

Solutions Suite for Health & Recovery: What it is and How to Use it

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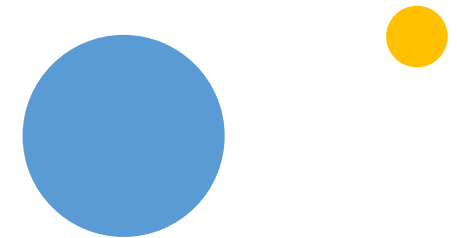
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18 free products
backed by research
evidence

Solutions Suite for Health and Recovery



Use this presentation to learn about

Solution Suite Contents

How to Use the Suite

Requesting Free TA



Solutions Suite
Tools for Health



Solutions Suite
Tools for Employment



Solutions Suite
Tools for Self-Direction

Solutions Suite Philosophy

- Products are available for free
- Can be delivered at minimal cost
- Rehabilitation & recovery-oriented
- Requires low to moderate intensity training that is provided in the Suite through podcasts & webinars
- Complements traditional behavioral health treatment
- Supported by research & evaluation - some are EBPs
- Responds to documented needs of service recipients & community providers
- Supported by free technical assistance
- Many can be delivered by peers



Suite was Developed by UIC & Collaborative Support Programs of New Jersey

UIC SOLUTIONS SUITE FOR HEALTH & RECOVERY

The UIC Solutions Suite for Health & Recovery offers tools, curricula, and implementation manuals for free and immediate use in mental health centers, peer-run programs, or one's own life.

You can introduce the entire complement of products to foster improved health and recovery. Or, you can choose the ones that will work best for your program or your life.



Use our flyer to share the [UIC Health & Recovery Solutions Suite](#) with others!

Attention Suite Visitors!

If you use any of our products, please let us know how you're using them and how it's going.

We'd love to hear from you!

[SHARE YOUR EXPERIENCES WITH US!](#)



Integrated Health and Mental Health Care

These Suite products promote physical health and wellness among adults in mental health recovery.

[Visit Integrated Health and Mental Health Care Tools...](#)



Self-Directed Recovery

These Suite products promote self-directed recovery in programs and in one's own life.

[Visit Self-Directed Recovery Tools...](#)

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<https://www.center4healthandsdc.org/solutions-suite.html>



Integrated Health & Mental Health Care Tools

These Suite products promote physical health and wellness among adults in mental health recovery.

Nutrition and Exercise for Wellness and Recovery (NEW-R)

This 8-week curriculum teaches strategies for healthy eating and physical activity based on mindfulness. It includes exercise videos featuring people in mental health recovery and college students. Pilot data show that course participants lose weight and increase their knowledge about nutrition and physical activity.

Wellness Activities Manual

This workbook helps people learn new behaviors and habits to improve their personal wellness. Each of the 11 sessions involves group activities that maximize learning through building positive interpersonal relationships and active participant involvement.

Online Diabetes Education Toolkit

This interactive web site contains a "Diabetes Library" of 1-page patient education handouts linked to the ADA standards of care, along with relevant podcasts and information about interpreting test results. It was used in a study of care coordination that combined patient education with a registry, resulting in improved metabolic indicators for study subjects. The toolkit is featured as a Quality Tool by the AHRQ Health Care Innovations Exchange.

Wellness in 8 Dimensions and the Wellness Daily Plan

This workbook helps people assess their strengths in each of the eight dimensions of wellness, set goals they would like to pursue, and access needed support for goal achievement. Also included are instructions for creating a daily plan for wellness activities and monitoring progress toward a healthier lifestyle.

Promoting Wellness for People in Mental Health Recovery: A Step-by-Step Guide to Planning & Conducting a Health Fair

This manual guides the reader through a detailed planning process that culminates in a health fair for people with psychiatric disabilities. It has been used to organize successful health screenings across the U.S., including the states of NY, CA, MD, IL, GA, NJ, and Washington DC. Screening data collected at these events establish the prevalence of many common medical conditions among adults in recovery, and the value of health fairs for improving participants' health self-efficacy.

Physical Wellness for Work

This workbook presents a number of simple and enjoyable activities designed to augment users' health and wellness for a better and more productive work day.

10 Products Integrate Behavioral Health & Primary Care

Health Passport/Portable Record: Your Journey to Wellness

This booklet educates readers about common medical conditions in the adult population and the tests used to screen for these conditions. It also provides a portable record that can be used to record test results over time. It has been used to document screening results for nearly 500 people at health fairs across the U.S.

Journaling – A Wellness Tool

Journaling is a method of recording a person's thoughts, experiences, and emotions in written or other formats. This booklet describes how to use wellness journaling individually or in groups to improve life satisfaction and personal wellness.

