

MY HEALTH CHOICE LIFE



Tennessee's Initiative to Improve the Health and Wellness of People Living with Serious Mental Illness

WHY FOCUS ON PHYSICAL HEALTH AND WELLNESS?

People with serious mental illness (SMI) tend to die **25 years earlier** than the general population.* This is largely due to treatable or preventable medical conditions. Evidence-based coaching support improves health and wellness for people with SMI through education focused diabetes management, nutrition, addiction recovery, exercise, and tobacco cessation.

HOW IT WORKS:

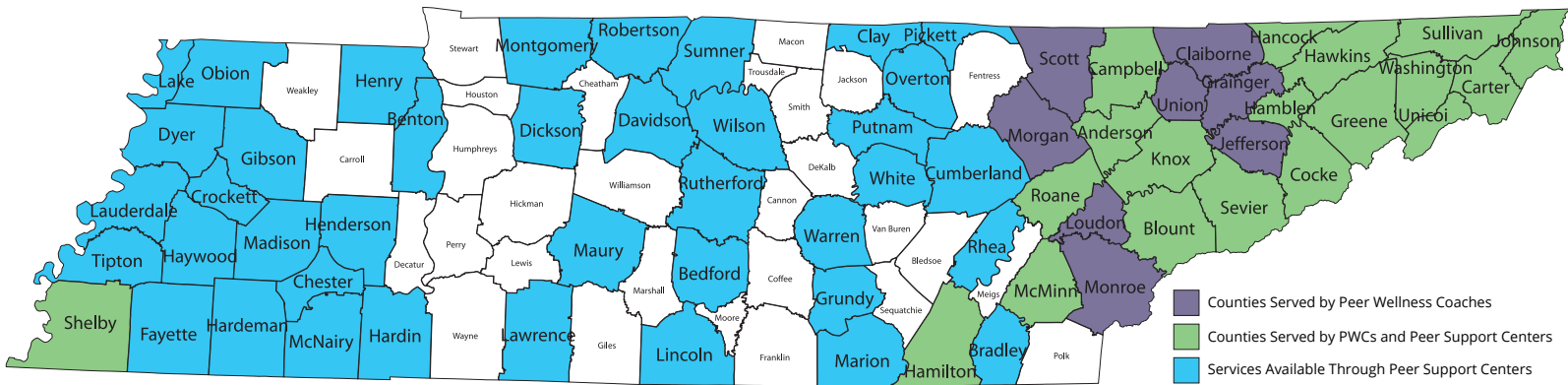
7 Peer Wellness Coaches
1 Statewide Coach and Trainer

45 Peer Support Centers

Peer Wellness Coaches reach people through one-on-one coaching, wellness activities, workshops, and trainings.

More than **1,200** Tennesseans served in fiscal year 2021

SERVICE AVAILABILITY



*Source: Morbidity and Mortality in People with Serious Mental Illness <https://www.nasmhpd.org/content/morbidity-and-mortality-people-serious-mental-illness>