

## RESILIENCY & RECOVERY

Research studies show that the primary resilience factor is caring and supportive relationships within, and outside, the family.

Resilience development works best when done with one or more supporters who use relationship enhancement skills to create love and trust, act as role models, and offer encouragement and reassurance. If you request specific suggestions, supporters should always provide two or more goal or task options from which you choose what you want to do. A supporter does not provide THE correct or best answer! Find your own answers by first acknowledging the benefits of a goal or activity to have ownership of the goal(s) or task(s).

Customer Service 1.800.317.0708 or  
989.772.5938  
Michigan Relay 7-1-1  
24-hour crisis telephone  
Convenient Office Locations and Hours

### Clare County

789 North Clare Avenue  
Harrison, MI 48625  
989.539.2141

### Isabella County

301 South Crapo Street  
Mt. Pleasant, MI 48858  
989.772.5938

### Gladwin County

655 East Cedar Street  
Gladwin, MI 48624  
989.426.9295

### Mecosta County

500 South Third Avenue  
Big Rapids, MI 49307  
231.796.5825

### Midland County

218 Fast Ice Drive  
Midland, MI 48642  
989.631.2320

### Osceola County

4473 220th Avenue  
Reed City, MI 49677  
231.832.2247

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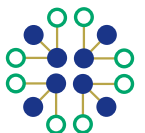
On Accreditation of Healthcare Organizations

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Human Services.



## WHOLE HEALTH ACTION MANAGEMENT (WHAM)

WHAM is a science-based health plan developed to teach individuals how to set and achieve whole health goals via weekly action plans and eight-week support groups. In addition, WHAM provides education about the basic health screenings for prevention and it encourages shared decision-making with health professionals.



**Community  
Mental Health**  
FOR CENTRAL MICHIGAN

## OVERVIEW

WHAM uses a person-centered planning process with ten health and resiliency factors to help you create a concise whole health goal to begin the self-management process. WHAM also focuses on developing mind-body resiliency to promote self-management skills.

Mind-body resiliency skills and engagement in the healing relationships of peer support are also essential because of the growing awareness of the impact of trauma, especially childhood trauma, on all dimensions of health.

Overall goals of WHAM:

1. Develop an achievable whole health goal and weekly action plans
2. Participate in peer support groups to create new healthy activities
3. Learn the relaxation response to manage stress
4. Engage in cognitive skills to avoid negative thinking
5. Know basic whole health screenings and how to prepare for them
6. Complete a shared decision-making form for more engaging meetings with doctors

## BASIC COMPONENTS: TRAINING SESSIONS

### Session #1: Welcome & Overview

- Introduction
- Ten Health and Resiliency Factors
- Person-Centered Planning Process
- Five Keys to Success

### Session #2: The Science of Stress

- The Stress Response
- The Relaxation Response
- Stress Management

### Session #3: Improving Your Health

- Healthy Eating
- Physical Activity
- Restful Sleep



### Session #4: Power of Human Connections

- Support Network
- Service to Others

### Session #5: The Importance Attitude

- Optimism Based on Positive Expectations
- Cognitive Skills to Avoid Negative Thinking

### Session #6: Connecting With That Which is More Than Self

- Spiritual Beliefs and Practices
- Sense of Meaning and Purpose

## BASIC COMPONENTS: TRAINING SESSIONS

### Session #7: Health Risk, Screening, and Shared Decision Making

- Health Risk
- Health Screening
- Shared Decision Making
- Health Screening Resources



### Session #8: Key to Success 1

- Review and Prioritization
- Setting a Person-Centered Goal
- Applying the IMPACT Criteria
  - Improve
  - Measurable
  - Positively Stated
  - Achievable
  - Call Forth Actions
  - Time Limited

### Session #9: Keys to Success 2 & 3

- Weekly Action Plan
- Daily/Weekly Personal Log

### Session #10: Keys to Success 4 & 5

- One-to-One Peer Support
- Peer Support Group