

Developed by Lilly USA, Team Solutions & Solutions for Wellness was created to provide tools and materials to help clinicians educate adults with serious mental illness about life skills and symptom management, promote recovery and resilience, and inspire and empower them to improve their overall health. It is also a resource for those who want to understand mental illness better, and can be used for individual, group, and family sessions, across all levels of care and treatment settings.

The program includes 10 Team Solutions workbooks, two Solutions for Wellness workbooks and an Implementation Guide. The entire curriculum includes 162 sessions, each approximately one hour in length, offering a total of about 200 hours of psychoeducational materials. Workbooks may be implemented in a variety of ways, including sequentially, concurrently, or in any order that meets the needs of the settings.

### **Team Solutions**

Team Solutions is a recovery-based illness and life skills management resource, incorporating 10 workbooks and more than 150 hours of psychoeducational materials. Team Solutions emphasizes knowledge and skills that can help clients understand their illness, enhance illness self-management, improve coping, strengthen resilience, and partner with their treatment team. Team Solutions covers a range of topics, including:

- Recovering: Achieving Your Life Goals
- Partnering With Your Treatment Team
- Understanding Your Illness
- Understanding Your Treatment
- Getting the Best Results From Your Medicine
- Managing Stress and Problems
- Making Choices: Substances and You
- Recognizing and Responding to Relapse
- Managing Crisis
- Recovery in Process: Putting It All Together

Team Solutions can be used alone or with Solutions for Wellness and other psychoeducational and psychosocial resources.

### **Solutions for Wellness**

Solutions for Wellness is a physical health and wellness resource for use by healthcare professionals with clients who have serious mental illness. The Solutions for Wellness workbooks include numerous hour-long lessons to encourage clients to live healthier lifestyles by offering information on healthy eating, physical activity, and positive lifestyle choices.

The two workbooks in Solutions for Wellness - Choosing Wellness: Healthy Eating and Choosing Wellness: Physical Activity - provide approximately 50 hours of psychoeducational materials to be used alone or in conjunction with Team Solutions and other psychoeducational or psychosocial resources.