



# Find Your Solution

**Our Solutions Suite for Health & Recovery provides free tools & manuals, training webinars, podcasts, & technical assistance.**

**Products are for use in mental health & social service agencies, outpatient clinics, hospitals, peer-run programs, self-help groups, & on your own.**



## Suite Contents

### Health & Wellness Tools

**Nutrition and Exercise for Wellness and Recovery (NEW-R)** to achieve a healthier lifestyle

**Wellness Activities Manual** to learn habits that improve personal wellness

**Online Diabetes Education Toolkit** of products (many in Spanish) linked to ADA care standards

**Guide to Planning & Conducting a Health Fair** for people in mental health recovery

**Journaling – A Wellness Tool** to improve health & personal wellness through reflection

**Wellness in 8 Dimensions & Wellness Daily Plan** to set goals in each dimension of wellness

**Physical Wellness for Work** to support a healthier & more productive work day

**Health Passport/Portable Record** to learn about & monitor common medical conditions

**Keeping Healthy After the Hospital** to introduce inpatients to recovery & motivate post-hospital wellness

**Whole Health Action Management** to develop & use wellness self-management skills

### Self-Direction Tools

**This Is Your Life: Creating A Self-Directed Life Plan** to develop a goal-based plan for a rewarding life

**Express Yourself: Assessing Self-Determination in Your Life** to identify where & how to increase personal self-determination

**Building Financial Wellness** to gain knowledge & skills for managing your personal finances

**Raising Difficult Issues with Your Service Provider** to constructively express viewpoints & wishes in treatment situations

**Action Planning for Prevention and Recovery (based on WRAP)** to help manage or avoid mental health symptoms & troubling feelings

**Seeking Supported Employment** to assess whether a vocational program offers evidence-based supported employment services

**Guidebook on Assessing Cultural Competency** to explore and enhance competency with diverse people

**Self-Directed Care Manual: A Comprehensive Mental Health Program Guide** to design & implement a mental health self-directed care program