

Evidence-based practices are a way to be sure that consumers receive the right treatments. They give the best chance of the greatest success to meet their individual person-centered needs.

Evidence-based practices are also a way for SCCMHA to be sure of the best use of limited resources through the delivery of proven services and supports for persons with disabilities in the Saginaw Community.

For more information about Evidence-Based Practices, please call our Evidence-Based Practice and Trauma-Informed Care Coordinator at 989-272-7372 or go to <https://www.sccmha.org/resources/evidence-based-practices.html>.



**SAGINAW COUNTY  
COMMUNITY MENTAL  
HEALTH AUTHORITY**

**Main Facility**

500 Hancock, Saginaw, Michigan 48602

**Phone**

(989) 797-3400

Toll Free 1-800-258-8678

Michigan Relay 711

**24 Hour Mental Health Emergency Services**

(989) 792-9732

Toll Free: 1-800-233-0022

[www.sccmha.org](http://www.sccmha.org)

CS Approved— April 2021



SAGINAW COUNTY  
COMMUNITY MENTAL  
HEALTH AUTHORITY

# Whole Health Action Management (WHAM)

An Evidence-Based Practice

## What is Whole Health Action Management (WHAM)?

WHAM is a peer-led program to help learn self-management to reach a person-centered whole health goal. It was made by the SAMHSA-HRSA Center for Integrated Health Solutions (CIHS). WHAM is an integrated health approach that is made to help consumers better manage mental health and/or substance use issues. It is based on long-term disease self-management programs such as HARP (Health and Recovery Peer Program). It is also based on research-based approaches such as the Relaxation Response.

### Who is WHAM for?

WHAM is for adults and young adults/youth with mental illnesses and co-occurring substance use disorders

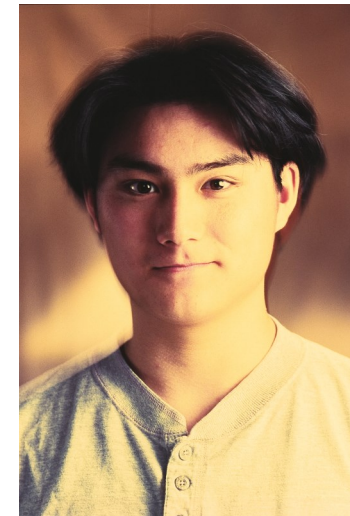
## How does WHAM work?

WHAM is intended to teach the following whole health self-management skills:

- Engage in person-centered planning to identify strengths and supports in ten science-based whole health and resiliency factors.
- Write a whole health and resiliency goal based on person-centered planning with the ten health and resiliency factors.
- Create and log a weekly action plan.
- Participate in WHAM peer support groups to create new health behavior.
- Draw out the Relaxation Response to manage stress.
- Engage in better thinking skills to avoid negative thinking.
- Use tools for shared decision-making.
- Promote prevention health screenings.

## 5 Keys to Success:

- A person-centered goal
- A weekly action plan
- A daily/weekly personal log
- One-to-one peer support
- 11 weekly peer support group meetings



### To Learn More

Is WHAM right for you? Ask your current treatment provider or contact Saginaw County Community Mental Health Authority's Centralized Access and Intake Unit (CAI) at (989) 797-3559.