



Inside Open Source Wellness

Participant, Provider, and Coach Testimonials

“As the Chief Medical Officer for ALL IN Alameda County, I am working with Open Source Wellness to spread Behavioral Pharmacy Group Medical Visits across our FQHC clinics. Open Source Wellness provides a one stop shop to amplify the effect of primary care to improve health outcomes, address social determinants of health like social isolation, and improve patient and provider experience. Patients love the experience, administrators appreciate the increased volume of patients seen, and providers like myself get to recover the joy of medicine when we practice this way.”

- Steven Chen, MD, Chief Medical Officer, ALL IN Alameda County

OSW Participants:

“OSW has been like a savior to me, I felt like my life was crumbling in and there was nothing I could do but OSW gave me the support I needed to start making changes.”

- Dana, OSW Participant

“Muy lindas personas que me apoyan mucho, nos ayudan mucho, la verdad. Yo no, nunca había encontrado, la verdad, ningunas personas que nos trataran así como ellas nos están tratando.”

- OSW Participant, Tiburcio Vasquez Health Center

“The biggest impact OSW provides is the awareness of the interconnectedness of our physical, mental and emotional health. It's easy to try to fix one aspect of our life but if other aspects (physical, mental, emotional & spiritual) aren't in synch, we don't have a strong enough foundation to build off of.”

- Diane, OSW Participant

“I'm grateful for this program that is giving me support around my goals, I've also been able to stop taking insulin thanks to the support from this program!”

- Taylor, OSW Participant

“Para mi, hay muchos cambios en mi alimentacion. Me acostumbré a comer de manera diferente. Ahora como mucho menos azúcar y tortillas después del programa. Como más verduras. Pude equilibrar mis niveles de azúcar en sangre. Ahora tomo menos pastillas y menos insulina. Mi diabetes es más manejable. Me crearon conciencia de mi vida y mi salud fisica y mental. Es un gran apoyo para personas que necesitamos motivacion para tener una vida mas saludable.”

- Carlos, OSW Participant, Tiburcio Vasquez Health Center

“I have lost about 20 lbs. which is a HUGE accomplishment for me although I still feel a little discouraged at times because I am a compulsive eater some of the time and tend to ‘fall off the wagon’ more often than I'd like. I'm working on it and making some progress.”

- Andrew, OSW Participant, Family Medicine Associates

“It has given me the drive to care about myself again and to realize that my health in all forms is important.”

- Koedee, OSW Participant, Alameda Health System

“I was the one who did not have time for myself for exercise and for meditation and I was not considering how to eat healthy and also drinking water. Since I joined the Open Source Wellness I really changed and I’m grateful for getting the opportunity to join the beautiful group.”

- Angeza, OSW Participant, Alameda Health System

“A source of hope, basically. Encouragement, positivity, forward thinking.”

- Michelle, OSW Participant, Alameda Health System

“OSW has been a lifeline for me. I had a series of work injuries since 2011 that led to a lot of weight gain and deconditioning, so I have really wanted to work toward improving my health to reduce my risk for chronic illness and to have a healthier life in general. I started working with a dietician around the same time I started OSW, but I only see her once a month, so group text chats have been great to help keep me accountable and celebrate my successes with me (especially while sheltering in place by myself during the pandemic). OSW movement on Fridays is also usually the only real exercise I get during the week at this point, although I hope that will improve when I feel safe leaving the house again. Most importantly, the supportive connections both on Zoom on Fridays and throughout the week by text have kept me going at a time when we are forced into isolation. Even when I'm feeling down, the group has really positive energy, and I love hearing about and cheering on other people's successes.”

- Karen, OSW Participant, Family Medicine Associates

“Pues dejé de consumir cosas que no me nutrían, que me ayudaban a que mis inflamaciones ahí seguían, y yo, era como no saber qué dieta llevar. Y aquí es totalmente diferente. Ya cada verdura o cada fruta que estoy consumiendo, sé los nutrientes, o sé lo que estoy comiendo y para qué me puede ayudar.”

