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Whole Health Action Management (WHAM):

Facilitating Individual and Group Interactions 151106

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The Endless Vine: An ancient symbol of Infinity or Life,
the interweaving Wisdom discovered along the Path of
Eternal Flows of Time and Movement Without and Within



Whole Health Action Management (WHAM) Resilience & Recovery Facilitating Guide

Adapted by George S. Braucht from:

1. American Psychological Association. (2014). *The road to resilience*. Available at <http://www.apa.org/helpcenter/road-resilience.aspx#>.
2. Health Resources Services Administration Center for Integrated Health Solutions. (2012, April). *Whole health action management (WHAM) peer support training participant guide*. Washington, DC: SAMHSA. Available at <https://www.integration.samhsa.gov/health-wellness/wham>.
 - A. How do people deal with stress and other events that change their lives? Family and relationship concerns, the death of a loved one, workplace challenges, financial difficulties, job loss, illness, and experiencing violence are examples of challenges that may trigger a flood of strong emotions and a sense of uncertainty. Yet people generally “bounce back” or adapt well over time. What enables them to do so?
 - B. Resilience is not a trait that you either have or do not. Rather, it is an ongoing process everyone learns involving thoughts, behaviors and emotions. Emotional pain, distress and sadness commonly follow major adversity or trauma. The road to resilience requires time, effort and flexible, sustained engagement. At times we need to let ourselves experience strong emotions then at other times we may need to avoid experiencing them to continue functioning.
 - C. Before starting the weekly goal setting and progress monitoring process, be sure to think about including any goals and tasks that may be on your treatment /recovery plan if you are in a treatment or recovery program.
 - D. Developing resilience is a personal journey. People’s reactions to an event vary as do the strategies used for progressive health and wellness. Some variation typically reflects cultural differences. What works for one person may not lead another person to success.
 - E. Many studies show that the primary resilience factor is caring and supportive relationships within and outside the family. Resilience development works best when done with one or more supporters who use relationship enhancement skills (PINK OARSI) to create love and trust, provide role models, and offer encouragement and reassurance or, in a word, hope. If you request specific suggestions, supporters should always provide two or more goal or task options from which you choose what you want to do. A supporter does not provide THE correct or best answer! Find your own answers by first acknowledging the benefits to you of a goal or activity to have agency or ownership of the goal(s) or task(s). Remember, BAM!

Desired Benefit(s) [B] + Agency (Ownership) [A] = Motivation [M] = BAM!

Goal = something you are willing to work for because you want the benefits

Benefits = the motivation behind a goal; including expected benefits in a goal statement helps to sustain associated behavior and harnesses your ability to monitor and accomplish the goal



- F. Many people find the four-step process of creating a weekly resiliency/recovery capital action plan helpful for reaching personal goals. Associated health-promoting tasks, activities or actions in the plan must occur multiple times each week yet may vary from week to week. Below is an example of goals/tasks. The WHAM Role Play may be used to model how an interaction focusing on Step 3 may proceed using the PINK OARSI.

Step 4: Transfer your IMPACT-positive goals to the WHAM Resiliency & Recovery Weekly Take Home Log and/or SCORE Board

Sample goals/tasks	1. Increase/improve my <u>support network</u>	2. Find my sense of <u>meaning/purpose</u>
1. What task/activity will you do?	Attend AA, or Go to church, etc.	Read an autobiography or make a Joy List, etc.
2. How much will you do?	For one hour	30 minutes
3. How often will you do it?	Three times a week	Five days a week
4. When will you do it?	M,W & Sa evenings	M,T,W,Th,,F before bed
5. How confident are you that you will accomplish this plan (or the goals this week with 0 = no confidence and 10 = total confidence)?		

Ideally the confidence level about each goal's plan should be seven or higher. If it is **six or less**, ask, "what, if any, changes to the above plan would raise my confidence level to a seven or above?" Consider:

- a) Reducing how much, how often or changing when
- b) Asking for peer/other supports like a recovery check-in, someone to do the activity with you, etc.

