



## Self Management Supports: Creating space for Wellness & Recovery to Co-exist

Kellie Spencer, EBP Implementation Specialist  
*They/them/their pronouns*  
June 17, 2020  
10:00 – 11:30 am PST

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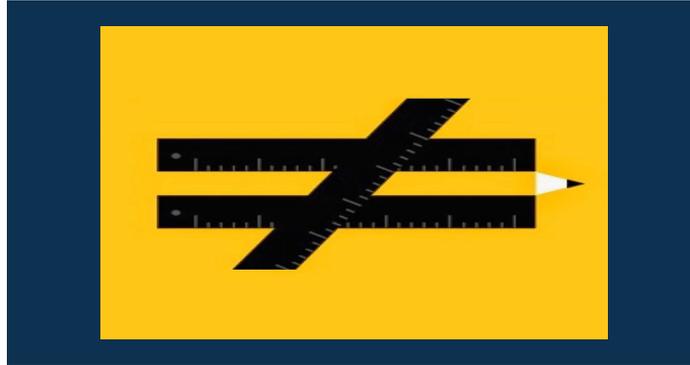
### About California Institute for Behavioral Health Solutions (CIBHS) and Our Presenter

*Kellie Spencer, EBP Implementation Specialist,  
University of Kansas, School of Social Welfare*



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If we really want to do something about “behavioral health” then we need to change structures that create and reinforce inequity, discrimination, poverty, extreme imbalances of power, and oppression.



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## Core values of supporting Wellness Management



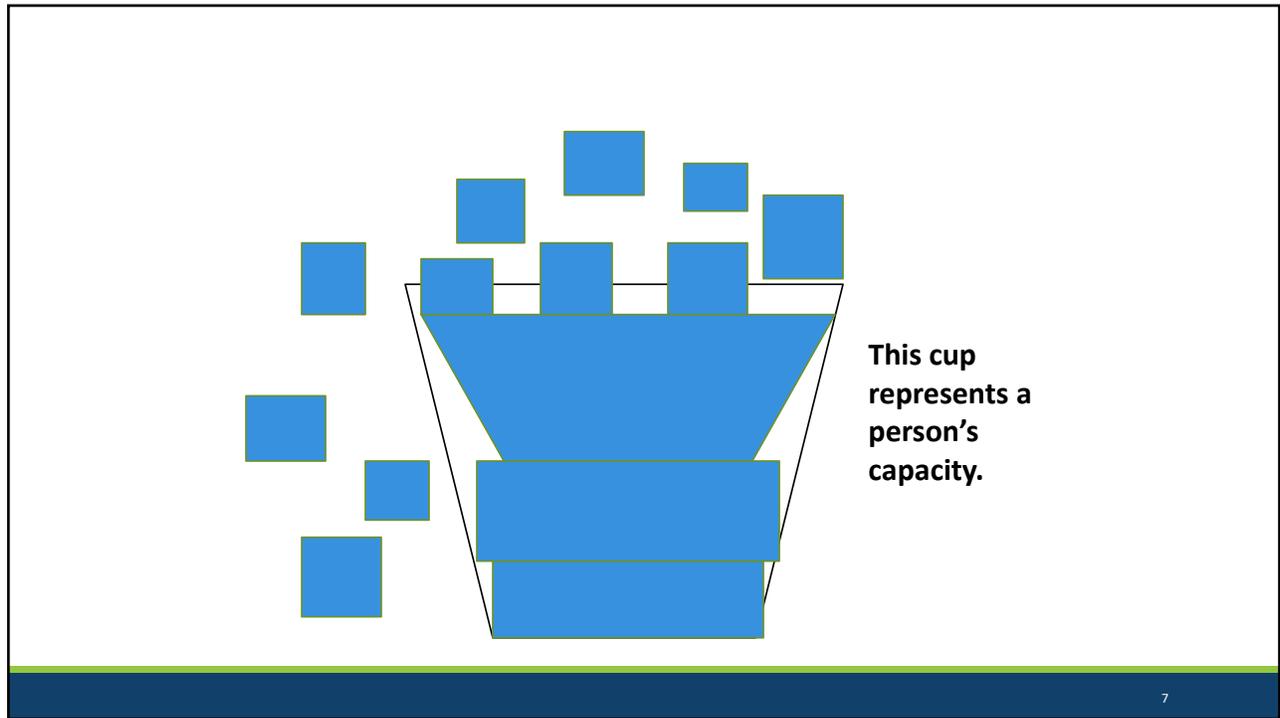
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## According to Oxford Dictionaries...