- OSW Participant, OSW Participant, Tiburcio Vasquez Health Center

“Aquí en OSW dejas de ser ese robot que eras, porque la verdad ni para doblarme podía, y ahorita ya puedo hacer más ejercicio. Hasta mi hijo ya se sorprende, me dice: Madre, ¿puedes hacer todo eso? –Le digo: Pues mira, hasta yo misma me sorprendo!”

- OSW Participant, Tiburcio Vasquez Health Center

“Being a part of OSW has helped me to have more motivation when I may not have previously felt it and, in this difficult Covid time, being a part of OSW has helped me connect with others when I really need it. I'm really glad I am a part of it.”

- Michael, OSW Participant, Alameda Health System

“We were given a new tool each week to help us build on making changes. They were small steps - which helped to keep things from being overwhelming. The steps were attainable and logical.”

- Lydia, OSW Participant, Family Medicine Associates

“Eh logrado muchas cosas mi control de azúcar y bajado de peso e aprendido a llevar una buena alimentación.”

- Virgilio, OSW Participant, Tiburcio Vasquez Health Center

“Me han ayudado a bajar de peso y eso me ha hecho sentir muy bien.”

- Hector, OSW Participant, Tiburcio Vasquez Health Center

“Socializing has always kind of been, it's something I like to do, but it's something that's difficult for me at the same time. So I'm just trying to work on that. Open Source Wellness has helped me even just to have a consistent place to see other people. And I know during COVID, that's difficult already, but then having panic attacks and PTSD and bipolar problems just makes wanting to be social that much less enticing.”

- Anonymous, OSW Participant

“Los cambios en la alimentación y aprender a cambiar la comida el impacto más fuerte fue tener al doctor al pendiente de mi y su autoridad en el momento que tanto lo necesitaba y todo el personal son muy profesionales solo me queda decir gracias y deseo que muchas personas como yo tengan esa oportunidad es lo mejor que me a pasado me mantengo en la insulina baja espero bajarla más y mantener mis niveles de azúcar.”

- Luz, OSW Participant, Tiburcio Vasquez Health Center

“Me han ayudado a bajar de peso y eso me ha hecho sentir muy bien.”

- Hector, OSW Participant, Tiburcio Vasquez Health Center

“Connection during the pandemic. The isolation was a problem. Friday Zoom class was a lifeline in a sea of emptiness.”

- Jennefer, OSW Participant, Family Medicine Associates

“I'm eating more fresh vegetables and I've even started having smoothies every day after talking with the health team about dieting.”

- Anonymous, OSW Participant

“Renacer en mi la curiosidad e interés por las situaciones de la vida diaria.”

- Maria Teresa, OSW Participant, Tiburcio Vasquez Health Center

“Ayudan en las metas y dan mucha informacion que ayuda y cumplir las metas.”

- Marco, OSW Participant, Tiburcio Vasquez Health Center

“I don't feel alone with my health struggles.”

- Tim, OSW Participant, Family Medicine Associates

“The biggest change it has had is teaching me how to not criticize myself for not being able to do well. But also, that I have an official and verified source and what to do with my body and what will actually work for my body besides just using the internet. I was trying so hard to get healthy, but all the information I found was over the internet, which is not always a dependable source. Or word of mouth. Or my regular doctors, who are not always accessible or thorough due to time constraints. In the medical system today, we need patient doctors. We need doctors who are willing to be the catalyst for change and care about our health, especially as marginalized people.

- E’Niyah, OSW Participant

“Aquí es totalmente diferente. Y siento que las personas que estamos ahí, pues podemos expresar o vivimos de diferente manera... y a veces hasta pues lo aplaudimos, porque pues con todas las experiencias vividas o el dolor que trae uno o lo que pasa después de... afuera en su vida propia, pues eso no cualquiera lo puede decir ni contar.”

- OSW Participant, Tiburcio Vasquez Health Center

“Muchas cosas; créame que son muchas cosas. Yo me catalogo como una mujer muy apartada...como muy cerrada a mí misma....Y esto me ha cambiado muchas perspectivas, mi forma de pensar, y mi forma de sentir. La meditación me ayuda mucho...y pues créeme que esto sí me ha ayudado mucho, mucho, mucho.”

