

# San Mateo County's Total Wellness Program

Integrating care

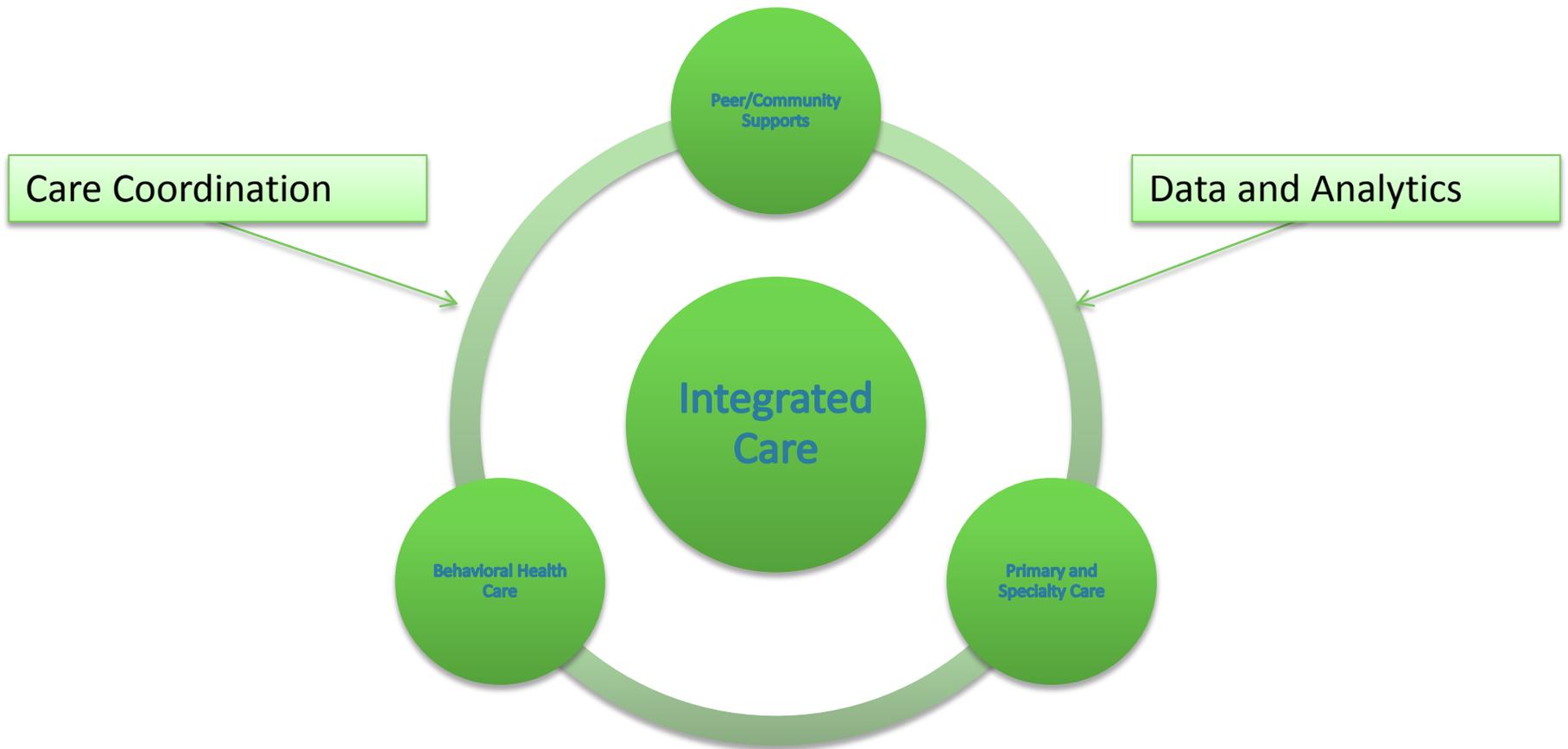
Promoting wellness

Fostering recovery

For people with mental illness and drug and alcohol  
problems

- ***Persons with serious mental illness (SMI) are dying 25 years earlier than the general population***
  - Caused by modifiable risk factors such as smoking, obesity, substance abuse, and inadequate access to medical care
- ***60% of premature deaths in persons with schizophrenia are due to medical conditions such as cardiovascular, pulmonary and infectious diseases***
- ***MH and SU disorders leading cause (22.8%) of non-fatal illness worldwide (2010)***

