Wellness Collective Groups and Workshops 
At The Opportunity Alliance 
Behavioral Health Home

All Wellness Group curricula are developed and implemented by Ilana Schreiber and Hilary Andreoli, with added support from the OA Nurse Care Manager. Topics for Wellness Groups are brainstormed by Pathways to Recovery participants and participants in peer wellness groups. Topics are also gathered based on population needs.

By developing workshops based on participant interest, it allows for flexibility in creating a broad base of information not only for holistic wellness, but bridges community inclusion. Participants are introduced to resources apart from the mental health system, fostering natural supportive relationships through networking among group members. Each physical wellness topic includes nutritional information and suggestions for simple life changes to make an overall impact on health.

The groups provide a safe and supportive environment in which participants can explore individual values, hopes and dreams, barriers, and ways to overcome barriers based on their internal and external strengths. Groups are structured by an educational format and fused by humor and collaborative support. Facilitators weave in the values of Intentional Peer Support in each group.
Peer Group Schedule
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Please note: Friday Wellness Group is open to all. Other Groups are BHH specific. If you are 15 minutes or more late, do not plan to come to group that day-the group will be closed to members once it has begun. All workshops start promptly at the start time.

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Made with WinCalendar Calendar Creator
More Holiday Calendars: 2014 Calendar, 2015 Calendar, Reference Calendar
Wellness Group (Every Friday from 1-2pm…drop ins welcome – Open to all)

This group not only focuses on supporting one another in creating a healthy lifestyle, but also features special guest speakers on a variety of wellness topics throughout the month.

Healthy Relationships (Four Week BHH Course, Mondays 9am-11am <12/29, 1/5, 1/12, /1/26>)

This four week course will explore building healthy relationships. Participants will have an opportunity to engage in discussion and activities over the four weeks to learn about relationship dynamics, exploring what kinds of relationships are important to them. Concepts such as boundaries, conflict and negotiation, and exploring worldview are among the many that we will learn about throughout the course.

What the Heck is Wellness Anywho? (BHH Group - Thursday 1/8, 10-11:30am)

This workshop is designed to explore the concept of Wellness. We will talk about small changes that we can make in our lives that can help create wellness on our chosen path. Through brainstorming and group discussion, participants will discover concepts such as: how we create wellness for ourselves; how we decide which direction we’d like to go in; what our strengths are; and what barriers may come up for us and how can we overcome them. The concept of celebrating ourselves will also be introduced. Materials from the Pathways to Recovery workbook will also guide this workshop.

Art Group (Monthly Open Group - Third Tuesdays 1-3pm <note, this has changed from 3rd Thursdays due to room conflict>)

Come join us at this monthly group as we move towards wellness through the creative process. Each month group members will focus on a creative art project as an expression of self. Monthly projects will be determined based on input from group members.

Understanding Grief and Loss ( BHH Group - Thursday 1/22, 10-11:30am)

This workshop is designed to explore grief and loss, and increase understanding and awareness of what it is that we and those we may be supporting, need during times of grief and loss. We will be exploring this topic beyond death, to underscore that grief and loss can be experienced in many situations. Pet loss will also be included. There will be tissues…and perhaps an item or two of comfort.

Self-Care: Huh? ( BHH Group - Thursday 1/29, 10-11:30am)

This workshop is designed to explore the concept of Self-Care. We are often told to employ self-care, but what is it exactly? And why is it important? Participants will have the opportunity to explore a broad range of self-care activities that they may find useful, and to share what they already find helpful in their everyday lives.
Pathways FOR-U
Agenda
Week 1 (insert date here)

- Welcome/Registration
- Introductions of Recovery Educators
- Housekeeping include emergency instructions
- Accommodations
- Rules of the Road
- Parking Lot
- Starting Your Engines
- Review Today’s Agenda
- Pathways FOR-U Compass
- Story of Pathways
- Break
- Recovery Pledge
- Quick Overview of Next 12 Weeks
- Defining Recovery
- Reminders for Group Members
- Questions/Review
- What You Liked/Needs Improvement
- Celebrate
The Pathways Story
by Priscilla Ridgway

In 1999, several people working on mental health recovery at the University of Kansas attended Mary Ellen Copeland’s Wellness Recovery Action Planning (WRAP) Facilitator’s Training in Vermont. We saw just how powerful it can be to have a group of people share their recovery stories and the tools they use to help themselves.

We decided to create a self-help version of the Strengths Approach. Until that time, the Strengths Approach had been taught to case managers, who worked with people on creating a comprehensive plan to reclaim a full life in the community. We knew the Strengths Approach was helpful – research had found it worked to help people live successfully in the community and succeed at achieving the goals they set for themselves.