Keeping Healthy After the Hospital

This manual introduces recovery and wellness concepts to people in inpatient settings, and motivates them to take steps towards better physical and emotional health after leaving the hospital. It is available in 7 languages.

Whole Health Action Management Guides

This manual helps people learn how to develop and use wellness self-management skills, including goal planning, to enhance their health and well-being. Users are taught how to identify a whole health goal and achieve it by creating and following a weekly action plan, bolstered by peer support and health education.

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Self-Directed Recovery

These Suite products promote self-directed recovery in programs and in one's own life.

[Building Financial Wellness](#)

This curriculum imparts valuable knowledge and skills that people need to better manage their personal finances. It includes a 139-page instructor guide and an accompanying 56-page participant workbook.

[This Is Your Life: Creating A Self-Directed Life Plan](#)

This 49-page workbook guides users through a structured life planning process using evidence-based motivational interviewing techniques, the stages of change model, and goal-based planning. It has been incorporated into psychosocial rehabilitation agency intake procedures, high school special education classes, and programs for transition-age youth.

[Express Yourself: Assessing Self-Determination in Your Life](#)

This 9-page assessment walks users through a process to determine areas in their lives where they lack self-determination and provides next steps for increasing self-determination in that area. Access to the Internet is needed to view recommendations for increasing self-determination in each of the life areas.

[Raising Difficult Issues with Your Service Provider](#)

This 14-page user-friendly booklet helps people constructively express their viewpoints and wishes in treatment situations in order to build more productive therapeutic relationships.

[Action Planning for Prevention and Recovery \(based on WRAP\)](#)

This workbook contains information, ideas, and strategies that help people manage or avoid mental health symptoms and troubling feelings. It was designed for use in conjunction with different types of mental health and health care.

8 Products Promote Self-Direction in Behavioral Health Treatment

[Seeking Supported Employment](#)

This 22-page booklet helps users apply a structured process to assess whether a vocational program offers the services and supports that comprise evidence-based supported employment.

[Guidebook on Assessing Cultural Competency in Peer-Run and Community Mental Health Programs](#)

This 32-page workbook helps peer-run programs and community mental health agencies explore and enhance their cultural competency. It includes an assessment process, followed by creation of a Diversity Action Plan to better serve a variety of cultures in the surrounding community.

[Self-Directed Care Implementation Manual: A Comprehensive Mental Health Program Guide](#)

This step-by-step guide describes how to design and implement self-directed mental health care in local community settings. It details the structure, policies, and outcomes of a program model that has been rigorously evaluated and shown to produce superior outcomes at equivalent costs when compared to traditional care.

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Download the manuals & exercise videos for free

What is the program?

Nutrition and Exercise for Wellness and Recovery (NEW-R) helps people with mental illnesses gain new knowledge and skills for healthier eating and physical activity. Participants examine their eating and exercise habits to identify what they'd most like to change, and set achievable goals each week to make these changes. NEW-R can help participants lose weight through nutritious meal planning, reduced portion sizes, and increased daily exercise. Peer support and intentionality are used to help participants stay on-track.

Who can use it?

NEW-R is safe for most participants. However, people with cardiovascular conditions (such as past heart attack or angina) should get a doctor's permission before participating. Additionally, pregnant women or individuals with a history of anorexia or bulimia also should have a doctor's approval before joining a NEW-R class. Individuals who have trouble walking due to back, knee, or hip ailments can participate in the exercises, as long as they are seated.

How does it work?

NEW-R is a two-month class that meets for 90 minutes each week. Because participants should have control over their meal planning and ability to exercise, the class is best offered in community-based settings. It can be taught in mental health or social service agencies, peer-run programs, community health clinics, or anywhere in the community where people can gather comfortably and privately.

NEW-R is taught using a leader manual (42 pages) and a participant manual (70 pages). Both are written at a grade school level. They can be downloaded for free and should be printed and bound for use.

Each session is comprised of didactic teaching of nutritional and other health content, followed by active learning in which participants practice skills and make plans to apply the information in their own lives. This format allows the program to be highly individualized to each person's needs, strengths, interests, and personal situation.

The exercise segments of NEW-R classes use 8 free exercise videos. Each was designed by occupational therapists, and features OT students and people in recovery. Video sessions average 20-25 minutes, and include dancing, yoga, upper and lower body strength, kickboxing, core work, cardio, and a mixed workout. The videos are offered from the lightest to the heaviest exertion needed to complete the exercises. All exercises are demonstrated by students who are standing and sitting, to teach people who do not exercise regularly how to safely participate while building their strength and endurance.

The leader manual offers examples of alternatives to the exercise videos, in the event that a program lacks sufficient space or Internet access to use the videos. Such alternatives include starting a walking club or joining a local fitness center, which often offer discounts to programs or people on limited budgets.

