WELLNESS ACTION PLAN

In order to graduate from the FMHC, you will be asked to complete a Wellness Action Plan. The Wellness Action Plan is designed to help you reflect on your time in the FMHC and your plan to maintain stability in your life after you graduate from the FMHC. Please think about the questions below – how things were when you came into the Court and how things are for you now.

My life circumstances at the time of my offense

What was going on in your life that played a role in your breaking the law?

What mental health symptoms were you experiencing?

Were you using drugs or alcohol?

Did you have the housing, treatment and/or financial resources you needed?

What things made it difficult for you to get any of the resources you needed?

Sobriety, motivation, support

Progress I have made while participating in the FMHC

Have you gotten help with getting any or all of the resources above? If so, which ones have you received and which ones do you feel you still need help with?

How are your mental health symptoms?

Are you clean and sober?

What is your housing like now versus when you came into the Court?

Have you remained law abiding?

Do you have financial resources?

Have there been important changes that you recognize?

How I will remain law abiding in the future and maintain my mental health

My support system includes the following people from my family, friends and providers:

I plan to continue with the following services, treatments and providers:

I know I can ask for help from the following people:

And, if I am in need of some additional help, my family, friends and treatment providers can refer to my Personal Crisis Plan which is attached.

THE WELLNESS TOOLBOX

Part of developing a Wellness Action Plan begins with identifying Wellness Tools. These are activities that you enjoy or that help you feel better; that you may have used in the past or would like to use in the future. Some of them are simple things like brushing your teeth, combing your hair, or making your bed. Others may be things like getting together with a friend or taking your dog for a walk. You can keep these tools handy to maintain your wellness or to help you feel better when you are not feeling well.

Some Common Wellness Tools are

_____ eat three healthy meals per day
_____ take a nap
_____ exercise
_____ play with my dog
_____ write in journal
_____ make my bed
_____ do something nice for someone else
_____ watch a video
_____ listen to music
_____ see my counselor
_____ attend medical appointments
_____ make music

My personal Wellness Tools are:

_____

_____

_____

_____

_____

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_____

_____

_____