G. Facilitating a WHAM Group

1. The number of participants is limited only by the size of the room and the availability of movable furniture needed to accommodate dyad or small group work.
2. Provide each participant with:
 - a. WHAM Resilience & Recovery Weekly Goal Setting sheet
 - b. WHAM Resilience & Recovery Weekly Activity Take-Home Log or SCORE Board
 - c. A folder in which s/he keeps:
 - i. name tent/tag
 - ii. each week's WHAM Resilience & Recovery Weekly Goal Setting sheet
3. Begin each WHAM Group with a starting ritual (2 minutes)
Perhaps. "Let's take a moment of silent stillness to express gratitude for the bounty that exists in our lives and to give thanks to the elders who contributed to that bounty including the Frist Nation People [name the tribe(s)] who took such good care of the land on which we now sit."
4. Discuss or review Safety and Respect Guidelines (5 minutes)
5. Read, or have participants read, page 2 of this Guide (10 minutes)
6. Proceed with Step 1. Optional: Divide participants into dyads or small groups based on which of the 10 factors are chosen for the next week and proceed with Steps 2-4. Urge participants to use PINK OARSI throughout this process and always model those skills! (at least 20 minutes)
7. Reconvene the large group and ask, "what would make the next WHAM Group better? (5 minutes)
8. End with a closing ritual (2 minutes)
Perhaps "The opposite of health is illness and I appreciate connecting with you today and your support of my resilience."



WHAM Resilience & Recovery Weekly Goal Setting

Name: _____ # _____ Date: _____

Adapted from: Health Resources Services Administration Center for Integrated Health Solutions. (2012, April). *Whole health action management (WHAM) peer support training participant guide*. Washington, DC: SAMHSA. Available at <https://www.integration.samhsa.gov/health-wellness/wham>.

Many people find that creating a weekly resiliency/recovery capital action plan is vital to reaching personal goals. Associated health promoting tasks, activities or actions in the plan:

1. Must occur multiple times each week,
2. May vary from week to week, and
3. Need to relate to the overall personal objective related to your recovery or wellness..

Step 1: one or more goals to work on this week from the 10 Whole Health Action Management (WHAM) Resiliency and Recovery Factors

- Manage stress (1) Eat healthy (2) Do physical activity (3)
- Get restful sleep (4) Serve others (5) Engage in support networks (6)
- Experience optimism based on positive expectations (7)
- Focus on spiritual beliefs and practices (8)
- Experience a sense of meaning and purpose (9)
- Use positive cognitive skills to avoid or manage negative thinking or emotions (10)

Step 2: Select three (or more) factors above that you want to work on in the next 7 days. List one or more goals or tasks you could strive to accomplish in the next 7 days. You may carry over factors and goals from previous weeks or identify new ones.

Factor # _____ Goal/Task 1: _____
 Goal/Task 2: _____
 Goal/Task 3: _____
 Goal/Task 4: _____

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 Goal/Task 2: _____
 Goal/Task 3: _____
 Goal/Task 4: _____



WHAM Resilience & Recovery Weekly Goal Setting (cont.)

Step 3: Review the IMPACT questions for the goal/tasks.

1. Does it **Improve** the quality of my health and my recovery or resiliency?
2. Is it **Measurable** so that my recovery supporter(s) will know when it is accomplished?
3. Is it **Positively** stated as something new that I want to do in my life?
4. Is it **Achievable** given my present situation and current abilities?
5. Does it **Call** for actions I can take on a regular basis to create healthy recovery habits?
6. Is it **Time-limited** in terms of when I will begin and when I plan to accomplish it?

If the answer to any of the above is no, answer:

1. Why do you want to do this? _____
2. What will be the benefits? _____
3. How will your life be different when you accomplish it? _____
4. When you accomplish this goal, what will you be able to do that you can't or aren't doing now? _____

Step 4: Transfer your IMPACT-positive goals and tasks to the WHAM Resiliency & Recovery Weekly Take Home Log and/or SCORE Board



WHAM Resilience & Recovery Weekly Activity Take-Home Log

Name: _____ # _____ Date: _____

Display in a prominent place at home and ✓ accomplishments each day. Also add your top two goals to your SCOREboard.

