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Improving heart health in behavioral health patients with a history of trauma through an integrated care program

Serena Bonomo
New York University, USA

There is an established association between trauma and high blood pressure. The Sunset Terrace Integration and Recovery (STIR) Program is a SAMSHA grant-funded initiative that addresses the physical health of those with serious mental illness, providing medical and mental health screenings 3 times over 12 months and free health classes to those interested. To date, 504 patients have enrolled and/or completed the 12 month program. The sample is 80% Hispanic, 70% female and over 18 years old (n=457). 55% out of the patient sample reported a history of trauma or violence in their baseline interview when asked, "Have you ever experienced violence or trauma in any setting (including community/school violence; domestic violence; physical, psychological, or sexual maltreatment/assault within or outside of the family; natural disaster; terrorism;

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