

Research has shown that individuals who suffer from a serious mental illness are more likely to develop serious physical health problems (and vice versa). Finding and maintaining good quality health care is often difficult for individuals with a serious mental illness and physical health concerns.

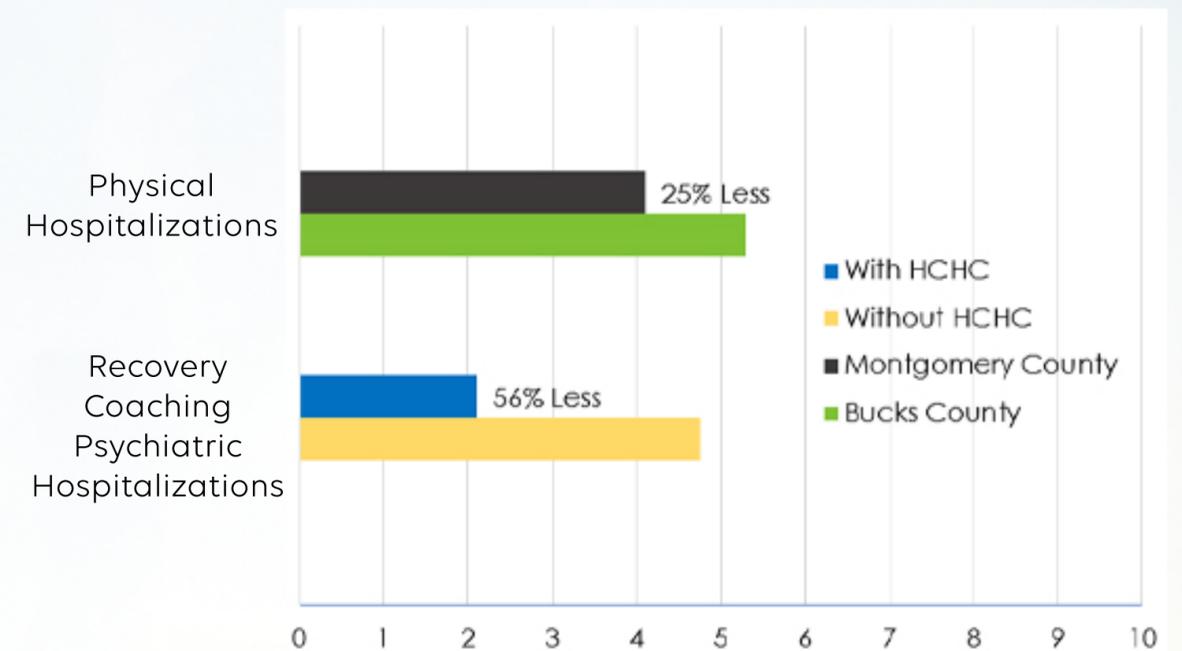
What's the solution?

The Wellness Recovery Program at Merakey in Montgomery County, Pennsylvania addresses the healthcare needs of adults with serious mental illness who have co-occurring chronic physical health concerns. The Wellness Recovery Program focuses on the "whole person" by supporting behavioral and physical health care needs, including development of:

- Wellness and preventative care strategies
- Healthy eating and exercise habits
- Medication management skills
- Improved communication with all healthcare providers
- And more

Coordinating behavioral and physical healthcare services at Merakey has shown to reduce both psychiatric and physical health hospitalizations.

Hospitalizations per 20 individuals enrolled in the Wellness Recovery Program in 2018



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