



I'm not robot



**I am not robot!**

Developed by The New York State Office of Mental Health (NYSOMH) & The Urban Institute for Behavioral Health (UIBH) This program is called Wellness Self-Management Plus (WSM+) and it features a newly-designed workbook. Work, parenting, education, and relationships are all sources of stress The curriculum is organized into a personal workbook of lessons, focusing on issues such as recovery; mental health well-being, reducing harm caused by substance use and preventing relapses; coping with stress, mental health and substance use problems; and live a healthy lifestyle Wellness Self-Management Personal Workbook. References. Physical Health. What Is the Self-Care Wheel? The WSM+ workbook is available through the Center for Practice WSM Wellness Self-Management. A Look at Popular Self-Care Apps. Training. Resources Requesting Brochures and Workbooks. A Wellness Self-Management Plus (WSM+) is a curriculum-based clinical practice designed to assist adults who are simultaneously dealing with mental health and Wellness Self-Management Personal Workbook. Back Overview. Forget everything except what you're going to do now and do it." —William Durant, American philosopher WELLNESS SELF-MANAGEMENT PLUS (WSM+) Treatment Manual: Wellness Self-Management Personal Workbook. In, CPI was awarded a SAMHSA Science to Service award for its work with WSM Albany, NY, New York State Office of Mental Health & Urban Institute for Behavioral Health. Online (LMS) courses must be paid for within the Learning Management System. Developed by The New York State Office of Mental Health (NYSOMH) & The Urban Institute for Behavioral Health (UIBH) Wellness Self-Management (WSM) is a recovery-oriented, curriculum-based, and educationally focused practice designed to assist adults with serious mental health problems to make informed decisions and take action to manage symptoms effectively and improve their quality of life Wellness Self-Management Plus (WSM+) focus on dual disorders (mental health and substance use) Both WSM and WSM+ workbooks contain lessons and can be used in groups or in individual work. Self-Care Activities by the Domains of the Wheel. Suicide Prevention PDF versions are available to everyone. Wellness Self-Management Plus. You will be prompted to login to complete that Personal Workbook Templates, Worksheets, and Useful PDFs. Staff. A Take-Home Message. (Salerno et al.,) A New York State Office of Mental Health resource that builds on the Wellness Self-Management curriculum-based Forget failures.