



Wellness Plan

Overview and Instructions for Staff:

Wellness plans should **emphasize effective skills, strategies and actions** in the face of situations rather than focusing on avoidance of challenges. Progress has less to do with what's coming at you and much more to do with **how you respond**. Outcomes are greatly enhanced by inviting the client to join in the process of **collaborative goal and wellness planning**.

Some people, with histories of troubled substance use, indeed choose abstinence from a substance(s) as a goal. As all MHSU clinicians should be aware, for those persons with histories of opioid use, an 'abstinence first' approach carries significant risk of accidental poisoning (overdose). Therefore, clients should be invited and supported to consult with a qualified medical professional to explore the value of Opioid Agonist Treatment (OAT).

How a clinician supports a person in developing and integrating a plan, is equally as important to the merit of the plan itself (Moyers & Miller, 2013). The quality of the helping partnership (goal consensus/collaboration, agreement on approach/methods, empathy, and genuineness) is also of equal value as a particular 'relapse prevention' framework.

In developing a Wellness Plan, a few key principles, consistent with Motivational Interviewing, to aspire to:

- Work towards **Partnership** over task completion or treatment compliance. **Empathy and goal consensus** are as important as "the plan". How you show-up and engage the person in the process is far more important than tasks such as completing plans (Moyers & Miller, 2013).
- Maintain a deep and wide quality of **Acceptance**. The person "gets to be" who they are, including goals and preferences.
- Act from a place of **Compassion**. This includes leaving the ego at the door and being a humble servant of the person's cause (what matters to the person).
- Support client **Evocation**: ask and listen, rather than tell and expect. **Engage** with the person in ways that invite and promote their voice, their wisdom, their ideas, their vision, their hopes, and their values.
- Avoid giving advice or direction unless you are invited to (you learn that it is welcomed).
- Encourage staff to engage in **Reflective Practice**, as evidence suggests that when staff make more reflections than asking questions, the more effective the counselling and the stronger the empathetic connection.

Conceptually, there are three areas to Wellness Planning and they are highly inter-connected. The first domain is **Building Wellness (Green Light)**, the second **Maintaining Wellness (Amber Light)**, and the third **Critical Plan (Red Light)**.



Building Wellness (Green Light)

Putting healthy foods on your plate is a key to physical well-being. Much like working at a healthy diet, what you put into your life, builds wellness. Based on your goals and what matters most to you, what will you work at putting on “your plate”?

Social:
Physical:
Thoughts and Emotions (Psychological):
Work/Education:
Spiritual:

Maintaining Wellness (Amber Light)

Being human isn't easy. It's not so much that challenges happen; it's more about **what you do** about it when they do happen. Recognizing that things are beginning to get out of balance and **taking steps** to get back on track is key to maintaining long-term wellness. Based on your experience and what you have been learning about wellness, what are some situations (including certain thoughts and feelings), people and places that can be challenges and what steps will you take to respond in ways that respect your goals and what matters to you?

Situations, feelings, thoughts, people and places that can challenge my goals and what matters most to me:
Ways that I can effectively respond to these life challenges and supports that I can leverage:



Critical Plan (Red Light)

It is important to recognize those moments (situations, feelings, thoughts) where you are getting near the point of going off the path of your wellness. “Hearing the train” before it arrives gives you a chance to step-out of the way and back to your wellness path. A Critical Plan is different than the more day-to-day challenges involved with the Maintaining Wellness Plan as it is much more basic and action oriented. It is not meant to solve problems and feed growth; it is meant to get you out of the way when things are getting too close to an edge. Once away from an edge, you can get back to work at building and maintaining wellness.

<p>Based on your own lived experience, what are some of the signs, actions, situations, feeling and thoughts that tell you that you are at risk of going off your path?</p>
<p>Based on your lived experience, wisdom or ideas that make sense to you, what are some basic concrete steps that you will take if you find yourself in any of the situations where you are near an edge? The simpler and more “do-able” the plan the better.</p>

My Early Exit Transition Plan

If I leave the program early, the following plan will be put in place:

Most Responsible Clinician:	Phone number:
	Email address:
Primary Destination Contact Name:	Phone number/s:
Address:	
Transportation plan/s:	
Secondary Destination Contact Name:	Phone number/s:
Address:	
Transportation plan/s:	
Medical Reminders (Including Medications):	Special Considerations: