



1

Your Wellness Counts

A Self-Directed Tool

For a Healthier, More Satisfying Life



Dedication and Acknowledgements:

For all persons in recovery striving for wellness
Special thanks to all who guided the creation of **Your Wellness Counts**

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The information in “Your Wellness Counts” is intended for your general knowledge to promote overall wellness. It’s not a substitute for medical advice or treatment for specific medical conditions. Prior to making any behavioral changes, it’s recommended that you speak with a health care professional.

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Your Wellness Counts: Index

Welcome to Your Wellness Counts. We are glad you are here!

This manual includes the following Modules to help continue your journey to a healthier more satisfying life.

Module 1: Welcome

Module 2: Wellness Your Way

Module 3: Shared Decision Making

Module 4: Eating Better

Module 5: Moving More

Module 6: Deciding About Tobacco

Module 7: Wellness Every Day





1 *Welcome*

Your Wellness Counts



Your Wellness Counts: Welcome – May 2017

New Jersey Division of Mental Health and Addiction Services
Rutgers UBHC Technical Assistance Center

Sponsored by New Jersey Division of Mental Health and Addiction Services

What is “Your Wellness Counts” All About?

Welcome to *Your Wellness Counts*!

Your Wellness Counts invites you to think about how your physical health affects your overall wellness and how you can create habits and routines that support a satisfying lifestyle. You actively decide which activities make sense to you, how involved you want to be, and who can support you.

What does this “Your Wellness Counts” picture mean?

You will notice this “*Your Wellness Counts*” picture throughout the pages of this tool. The picture has three parts that summarize the main themes of this tool – a star, a heart, and the number 1:



- **You decide what is best for you.** You have the right to make informed choices. You have personal strengths, resources, and people who can help.



- **Your physical health affects your overall wellness.** Choices that involve eating better, moving more, and smoking less directly influence your overall wellness.

1

- **You’re the one who directs and monitors your progress.** You can keep track of how well you're doing in reaching your goals and in improving your health. If you want, you can share this information with others who can support and help you.

How was “Your Wellness Counts” created?

Your Wellness Counts was created with people who have said that they have mental health or substance use concerns. When people with these experiences work on being well, they are often described as being “in recovery.” The people who developed this self-directed tool (professionals, peers, family members) believe that mental health and/or a substance use issues can be managed or overcome. This tool can help you take greater charge of your own life to feel and stay well.



What Topics are Included?

☆ Why does “*Your Wellness Counts*” focus on physical health?

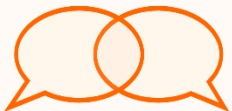
Sometimes, behavioral health services don't focus enough on the importance of physical health. Since it can affect so many areas of your life, we now know it's vital to *integrate physical health into* overall recovery and wellness. For you, a person in recovery, it's very important to include physical health because treatments can sometimes increase your risk for medical consequences, including Metabolic Syndrome (described later).

People can increase the focus on physical wellness by being more active in decision making, learning to eat better, getting more physical activity, or smoking less. These changes can help you get the most benefit from mental health and/or addiction treatment. And this tool can help you with what you can do.

☆ What do the other pictures mean?



Your Overall Wellness Goal – Meaningful life goals that you choose



Shared Decision Making – You partner with others in your recovery



Strengths – Your talents and achievements



Social support – People you trust that can help you



Quotes – Real statements from persons in recovery



Decision time – You choose how to move forward or not



How Is Your Wellness Counts “Self-Directed?”

☆ How is “Your Wellness Counts” empowering?

Your Wellness Counts *acknowledges that people in recovery are the best people to make decisions about their wellness goals*. As a person in recovery, you’re the expert on what’s most important to you and how making healthier choices fits with your priorities.

☆ How is “Your Wellness Counts” different from other materials?

Your Wellness Counts acknowledges that YOU are the best person to find answers to all of your questions. You’ve got the power to “drive your life” and make healthy choices for your overall wellness.

So we see YOU as the person directing what to read, when to read (and *stop* reading!), how much to read, and in what order. There’s no such thing as a “wrong way.”

Your Wellness Counts
offers questions,
so you can discover
your own answers.

☆ How do I start using “Your Wellness Counts”?

The first module, **Wellness Any Way**, will help you identify what is important to you for your physical wellness. You also will consider how you want to get there—even if it’s just a start. After that, module two, **Shared Decision Making**, will help you think through how you can make decisions about your healthcare and physical wellness goals. After module two, you choose where you want to go next: **Eating Better, Moving More, or Deciding about Smoking**. If you want, you can go straight to the last module, **Wellness Every Day**. See “A Visual Guide to Your Wellness Counts” on the next page” for ways to use this tool.

☆ How long do I need to spend on each page and each module?

Because this is a self-guided tool, you are the one who decides how much time to spend on each page and each module. Some people read two or three pages a day, while others work through one or two pages a week. If you want to take longer, that’s up to you. You decide on the right amount of time.



A Visual Guide to “Your Wellness Counts”

Here is a suggested “map” on how to use this Tool.



You are here

1. Welcome 



2. Wellness Your Way 




After *Wellness Any Way* & *Shared Decision Making*, you can decide to go to the *Eating Better*, *Moving More*, or *Deciding about Smoking*

3. Shared Decision Making 



4. Eating Better 

5. Moving More 

6. Deciding about Smoking 



When you get to the end of each module, you can decide to go on or go back to another module.

8. Wellness Every Day 

I can benefit from all three (focusing on eating, moving, & smoking).



*** For more information or support, you can decide to go to the *Resources* page at the end of each module.



You Are Not Alone!



Your Wellness Counts offers knowledge and tools that can prepare you to work on your own as much as you want, while using your supporters or recovery team* as needed to achieve your goals for a more fulfilling life.

* The term “**recovery team**” refers to all the people in your life who actively support you in your recovery (mental health and/or substance use). Your team includes peers, family, friends, and community supports—along with the nurses, doctors, or counselors on your treatment team.

☆ How can other people support you?

You may decide that you can work mostly by yourself. Or you can share progress with the people in your life who you trust as supporters and members of your recovery team.



Social support is important when trying to improve your overall wellness. Who are some of the people you can ask to help you get the most from **Your Wellness Counts**?

☆ Can this self-directed, monitoring tool be used in groups?

Your Wellness Counts was created for individuals to use on their own, but it can also serve as a great tool for use in groups. People can exchange support and feedback with others who are also working on improving their physical health and overall wellness.



What's Next?

The next Module, ***Wellness Your Way***, helps you to think about your Overall Wellness Goal.



If you want, you can read ahead or skim through each of the modules, to get a sense of what's coming up. That way, you can decide how you want to use this tool.

Self-directed means that YOU choose!



Congratulations!

You have completed the ***Welcome*** module.

Before moving on to the next module, use this space for any notes - ideas, hopes, dreams - you have about your wellness.

Best wishes and be well on your recovery journey!