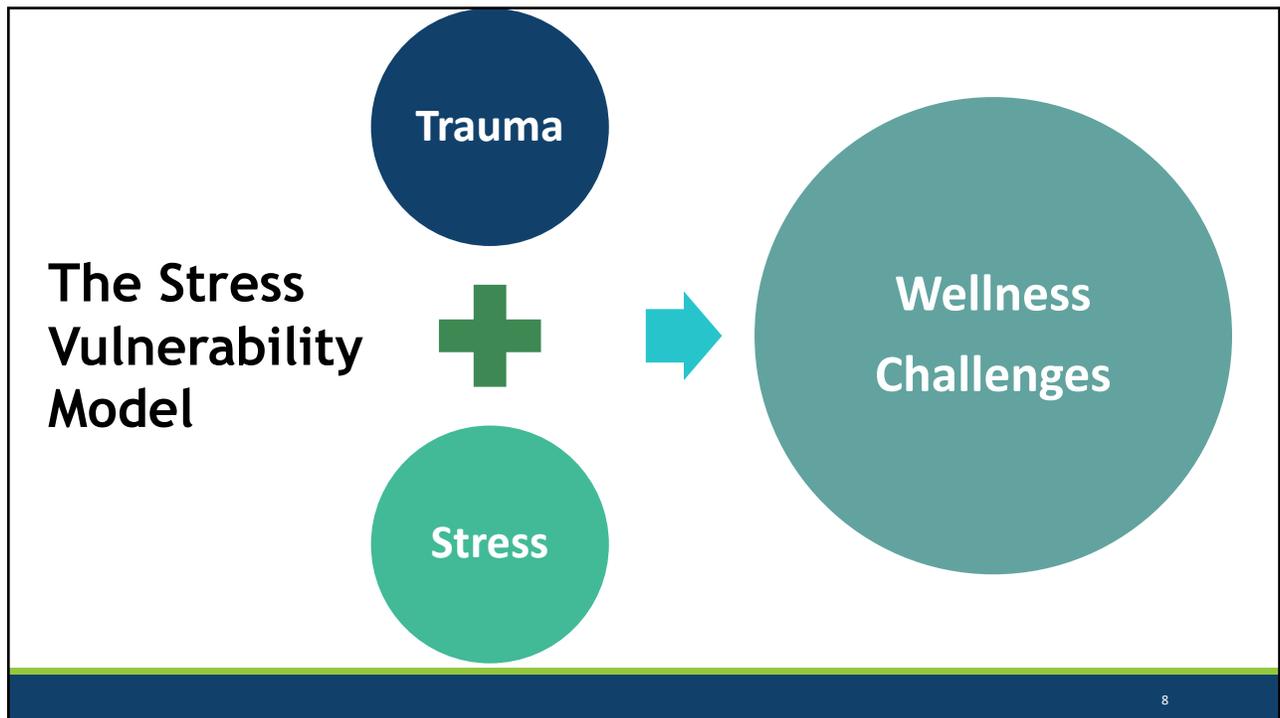
**Self-Care** is defined as:

- *The practice of taking action to preserve or improve one's own health.*
- *The practice of taking an active role in protecting one's own well-being and happiness, in particular during periods of stress.*

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No matter what role we work within, self-care is at the heart of our work with people and a normalization to the variety of the human experience.



Self-Care reminds us that medication is a tool among many. Supporting people in creating a self-care list can be a transformative experience for both people involved in such a dialogue exchange.



There are many things people can do to take care of themselves that ultimately *“change their biochemistry.”*  
–Pat Deegan

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## Self-Care List: ways to nurture myself

Reading: articles online, a book, a magazine, or through reading Apps, etc.

Watching: a funny movie, TV show, cartoon, YouTube rabbit hole...or a hobby you've been interested in, but have never tried.

Writing or drawing in a daily journal

Listening: to the sounds of nature outdoors, music, podcasts, books on tape

Checking in on someone in your life: texting, calling, FaceTime, House Party App, Zoom, etc.

Calling: a warm line, crisis line, suicide prevention line, etc.

Playing a game: board, console, mobile, online, etc.

Moving your body: exercise, walks, stretching, yoga, etc.

Working your mind: brain puzzles, crossword puzzles, meditation, mobile trivia games, name that tune, etc.

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# Creating & holding space for self-care dialogue

