Allied Health Assistance in Mental Health a new frontier

From The Dark Side

By Gregory S Meyland AHA & John Plate MHN
Historical AHA

- AHA’s under a single discipline
- Limited career pathway
- Limited role options acute or rehabilitation
SMILE

- Serious
- Mental
- Illness
- Laughter &
- Exercise
What have we learned?

Galen discusses exercise as requiring the heart rate to be elevated for a period of time to allow a sweat to form on the brow.
“SWEAT IS JUST BEING HERE”
I began to think

- Sweat
- Makes
- Incredibly
- Lazy
- Exercisers

There must be more to this SWEAT than I will ever know
Cert IV Sports & Recreation

Cert IV Allied Health Assistance

4 Day course Depression and Anxiety

2 Day Mental Health First Aid
There are many ways to read the music in a symphony of the mind
Results of SMILE Pilot

- 17 participants with 70% attendance
- 11/17 decreased BP
- 1/17 decrease in antihypertensive meds
- 10/17 decrease in resting HR
- 15/17 increased 6min walk test result
- 6/17 decrease in body weight
- 4/17 maintained body weight
- 9/17 reduced waist measurement
- SMILE is now an award winning second year program being presented Nationally
Future

• Continuation of studies
• More work place opportunity
• Key players in health services
• Limited by ourselves
Giant steps are what we take

Special thanks to the participants of the SMILE group for their “brilliant support”

The “CREW” in no order

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