We brought together a talented group of mental health consumers, some of whom lead consumer-run organizations, others who were helpers or recovery educators, along with a few innovative providers. For over eighteen months, we worked together to outline and then create a self-directed guide to reclaiming our strengths and achieving a full life after the experience of psychiatric disability.

We translated the Strengths Approach into a self-help approach, and added our collective wisdom about things that would speed up or detour our recovery journey. We tried out our ideas with people in community support programs, and blended them with stories written by real people who were achieving recovery who were being trained as “consumer providers.” Some of us gathered uplifting quotations to complement the text, or drew illustrations or worked on the cover collage. Small groups or individuals wrote each section, and those of us on the taskforce and a few of our allies critiqued each piece. We designed assessments and practical exercises for most of the sections, and we brought all the ideas together into one document. As we drafted each part of the workbook, we would take it out to more people in recovery so they could try it out, and get their feedback and ideas. Then we would revise and rethink, add and build, reorganize and rewrite. We helped pilot Pathways groups in a few areas of Kansas, and we
found that the groups really helped people make positive changes in their lives. When we were done writing, we designed the book and made careful choices about the paper, the ink color, and the cover design so the whole workbook would feel and look beautiful.

Since that time, the workbook has gone out to several thousand people! The money that is made on the books is used to reprint more copies, and to give free workbooks to people in Kansas who receive Medicaid funded services. Pathways is used in the VA, by mental health programs and is being taught in self-help groups. It is being used in the U.S. and other countries such as Australia and the United Kingdom. Early research on Pathways groups is very promising - people really change and do well.

Pathways FOR-U is a collaboration between Focus On Recovery-United, Inc., which has been teaching Pathways for several years, and the Yale Program for Recovery and Community Health. DMHAS is funding the development of Pathways groups throughout Connecticut, as part of the larger effort to transform the mental health system to be more recovery oriented.

We are happy you are part of the Pathways story!
A RECOVERY PLEDGE

I acknowledge that I am in recovery.

I believe that all people are made up of more than just their mental illness.

I believe in the principles of recovery...that the journey is unique for each person, it requires the will to recover, it is a self-directed process of discovery, it is nonlinear with unexpected setbacks and it requires self-effort, endurance and courage.

I believe in the essence of recovery that all individuals can live a full life and participate as citizens of our community.

I understand that education and self-advocacy are keys to my recovery.

I believe that it is important for family, friends, professionals, and my peers to join together as partners to build a community of hope.

I will strive to support others on their journey of recovery.

I believe that I have a tomorrow and that I can shape my future, by enjoying life to the fullest and sharing my own story of hope with others.

A recovery pledge Cherie Bledsoe, director of S.I.D.E., Inc., a consumer-run organization, and her peers developed for a recovery group they designed (drawn from writings by Patricia E. Deegan, Mary Ellen Copeland & Priscilla Ridgway).
Week 1 -- Chapter 1: Introduction to a Strengths Recovery Approach
  ➢ Overview: This chapter goes over the basics of the Strengths Recovery Approach. It includes a definition of what recovery is as well as a short history of the consumer movement.

Week 2 -- Chapter 2: Gearing Up For the Journey
  ➢ Overview: This chapter explores the ABCs of recovery - some of the attitudes, behaviors and ways of thinking (cognitions) that can help us prepare for the journey of recovery.

Week 3 -- Chapter 3: Setting Ourselves in Motion
  ➢ Overview: This chapter discusses the concept of a “You Turn” or turnaround toward recovery. It covers the importance of motivation and the obstacles to starting the recovery journey.

Week 4 -- Chapters 5 (Setting a Course for the Recovery Journey), and Chapter 9 (Making it Past Detours and Roadblocks)
  ➢ Overview: This session concentrates on creating a personal vision for the recovery journey and outlines methods for setting successful long-term and short-term goals; and explores common detours and roadblocks that can stall or block the journey of recovery and how to negotiate past these barriers.

Week 5 -- Chapter 6: Moving Forward on the Journey: Mapping our Goals Across Major Life Domains
  ➢ Overview: This chapter focuses on several major life domains and explores the directions you want to head in the future. Those domains include Housing, Education, Assets and Vocational (Job, Career, Volunteer).

Week 6 -- Chapter 6: Continuation of Moving Forward on the Journey: Mapping our Goals Across Major Life Domains
Overview: This chapter focuses on several major life domains and explores the directions you want to head in the future. Those domains include Leisure/Recreation, Health & Wellness, Intimacy/Sexuality, and Spirituality.

