Milwaukee, Wisconsin



Screening Observations

Many women enrolled in WISEWOMAN Program noted:

- **>10 days/month** as physically and/or emotionally “not well”

- *Why?*



Pair Share:

2 Minutes

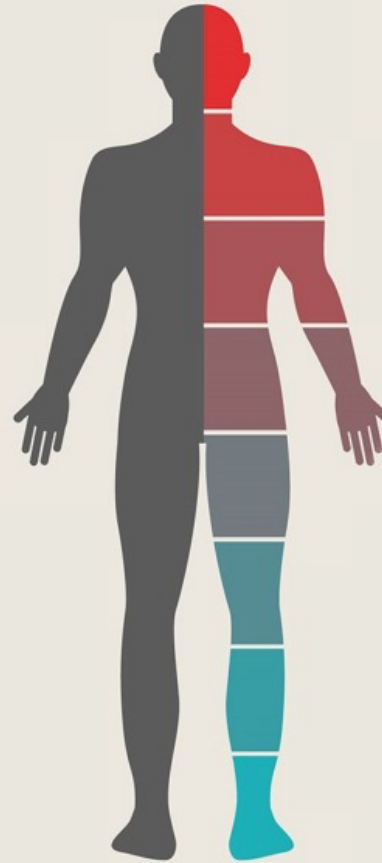


How would you
interpret this data?

Could this finding relate to

STRESS?

The effects of stress on the body



Mood issues including anger, depression, irritability. Lack of energy, concentration problems, sleeping issues, headaches. Mental issues including anxiety disorders and panic attacks.



Increased blood pressure, increased heart rate, higher cholesterol and risk of heart attack



In the immune system, there is reduced ability to fight and recover from illness



Stomach cramps, reflux, and nausea



Loss of libido, lower sperm production for men, and increased period pain for women



Aches and pains in the joint and muscles



Lower bone density

FOCUS GROUP

What stresses you out?

Qualitative community discussion of personal stressors and experiences that affect women of Walker's Point (n = 8)

[As women] “many times we do not value ourselves. We do everything for others but nothing for ourselves.”

“Stress can appear in many forms: a headache, a stomach ache.”

FOCUS GROUP

What stresses you out?

“Sometimes I want to cry and I don’t know why...it just happens, and it [stress] grabs you.”

[The problem is that] “when one is not in their right mind, one does not think with their head; rather, they act with their emotions.”

“Some of my stress is my fault; but it is my role [to take care of my family/home] and it is my culture”

Small Group Discussion:

2 Minutes



What components would you include in a stress reduction intervention?

INTERVENTION

¡Venga y Relájese! (Come and Relax Yourself)

Objective: Culturally–sensitive evidence informed group session to address management of psycho-social stressors.

Goal indicators:

- 70% of the women will show a reduction in the number of days their stress hinders their physical and emotional wellbeing;
- 80% of women will learn a stress reduction strategy that they continue to practice **3-months** after the last session.

new coping skills ● positive interpersonal contacts ● renew energy for self-care and leadership

INTERVENTION

¡Venga y Relájese! (Come and Relax Yourself)

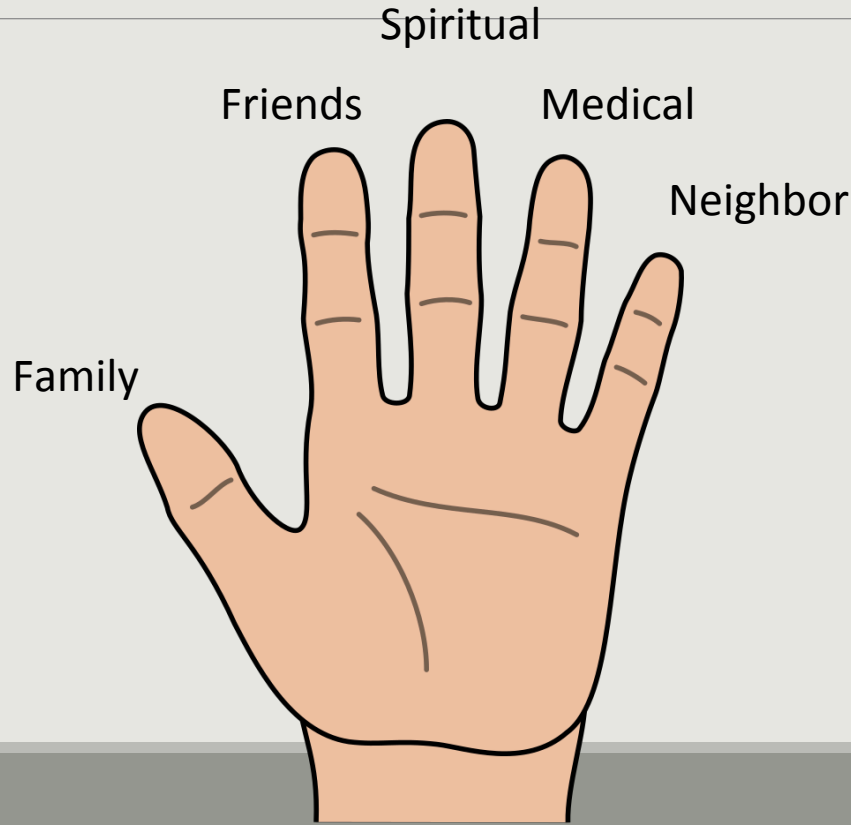
Demographics/Assessment
Group Discussion
Goal Setting

