

Whole Health Action Management Training Program

www.TheNationalCouncil.org

Whole Health Action Management (WHAM) training is a peer-led intervention for people with chronic health and behavioral health conditions that activates self-management to create and sustain new health behavior. WHAM aims to counter the high incidence of chronic physical health conditions such as diabetes, heart disease and obesity among people living with mental illnesses and addictions. Through facilitated sessions focused on setting strengths-based whole health goals, WHAM participants learn to:

- 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

Why WHAM?

Research shows that activation of self-management helps support the triple aim of health care reform – to increase the efficacy of care, improve care quality and reduce cost. Peer providers are the fastest growing part of the behavioral health workforce in the US. WHAM training offers peer providers the materials and tools needed to successfully implement a WHAM program at your organization.

Since 2012, more than 3000 people in more than 30 states have received WHAM training in partnership with community behavioral health centers, federally qualified health centers, health homes, and Veterans Administration programs. 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.

Approved by both SAMHSA and HRSA, the WHAM process is undergoing a randomized control study by Dr. Judith Cook at the University of Illinois at Chicago; 100 percent of the first cohort of peers in Dr. Cook's study reached their whole health goal.



For more information on the WHAM training, visit www.TheNationalCouncil.org/training-courses/Whole-Health-Action-Management or contact Jesse Barkin at JesseB@TheNationalCouncil.org. Costs below and additional materials are on the website.

WHAM Peer Support Training Participant Guide \$12
WHAM My Goal and Weekly Action Plans Pocket Guide \$4

Additional materials can be printed on your own using the following link - <http://www.nationalcouncildocs.net/whole-health-action-management-wham/wham-materials-english>

Who Should Apply for WHAM Training?

The WHAM training program encourages applications from peer providers, whether employed by or volunteering for a health care agency, who agree to:

- Create and work toward a whole health goal
- Provide peer support to reach a whole health goal
- Fully facilitate or participate in the local WHAM process

How it Works

WHAM is a train-the-facilitator program developed by the SAMHSA-HRSA Center for Integrated Health Solutions (operated by the National Council for Behavioral Health). Participants who attend the 2-day, on-site training are provided all materials and tools to implement WHAM locally.