Week 7 -- Chapter 7: Travel Companions and Social Support for the Journey
  Overview: This chapter looks at the circle of social support and ways to nurture and expand the supportive relationships in our lives.

Week 8 -- Chapter 8: Developing Your Personal Recovery Plan
  Overview: This section combines the vision, strengths and long-term and short-term goals to create a Personal Recovery Plan that serves as the roadmap for the recovery journey.

Week 9 -- Chapter 10: Rest Stops and Travel Tips
  Overview: This chapter explores the need for breaks and rest stops during the recovery journey. It also provides suggestions for ways to tune-up recovery and avoid burn out.

Week 10 -- Chapter 11: Supercharging the Recovery Journey
  Overview: This chapter highlights some ways to "supercharge" the recovery process. These supercharging strategies fill the recovery journey with creativity, gratitude, positive energy, humor and celebration!

Week 11 -- Chapter 12: Transformations: Sharing Our Stories of Recovery
  Overview - This chapter helps you tell your story of recovery and describes the benefits of sharing your recovery story with others.

Week 12 -- Sharing Our Stories of Recovery
  Overview - We will share our stories of recovery and have a celebration
IMPACT Handout

**Improve** - Does it improve the quality of my health and resiliency?

**Measurable** - Is it measurable in terms of my supporter knowing if I have accomplished it?

**Positively stated** - Is it positively stated as something new I want in my life?

**Achievable** - Is it achievable for me in my present situation and with my current abilities?

**Call forth actions** - Does it call forth actions that I can take on a regular basis to begin to create healthy habits?

**Time limited** - Is it time limited in terms of when I will begin and when I plan to accomplish it?

There are three of the six IMPACT criteria that are often the most difficult to meet –

**Measurable**
A goal statement that is hard to measure – “I want to feel better.”
How would a peer supporter know how to measure that?

**Positively stated**
A goal statement that is not positively stated – “I want to quit smoking.”
Focusing on what you do not want is often less motivating than focusing on what you do want.

**Calls forth actions**
A goal statement that does not call forth actions that you could work up to over a period of time – “I want to exercise once a week.”
Exercising once a week could be accomplished in the first week, not requiring actions that build new habits resulting in new health behavior over eight weeks.
When the goal is not measurable, or not stated positively, you ask the following questions until you get a feel for what it is the person wants to do.

- Why do you want this?
- What will be the benefits?
- How will your life be different if you accomplish this goal?
- If you achieve this goal, what will you be able to do that you can’t or aren’t doing now?

When these questions are asked, the new goal statement gets related to the benefits, it is more motivating, and leads to actions that the person can do to accomplish the goal. Remember your job as the support person is to ask the questions, not provide the answers. Continuing to ask questions that tie the goal to personal benefits will help others clarify in their own mind what their goal is and build excitement around creating something new in their lives. **When people find the answers within themselves, they have ownership of their goal.**

Ownership + Benefit = Motivation.
If a goal is hard to measure

The following is an example of how to use these questions with a goal that may be hard to measure.

- Can you share with me the goal you came up with using the formula?
  In order to: Have less stress,
  My whole health and resiliency goal is: to feel better,
  By: 8 weeks

- Let’s see if we can check off the IMPACT questions. Are you ok with trying that?
  Sure.

- Does it IMPROVE the quality of your health and resiliency?
  Yes

- Is it MEASURABLE in terms of how I, as your supporter would know if you have accomplished it?
  I’m not sure. I guess it doesn’t sound very measurable.

- Let’s see if we can better clarify this. I have some other questions that might help. Why do you want to feel better?
  If I felt better, I think I would get out more often.

- What would be the benefits of getting out more often?
  I wouldn’t isolate so much. I wouldn’t sit around feeling sorry for myself.

- How would your life be different if you didn’t isolate so much?
  I wouldn’t be so lonely.

- What would you like to do that you aren’t doing now?
  I would like to do things with my friends.

- Like what?
  Like go out to dinner or go to the movies.

- Then maybe going out with your friends might be your goal. What do you think?
  Yes, I would like that goal.

- In eight weeks, how often would you like to be going out with your friends?
  I don’t know, maybe twice a week.

- What if we made your goal about doing things with your friends?
  Well that is really what I want to do.

- Would you like me to try to rephrase the goal for you?
  That would be great.

- Let’s see if this works.
  In order to - feel better about myself,
  My whole health and resiliency goal is - to be going out with my friends at least twice a week,

  By - 8 weeks from now.
  - Does that sound like something that would improve your whole health?
  Yes because when I sit home by myself I just get depressed. Doing things with my friends would make me feel better in all areas of my life.
If a goal is not positively stated

The following is an example of how to use these questions with a goal statement that does not meet the positively stated criteria. Remember you want to focus on what you want to create, not what you want to change.

