Expanding the Arts and Humanities To Enhance Veteran’s Health and Well-being Through Partnership

Laura Krejci, Associate Director
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Veterans Health Administration
Honor America’s Veterans by providing exceptional health care that improves their health and well-being.
VHA Strategic Priorities

1. Provide Veterans personalized, proactive, and patient-driven health care.

2. Incentivize measureable improvements in health outcomes.

3. Align resources to deliver sustained value to Veterans.
Connecting the Dots

Mission
Honor America’s Veterans by providing exceptional health care that improves their health and well-being.

Strategic Plan
Goal 1: Provide Veterans personalized, proactive, and patient-driven health care.

Blueprint for Excellence
Strategy 2: Deliver high quality, Veteran-centered care that compares favorably to the best of private sector in measured outcomes, value, access and patient experience.

Strategy 6: Advance a model of health care that is personalized, proactive, and patient-driven, and engages and inspires Veterans to their highest possible level of health and well-being.

My VA
Rebuild trust with Veterans and stakeholders.
Improve service delivery, focusing on Veteran outcomes.
And set a course for long-term excellence and reform.

Access to Innovative Health care. VA is shifting the current culture of medical care from problem--based “sick care” to “whole health care,” which engages and inspires Veterans to their highest level of health and well-being.
Patient Centered Approach

Click here to watch a brief video

ELEMENTS OF
PERSONALIZED, PROACTIVE, PATIENT-DRIVEN CARE

Veteran Experience

Practice of Whole Health

SUPPORT STRUCTURE
INTEGRITY • COMMITMENT • ADVOCACY • RESPECT • EXCELLENCE
Patient Centered Care Framework
The Veteran Experience

ELEMENTS OF
PERSONALIZED, PROACTIVE, PATIENT-DRIVEN CARE

Veteran Experience
Patient Centered Care Framework
The Veteran Experience

Elements of
Personalized, Proactive, Patient-Driven Care

Veteran Experience

Healing Relationships
Patient Centered Care Framework
The Practice of Whole Health

Elements of Personalized, Proactive, Patient-Driven Care

Practice of Whole Health
Patient Centered Care Framework
The Practice of Whole Health

ELEMENTS OF
PERSONALIZED, PROACTIVE, PATIENT-DRIVEN CARE

Practice of Whole Health

Personalized Health Approach
YOUR PERSONAL HEALTH INVENTORY

1. What REALLY matters to you in your life?

2. What brings you a sense of joy and happiness?

3. On the following scales from 1-5, with 1 being miserable and 5 being great, circle where you feel you are on the scale.

   **Physical Well-Being:**
   
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<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
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<tbody>
<tr>
<td>Miserable</td>
<td>Great</td>
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   **Mental/Emotional Well-Being:**
   
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<tr>
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   **Life: How is it to live your day-to-day life?**
   
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WHERE YOU ARE AND WHERE YOU'D LIKE TO BE

For each area below, consider where you are now and where you would like to be. All the areas are important. In the “Where you are” box, briefly write the reasons you chose your number. In the “Where you want to be” box, write down some changes that might make this area better for you. Some areas are strongly connected to other areas, so you may notice some of your answers seem the same. Try to fill out as many areas as you can. You do not have to write in every area or in all the areas at one time. You might want to start with the easier ones and come back to the harder ones. It is OK just to circle the numbers.

**Working the Body:** “Energy and Flexibility” Includes movement and physical activities like walking, dancing, gardening, sports, lifting weights, yoga, cycling, swimming, and working out in a gym.

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<th>Where you are: Rate yourself on a scale of 1 (low) to 5 (high)</th>
<th>Where you want to be:</th>
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<td>1 2 3 4 5</td>
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What are the reasons you choose this number?

What changes could you make to help you get there?

**Recharge:** “Sleep and Refresh” Getting enough rest, relaxation, and sleep.

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What are the reasons you choose this number?

What changes could you make to help you get there?
Military leaders say we need every weapon in our arsenal to meet the many challenges we face today. However, one of the most powerful tools we have in our arsenal—the arts—is often under-utilized and not well understood within the military and the healthcare system.

*Arts, Health and Well-Being across the Military Continuum, 2013*

National Initiative for Arts & Health in the Military

Goals

- Advance the policy, practice, and quality use of arts and creativity as tools for health in the military;

- Raise visibility, understanding, and support of arts and health in the military; and

- Make the arts as tools for health available to all active duty military, staff, family members, and veterans.
VISN 3
VA NY/NJ Veterans Healthcare Network

VA Health Care System

VA Hudson Valley Health Care System (Montrose, NY)
VA New Jersey Health Care System (East Orange, NJ)
VA NY Harbor Healthcare System (New York, NY)

VA Medical Center

Brooklyn Campus of the VA NY Harbor Healthcare System (Brooklyn, NY)
Castle Point Campus of the VA Hudson Valley Health Care System (Wappingers Falls, NY)
East Orange Campus of the VA New Jersey Health Care System (East Orange, NJ)
Franklin Delano Roosevelt Campus of the VA Hudson Valley HCS (Montrose) (Montrose, NY)
James J. Peters VA Medical Center (Bronx, NY) (Bronx, NY)
Lyons Campus of the VA New Jersey Health Care System (Lyons, NJ)
Manhattan Campus of the VA NY Harbor Healthcare System (New York, NY)
Northport VA Medical Center (Northport, NY)
Pilot Project

• Johnson & Johnson
• Americans for the Arts
• National Center for Creative Aging
• VHA Office of Patient Centered Care and Cultural Transformation
• VHA Recreation Therapy Service
Elements of the Pilot Project

Two-day Symposium
Site Self-assessment
Team Site Visits
Follow-up Support
Attendees

Veterans
Veteran Spouse
Peer Support Specialists
Art Therapists
Creative Arts Therapists
Music Therapists
Recreation Therapists
Care Team Managers
Integrative Health Coordinators
Physicians

Physician Assistants
Nurse Managers
Holistic Nurses
Chief Clinical Nutrition
Social Workers
Suicide Prevention Coordinators
Field-based Implementation Team
VISN Lead for Mental Health/PCC
How Do We Know This Approach is Working?

The Veteran’s Voice

Please click here to view this 7 minute video
Veteran’s eBook

A Partnership, A Plan, A New Path Forward

Shape Your Journey with VA
A Report by the VA Office of Patient Centered Care and Cultural Transformation

Health for Life
www.va.gov/patientcenteredcare
Building the Art Community
http://www.va.gov/PATIENTCENTEREDCARE/
The Journey Continues…

- Launching the Evaluation Toolkit to Measure Outcomes
- Two Regional Forums to Share Strong Practices to Expand the Arts and Humanities
- Clinical Champions Engaged to Educate Providers Across VHA
- Development of an Arts and Humanities Program Guide
Thank You For The Opportunity to Share Our Journey

For More Information:

VHA Patient Centered Care
Americans for the Arts
National Center for Creative Aging
National Endowment for the Arts
Questions/Suggestions

OPCC&CT Internet Website: http://www.va.gov/patientcenteredcare