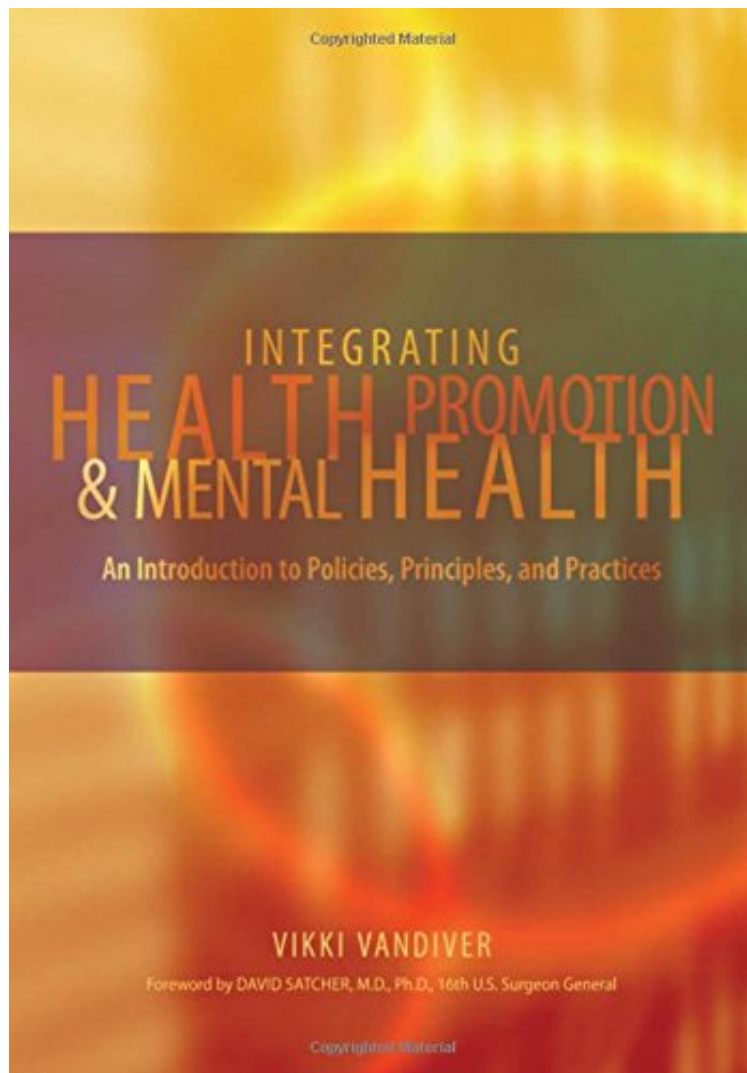


[DOWNLOAD] Integrating Health Promotion and Mental Health: An Introduction to Policies, Principles, and Practices

Integrating Health Promotion and Mental Health: An Introduction to Policies, Principles, and Practices

Vikki L. Vandiver

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Mental health systems are in a crucial transition period, thanks to the increasing prominence of health promotion theory and a corresponding shift toward emphasizing wellness and empowerment, holistic and family-friendly design, and empirically supported treatment. Such changes demand adjustments to mental health education, and re-education, to maintain a common ground among students, specialists, and providers. The first book of its kind, *Integrating Health Promotion and Mental Health* presents a seamless framework for approaching contemporary mental health problems. In this informative and engaging text, healthcare expert Vikki L. Vandiver shows how mainstream mental health services can realistically begin to utilize health promotion principles. Vandiver begins by approaching the need for mental health reform based on stakeholder perspectives and providing an overview of the history and practice of health promotion, leading into a discussion of how health promotion practices can be incorporated into evidence-based mental health treatments, particularly those for women with co-morbid health and mental health conditions and children with mental health needs. Finally, Vandiver offers an articulate summary and critique that sheds light on how mental health administrators can incorporate health promotion concepts and practices in their organizations in a strategic, culturally competent manner. Driven by theory and the most recent data, Vandiver's writing is also eminently accessible; the pages are rich with conceptual diagrams, case examples, and testimonies from mental health consumers. *Integrating Health Promotion and Mental Health* will help specialists, researchers, and students alike in fields such as public health, nursing, social work, health psychology, psychiatric rehabilitation, and counseling to comprehend the basics of health promotion and how they can lead to new and more effective practice models.