- Can you share with me the goal you came up with using the formula?
In order to: Be more healthy,
My whole health and resiliency goal is: To quit smoking,
By: 8 weeks

- Let's see if we can check off the IMPACT questions. Are you ok with trying that?
Sure

- Does it IMPROVE the quality of your health and resiliency?
Yes.

- Is it MEASURABLE in terms of how I, as your supporter would know if you have accomplished it.
Yes. I will have quit smoking.

- Is it POSITIVELY stated as something new you want in your life?
I guess quitting doesn't sound very positive. Maybe I could say that my goal is to be a non-smoker.

- Why do you want to quit smoking?
I think it would improve my health.

- What would be some of the benefits of improving your health?
I would feel better. I might have more energy.

- How would your life be better if you felt better or had more energy?
I would be able to do more things.

- What would you be able to do that you can't or aren't doing now?
My friends have a walking group and I would be able to take walks with them.

- It sounds like being able to take long walks with your friends is really what you want to create in your life. Would you like to try writing your goal statement around that?
Ok

- In eight weeks, what would you like to be doing?
I would like to be walking at least three times a week with my friends.

- Would you like me to try to help you rephrase the goal for you?
Sure.

In order to - have more energy and walk with my friends three times a week,
My whole health and resiliency goal is - to be a non-smoker,

By - 8 weeks from now.
- Does that sound like a whole health goal that would be exciting to you?
Yes, if I could go for walks at least three times a week I would feel better, breathe better and be more active.
If a goal does not call forth actions

It is a little different if the goal statement does not call forth actions. Here you need to help the person move his or her focus to what they want eight weeks from now.

- Can you share with me the goal you came up with using the formula?
  In order to: Feel healthier and more physically fit,
  My whole health and resiliency goal is: To exercise once a week.
  By: 8 weeks

- Let’s see if we can check off the IMPACT questions. Are you ok with trying that? Sure

- Does it IMPROVE the quality of your health and resiliency?
  Yes.

- Is it MEASURABLE in terms of how I, as your supporter will know if you have accomplished it.
  Yes, I will be exercising.

- Is it POSITIVELY stated as something new you want in your life?
  Yes, I will be healthy and fit.

- Is it ACHIEVABLE for you in your present situation and with your current abilities?
  Yes.

- Does it CALL FORTH ACTIONS that you can take on a regular basis to begin to create healthy habits?
  Sure, just start exercising once a week.

- It sounds like that is something you feel you could accomplish by next week and not something you will need to develop new habits to achieve.
  Sure.

- What if you stated your goal as something you want to be able to do regularly at the end of eight weeks?
  Well, in eight weeks I want to be exercising three days a week.

- If we made your goal exercising three days a week at the end of eight weeks, we can focus on things you can start doing to work toward that goal.
  Now I see that there are a lot of things I can do to work up to exercising three days a week, like starting in the first week to exercise once a week.

- How about if we try restating your goal in terms of an eight week goal?
  Ok

In order to - feel healthier and more physically fit
My whole health and resiliency goal is - to be exercising three days a week,
By - 8 weeks from now.

- Does that sound like a whole health goal that you could work on over the next eight weeks?
  That is exactly what I want to be doing.
Questions to ask about medical tests:

- Why is the test being done?

- What does the test involve? How should I get ready?

- Are there any dangers or side effects?

- How will I find out the results?

- How long will it take to get the results?

- What will we know after the test?
Getting ready for your Doctor appointment

Reason for visit:

What am I doing to address?

What do I need help with?

Life or health changes since last visit:

Questions:
1)
2)
3)

Challenges with current treatment:

Current medications:

Medication Questions:

Medication refills:

Link to an online question generator:

http://www.ahrq.gov/questio nsaretheanswer/questionBuilder.aspx
Is my goal stated so that it has IMPACT?

Ask yourself the following questions about your initial goal statement.

1. **Improve**
   - Does it improve the quality of my health and resiliency?

2. **Measurable**
   - Is it measurable in terms of my supporter knowing if I have accomplished it?

3. **Positively Stated**
   - Is it positively stated as something I want in my life?

4. **Achievable**
   - Is it achievable for me in my present situation and with my current abilities?

5. **Confront Actions**
   - Does it call forth actions that I can take on a regular basis to begin to create healthy habits?

6. **Time Limited**
   - Is it time limited in terms of when I will begin and when I plan to accomplish it?

    - I do not have a goal statement. Ask yourself the following questions about.

    - My goal stated so that it has IMPACT?