Activities

- Deep Breathing
- Aromatherapy
- Lebed Movement
- Coloring book
- Group Reflections
- Guided Meditation
- Mindful Eating
- Self-Compassion



Example Exercise: “Mano de Ayuda”



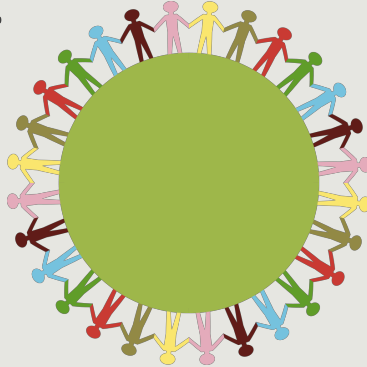
Example Exercise: Self-Compassion Break

1.



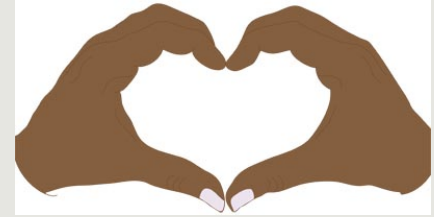
This is a moment
of suffering.

2.



Suffering is a part of
life. This is common
to humanity.
You are not alone.

3.



May I be kind to
myself.

Example Exercise:

Emotional Freedom Technique


Let's Tap!

EFT™ (Emotional Freedom Techniques) SHORTCUT TAPPING PROCEDURE


THE SETUP

- 1) Focus on a SPECIFIC issue, and
- 2) Repeat Three Times:
"Even though I have this problem, I deeply & completely accept myself."
- 3) While continuously tapping the "Karate Chop" point.

THE SEQUENCE



KARATE CHOP POINT



4) Tap about 5X on each point while repeating "This Problem."

5) Focus on the specific pain or soreness; re-rate the intensity. If not yet at a zero, apply the Tapping Procedure again.

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EFT developed by Gary Craig; www.earthtapping.com

While EFT has produced remarkable clinical results, it is still considered to be in the experimental stage and these practitioners and the public must take complete responsibility for their use of it. EFT is not intended as a substitute for the medical.

Pair Share:

2 Minutes



How would you measure
stress? stress *reduction*?



Measurement Tools:

Short and Long-Term Stress Reduction

Pre and Post-Test Evaluation¹

- General Health Perception
- Present Stress: Physical and Emotional
- Confidence to Reduce Stress
- Number of Days/month “unwell”

¿En este momento cuánta confianza tiene usted para poder controlar su estrés?

| | | | | | | |
|--|--------------|-------------------|-------------------|-------------|-------------|--|
| 1= demasiada  | 2 = mucha | 3 = suficiente | 4= mas o menos | 5 = poca | 6= muy poca | 7 = ninguna  |
|--|--------------|-------------------|-------------------|-------------|-------------|--|

Holmes and Rahe’s Life Change Index²

- Prediction of future morbidity based on number/severity of life events in last year

Curriculum Feedback Evaluation

3-mo and 6-mo Post-Class Evaluation

References:

¹Oswald, A. J., & Wu, S. (2010). Objective confirmation of subjective measures of human well-being: Evidence from the USA. *Science*, 327(5965), 576-579.

²Rahe RH. Life change events and mental illness: an overview. *Journal of Human Stress*. 1979;5(3):2-10.