NEW-R is led by two co-facilitators. Ideally, at least one of the co-facilitators is a peer. NEW-R classes work best when attended by 10-12 people. If the room is too crowded, participating in the exercises can be challenging.

Landing Page Layout for Each Solutions Suite Product

What resources are needed?

- A computer and copier to download and prepare the manuals
- A private room
- A high quality digital scale (up to 500 pounds) for weekly weigh-ins
- Pencils for participants to take notes
- A white board or flip chart for use during classes
- Equipment and a large screen (or white wall) to show the exercise videos each week, either streaming from the web or on a laptop using a DVD [click here to stream from the web](#) or [click here to request a DVD](#)
- 1-5 pound weights for some of the exercise videos
- 2-3 sturdy, armless chairs for participants who need to sit or hold on for balance when exercising
- Water to help participants remain hydrated after physical activity
- You may need to help participants find affordable exercise shoes; exercising in dress shoes, sandals, boots, or very old tennis shoes is not advised

What experience is needed?

While specialized training is not necessary to run a NEW-R class, it is advisable for at least one of the teachers to have experience leading health education groups. Helpful preparation also includes:

- Reading the entire leader and participant manuals before running a class
- Regularly visiting [ChromaMyPlate](#) for current dietary guidelines, fact sheets, recipes, and other educational resources
- Learning about the role of food in various cultures

NEW-R works best when both facilitators also set healthy eating and exercise goals, along with the class participants. This will help build empathy for the struggles many people face when seeking to change their health habits.



A free podcast on why to use NEW-R

Podcast length: 5 minutes
[Download NEW-R podcast here](#)



A free webinar on how to implement NEW-R in 100 minutes
[Download NEW-R webinar here](#)

[Request technical assistance](#)

WELLNESS IN 8 DIMENSIONS & THE WELLNESS DAILY PLAN



In Eight Dimensions

[Download the manual for free](#)

What is the workbook?

This workbook combines two wellness tools. The first, *Wellness in 8 Dimensions*, shows how wellness involves eight key factors, including emotional well-being and physical health, along with one's finances, environment, social connections, intellectual pursuits, occupational endeavors, and spirituality. The second tool, *The Wellness Daily Plan*, helps people monitor their wellness in each of these eight dimensions.

Wellness Daily Plan

Financial

Financial activities are those tasks we do to assure we plan to meet basic needs, and help us feel as though we have control and knowledge over our financial situation. The following activities are often helpful:

- Set and follow a budget
- Balance your checkbook
- Track your spending

Social

Social activities can help us become more connected with others and nature. This may include spending time with friends, family, pets, and the community.

- Join a club
- Attend a support group
- Go out with friends
- Spend time with family
- Volunteer at an animal shelter



Spiritual

Spiritual activities are those done while involving one's beliefs and values that provide a feeling of meaning and purpose and help develop a sense of peace and balance in one's life. Examples of spiritual activities you may do to feel well include:

- Pray, meditate or spend time reflecting
- Spend time with nature
- Breathing exercises
- Attend church or become involved in a community
- Read inspirational books

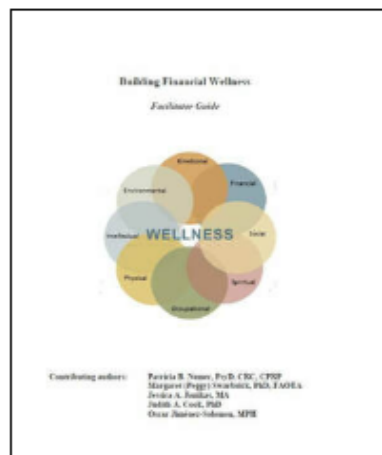
Environmental

Environmental activities are those activities that help our living, learning, and working spaces as well as our communities and other surrounding spaces feel safe, clean, comfortable, and welcoming. Examples of activities you may do to feel well include:

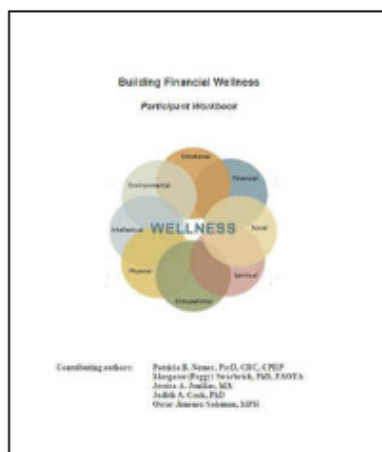
- Recycle
- Clean work or home space
- Avoid littering
- Use less energy when possible (e.g., turning off lights)
- Ride a bike instead of taking a car

Wellness Daily Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Social							
Spiritual							
Environmental							
Occupational							
Intellectual							



[Download the guide for free](#)



[Download the workbook for free](#)

About the curriculum

Building Financial Wellness imparts valuable knowledge and skills that people need to better manage their personal finances. It acknowledges that many individuals with mental health and substance use issues have limited income, poor credit, and minimal access to financial institutions. These barriers, in turn, create financial burden and further limit economic opportunity, creating emotional distress and negatively impacting physical health.

