

CONTENT MODULE: **HEALTH AND WELL-BEING**

WHY IS THIS TOPIC IMPORTANT FOR BOTH A COACH AND A FAMILY?

This module includes both physical and mental health; important considerations for all family members. Studies show that poverty and poor health are inextricably linked. According to Health Poverty Action:

- poverty increases your chances of getting ill because of poor nutrition, overcrowding, and stress.
- living in poverty and/or experiencing the impact of institutional racism on a daily basis can create high stress or cumulative trauma for families.
- poor health can increase poverty by reducing a family's ability to work and causing families to sell assets to cover the cost of treatments.
- for parents, their health status, both physical

and mental, can impact children in the family⁹

Not surprisingly, some of the main social determinants of health include topics regularly discussed in coaching sessions: where you live, income, access to good food, nutrition, education, relationships with family and friends, gender, culture, social status and social exclusion, access to and use of health services, and personal behaviors. It's important to note that some of these social determinants are out of people's control, such as gender, where you live, and education.

⁹ When any one family member experiences poor health and limited medical access, the effects on young children can include an increased use of emergency care, missed well-child visits at the pediatrician's office, and greater incidences of health conditions, such as asthma. Parents with high levels of stress and depression can have more limited capacity to participate in positive parenting practices, such as affectionate, responsive parent-child interactions. This can have long-term effects on children's health and their ability to respond successfully to stress. "Because depression is closely linked to the stresses of poverty, housing instability, and unemployment, it tends to be more common in families with persistent financial challenges (Adler & Newman, 2002)," (NCPFCE).

GENERAL TIPS AND ADVICE FOR COACHING ON THIS TOPIC:

- Keep in mind that health is not just the absence of disease, but achieving optimal physical and mental well-being. For a parent, this means wellness is making choices toward a more successful self. This can include making choices that support their well-being and that of their family. Many tools and resources can help parents make positive wellness choices, such as mindfulness or nutrition tools on the internet or apps on the phone. For example, a parent may make a choice to practice wellness by listening to a three-minute meditation app in the morning or a daily gratitude app in the evening.
- However, for nutrition, be mindful that families may live in a "food desert" and not have many choices for where to buy their food.
- Make sure families have access to the health benefits for which they are eligible. Sometimes a family may not know they are eligible or may have been wrongly denied coverage. Listen for

the financial, and possible legal issues regarding the family's access to health care. Given the changing state of health care, be sure to refer to the government website listed below under resources for determining eligibility for Medicaid and health care subsidies.

- Exploring whether a family's basic needs are adequately addressed provides information as to whether a health issue may be related to food security, housing conditions, or other basic needs. For example, explore a family's food options – such as where they shop, whether they are on SNAP, or if children are enrolled in a reduced cost lunch program.
- Different racial and ethnic communities and linguistics groups each have their own cultural traits and health challenges. Be mindful and aware of these cultural differences in how physical and mental health are understood and experienced so that you can approach conversations with respect and humility.
- Family and friends can be sources of both support for and challenges to health and well-being. The tool Who Is in My Family? can provide a starting point for discussing the role family members play in a family's health and well-being.
- The Mind Your Head website reminds us that “Everybody has mental health just the same as everybody has physical health.” Here are things it suggests to keep in mind regarding mental health:

“Mental health is about the way you think and feel about yourself, others and the world around you. It’s about your ability to enjoy life, to reach your goals and to pick yourself up when life gets difficult. It’s about how you manage your relationships and make the most of your potential.” You can refer to the Patient Health Questionnaire-2 (PHQ-2) in the toolkit on page 17 for two simple questions to ask clients to get a sense of their mental well-being. It is important to note that some states have mandatory reporting laws, especially around issues of attempted suicide or child abuse or neglect. Research your state reporting laws prior to working with participants. If those issues arise while coaching a participant, follow your state’s guidelines.

“In the same way that our physical health can be affected, there are times that things can get on top of us and affect our mental health. We may have difficulty concentrating or we may feel alone; sometimes people get mental illnesses, like depression or anxiety or an eating disorder. There are things we can do to help our mental health and well-being, and some of these things can and will help your physical health too. People can and do recover from a mental illness or learn how to manage their symptoms so they don’t have as big an impact on their life.”

POWERFUL QUESTIONS AND OTHER FAMILY-CENTERED INQUIRIES:

- What are your goals for your own health?
- How have you successfully dealt with a tough situation in the past?
- What can you take from that experience to help you now?
- What needs to happen so you can make good choices for your health? Your child's health?
- What do you want to be able to do for your child's health?
- Who is available to help you with your health goals? With your child's health goals?