"Vikki L. Vandiver lays a framework that is both theoretical and practical for integrating health promotion throughout any system of mental health care... I would highly recommend this book to those in leadership positions within community mental health centers, state and local governments, and academic departments that have the opportunity both to shape clinical practice and to study the process and outcomes of implementing health promotion."--Psychiatric Services "[This] book offers a more compelling reading experience than what otherwise might be an experience more akin to reading an academic textbook. In essence, the book offers the best of both worlds in its ability to integrate important information and qualitative accounts of real life experiences...highly recommended for anyone interested in learning more about health promotion as an approach to improving the quality of life for oneself, one's communities, and those one serves in a professional role."--Psychiatric Rehabilitation Journal "In this important book, Vikki Vandiver thoroughly examines not only health promotion in mental health, but also the roles of leadership, culture, and the community in general in shaping a person's mental health for better or worse. This comprehensive work brings together previously disparate components of mental health and health promotion in a way that is vital for the future of the healthcare system but that has previously been missing."--from the Foreword by David Satcher, M.D., Ph.D., former Surgeon General of the United States and Director, Center of Excellence on Health Disparities and The Satcher Health Leadership Institute, Morehouse School of Medicine "I have long held that Dr. Vandiver's career argues for an appreciation of the interface between social work and public health and the rejection of academic silos. Her new book is a perfect exemplar of this point, and a culmination of her professional mission. Why? Because it effectively and uniquely integrates content from the fields of social work, mental health and health, and is comprehensive in terms of its relevance to both practice and policy issues. In this way, her scholarship breaks down intellectual and disciplinary barriers. Readers will appreciate the review of definitions of "health promotion," the historical evolution of the term, indeed the entire field, the succinct review of its principles, a discussion of how to actually use risk and protective factors, and, perhaps the most intriguing discussion, one on barriers to embracing health promotion."--Kia Bentley, Associate Dean and Ph.D. Program Director, Virginia Commonwealth University School of Social Work "It is a core principle in psychosocial rehabilitation that people with psychiatric disabilities have a right to optimal health. Vikki Vandiver's *Integrating Health Promotion and Mental Health* provides a timely resource to help the mental health field respond with urgency to the federal mandate to reduce the mortality rate of persons in mental health recovery by 10 years in 10 years. The 25-year mortality gap demands that the integration of health promotion as an essential component of services becomes a priority. This book provides us with a very credible tool to do just that." --Dori S. Hutchinson, Sc.D., Director of Services, Center for Psychiatric Rehabilitation, Boston University "This book speaks to those who want to make a difference for whole populations of mentally ill people, not just the occasional heart-rending case. The opening chapter reassures them of this possibility by addressing mental health system reform rather than individual behavior modification, the usual starting point for many health promotion and mental health efforts. It then takes the reader even beyond the clinical system to the broader mental health field as perceived by stakeholders representing family members and policy makers, in addition to the clients, clinicians and administrators functioning largely within the system. Refreshingly, it draws upon and applies what we have learned from the great public health and health promotion successes of the last third of the 20th century to offer new strategies for mental health."--

Lawrence W. Green, Adjunct Professor, University of California at San Francisco, School of Medicine and Comprehensive Cancer Center
About the Author
Dr. Vandiver, DrPH, MSW, is Professor of Social Work at Portland State University and Clinical Associate Professor with the Department of Psychiatry, School of Medicine, Oregon Health and Science University. She currently serves as Vice Chair, Board of Directors, with Cascadia Behavioral Healthcare, Inc. a not-for-profit, community-based behavioral healthcare organization and has recently served as a member of the Traumatic Brain Injury Study Committee with the National Academy of Sciences, Institute of Medicine (IOM), Washington, D.C. She has over 30 years of clinical and administrative experience in the field of community mental health.