

# Resource Ready: 20+ Free Activation Tools

No-cost Tools for Addiction Recovery and Mental Health Consumers to  
Support Activation and Self-Care

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**Presenter:**

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# Impact of Literacy and Activation on Behavioral Health

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# Patient Literacy

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- Having the capacity to obtain, process, and understand basic health information and services needed to make appropriate health decisions.
- Using skills (i.e., reading, writing, listening, speaking and interaction) to improve the ability of people to act on information in order to live healthier lives.



# Patient Activation

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- Refers to a patient's knowledge, skills, ability and willingness to manage his or her own health and care
- Activation is not “patient engagement”
- Having the confidence to take on the role of managing your health and health care

# Low Health Literacy

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- Delay in seeking care
- Less likely to obtain preventative health services
- More likely to utilize emergency services
- Twice as likely to be hospitalized and remain the in the hospital
- Less likely to ask questions
- Less likely to adhere to treatment
- More likely to make medication errors

# Low Activation

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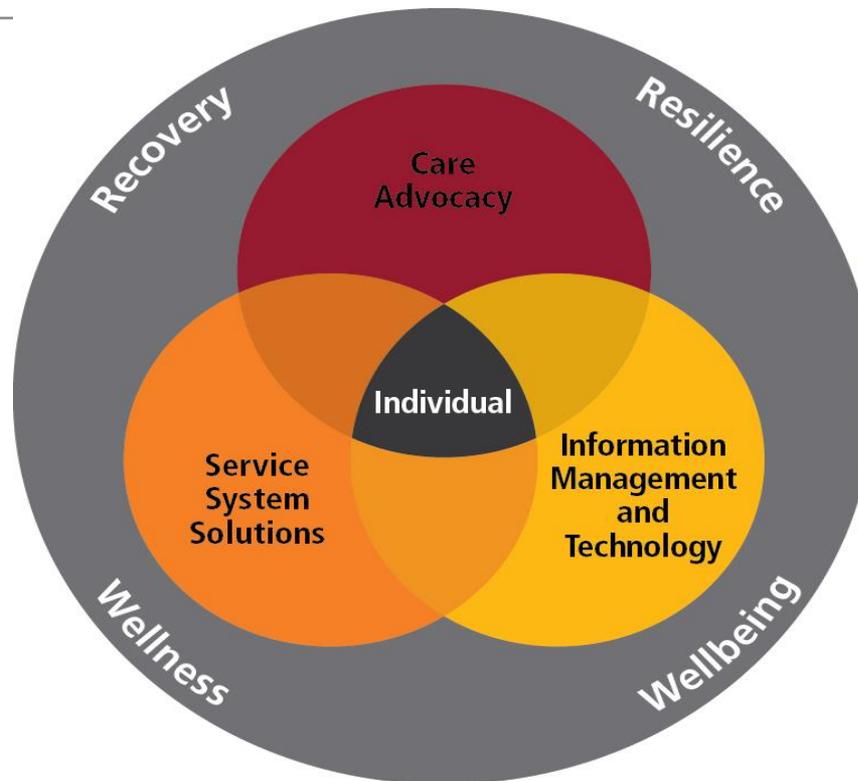
# Patient Activation

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A number of aids and tools have been developed in the past decade to assist in decision making, but they are not widely used. Some of the reasons speculated by a Robert Wood Johnson report include:

- fear that patients will choose more costly or inappropriate treatments,
- lack of physician time and space in the clinical setting,
- and the belief that patients are not interested in or are not able to cope with the information





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## Clinical Model

These are three aspects of quality making us, at the core, a quality improvement company. We manage by way of 3 core competencies or “pillars”. *A focus on consumer and family engagement, implementing the evidence-based techniques from the field of recovery and resilience, is integral to each of the pillars.*

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# Tools and Resources for Mental Health and Substance Use Disorders

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# Optum Activation Tools

## Wellness Recovery Action Plan



The screenshot shows a web browser displaying the website for WRAP and Recovery Books. The browser's address bar shows the URL: <http://www.wrapandrecoverybooks.com/news/details.php?id=18>. The website header features the logo "WRAP® and Recovery Books" and a portrait of Mary Ellen Copeland PhD. A navigation menu includes links for About, WRAP, Recovery Resources, E-Learning, Bookstore, Veterans & People in the Military, The Copeland Center, and Contact Us. The main content area is titled "Welcome to the Wellness Toolbox!" and "We love your Wellness Tools and Tips!". It features an image of an open wooden toolbox and a list of wellness tools shared by users. The right sidebar contains a search bar, a newsletter sign-up form, social media icons for Facebook, LinkedIn, and YouTube, and a link to "WRAP and Peer Support".

