

5 Keys to Success

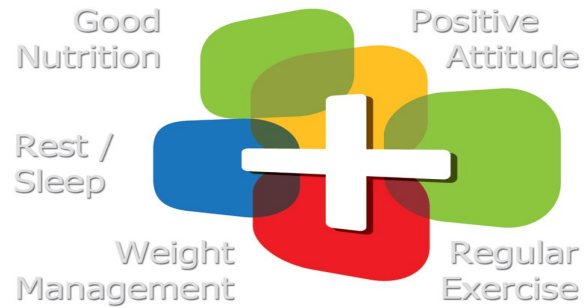


1. A Person Centered Goal
2. A weekly Action Plan
3. A Daily/Weekly Personal Log
4. One-to-One Peer Support
5. A weekly WHAM Peer Support Group

Whole Health Action Management (WHAM) is a training program and peer support group model developed to encourage increased resiliency, wellness, and self-management of health



Improve your Health



Maintaining a Positive Attitude



The Science of Stress



Peer Led, Whole Health

**WHOLE HEALTH
ACTION MANAGEMENT**

NeMCMHA

Peer Support Services

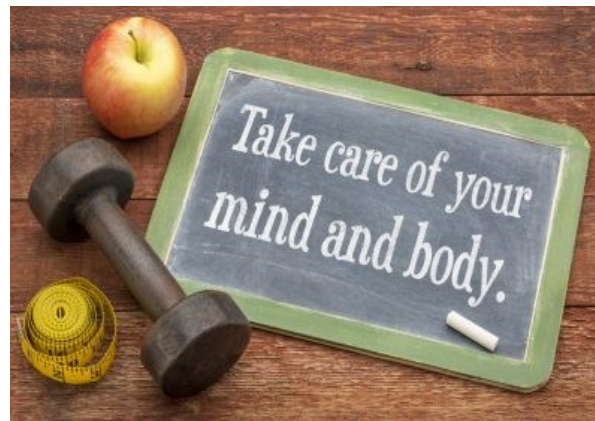
Whole Health Action Management

What is WHAM?

WHAM is a group designed to take into consideration of a person's whole health condition. This Group addresses subjects such as:

1. Stress Management
2. Health Eating
3. Physical Activity
4. Restful Sleep
5. Service to Others
6. Support Network
7. Optimism based on Positive Expectations
8. Cognitive Skills to Avoid Negative Thinking
9. Spiritual Beliefs
10. A sense of Meaning and Purpose

The Wham Group is Facilitated by two Certified Peer Support Specialist who have been trained in the Wham material.



CONTACT: YOUR SERVICE PROVIDER

Accepting New Referrals

NeMCMHA

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