

WASATCH MENTAL HEALTH SERVICES
SPECIAL SERVICE DISTRICT

WMH Promoting Wellness, Healthy Living Lifestyle and Environment – C – 3.15

Purpose:

Wasatch Mental Health Service Special Service District (WMH) in response to the Utah Department of Substance Abuse and Mental Health's (DSAMH) wellness initiative known as Recovery Plus shall promote wellness and healthy living for its clients and staff by encouraging a healthy lifestyle and a tobacco-free environment.

Definitions:

Tobacco or Nicotine Delivery Products- Cigarettes, pipes, pipe tobacco, tobacco substitutes (e.g. clove cigarettes), chewing tobacco, cigars, e-cigarettes.

Healthy lifestyle: exercise, appropriate eating of nutritious foods, reducing stress, balancing work and outside activities, taking care of physical and mental health, and etc.

Reference:

DSAMH Directive FY12

Policy:

It is the policy of WMH to encourage healthy living habits among clients and staff. As a mental health care provider committed to the mental and physical health and safety of staff, patients, visitors and business associates, WMH is implementing this Wellness and Healthy Living Policy. In an attempt to promote and encourage mental and physical health and safety and to reduce the health and safety risks of those served and employed at the workplace, WMH shall encourage and promote a healthy campus by supporting a tobacco free environment and encouraging healthy living practices such as exercise, healthy eating habits, taking care of mental and physical health and etc.

WMH shall follow State and Federal law when enforcing this policy. WMH does not require staff, patients or visitors to stop using tobacco or practicing other unhealthy living habits; however, WMH shall encourage healthy living among staff, patients and visitors while they are present on WMH's physical grounds by working towards a tobacco free environment.

Procedures:

1. WMH staff shall assess every client who comes into treatment for their use of tobacco products by addressing it in their initial assessment and throughout treatment as the client indicates his/her desire to quit or request for resources.
2. WMH staff shall assess every client for other unhealthy lifestyles and the need for health care and dental services that a client may need on an ongoing basis. Resources shall be provided to each client as s/he is willing to accept them. Assistance shall be given as requested.
3. WMH staff shall not turn anyone away from treatment due to their unhealthy life style or use of tobacco products.
4. WMH shall provide posters and/or quit cards in waiting rooms, offices, and other highly visible areas to promote a healthy lifestyle.
5. WMH shall provide smoking cessation classes at various locations to provide clients an opportunity to learn appropriate skills to quit tobacco use.
6. WMH staff shall provide other classes and skills to promote a healthy lifestyle.
7. WMH shall work toward becoming a smoke free environment as the DSAMH becomes smoke free.
8. WMH shall encourage staff to participate in the WMH Wellness Program that encourages staff to create and develop a healthy lifestyle, track, and be rewarded for those activities.

Right to Change and/or Terminate Policy:

Reasonable efforts shall be made to keep employees informed of any changes in the policy; however, WMH reserves the right, in its sole discretion, to amend, replace, and/or terminate this policy at any time.