This curriculum helps people to develop money management skills that can promote their overall recovery, well-being, and health. It guides participants in recognizing what triggers spending, how using credit leads to debt, and ways to cope with challenging feelings about money. Participants also learn to set attainable financial goals. Learning occurs in a context of acceptance and encouragement aimed at increasing participants' sense of control over their personal finances.



Needs vs. Wants

Financial Needs and Wants

Identifying needs

People buy and use different things. There are some things we all have to get that are required or needed to live. Required items are called *needs*.

Examples of needs: food, water, shelter, and clothing

Identifying wants

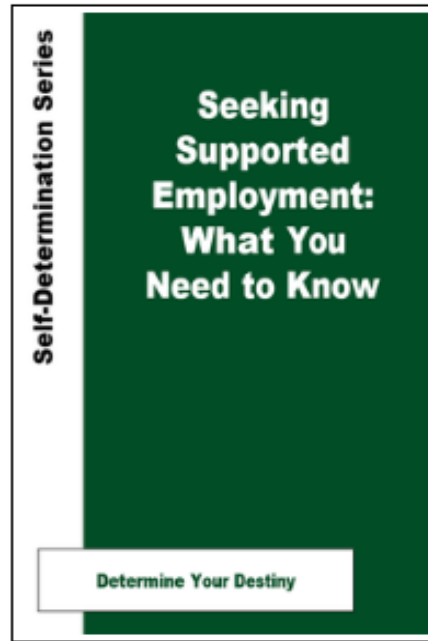
People also buy things that they may not need, but that they really want. These extras make life more enjoyable and comfortable. They are called *wants*. Wants are things you would like to have, but are not necessary to survive.

Examples of wants: entertainment, including cable TV and video games
Sometimes an item can both be a need and a want, like food or clothing. For a person with children who haven't eaten for 3 days, food is a need. For a teen who is snacking for the fifth time today, food may be a want. A warm coat or jacket may be a need, while a designer label outfit may be a want.

Activity: Needs vs. Wants

Try to come up with 10 things you either need or want. Then, decide how important each one is to you, rating each one as either High Importance or Low Importance. As you work, think about whether the things you need or want will affect your budget right now or in the future.

Things I Need	How Important Is This to Me Now?	Things I Want	How Important Is This to Me Now?



[Download the workbook for free](#)

About the workbook

Seeking Supported Employment: What You Need to Know is a workbook designed to help people learn about what supported employment is, and decide whether they'd like to receive services from a supported employment program. It also guides users through a process to identify a program with the types of services that research shows help people get and keep jobs.

Research shows that supported employment is effective in helping people with disabilities find competitive jobs. Competitive jobs are positions that anyone can apply for and that pay minimum wage or greater. Studies also show that supported employment works better for people with psychiatric disabilities than other vocational programs, like sheltered workshops or transitional employment. The workbook educates users about these different types of programs and helps them decide which is right for them. Then, it helps users rate supported employment programs by visiting them and asking staff specific questions about what the program offers. Based on staff responses, users then compute a score that summarizes the degree to which the program contains the active ingredients of the supported employment model.

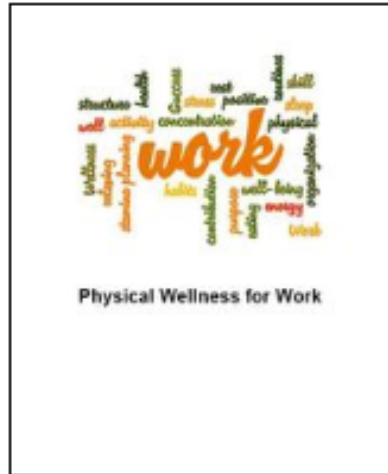
How does Seeking SE work?

