Considering Lifestyle Management as a Predictor of Recovery Success

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Our Founders

W. Jared DuPree, PhD, LMFT

With more than 18 years of experience working in clinics, hospitals, and community wellness settings, Jared developed a unique systemic approach to health and wellness. He is the owner of the Center for Couples & Families, founder of WholeFIT and is a faculty member at Dixie State University.

Michael Olson, PhD, LMFT

For over 15 years, Dr. Olson has trained physicians in family medicine and graduate students in marriage and family therapy. Dr. Olson’s approach emphasizes comprehensive care integrating biological, psychological, sociological, and spiritual aspects of patient care. Dr. Olson has had a prestigious career as a educator, speaker, and author. He currently is a faculty member in the Family Medicine residency program at St. Mary’s in Grand Junction, CO.
Agenda

• Overview of Lifestyle Management
• WholeFIT Framework
• WholeFIT Activity
• **Lifestyle management** is an approach that helps individuals take more control of their health and wellness by considering multiple areas of their lives.

• Lifestyle management can be provided for individuals but is often facilitated within an integrated care framework.

• There are several resources and frameworks that exist regarding lifestyle management and integration including resources from SAMHSA.
Traditional Healthcare

• Silo approach – separated care
• Symptom or disease focused
• Lack of collaboration and communication
• Lack of big picture or underlying factor awareness
• Fee for service model in the United States
Integrated Care

• Integrated care *as a system of care* reflects the following:
  • Multiple professionals from multiple disciplines and specialties
  • Collaborative assessment, treatment and follow-up
  • Open, clear communication between professionals
  • Shared electronic record systems that enhance collaboration and efficiencies
  • Collaboration between areas and interventions that address physical, mental, emotional, relational and spiritual factors of health and wellness.
Integrated Care

• In general, **integrated care** is related to a **system of providing care and a philosophy or approach to care**.

• A number of terms are related to the integrated care movement including:
  • Patient-centered medicine
  • Collaborative healthcare
  • Integrated Medicine
  • Integrated Health
  • Coordinated Care
Integrated Care

• Integrated care as a philosophy or paradigm suggests:
  • A patient-centered approach in which the patient’s values, needs and preferences are used to guide care.
  • A biopsychosocial approach as areas such as physical health, nutrition, fitness, mental health, relational health, life balance and spirituality are considered.
  • A collaborative approach in which professionals share expertise with one another and develop treatment plans together.
WholeFIT Framework
WholeFIT in a Nutshell...

WholeFIT is an approach to health and wellness based on theory and research that supports collaborative care and comprehensive treatment considering all areas of one’s life.
WholeFIT & Integrated Care

WholeFIT provides a platform and approach to help professionals engage in an integrated, patient-centered approach to care.

WholeFIT is a platform that a clinic, hospital, or organization can apply operationally.

WholeFIT is an approach to help professionals assess, treat and manage clients and patients.
Our Framework

Wellness for Life

Individual Patterns
- Emotions
- Thoughts
- Life Purpose
- Motivation

Relational Patterns
- Couple & Family
- Attachment Patterns
- Family of Origin
- Spirituality

Life Patterns
- Work & Finances
- Hobbies & Recreation
- Professional & Community Support
- Life Balance

Health Patterns
- Fitness
- Physical Health
- Nutrition
- Sleep
Individual Patterns

- Emotions
- Thoughts
- Life Purpose
- Motivation
Life Patterns

- Work & Finances
- Hobbies & Recreation
- Professional & Community Support
- Life Balance
Relational Patterns

- Couple & Family
- Family of Origin
- Attachment Patterns
- Spirituality
Theories Behind **WholeFIT**

- human systems theory
- ecological systems theory
- motivational interviewing
- biopsychosocial approach
- patient-centered medicine
- attachment theory
- Emotionally-focused therapy (EFT)
- solution-focused theory
- positive psychology
- creativity theories
- intergenerational theories
- social constructionism
- narrative therapy
- cognitive behavioral therapy (CBT)
- acceptance & commitment therapy (ACT)
WholeFIT assumptions...

• All areas in our life are connected.
• Change in one area impacts other areas.
• Life integration and life balance can help one achieve great life enjoyment.
• Aligning life behaviors with intrinsic motivators can increase life enjoyment.
• Engaging in healthy behaviors occurs on a physical, mental, emotional, relational, and spiritual level.
• Collaborating with multiple disciplines and professionals can produce better outcomes.
WholeFIT Assessment

- All Areas of Life
- Narrative or Conversational Style
- Pay attention to finding out intrinsic motivators
- Pay attention to systemic patterns and processes
- The way you assess shadows the relationship you will build and how they view challenges and life.

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Life Integration Wheel
WholeFIT Intervention

Phase I: Establish true wants and needs

Cameron, 21 – Chronic Illness, Pain Pills
- Junior in college, girlfriend
- Crohn’s Disease (recent)
- Lives far from family

Krystal, 34 – Overweight, Eating Addiction
- Married 9 years
- 2 kids, 7 and 4
- Work Stress

Isabel, 57 – Depression, Alcoholism
- Remarried, supportive husband
- 2 Children, 2 Grandchildren, 2 and 4
- Functional alcoholic
Phase II: Connect True Needs & Wants to Systemic Areas

**Cameron, 21 – Chronic Illness**
- Junior in college, girlfriend
- Crohn’s Disease (recent)
- Lives far from family

**Krystal, 34 – Overweight**
- Married 9 years
- 2 kids, 7 and 4
- Work Stress

**Isabel, 57 – Depression**
- Remarried, supportive husband
- 2 Children, 2 Grandchildren, 2 and 4
- Functional alcoholic
WholeFIT Intervention

Phase III: Strengthen Passions & Life Purpose(s); Heal Wounds, Address Roadblocks

Cameron, 21 – Chronic Illness
• Junior in college, girlfriend
• Crohn’s Disease (recent)
• Lives far from family

Krystal, 34 – Overweight
• Married 9 years
• 2 kids, 7 and 4
• Work Stress

Isabel, 57 – Depression
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• Functional alcoholic
Some Resources

- SAMSHA Center for Integrated Health Solutions
- WholeFIT: Wellness for Life edited by Dr. Jared DuPree

Available through Walmart, Target, Costco, Barnes & Noble, Deseret Book, & Amazon.
I’m available for the following:

• Brainstorming how to help your clinic or program become more integrated.
• Training you or your staff to use an integrative framework.
• Speaking on how to become more integrated.
• Coaching or counseling staff or providers to prevent or address burn-out.
• Coaching or counseling clients through our clinics in Logan, Draper, American Fork, Provo, Spanish Fork, Vernal, or St. George (www.couples-families.com)

For more information or questions, feel free to contact me regarding the following:

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Final Thoughts?