Site Map | Home

# WRAP® and Recovery Books

MARY ELLEN COPELAND PhD

About WRAP Recovery Resources E-Learning Bookstore Veterans & People in the Military The Copeland Center Contact Us

## Welcome to the Wellness Toolbox!

### We love your Wellness Tools and Tips!

These are are some of the Wellness Tools you have shared with us:

**My Wellness tools are as follows:**

- Definitely Diet and Exercise.** I eat healthily and walk most days, whether this is getting from A to B or going on a walk for an hour at the weekend, all walking is good. It's all exercise.
- I listen** to relaxing music when I find the radio too much and when I want to relax and unwind.
- I listen** to positive affirmations: Louise Hay 101 Power Thoughts is one of my favourites. These can be bought on CD.
- I do meditation** every evening and drink herbal tea.
- I take time** to go to a Coffee meetup each week. This gives me a social outlet where I can meet people and also gives me a chance to practice and improve my social skills in a relaxed setting. It also is an excuse to dress up and put on some make up, which is all good.
- I make time** to watch a movie at the weekend or read a book.
- I do homemade beauty** treatments and try to be kind to myself and be compassionate towards

- WRAP Users
- WRAP Facilitators
- Organizations/Agencies

Search

Sign up for our Email Newsletter

f in YouTube

WRAP and Peer Support

Wellness Recovery Action Plan

# Optum Activation Tools



- **Recovery Toolkits**

- Addiction Recovery

- On-line tools
- Smartphone apps
- Support group listing
- Trauma-informed information

## Addiction Recovery Tools



Some of the best  
tools available for  
you to work your  
well-being.

# Optum Activation Tools



- **Recovery Toolkits**

- Family Support

- On-line support groups
- Supports for family and friends
- On-line resources to access that are culturally sensitive

## Family Recovery and Resiliency Tools



Some of the best tools available for your well-being.

# Optum Activation Tools

- **Recovery Toolkits**

- Recovery, Resiliency and Empowerment

- Action planning tools
- On-line and community support groups
- Links to resources
- Culturally sensitive resources



## Recovery, Resiliency and Empowerment Tools



Some of the best tools available for you to work your well-being.

# Optum Peer Videos

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- Library of over 75 videos
- Consumers in recovery speaking on their personal experience
- Provides stories of hope

<https://www.liveandworkwell.com/member/library/showBucket.asp?tid=3&bid=64&lang=1>

# REACH Grid

- Excerpt of the Reach Tool:

5 stages of Recovery / 4 Levels of Activation	Level 1 – Engaging the member: involve the member in talking about issues, concerns and hopes, and to establish a trusting relationship	Level 2 – Evoking member perspectives: narrow the conversation to habits or patterns that clients want to change
Stage 1. Being overwhelmed by the disabling power of the illness/addiction	WRAP App,	WRAP App,
	Mutual Support Groups	Mutual Support Groups
	Meditation and Breathing techniques	Peer Coaching,
	Peer Coaching,	Peer Warm line,
	Suicide hot line	Facing Us
	Just Diagnosed videos,	Just Diagnosed videos,
	Consumer videos, Recovery Library	Consumer videos, Recovery Library
Stage 2. Feeling like life is limited and will never be the same again. Feeling hopeless	WRAP APP,	WRAP App,
	Mutual Support Groups	Symptom Tracker
	Peer Coaching,	Peer Coaching,
	Peer Warm line	Peer Warm line
	Just Diagnosed videos,	Facing Us
	Consumer videos,	Common Ground
	Recovery Library	Mutual Support Groups

# QPR for Suicide Prevention Training

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- Free online training
- Provides family and friends an understanding of suicide
- How to ask and what to do if someone is thinking about suicide



# Mental Health America

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- These 10 proven tools can help you feel stronger and more hopeful. Check out each page for specific, easy-to-follow tips.
  - [Connect with others](#)
  - [Stay positive](#)
  - [Get physically active](#)
  - [Help others](#)
  - [Get enough sleep](#)
  - [Create joy and satisfaction](#)
  - [Eat well](#)
  - [Take care of your spirit](#)
  - [Deal better with hard times](#)
  - [Get professional help if you need it](#)

<http://www.mentalhealthamerica.net/ten-tools>

# Newly Diagnosed Videos

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- Videos from the perspective of the person with lived experience and clinician
- What should I expect if I am diagnosed with substance use disorder
  - Family member
  - Treatment options
- What should I expect if I am diagnosed with mental health issue
  - Family member
  - Treatment options
- Working with a managed care company
  - Providing relevant information to the members and consumers

