



How InSHAPE Supports Recovery:

- It offers a choice for a wellness program
- It encourages personal control and skill over one's physical health
- Each person feels valued, welcomed, and accepted
- It has core values of hope, choice, and personal responsibility
- It focuses on the link between physical and mental healthcare



Information and Access to Services:
810-488-8888

24-Hour Crisis Line:
810-966-2575

www.scccmh.org |    

**St. Clair County
Community Mental Health**
3111 Electric Avenue
Port Huron, MI 48060
(810) 985-8900

**St. Clair County
Community Mental Health
Child & Family Services**
2415 24th Street
Port Huron, MI 48060
(810) 488-8840

**St. Clair County
Community Mental Health - South
Adult Services**
6221 King Road
Marine City, MI 48039
(810) 765-5010

**St. Clair County
Community Mental Health - South
Child & Family Services**
135 Broadway
Marine City, MI 48039
(810) 400-4200

**St. Clair County
Community Mental Health - West**
14675 Downey Road
Capac, MI 48014
(810) 395-4343



InSHAPE

**Exercise & Nutrition
Wellness Program**



**St. Clair County
Community Mental Health**
Providing Opportunities for Health, Wellness, & Connection



What is InShape?

InSHAPE is a wellness program at St. Clair County Community Mental Health (SCCCMH) designed for individuals with a serious mental illness.

InShape Goals:

- Improve physical health
- Increase quality of life
- Reduce the risk of diseases
- Enhance length of life
- Teach ways to reduce stress
- Support recovery from mental illness

The InShape program helps you learn to set wellness goals. It teaches you simple ways to start moving and exercise no matter your abilities. InSHAPE also teaches how to prepare and eat healthy foods. InShape helps you to be mindful of your health and your medical needs.

How InShape Works:

Your health mentor is your partner in wellness. Health mentors will work with you to define your goals and help you create a plan to reach them. **Health Mentors will:**

- Use motivational interviewing and InShape materials to support goal setting
- Encourage participation in InShape-related groups
- Help integrate healthy habits like good nutrition, exercise, and stress management into daily life
- Develop and implement safe, individualized exercises
- Teach participants how to use resources and services to improve health
- Communicate with each person's CMH care team, other authorized providers, and family/guardians to coordinate care
- Build relationships, providing consistent feedback and support
- Educate participants and caregivers on nutrition and exercise, offering strategies to boost success



Program Requirements:

To join the InSHAPE program, you must:

- Be enrolled in services at SCCCMMH
- Be 18 years or older
- Have been diagnosed with a serious mental illness
- Have one or more of the following:
 - Cardiovascular Disease
 - High Blood Pressure
 - High Cholesterol
 - Diabetes (Type I or II)
 - Obesity (BMI 30 or greater)