Goal/Task1: _____

- a. What: _____
- b. How much: _____
- c. How often: _____
- d. When: Sun Mon Tue Wed Thu Fri Sat
- e. Confidence level (0-10): _____
- f. when occurred: Sun Mon Tue Wed Thu Fri Sat

Goal/Task2: _____

- a. What: _____
- b. How much: _____
- c. How often: _____
- d. When: Sun Mon Tue Wed Thu Fri Sat
- e. Confidence level (0-10): _____
- f. when occurred: Sun Mon Tue Wed Thu Fri Sat

Goal/Task3: _____

- a. What: _____
- b. How much: _____
- c. How often: _____
- d. When: Sun Mon Tue Wed Thu Fri Sat
- e. Confidence level (0-10): _____
- f. when occurred: Sun Mon Tue Wed Thu Fri Sat

Goal/Task4: _____

- a. What: _____
- b. How much: _____
- c. How often: _____
- d. When: Sun Mon Tue Wed Thu Fri Sat
- e. Confidence level (0-10): _____
- f. when occurred: Sun Mon Tue Wed Thu Fri Sat



WHAM IMPACT Goal Setting and Key Questions Role Play: Quitting Smoking Goal Not Positively Stated or Measurable

Peer and Recovery Ally have a copy of the Peer's WHAM Resiliency & Recovery Weekly Goal Setting Sheet

1. Ally: I'd really like to hear what's going on with you. Would you share with me your goal for the next month?
2. *Peer: Well, my counselor put on my treatment plan a goal of quitting pot smoking. That's to make her and my probation officer happy and get them off my back.*
3. Ally: In the next 30 days you will stop smoking pot. Let's see if this is a WHAM IMPACT goal. Are you OK with checking off the questions in Step 3 of the WHAM Resiliency & Recovery Weekly Goal Setting sheet?
4. *Peer: Sure.*
5. Ally: First, the "I." Does quitting smoking Improve the quality of your health and recovery?
6. *Peer: Yeah, I guess so. I wonder why a lot of states have made pot legal if it is so bad for your health though! Actually, I'd probably get more stuff done if I didn't smoke pot.*
7. Ally: We can come back to this later if you'd like. For now, you're not sure pot smoking is really that bad for you except it's illegal and caused you to be on probation which requires you to come here. On the other hand, you may be more productive and can see some other benefits to not smoking. Second IMPACT question: is quitting smoking pot Measurable in terms of how I, as your recovery ally, your counselor and your probation officer will know when you have accomplished it?
8. *Peer: Well, yeah, you seem pretty cool so I will tell you if I get high or not. Not so sure I'll tell my PO or counselor but I have to pee in a cup twice a week so I can tell you those results too.*
9. Ally: Taking drug tests is an important part of your plan and I appreciate your honesty with me. So is your goal, quitting smoking, Positively stated as a new activity that you want to add to your life?
10. *Peer: Now that I think about it, nope, quitting doesn't sound like I'm adding anything positive. But I'm not going to hang around with my pot smoking friends and I will just stay focused and positive.*



**WHAM IMPACT Goal Setting and Key Questions Role Play:
Quitting Smoking Goal Not Positively Stated or Measurable (cont.)**