# MARS 12 Document

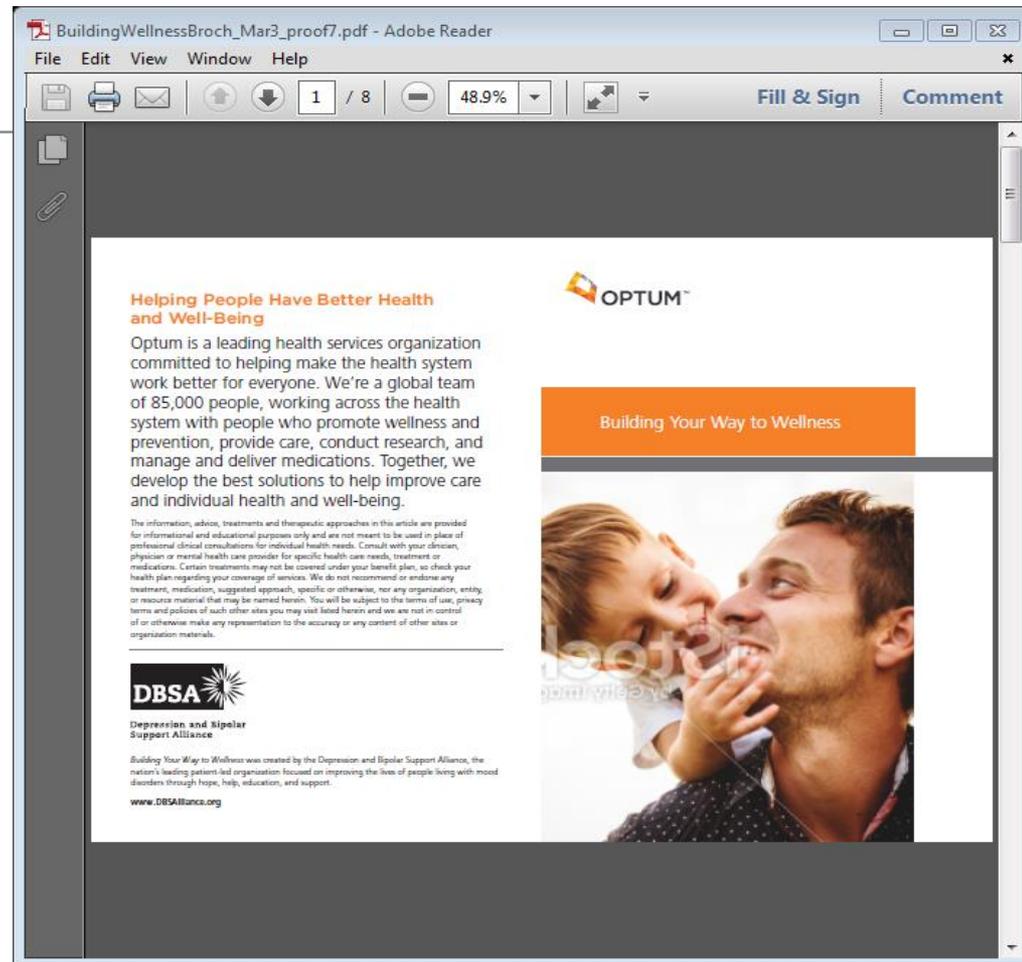
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- This scale contains a list of statements about a person's attitudes and beliefs regarding their health and wellness.
- There are no right or wrong answers.
- When completing the document, pop-up screens will suggest different tools to use to support your stage of recovery.

<https://www.liveandworkwell.com/member/tools/marsAssessment.asp?lang=1>

# Recovery Planning Tool

- This is a tool where consumers can determine their own recovery goals
- Provides a place to document if on-line is not available
- Way to communicate with provider by having a document to reference easily and thoroughly



## Wellness Tool from SAMHSA

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- This is a tool where consumers complete a positive/negative list
- Provides information on things to help you work your wellness
- Provides other resources on-line that may be helpful

<https://store.samhsa.gov/shin/content/SMA-3715/SMA-3715.pdf>

# SMART Recovery

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Tools available to support addiction recovery through the SMART recovery program.

<http://www.smartrecovery.org/resources/toolchest.htm>

# DBSA Toolbox

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- Documents to assist in your wellness
  - ✓ Tools for laying the foundation of wellness
  - ✓ Tools for building wellness
  - ✓ Tools for maintaining wellness

[http://www.dbsalliance.org/site/PageServer?pagename=wellness\\_wellness\\_toolbox](http://www.dbsalliance.org/site/PageServer?pagename=wellness_wellness_toolbox)

# Whole Health Tracker

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- Document that consumers can use to set their whole health goals
- Ability to track the goals each week and revise as necessary

[https://www.liveandworkwell.com/member/multimedia/docs/MyWholeHealthTracker\\_info\\_and\\_first\\_week.pdf](https://www.liveandworkwell.com/member/multimedia/docs/MyWholeHealthTracker_info_and_first_week.pdf)

# Facing Us

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- Journal
- Wellness planning tool
- Wellness tracker
- Wellness book
- Creativity center
- Radio for mental health consumers

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

# Gratitude Journal

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- Provides instructions on starting a gratitude journal that supports consumers.

[www.greatergood.berkeley.edu/article/item/tips for keeping a gratitude journal](http://www.greatergood.berkeley.edu/article/item/tips_for_keeping_a_gratitude_journal)

# SuperBetter

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- Online gaming approach to wellness
- Create and fun
- Produced by a leading game designer and team of providers

[www.superbetter.com](http://www.superbetter.com)



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# Thank you

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