

OhioMHAS Bureau of Recovery Supports is hosting a Whole Health Action Management (WHAM) training, a peer-led intervention is for people with chronic health and behavioral health conditions, which activates self-management to create and sustain positive health behaviors. This is an opportunity for individuals with lived experience who work for or volunteer in Consumer Operated Services to become WHAM program facilitators. Participants will learn to:

- Identify strengths and supports in 10 science-based whole health and resiliency factors
- Write a concise who health goal based on person-driven planning
- Create and log a weekly action plan
- Participate in peer support to create new health behavior
- 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

The training will be held January 28th & 29th in Columbus, Ohio. We are looking for 15 individual with lived experience who work for or volunteer for Consumer Operated Services to be trained as WHAM facilitators. Training participants are expected to:

- Create and work toward a whole health goal
- Provide peer support to reach a whole health goal
- Facilitate 8-week WHAM peer groups in the Consumer Operated Service for which they work or volunteer

If you are interested, please e-mail Sharon Fitzpatrick at Sharon.fitzpatrick@mha.ohio.gov. This is a no cost training. For individuals who are not being paid for their attendance at the training, Community Family Partnership Team funds will be available.