Check off each answer:	X	Green Zone	Red Zone
How many of your clients work in competitive jobs that anyone can apply for? At least 90% or less than 90%?		At least 90% <input type="checkbox"/>	Less than 90% <input type="checkbox"/>
How many of your clients work in settings where all workers have disabilities? Less than 20%, or 20% or more?		Less than 20% <input type="checkbox"/>	20% or more <input type="checkbox"/>
Can people who are working continue to receive support from program staff for as long as they want?		Yes <input type="checkbox"/>	No <input type="checkbox"/>
Does your program place clients in jobs that are permanent?		Yes <input type="checkbox"/>	No <input type="checkbox"/>
How many of your clients earn minimum wage or above? At least 90% or less than 90%?		At least 90% <input type="checkbox"/>	Less than 90% <input type="checkbox"/>
Add 1 point for each answer in the Green Zone and 0 for each answer in the Red Zone.			
Score for first 5 questions only = _____			

Check off each answer:	X	Green Zone	Red Zone
Does your program terminate clients from services, even though the clients still want to continue receiving services?		No <input type="checkbox"/>	Yes <input type="checkbox"/>
What is the average amount of time people take to get a job in your agency? 6 months or less, or more than 6 months?		6 months or less <input type="checkbox"/>	More than 6 months <input type="checkbox"/>
Do staff at your agency provide individualized benefits counseling for people on SSI or SSDI?		Yes <input type="checkbox"/>	No <input type="checkbox"/>
Will your agency accept clients who want to work AND keep their SSI and SSDI benefits at the same time?		Yes <input type="checkbox"/>	No <input type="checkbox"/>
Does your program offer peer support services from people who have had mental health problems?		Yes <input type="checkbox"/>	No <input type="checkbox"/>
Does your program allow family or friends to be involved in the process of finding and keeping a job?		Yes <input type="checkbox"/>	No <input type="checkbox"/>
How many of your clients also are clients of our state Vocational Rehabilitation agency?		At least 50% <input type="checkbox"/>	Less than 50% <input type="checkbox"/>

- Person meets with vocational staff & asks questions
- Answers are marked in the booklet & added up after the interview
- Based on the score, people make a decision about joining the program
- A page listing the questions can be given to staff beforehand

PHYSICAL WELLNESS FOR WORK



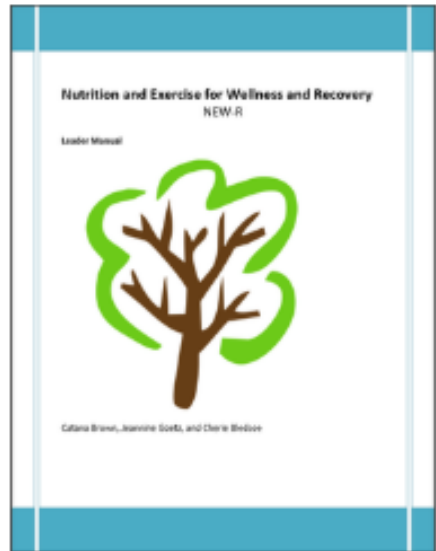
[Download the manual for free](#)

What is the workbook?

Success at work requires a level of stamina, energy, and concentration that can be challenging to sustain without attention to daily wellness habits and routines.

Physical Wellness for Work offers manageable activities to augment health and wellness. Its underlying philosophy is that even small changes in daily habits can result in increased energy and health for a better and more satisfying workday.

NUTRITION AND EXERCISE FOR WELLNESS AND RECOVERY



Download the manuals & exercise videos for free

What is the program?

Nutrition and Exercise for Wellness and Recovery (NEW-R) helps people with mental illnesses gain new knowledge and skills for healthier eating and physical activity. Participants examine their eating and exercise habits to identify what they'd most like to change, and set achievable goals each week to make these changes. NEW-R can help participants lose weight through nutritious meal planning, reduced portion sizes, and increased daily exercise. Peer support and intentionality are used to help participants stay on-track.

Training Projects

Scholarly Reports

Priorities

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people in medicine

Surgeon General
Fit and Healthy

Tips & Tools
First steps to
lifestyle

Simple nutrition
your diet

This Center
NIDRR

NIDRR Publications

SAMHSA / Center for Substance Abuse Treatment

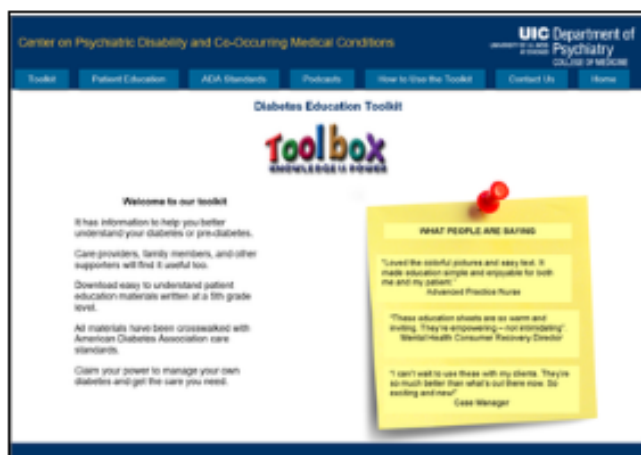
curriculum and exercise videos for improving weight management and wellness.



