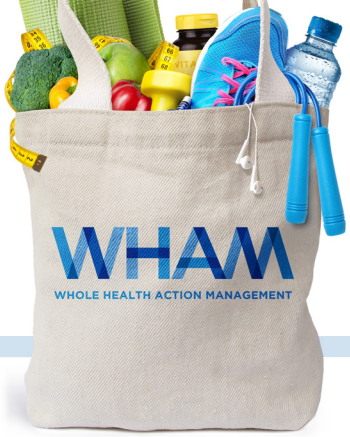

Whole Health Action Management

Whole Health Action Management (WHAM) is a peer-centered program developed by the National Council's SAMHSA-HRSA Center for Integrated Health Solutions to promote whole health self-management for those living with chronic physical and behavioral health challenges.

Peers are encouraged to partner and identify strengths, develop weekly action plans and work together using positive reinforcement to meet a goal. Rather than work alone, **WHAM** encourages participants to collaborate and support others' efforts and **is easy to use** and **implement** in health care settings.

This train-the-facilitator program gives peers **10 science-based whole health and resiliency factors** to identify strengths and supports and the skills to:

- Identify strengths and supports in 10 science-based whole health and resiliency factors.
- Write a concise whole health goal based on person centered planning.
- Create and log a weekly action plan.
- Participate in peer support to create new health behavior.
- Elicit the Relaxation Response.
- Engage in cognitive skills to avoid negative thinking.
- Prepare for basic whole health screenings.
- Use shared-decision making skills and tools for engaging with doctors.

To date, 30 states with more than 3,000 participants have been trained within community behavioral health centers, federally qualified health centers, health homes, criminal justice systems and Veterans Affairs (VA) programs.

Research by Dr. Judith Cook at the University of Illinois at Chicago demonstrates that the peer-led WHAM intervention **delivers on new health behaviors** and recovery supports including physical activity, healthy eating, engaging in health practices and increase in employment for those living with chronic physical and behavioral health concerns.

WHAM training graduates are linked to a national listserv to foster ongoing peer support, share tips and tools for success and provide new resources for peer services and integrated health.

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For more information including tailored or customized needs, costs and scheduling, contact us at TheNationalCouncil.org/ConsultingRequest.