



Nurturing Dreams...Transforming Lives

## **InSHAPE**

InSHAPE (Self Health Action Plan for Empowerment) is a comprehensive, evidence-based practice for the improved health, well-being, and longevity of people experiencing mental illness.

Developed to address the national crisis of a shorter lifespan for people experiencing serious mental illness, InSHAPE is about making lasting changes in lifestyle & health. Clients include those living with serious mental illness, such as depression, schizophrenia, and bipolar disorder.

### **A Built-In Support System**

Individuals with serious mental illness are frequently forced into poverty, are isolated, and may be addicted to tobacco, alcohol, and other drugs. InSHAPE utilizes a community-based fitness approach, focusing on the integration of health, nutrition, physical fitness and mental health services guided by the principles of community engagement, social inclusion, and personal recovery.



### **InSHAPE**

*West Central Behavioral Health*

*New Clients/Intake Line 603-542-5128*

*24/7 Mobile Crisis Response 800-564-2578*

*wcbh.org*



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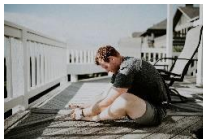
*At West Central we emphasize Wellness as an important aspect of mental health and incorporate mindfulness practices such as meditation, journaling, & yoga.*

### **It's Social**

Engaging a broad range of community organizations concerned with health, exercise, and nutrition, West Central's InSHAPE program provides participants with Personal Health Mentors – professional fitness trainers who accompany participants up to three times a week to activities chosen by the participant, from stretching, to walking, to weight training.

### **It's Empowering**

InSHAPE clients have the opportunity to proactively connect with their bodies. Rather than being passive recipients of medication, they become active participants in gaining control and competency over their physical selves.



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