3 / 9 Yoga workout



DIABETES EDUCATION TOOLKIT



Access The Diabetes Toolkit

About the Toolkit

The *Diabetes Education Toolkit* is an online resource that provides information to help people with mental health conditions understand and manage their diabetes or pre-diabetic condition. The toolkit includes an extensive library of materials and podcasts covering the basics of diabetes, building and maintaining a healthy lifestyle, recommended medical tests and how to interpret results, and managing the risks of diabetes. Also included is a chart of American Diabetes Association (ADA) standards of care with educational information for each standard.

[Toolkit](#)[Patient Education](#)[ADA Standards](#)[Podcasts](#)[How to Use the Toolkit](#)[Contact Us](#)[Home](#)

Diabetes Education Library

Use these to better manage your diabetes. If you are a care provider, print them to share with patients or clients.

Diabetes Basics

- [What is diabetes?](#) ¿Qué es la diabetes?
- [Understanding A1C](#)
- [Why treat diabetes?](#) ¿Por qué es importante controlar la diabetes?
- [Steps to stay healthy](#) Pasos para mantener su salud
- [What affects blood sugar?](#) ¿qué afecta el azúcar en la sangre?
- [Signs of high blood sugar](#) Los signos y síntomas de un nivel alto de azúcar en la sangre
- [Signs of low blood sugar](#) Los signos y síntomas de un nivel bajo de azúcar en la sangre
- [Diabetes routine care](#) Rutina diaria de cuidar la diabetes
- [Diabetes green, yellow and red zones](#) Diabetes y días de enfermedad
- [Taking care of your feet](#) El cuidado de los pies
- [Taking care of your teeth](#) El cuidado de los dientes
- [Diabetes passport](#)
- [Common diabetes medications](#) Medicamentos más comunes para la diabetes
- [Menu plan for cold and flu](#) Dias de Enfermedad Con La Diabetes
- [Diabetes self management goals](#) Mi meta de buen manejo y control de la diabetes
- [Meds that increase diabetes risk](#)
- [Psychiatric meds and diabetes](#)

A Healthy Lifestyle

- [Self-management planning](#)
- [What is healthy eating?](#) ¿Qué es comer sano?
- [Diabetes super foods](#) Súper alimentos para la diabetes
- [What are carbohydrates?](#) ¿Qué son los carbohidratos?
- [How many carbs in a day?](#) ¿Cuántos gramos de carbohidratos por día?
- [Using the plate method](#) El Plato Saludable
- [Understanding portion sizes](#)
- [Eat more vegetables](#) Ideas nuevas para comer más verduras
- [Drink more water](#) Agua - ¡hazlo un hábito!
- [How much water?](#) ¿Cuánta agua debes beber?

Hypertension & Cholesterol

- [Managing high blood pressure](#) Controlar la presión arterial alta
- [Low salt foods](#) Las comidas bajas en sal
- [Tips for cutting salt](#) Ideas para reducir la sal
- [Cholesterol facts](#)
- [Healthy vs. unhealthy fats](#)
- [Tips for cutting fats](#) Ideas para cortar las grasas

