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**Whole Health Action and Management (WHAM):  
Resiliency & Recovery Goal Setting and Monitoring**

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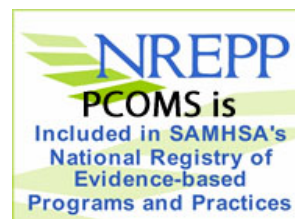
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The Endless Vine: An ancient symbol of Infinity or Life,  
the interweaving Wisdom discovered along the Path,  
Eternal Flows of Time and Movement Without and Within



## Whole Health Action and Management (WHAM): Resiliency & Recovery Goal Setting and Monitoring

Adapted 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 <http://www.integration.samhsa.gov/healthwellness/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 the same to trauma and stress 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 research 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 create love and trust, provide role models, and offer encouragement and reassurance. 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 ownership of the goal(s) or task(s). Remember,

**Desired Benefit(s) + Ownership = Motivation.**

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

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



F. Many people find the below four step process of creating a weekly resiliency/recovery capital action plan is vital to reaching personal goals. Associated health promoting tasks, activities or actions in the plan must occur multiple times each week and may vary from week to week.

**Step 1:** Describe potential benefits if you engaged in each of the below 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): \_\_\_\_\_
- Focus on spiritual beliefs and practices (7): \_\_\_\_\_
- Experience a sense of meaning and purpose (8): \_\_\_\_\_
- Experience optimism based on positive expectations (9): \_\_\_\_\_
- Use positive cognitive skills to avoid or manage negative thinking or emotions (10): \_\_\_\_\_

**Step 2:** For each factor selected above, list one or more goals or tasks you could strive to accomplish in the next 7 days.

Factor # \_\_\_\_\_ Goal/Task1: \_\_\_\_\_  
 Goal/Task2: \_\_\_\_\_  
 Goal/Task3: \_\_\_\_\_  
 Goal/Task4: \_\_\_\_\_

Factor # \_\_\_\_\_ Goal/Task1: \_\_\_\_\_  
 Goal/Task2: \_\_\_\_\_  
 Goal/Task3: \_\_\_\_\_  
 Goal/Task4: \_\_\_\_\_

Factor # \_\_\_\_\_ Goal/Task1: \_\_\_\_\_  
 Goal/Task2: \_\_\_\_\_  
 Goal/Task3: \_\_\_\_\_  
 Goal/Task4: \_\_\_\_\_



**Step 3:** Review the IMPACT questions.

1. Does it **Improve** the quality of my health and my recovery 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 to the WHAM Resiliency & Recovery Weekly Take Home Log and/or SCORE Board

G. Sample goals/tasks	1. Increase/improve my <u>support network</u>	2. Find a sense of <u>meaning/purpose</u>
1. What task/activity will you do?	Attend AA	Read an autobiography
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 your confidence level to a seven or above?" Consider:

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



## WHAM Resiliency & 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 <http://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:** Regarding each factor selected above, list one or more goals you could strive to accomplish in the next 7 days. May carry over factors and goals from previous weeks or identify new ones.

Factor # \_\_\_\_\_ Goal/Task1: \_\_\_\_\_  
 Goal/Task2: \_\_\_\_\_  
 Goal/Task3: \_\_\_\_\_  
 Goal/Task4: \_\_\_\_\_

Factor # \_\_\_\_\_ Goal/Task1: \_\_\_\_\_  
 Goal/Task2: \_\_\_\_\_  
 Goal/Task3: \_\_\_\_\_  
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Factor # \_\_\_\_\_ Goal/Task1: \_\_\_\_\_  
 Goal/Task2: \_\_\_\_\_  
 Goal/Task3: \_\_\_\_\_  
 Goal/Task4: \_\_\_\_\_



### WHAM Resiliency & 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 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 Resiliency & 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. Recovery 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 the goal of quitting pot smoking. That's to make her and my probation officer happy and get them off my back.*
3. Recovery Ally: In the next 30 days you will stop smoking pot. Let's see if this is a WHAM Recovery 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. Recovery 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!*
7. Recovery 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 see some 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 take urine tests twice a week so I can tell you those results too.*
9. Recovery 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.*
11. Recovery 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?





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

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 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?*
13. **Recovery Ally:** So 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 been arrested and my drug use also almost caused me to lose my family before 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. **Recovery Ally:** You'd be happier 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. **Recovery 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. **Recovery Ally:** Let's see if I do. So 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. Now it sounds like your 30 day goal is being in recovery from pot smoking. What four tasks or activities that you will do this week?
20. *Peer: Hmmm, what did I say? So instead of 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. **Recovery Ally:** Now that's measurable and stated positively! Here's the next IMPACT question – is this Achievable given your present situation and current abilities?



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

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 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. Recovery 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. Recovery 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's 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?*
27. Recovery 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. Recovery Ally: To summarize while you write this in your WHAM Recovery Capital Plan, and in terms of this being Time-limited, your recovery from smoking pot begins by taking a drug test on Monday and Friday, telling me and maybe your counselor if you use or not and your drug test results, taking your children to the park three times and your spouse to the movies once next week. 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?
30. *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 that dang PO..*