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**Relaxation Response**

The Relaxation Response is a state of deep rest that changes the physical and emotional responses to stress and decreases heart rate, blood pressure, and muscle tension. When the Relaxation Response is elicited:

- Metabolism decreases
- Breathing slows down
- Heartbeat slows down
- Blood vessels open up
- Stress hormones decrease
- Blood pressure decreases
- Blood vessels decrease
- Breathing slows down
- Meditation decreases

**Keys to eliciting the relaxation response**

- Repetition of a word, sound, phrase, or muscular activity.
- Passive disregard of everyday thoughts that inevitably come to mind and the return to your phrase or muscular activity.
- Repetition of a word, sound, phrase.

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**Confidence Scale**

The Confidence Score should be a measure of your level of confidence. A person can increase the number of questions they answer in the quiz and increase the number of questions they answer correctly. The Confidence Scale used is 0 to 10.

- **5** When will you do it?
- **4** How often will you do it?
- **3** How much will you do it?
- **2** How much did you do it?
- **1** When will you do it?

The support in learning the actions and the how much, by addressing and by assessing the actions the person is taking. A person can increase the number of questions they answer in the quiz and increase the number of questions they answer correctly.

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**Keys to eliciting the relaxation response**

- Repetition of a word, sound, phrase.
- Passive disregard of everyday thoughts that inevitably come to mind and the return to your phrase or muscular activity.
- Repetition of a word, sound, phrase.

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**Negative language**

Negative language results in absolutes/permanence downward and we end up defining the problem.

- **Catch it early on.**
  - This involves knowing when you are moving from fact to story.
  - Check it against what is actually going on.
  - Stick with the facts.
  - Change it to reflect what the facts are.

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**Relaxation Response**

- It is a state of deep rest that changes the physical and emotional responses to stress and decreases heart rate, blood pressure, and muscle tension.

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**Creating a weekly action plan.**

This action plan needs to answer the following questions.

1. **What will you do?**
2. **How often will you do it?**
3. **How much will you do it?**
4. **When will you do it?**
5. **Confidence level between 0-10?**

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**Confidence Scale**

The confidence scale should be a measure of your level of confidence. A person can increase the number of questions they answer in the quiz and increase the number of questions they answer correctly.

- **5** When will you do it?
- **4** How often will you do it?
- **3** How much will you do it?
- **2** How much did you do it?
- **1** When will you do it?
What is Wellness Recovery Action Plan® (WRAP®)?

WRAP® works! It has been developed by a group of people who experience mental health and other health and lifestyle challenges. These people learned that they can identify what makes them well, and then use their own Wellness Tools to relieve difficult feelings and maintain wellness and a higher quality of life. The result has been recovery and long-term stability. Your WRAP® program is designed by you in practical, day-to-day terms, and holds the key to getting and staying well. It does not necessarily replace traditional treatments, but can be used as a compliment to any other treatment options you have chosen.

In developing your own WRAP®, you'll identify the Wellness Tools that will most benefit you. You will learn how to use these tools when needed, every day, or when you have particular feelings or experiences. WRAP® will help you notice when things seem to be off balance in your life, and help you coordinate effective ways to get back to feeling your best. WRAP® planning also includes Crisis Planning, an Advance Directive that lets others know how you want them to respond when you cannot make decisions, take care of yourself, or keep yourself safe. You will also develop a Post Crisis plan to guide you through the often difficult time when you are healing from a crisis.

WRAP® is developed by you. You choose who assists and supports you, whether they are family, friends, or health care providers, as you work on your own plan. WRAP® has a broad applicability. It has been found to work well for people who have other medical conditions and life issues such as diabetes, addiction, trauma related issues and more. It can also be used as a framework to guide interpersonal relationships, peer support, groups, agencies, and organizations.

Key elements of WRAP®:
- Wellness Toolbox
- Daily Maintenance Plan
- Identifying Triggers and an Action Plan
- Identifying Early Warning Signs and an Action Plan
- Identifying When Things Are Breaking Down and an Action Plan
- Crisis Planning
- Post Crisis Planning.

WRAP® is designed and managed by you and is designed to:
- decrease and prevent intrusive or troubling feelings and behaviors
- increase personal empowerment
- improve quality of life
- assist you in achieving your own life goals and dreams.

People who are using WRAP® say:
- With WRAP I feel prepared
- I feel better more often, and I've improved the overall quality of my life
- WRAP has fast-forwarded my recovery
- WRAP gets me in touch with my inner manager

Mary Ellen Copeland and her staff cannot address personal mental health problems and issues. We care very much about your concerns but we must focus our efforts on education and resource development. For more information on how to get help for yourself or the people you are supporting, please use the resources on this website.

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