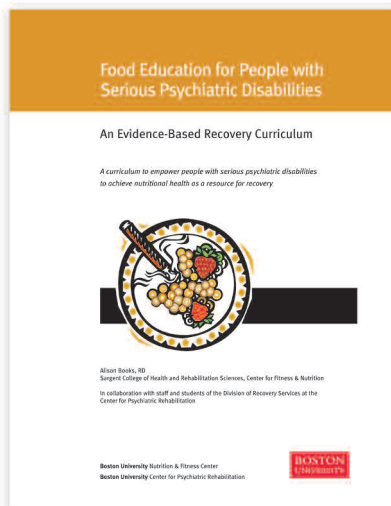


Food Education for People with Serious Psychiatric Disabilities: An Evidence-Based Recovery Curriculum

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In collaboration with staff and students of the Division of Recovery Services at Boston University, Center for Psychiatric Rehabilitation



A curriculum to empower people with serious psychiatric disabilities to achieve nutritional health as a resource for recovery.

A large percentage of people who live with serious mental illness also experience significant medical co-morbidity, dying 25 years earlier on average than the general population. This public health crisis demands our immediate attention. Services that promote practical health strategies are urgently needed.

This nutritional curriculum is a resource for programs and providers who want to help people with psychiatric disabilities learn how to eat well to support their functional health.

Practitioners are encouraged to personalize the lesson plans to meet individual, cultural, and environmental needs. The lesson plans can be

used in a single session or together as a cohesive skills group. Handouts and recipes are included to prompt use of the skills, provide information, and support nutritional practices.

The curriculum is recommended for nurses, dietitians, and other people with knowledge of health nutrition. It can be used as part of an academic course, training workshop, seminar, or group within a variety of mental health programs and settings; including: self-help, inpatient, and outpatient settings as well as residential, day treatment, partial hospitalization, and clubhouse programs.

Visit <http://www.cpr.bu.edu/resources/curricula/food-education> for a more in-depth description, samples from the text, table of contents, and information about the authors.

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