- OSW Participant, Tiburcio Vasquez Health Center

"Nos escuchan y nos dan sus puntos de vista, si es que en algún momento nos equivocamos o nos expresamos mal, pero es algo bonito. Es algo que no había sentido, a mis 52 años, se puede decir que en grupos así, no, nunca había estado.”

- OSW Participant, Tiburcio Vasquez Health Center

“What has changed for me? Some of my lifestyle changes have been a result of participating in the class, just by trying to make different, healthy lifestyle choices. As far as drinking water more on a regular basis, eating breakfast on a regular basis, cutting out excess sugars in my diet, trying to incorporate more fruits or vegetables, more activity, and like more just, just trying to have a better, mental outlook, healthy outlook on things which I think has been going well.”

- OSW Participant

“One thing, I got to learn about like Zoom and how you Zoom, so that was good. To the social aspect, getting to connect with other people in the community. I very much enjoy like how the groups, the group is broken down in different components during the timeframe of the group, like the meditation, the nutritional information, SFS portion, your small core group, you know the first, especially when it starts, and we're all together.”

- OSW Participant

“I got to meet with the doctor and a nutritionist every week, which at first felt very uncomfortable, kind of felt, it felt uncomfortable at first, but after a few sessions, I'm talking with the doctor, I'm talking with the nutritionist, I started to enjoy it because I started to feel like, Oh, wow, they're really like, they're really on my health. They're really monitoring me closely.”

- OSW Participant

Clinical Providers in Partner Clinics:

“OSW is doing what primary care physicians *wish* we had the time to do outside of our traditional 15 minute visits with patients – they address whole patient care and prioritize things like movement, healthy eating, behavioral goals, external stressors, and social network, some of the most important determinants of health! It was truly inspiring to see how my patients gained self-efficacy and increased self-worth during their participation in OSW, and I have taken many of the pearls and strategies from the OSW group sessions and incorporated them into my own counseling with patients.”

- Annie Chern, MD, Family Medicine Associates

“Having one afternoon a week where I do not have a conventional clinic has been instrumental for preventing burnout. It really helps break up my week. As a full-time provider, getting the chance to deliver patient care in such a dynamic fashion also provides me with more energy the other days of the week.”

- Sweena Burroughs, NP, Alameda Health System

“When so many of us were burnt out during the pandemic, it was truly refreshing and inspiring to see how OSW was able to pull together a group of patients from disparate backgrounds (even virtually!) and help them achieve their goals of better health. I left each zoom session more energized and invigorated to help my own patients the rest of the day!”

- Annie Chern, MD, Family Medicine Associates

“Working with OSW has been a fantastic way for me to build meaningful relationships with patients that otherwise could not happen during the time constraints of traditional clinic visits. It offers me a chance to work with patients to really get at the underlying factors that may be affecting their health and well-being.”

- Sweena Burroughs, NP, Alameda Health System

Open Source Wellness Coaches:

“What I like the most is that we let people really ultimately make the best decisions for their own life, so really the big coaching piece. So that we're not really prescribing them specific things to do, but that we make offerings to them and really help them see the benefits for them in their own health and kind of explore that part of themselves that sometimes especially with specific populations that they might be ignoring caring for themselves and the importance of eating healthy and how that will lead to longevity. And so, bringing them this information, and then seeing them be able to take on those things and make changes for themselves with their own autonomy.”

“What works well is really getting them to know each other and have support from one another. Before COVID happened, we actually had a couple of people starting to go on walks together and having that sense of community and someone to do this with.”

“You can teach people many things, but a lot of people already have innate knowledge and the way that they can enact changes in their lives is actually to orient to what is best for themselves. After that we would go into our coaching groups. So that's when we separate, going from the whole first part of the program is all together, all the different aspects. Then at the end, we go into tables. I as a health coach would have my table and my specific participants. Every week I had the same participants. So not only do they get me every week as a coach, but they also get to know each other more intimately because it's usually around six of us. They also get to support each other.”

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