TOTAL WELLNESS & RECOVERY

“For he who has health has hope, and he who has hope has everything.”

~Owen Arthur

TOTAL WELLNESS PARTNERS

HealthPlan of San Mateo
San Mateo Medical Center
A County System of Healthcare

Heart & Soul, Inc.

TOTAL WELLNESS

Behavioral Health & Recovery Services
County of San Mateo
WHAT IS TOTAL WELLNESS?

- Total Wellness is about peer-driven holistic care uniting behavioral health and physical health (mind and body).
- It is coordinated care that integrates with medical and behavioral health services to address the whole person.
- It aims to reduce preventable physical conditions and improve health outcomes for all behavioral health care participants.

WHO WE SERVE?
San Mateo County BHRS (Behavioral Health and Recovery Services) adult and older adult clients. We accept MediCal, MediCare, ACE, MCE, and uninsured clients.

DO YOU KNOW…
- People with behavioral health challenges can have longer life when they have more timely access to health care?
- 3 of 5 persons with serious behavioral health issues have health condition that can be preventable?
- 88% of this population do not receive care for their chronic physical health conditions, e.g. diabetes, high blood pressure, high cholesterol?

WHAT DOES TOTAL WELLNESS PROVIDE?

- Access to Primary Care Services
- Care Coordination by Nurse Care Manager
- Individualized Health Education
- Health Education Groups:
  - Nutrition & Exercise
  - Smoking Cessation
  - Well Body
  - WRAP
  - Walking Group & Physical Activities
  - Monthly Health Classes
- Peer Wellness Coaching
- Wellness Follow-up
- Healthy Living Celebrations

PROGRAM MONITOR & PROJECT DIRECTOR
Bob Cabaj, MD  (650) 573-2043

UNIT CHIEF
Shirley Chu, LCSW  (650) 372-8510

PRIMARY CARE
Alvin Lau, MD  (650) 372-6275
Mary Jo Tierney, NP  (650) 363-4112 Ext. 208

REFERRALS
Central County
Julie Monheit, RN, MS  (650) 573-3505

South County
Juliana Bursten, RN, MN  (650) 363-4112 Ext. 201