INFORMATION FROM OTHER CONTENT AREAS CAN SUPPORT SUCCESS IN THIS ONE






This topic ties closely in with other topics such as child well-being and parenting; basic needs; financial; and legal. Looking at these areas provides insights into other interests, strengths, and potential challenges that can support or hinder a parent's ability to make progress toward health and well-being goals.

OTHER CONTENT AREAS	QUESTIONS FOR THE COACH AND PARENT TO DISCUSS
CHILD WELL-BEING AND PARENTING	What are the ages of your children?
	What do they do during the day?
	Where do they go to school?
	What child care, after school needs do they have?
	What extracurricular activities do they have?
	What are the medical needs of your children or other family members? Listen to understand if they may be related to the living conditions, such as lead paint, broken stairs, or other housing concerns, or eating habits.

OTHER CONTENT AREAS	QUESTIONS FOR THE COACH AND PARENT TO DISCUSS
BASIC NEEDS	Tell me about where you live.
	Who lives with you?
	How long have you lived there?
	What are meals like in your family?
	Who does the cooking?
	Tell me about things you worry about for your kids, such as safety concerns.
FINANCIAL	How does your family support itself?
	Is anyone else in the family working?
	What other income is coming into the family?
	You can explore health benefit options with the parent.
LEGAL	Legal issues are a source of stress for families. Listen for these problems most commonly faced by parents:
	Family issues (divorce, custody, domestic abuse)
	Housing issues (landlord/tenant, federally subsidized housing, eviction, foreclosures)
	Income maintenance (public benefits, unemployment, compensation)
FAMILY, FRIENDS, RELATIONSHIPS	What relationships help you to feel connected and healthy?

The resources identified below are recommended by the Advisory Committee and Topic Experts for the Family-Centered Coaching Toolkit.

FOR YOUR TOOLKIT: IDENTIFY RESOURCES IN YOUR COMMUNITY

-  Clergy and faith-based organizations
-  Community and cultural centers
-  Health clinics
-  Mental health clinics
-  YMCA/YWCA

TOOLS/RESOURCES:

Determining Eligibility for Medicaid

<https://www.hhs.gov/answers/medicare-and-medicaid/who-is-eligible-for-medicaid/index.html>

Coaching vs. Therapy: What are the Differences and When Do You Refer?

<http://www.coactive.com/learning-hub/fundamentals/res/topics/FUN-Coaching-vs-Therapy.pdf>

Mind Your Head

<http://www.mindyourhead.org.uk/info>

Office on Women's Health, U.S. Department of Health and Human Services

Available in Spanish and English

<https://www.womenshealth.gov/>

The Mom's Stress Management Course Participant Manual (The New Haven MOMS Partnership)

For a copy contact Megan Smith at megan.smith@yale.edu

6 Mindfulness Exercises You Can Try Today

<http://www.pocketmindfulness.com/6-mindfulness-exercises-you-can-try-today/>

CAGE Assessment for Alcohol Abuse

<http://www.tobaccofreemaine.org/channels/providers/documents/CAGE.pdf>

13 Mental Health Benefits of Exercise

http://www.huffingtonpost.com/2013/03/27/mental-health-benefits-exercise_n_2956099.html

The Simple, No-Equipment Workout You Can Do At Home

<http://www.oprah.com/health/the-no-equipment-workout-you-can-do-at-home>

Simple Exercises to Do at Home

<https://www.youtube.com/watch?v=eN5rwMAqelU>

Healthy Eating: Simple Ways to Plan, Enjoy, and Stick to a Healthy Diet

<https://www.helpguide.org/articles/healthy-eating/healthy-eating.htm>

12 for 2012: Twelve Tips for Healthier Eating

<http://www.health.harvard.edu/healthy-eating/12-for-2012-twelve-tips-for-healthier-eating>

Aces Too High

This is a website about the prevalence and consequences of Adverse Childhood Experiences (ACEs) and what to do prevent them.

<https://acestoohigh.com/aces-101/>

Nurture Them, Nurture Yourself – Tip Sheets for Parents

<https://eclkc.ohs.acf.hhs.gov/sites/default/files/pdf/nurture-them-nurture-yourself.pdf>

Talking about Depression with Families

<https://eclkc.ohs.acf.hhs.gov/sites/default/files/pdf/talking-about-depression-with-families.pdf>

Health Tips for Families Series

<https://eclkc.ohs.acf.hhs.gov/physical-health/publication/health-tips-families-series>