Results

15 Milwaukee Cohorts (n =153)
1 Peruvian Cohort (n=11)

Demographics

- Mean age: 46 years/old
- 39.1% married, 17.4% single, 17.4% separated, and 8.7% divorced
- 30.9% house wives, 25% unemployed, 10.3% part-time work
- Mixed educational background
- 85.4% Mexicans living in US, 6.7% Peruvians living in Peru
- PMH: 33.8% depression, 22.1% anxiety; 10.3% DM-2, 8.8% HTN

Major Stressors

Lack of Money.

Worrying about Time.

Family Problems.

Housework.

Personal Health.



Results

I learned...

“the different forms of relaxation.”

“how to care for myself and create small goals.”

“to be patient and listen to other people.”

“that I can handle my stressful situation”

Pre (*baseline*) and Post (*week three*) Test Outcomes (paired t-test, n = 104)

- Improved perception of general health $t = 2.03$, $p = 0.02$
- Better rate of current stress level $t = 5.80$, $p < 0.0001$
- Increased confidence to reduce stress $t = 2.43$, $p < 0.01$





Steps toward Sustainability and Expansion



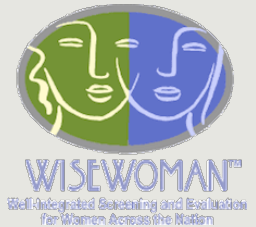
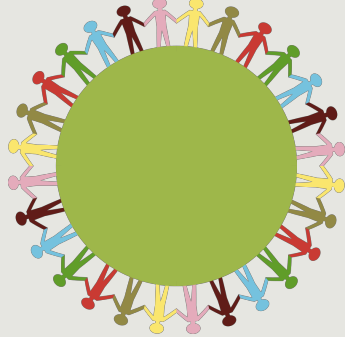
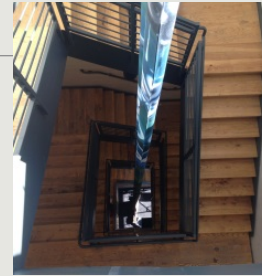
Group Discussion:



2 Minutes

What factors helped make our intervention a success?

Key to our sustainability:



Identifying a
community need

Connection to safe space
with shared mission

Partnership with
public health leaders

Insights and Challenges

- Brevity of course
 - 3-weeks “too short” vs. longer “overwhelming commitment”
- Stress: defined differently across cultural contexts
- Community-led Classes: is it feasible?
- Target Population: women only?
- Collecting data: truly the objective?

Group Discussion:



2 Minutes

What challenges seem like the most difficult to overcome?

Continuity of Care

SUSTAINABILITY

Strengthening Self-Care Skills and Social Connections

Venga y Siga Cresciendo (Come, and Keep Growing)

Intensive course, 8 week, 2 hour program.

- intervention builds on the stress management practices introduced in Venga y Relajese and adds an additional focus on mindfulness and communication of feelings

Mental Health Therapy and Mental Health Coaching

Objective: A referral to a Mental Health Coach for individual therapy.

Peer-Centered Continuity of Practice

EXPANSION

- Assess validity of measurement tools
- Program evaluation via participant feedback
- Create bi-lingual facilitator and participant manuals
- Group session taught by class alumni (community members)
- Streamline referral process
- Seek formal approval from funders
- Formative focus groups in other communities

Next steps for Venga y Relajese:

- Taller de hombre (Men's Group) in Milwaukee
- Pilot classes in Spanish and English at San Francisco General Hospital



ZUCKERBERG
SAN FRANCISCO GENERAL
Hospital and Trauma Center

Part two: *Your journey*

How ***you too*** can start a stress reduction intervention in your community.

Brainstorm:



2 Minutes

Who is your target audience?

-Where could the intervention take place?

Brainstorm:



5 Minutes

What is your SMART goal?

- what change?
- for whom?
- by when?