# Total Wellness Model



# Improving Access to Primary Care

**BHRS North  
Clinic**

- 900 clients

**BHRS Central  
Clinic**

- 700 clients

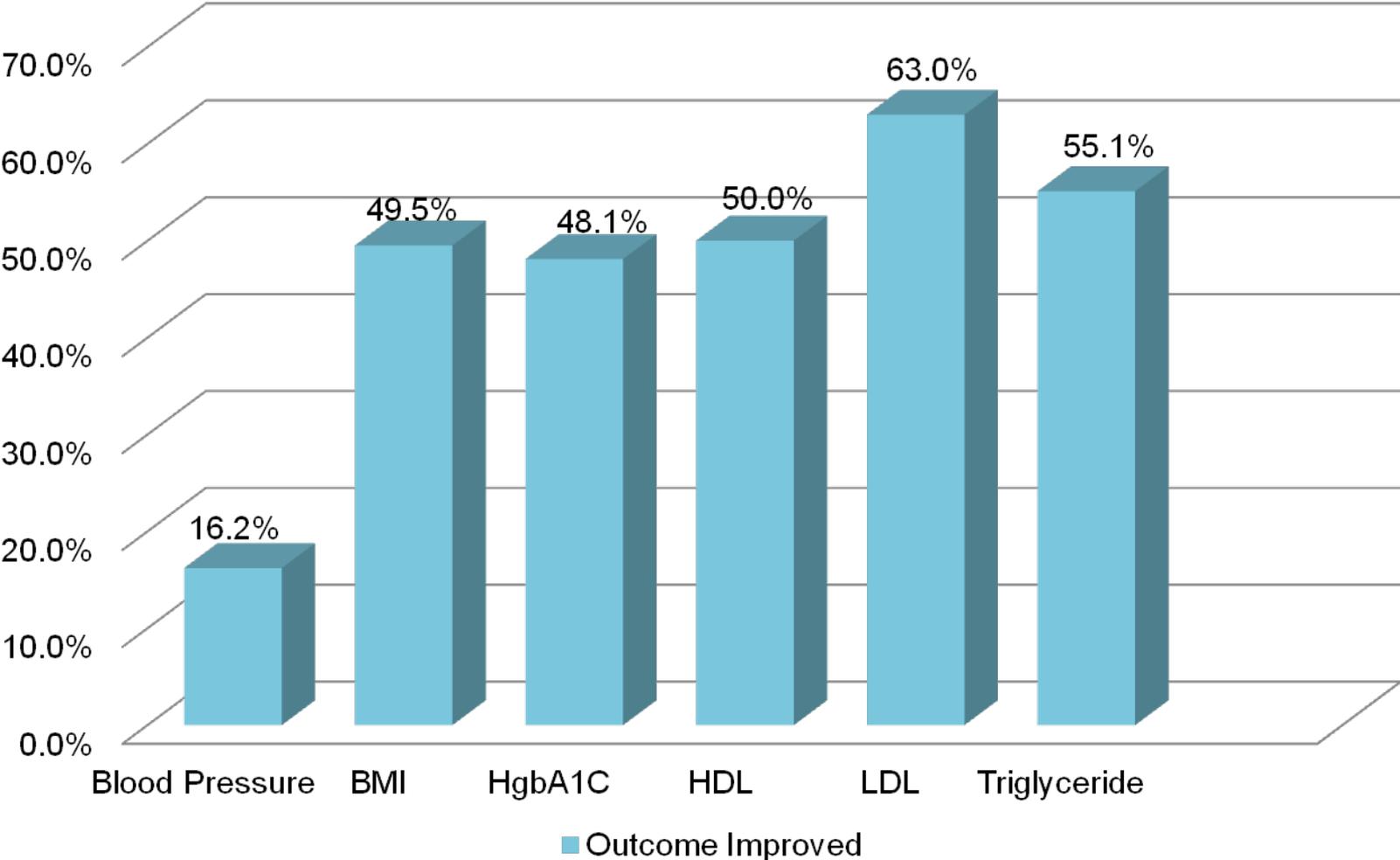