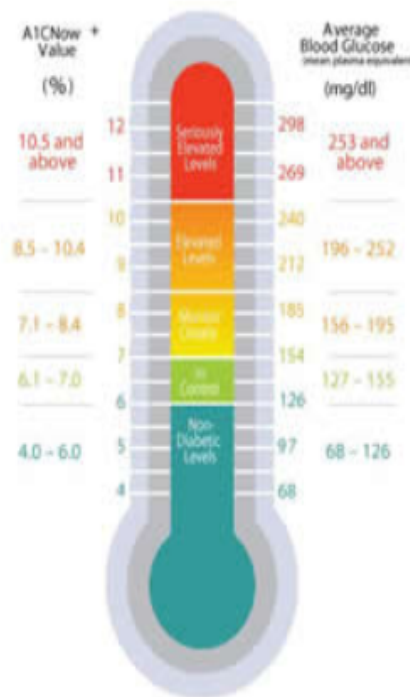
Managing Risks

- [Signs of diabetes emergency](#) Señales de aviso de emergencia de la diabetes

Your A1C level should be lower than 7

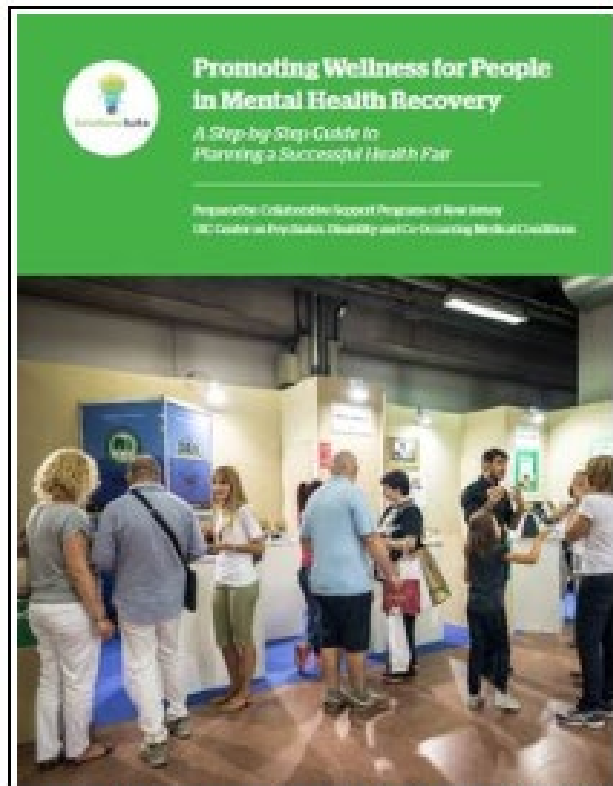
Lifestyle change in nutrition & exercise

What is healthy eating?
Diabetes super foods
What are carbohydrates?
How many carbs in a day?
Eat more vegetables
Drink more water
How much water?
Understanding portion sizes
Using the plate method
Eating well on a budget
Read your food labels
Fast food alternatives
Be active!
Taking care of your feet
Taking care of your teeth



Blood glucose self-management

Understanding A1C
Diabetes green, yellow and red zones
Why treat diabetes?
Steps to stay healthy
What affects blood sugar?
Signs of high blood sugar
Know the symptoms of hyperglycemia
Signs of low blood sugar
Know the symptoms of hypoglycemia
Common diabetes medications
Menu plan for cold and flu
Signs of diabetes emergency
Blood sugar facts



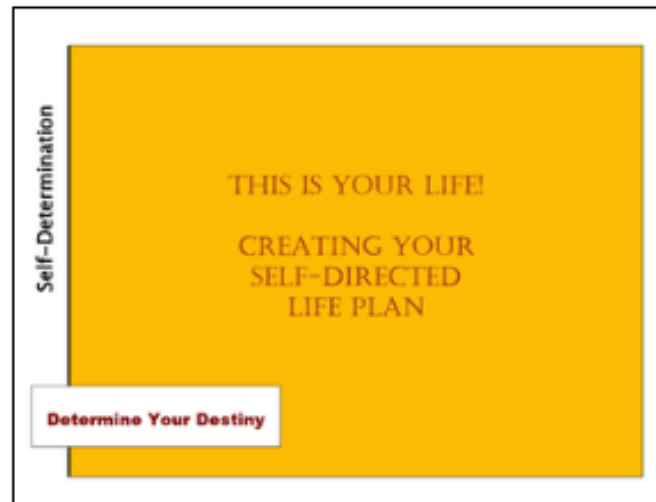
Download the manual and planning tools for free

About the manual

Health fairs help people in recovery learn how to better manage medical conditions that can be improved with screening, education, and support. They also provide personalized health information that participants can share with their physicians, family members, and other supporters. Health fairs are a low-key way to encourage people to make healthier choices that lead to a satisfying lifestyle centered on wellness.

This manual shows how to plan and conduct health fairs for participants living with mental health or substance abuse disorders. It was co-developed by the Collaborative Support Programs of New Jersey and the UIC Center on Psychiatric Disability and Co-Occurring Medical Conditions. Written from a practical and experiential perspective, it includes tips and tools that grew out of health fairs conducted by these organizations across the country. While health fairs can range from small, simple events to large, complex ones, the manual is designed to offer a roadmap for planning a successful event, regardless of size and complexity.