S

Specific

- State what you'll do
- Use action words



M

Measurable

- Provide a way to evaluate
- Use metrics or data targets



A

Achievable

- Within your scope
- Possible to accomplish, attainable



R

Relevant

- Makes sense within your job function
- Improves the business in some way



T

Time-bound

- State when you'll get it done
- Be specific on date or timeframe

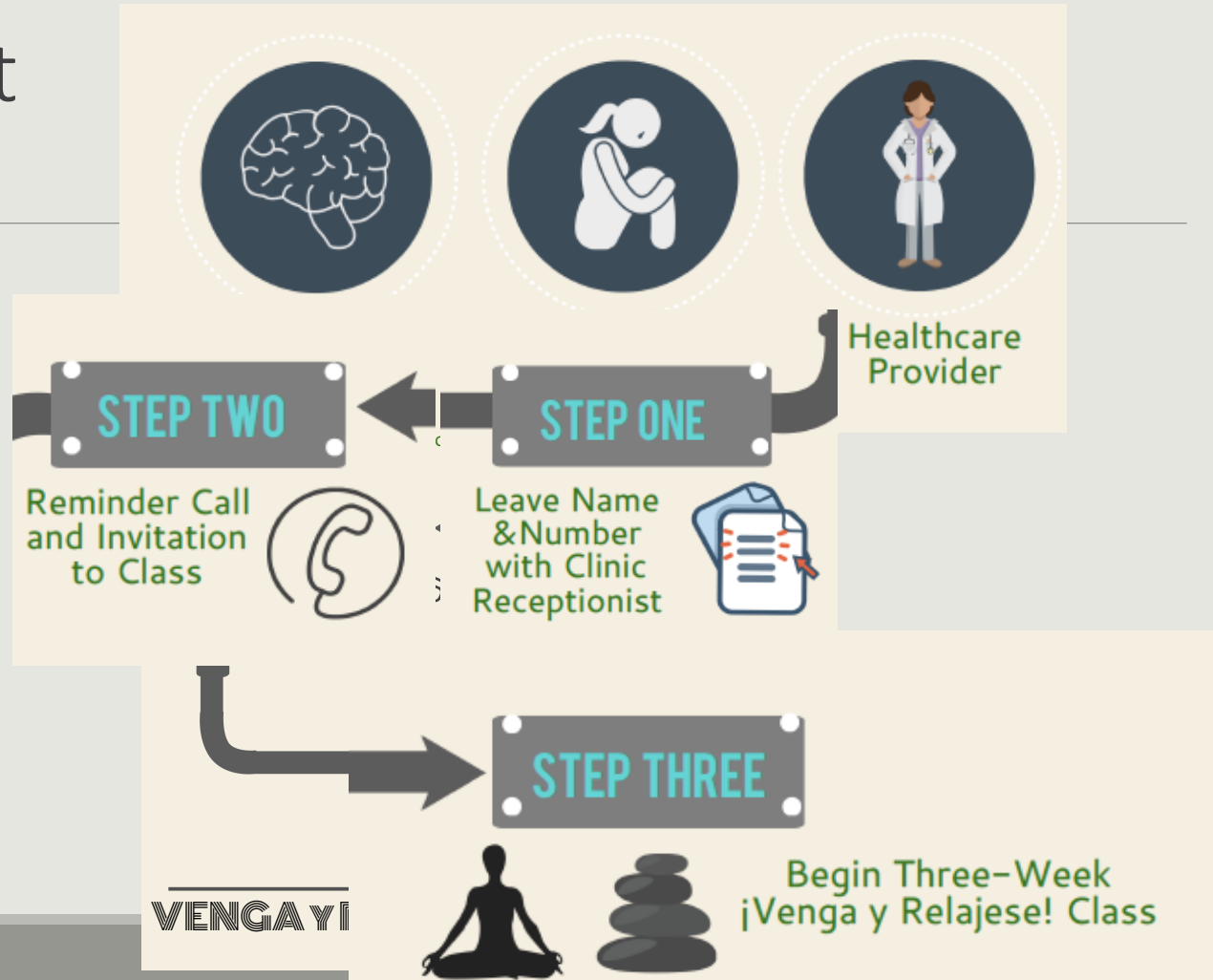
Brainstorm:



2 Minutes

How will you recruit?
Who would help?

Recruitment Example:



Pair Share:

2 Minutes



What will you include in your curriculum?

Pair Share:

2 Minutes



What are your outcomes?
- how will you measure them?

Pair Share:

2 Minutes



Expected Challenges?

Large Group Share

5 Minutes



Tell us about your stress reduction intervention!

Conclusion

- Stress affects health
- Community-based interventions can be transformative
- **You too** can lead a stress reduction curriculum in your community

Acknowledgements

Aurora Walker's Point Clinic and Staff

WISEWOMAN Staff

TRIUMPH Staff



Questions?



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