**BHRS South  
Clinic**

- 600 clients

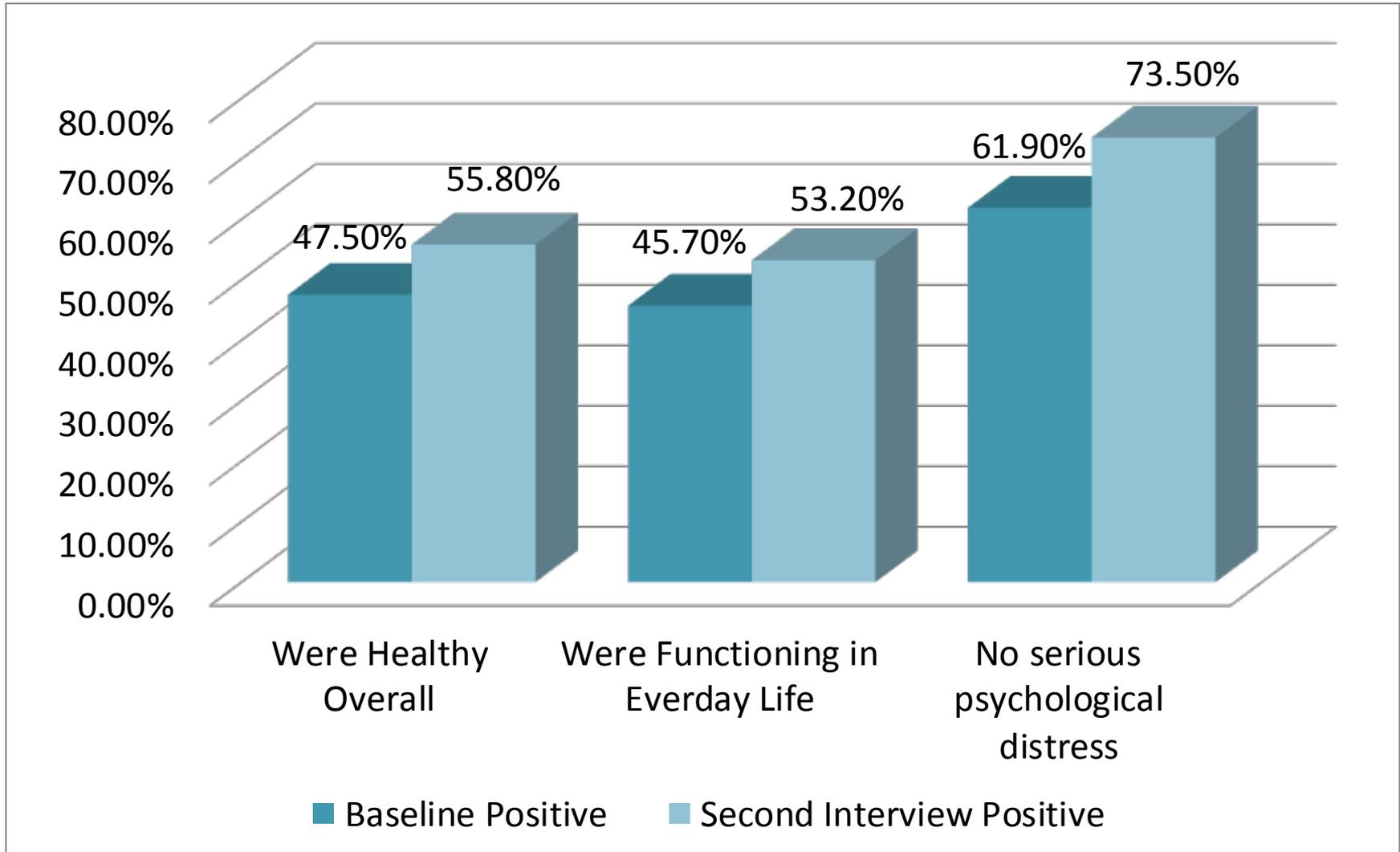
# Services



# Clients Showing Improvement



# Clients' Functioning Improves



# Clients are more engaged