THIS IS YOUR LIFE: CREATING YOUR SELF-DIRECTED LIFE PLAN

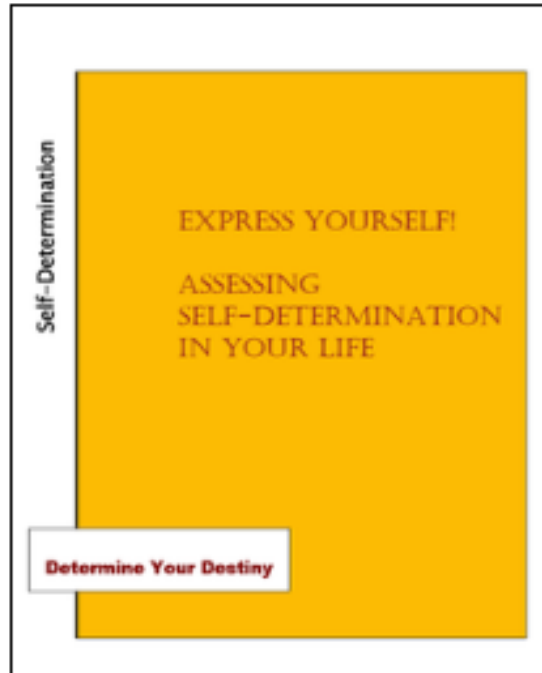


Download the workbook for free

About the workbook

This is Your Life! Creating Your Self-Directed Life Plan, is a workbook that helps people figure out what they'd like to do in life and how to get there. Some common goals are to manage a psychiatric or medical condition, get a job or a better job, go to school, find a better place to live, or develop a friendship. As they work through the guide, users learn to assess their resources and strengths, their needs, preparation to be undertaken, and action steps to meet goals. Using the [Stages of Change model](#), users are guided through a planning process based on whether they're contemplating change, preparing for change, ready to act, or wanting to maintain their progress.

EXPRESS YOURSELF! ASSESSING SELF-DETERMINATION IN YOUR LIFE



[Download the assessment for free](#)

About the assessment

Self-determination means having the freedom to be in charge of your own life, choosing where you live, who you spend time with, and what you do. It means having the resources you need to create a good life and to make responsible decisions. It also means choosing where, when, and how you get help for any problems you might have. *Express Yourself! Assessing Self-Determination in Your Life* is a self-assessment tool designed to help people discover how much self-determination they have in different life areas. It helps users identify those areas where they'd like to increase their level of self-determination, and other areas in which they're already satisfied. As they complete the assessment, users become more aware of what self-determination is and how its presence or absence affects their lives. They then are offered links to web sites they can access in order to increase self-determination in that area. For example, a person desiring more self-determination in the area of transportation is directed to a web site that shows them how to use local public bus, train, and elevated transit systems.

___ I'm able to stand up for myself to get what I need.

___ I can deal with abuse, whether it's verbal, sexual or physical.

___ My basic human rights are respected.

___ I'm free to choose the kinds of goals I want to pursue.

___ I'm able to choose my medical doctor.

___ I freely choose what kinds of medical treatment I get.

___ I decide how involved I want to be in my medical treatment.

___ I have the money I need to live the kind of life I want.

___ I have the final say over how I spend my money.

___ I'm able to control my finances in a way that enhances my life.

___ I feel responsible for my financial future.

___ I decide whether or not to work.

___ I choose what kind of work I do.

___ I choose where I work.

___ I know how to deal with prejudice and discrimination.

___ I'm able to avoid people who show prejudice toward me.

___ I have people in my life who accept me for me.

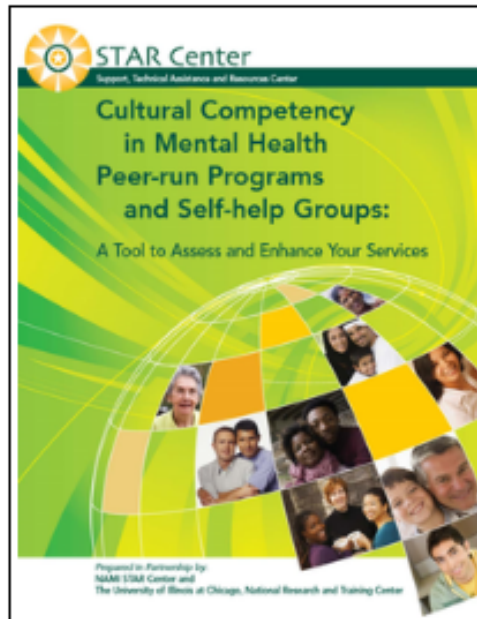
___ I choose whether to receive treatment for mental health problems.

By [Trisha Torrey](#) | Updated on January 07, 2020

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CULTURAL COMPETENCY GUIDEBOOK



[Download the manual for free](#)

About the manual

Cultural Competency Guidebook helps both peer and traditional mental health programs to assess their cultural competency in five organizational areas. It also guides users in creating specific action plans to better serve people from diverse cultures.

It's not unusual for mental health programs, both traditional and peer-run, to feel that they already do a good job of serving people from all walks of life. Additionally, there's a widespread belief that sharing the experience of mental health recovery puts individuals on equal footing with each other despite any cultural differences. Certainly there is common ground and mutual understanding among people who have experienced mental health problems. Nonetheless, we all have more to learn about cultures and lifestyles that differ from our own.



Please note!

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For Further Exploration

❖ **Solutions Suite**

<https://www.center4healthandsdc.org/solutions-suite.html>

❖ **Center for Integrated Healthcare & Self-Directed Recovery**

<https://www.center4healthandsdc.org/>

❖ **Center Twitter Feed**

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