



Whole Health Action Management

WWW.THENATIONALCOUNCIL.ORG

Whole Health Action Management (WHAM) is a peer-centered program developed by the National Council's SAMHSA-HRSA Center for Integrated Health Solutions to promote whole health self-management. Peers are encouraged to partner and identify strengths, develop weekly action plans and work together using positive reinforcement to meet a goal. Rather than work alone, WHAM encourages participants to collaborate and support others' efforts.

WHAM is easy to use and implement in health care settings. This train-the-facilitator program gives peers 10 science-based whole health and resiliency factors to identify strengths and supports:

- **Identify strengths and supports in 10 science-based whole health and resiliency factors**
- **Write a concise whole health goal based on person centered planning**
- **Create and log a weekly action plan**
- **Participate in peer support to create new health behavior**
- **Elicit the Relaxation Response**
- **Engage in cognitive skills to avoid negative thinking**
- **Prepare for basic whole health screenings**
- **Use shared-decision making skills and tools for engaging with doctors**

So far, 30 states with more than 3000 participants have been trained, within community behavioral health centers, federally qualified health centers, health homes, criminal justice systems and Veterans Administration programs. Preliminary research by Dr. Judith Cook at University of Illinois at Chicago has revealed that a peer-led WHAM intervention delivers on new health behaviors like physical activity and healthy eating. WHAM training graduates are linked to a national listserv to foster ongoing peer support, share tips and tools for success, and provide new resources for peer services and integrated health.

For more information on the WHAM Training, visit <http://bit.ly/2aEv6ch> or contact Sarah Flinspach at SarahF@TheNationalCouncil.org