



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

Enhancing Your Immune Health to learn about and improve the functioning of your immune system

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