11. Ally: Let's see how staying focused and positive while not hanging with friends who use can turn quitting smoking pot into some positive activities by going over the questions in section C. Besides it being on your treatment plan, what benefits do you see to quitting pot smoking?
12. Peer: *Not sure I'd say I want to but it is illegal, at least for now. The thing is that my babe and my kids don't want me to go back to jail. Besides I'm tired of being locked up. From how you look, I'd say you've never been to jail?*
(Note the potential hook thrown out! Does responding with your experience AT THIS POINT help or hinder the Peer's focus on her/his plan? See how this Ally responds succinctly and how the Peer continues.)
13. Ally: You like being with your family and they want you to stay around. Seems like you recognize that going to jail because of pot has screwed up your family. I have (or "not") been arrested (or "but") and my drug use also caused me to almost lose my family and gaining their trust took a while after I got into recovery. Now, we really have a lot of fun and I'm getting better at not instantly panicking when I see a cop or my PO. So, what would some of the benefits be if you got into recovery?
14. Peer: *Well, for sure I'd have more money.*
15. Ally: You'd be happier as a person in recovery because you'd stop going to jail which your spouse and children would appreciate, and you'd have more money. Then how would your life be better, specifically?
16. Peer: *Well, I could spend more time doing things with my family and maybe they'd stop expecting me to go back to jail. My dad went to prison and every chance they get they remind me. You know, the apple doesn't fall far from the tree.*
17. Ally: You are frustrated by the hard time your family gives you and spending more time with your family could help with that. What do you think you'd be able to do that you can't or aren't doing now?
18. Peer: *My old lady (man) loves going to the movies and my kids really like playing in the park and getting an ice cream afterwards. I'd also probably get lucky more often, if you know what I mean.*
19. Ally: Let's see if I do. Some of the new things you could look forward to by being in recovery from smoking pot - you'd be able to take the kids to the park and buy them treats and you'd probably get treats more often from the spouse. So now it sounds like your 30-day goal is being in recovery from pot smoking. What four tasks or activities could you do this week to start on that goal?



WHAM IMPACT Goal Setting and Key Questions Role Play: Quitting Smoking Goal Not Positively Stated or Measurable (cont.)

20. *Peer: Hmm, did I say that? Well anyway, so instead of just saying, "I'm going to quit smoking pot," I'm going to say, "I am getting into recovery." I like that! This week I'll take a drug test on Monday and Friday, tell you and maybe my counselor if I've used or not, take the kids to the park three times, and go to the movies with my wife Saturday night.*
21. Ally: Now that's measurable and stated positively! Here's the next IMPACT question – is this Achievable given your present situation and current abilities?
22. *Peer: I think so. I've gone months in jail without smoking pot so this should be easy breezy. I still have a little dough left over from my last check and it should be enough to by the gas, cover the ice creams and get two movie tickets. Maybe my spouse's sister will watch the kids.*
23. Ally: Just to be sure, on a 0 to 10 scale with 0 = very unlikely and 10 = definitely will happen, how confident are you that when we get together next week you'll have done every one of these activities?
24. *Peer: It's about a six, I've wanted to do these things, well not the drug tests but everything else, they just never seem to happen on a regular basis.*
25. Ally: You seem determined and you are looking forward to it. I wonder what, if anything, would move that six to a seven or eight?
26. *Peer: It's about the other stuff I have got to do. I'm looking for a job and I take pick-up jobs as often as I can so we can eat and pay the bills. Sometimes I'm so tired. There're also times when I kick back and play video games and forget everything else. Maybe if I got in the game zone after going to the park would work better?*
27. Ally: Being able to financially provide for your family is important to you and juggling those responsibilities saps your energy. However, you can reward yourself for going to the park by playing video games. There's also getting lucky, as you hoped before! So, is this a Call for actions that you can take on a regular basis?
28. *Peer: Well yeah.*
29. Ally: So summarize this week's plan as you write this in your WHAM Recovery Take Home Log or SCORE Board for this week so that it is Time-limited
30. *Peer: My recovery from smoking pot begins by taking drug tests Monday and Friday, telling you and maybe my counselor if I use or not and your giving you my test results, taking my kids to the park three times and me and my babe going to the movies once next week.*



**WHAM IMPACT Goal Setting and Key Questions Role Play:
Quitting Smoking Goal Not Positively Stated or Measurable (cont.)**

31. *Ally:* You're doing this because these activities will help you to avoid getting arrested and you expect this to be a lot of fun and maybe provide some additional benefits. Thanks for going over this with me today. Would it be helpful if I called Friday to do a recovery check-in and see how you are doing?
32. *Peer:* Yeah, I can spend more time doing things with my family and maybe they'll stop expecting me to go back to jail. Sure, give me a call or send me a text if you don't hear from me by Friday afternoon after I see Officer Dogooder.