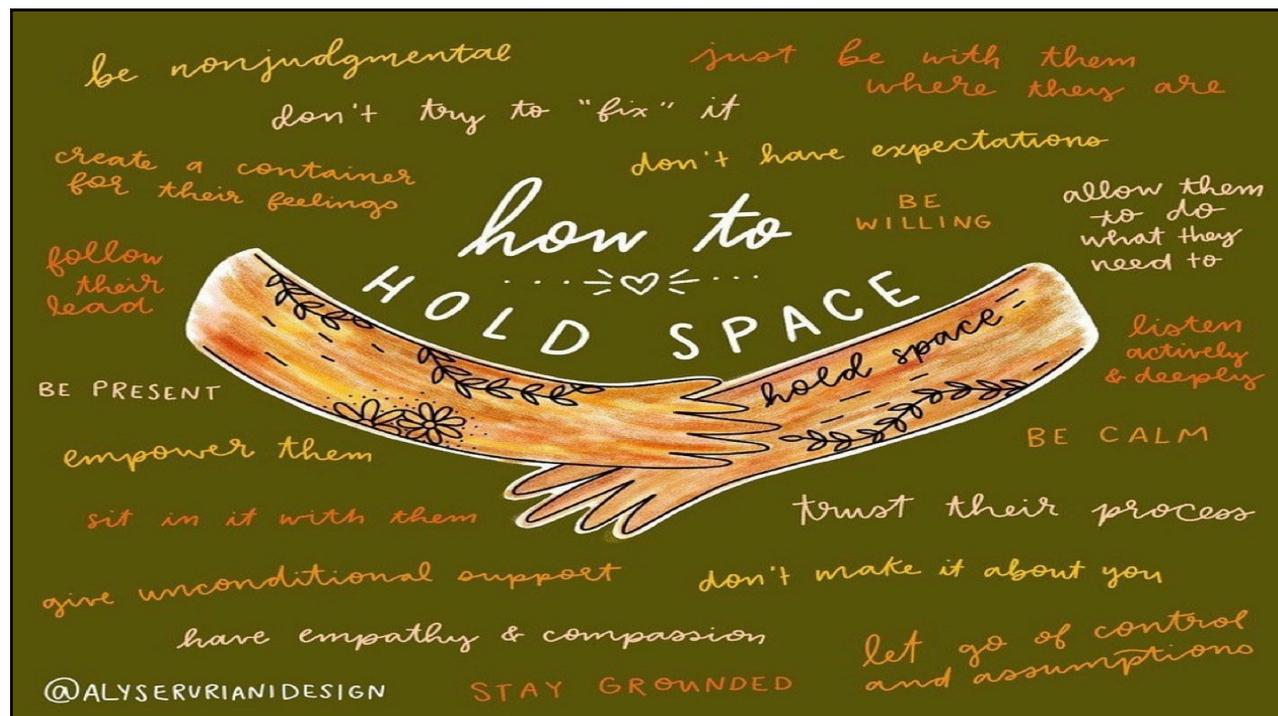
## QUESTIONS

- What brings meaning to your life?
- What are you doing or what have you done in the past to lessen the impact of stress in your life?
- What did you do today that made things better?
- What is one good thing that's happened since we last spoke or saw each other?
- What is one good thing you can attempt to do for yourself between now and the next time we talk or see each other?
- What are your sources of support right now?
- What are your feel goods?

## ACTIONS

- Holding the space
- Offer materials if in person: paper, markers, pens, magazines, scissors, glue, etc.
- Staying curious
- Shining the light on strengths
- Sharing ideas or lived experience with permission
- Normalizing the impact of trauma we are all experiencing from COVID-19
- Staying out of judgement
- Helping individuals connect what they are doing to how they are feeling

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## Relapse Prevention Planning:

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Self-Care List & Daily Plan

Triggers

Early Warning Signs

Action Plan

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## Daily Self-Care Plan

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These are the things I need to do everyday to make sure I am nurturing myself and living my best life.



These are the special things I can do for myself should I need extra support or healing beyond my daily plan.

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# Daily Self-Care Plan

## EVERYDAY

- Stay hydrated; drink at least 2 liters of water a day
- Eat 3 meals a day
- Take my multivitamins
- Feed and love on my cat Ivan
- Write in my daily journal
- Talk with my sponsor
- Use my Self-Care App Calm for meditation and better sleep
- Have down time for me: play a game or listen to a Podcast

## SPECIAL

- When COVID is over I'd like to go back for more detox acupuncture
- Rent a funny movie
- Buy something special for myself
- Color my hair
- Ask a friend for coffee social distance hangout
- Re-visit my Self-Care list & pick an activity that sounds like it would feel good right now

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## Relapse Prevention Plan

Relapse Prevention Plan for \_\_\_\_\_

### 1. Events or situations that triggered relapses in the past:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### 2. Early warning signs of a relapse that I experienced in the past:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### 3. How I would respond to an early warning sign:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### 4. Who I would like to help me and what I would like them to do:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Who I would like to be contacted in case of an emergency:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

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## Triggers

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External events or circumstances that may make you feel very uncomfortable.



These are normal reactions to life events - but if you don't respond to them, they may actually make you feel worse.

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## Trigger Examples

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**Going to the grocery store**

**Watching the news**

**Being alone so much**

**Walking by the liquor store**

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## Trigger Action Plan

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**Grocery store:** Plan my list ahead, go at the least busy time, wear my mask, wash clothes and take a shower immediately after.

**The news:** No TV from 5:00-7:00 rule, go for walk in my neighborhood in the evening, game.

**Feeling alone:** Plan times to House Party App my friend Isabel and call my brother Stefan.

**Liquor store:** FaceTime my sponsor, go the long route around if possible, talk with my online AA group.

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## Early Warning Signs

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Are internal and may be unrelated to reactions to stressful situations.



They are subtle signs of change that indicate you may need to take some further action.

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## Early Warning Signs

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Not sleeping or not wanting to sleep

Ignoring my cat

Skipping items on my Daily Wellness Plan

Becoming very irritable

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## Early Warning Action Plan

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Go back to my self-care list. Pick 3 activities to do for at least 30 minutes.

Call by brother Stefan.

Set my alarm to review my Self-Care list daily.

Make getting sleep a priority. Call my PCP should I need a PRN for a few days to get back on track.

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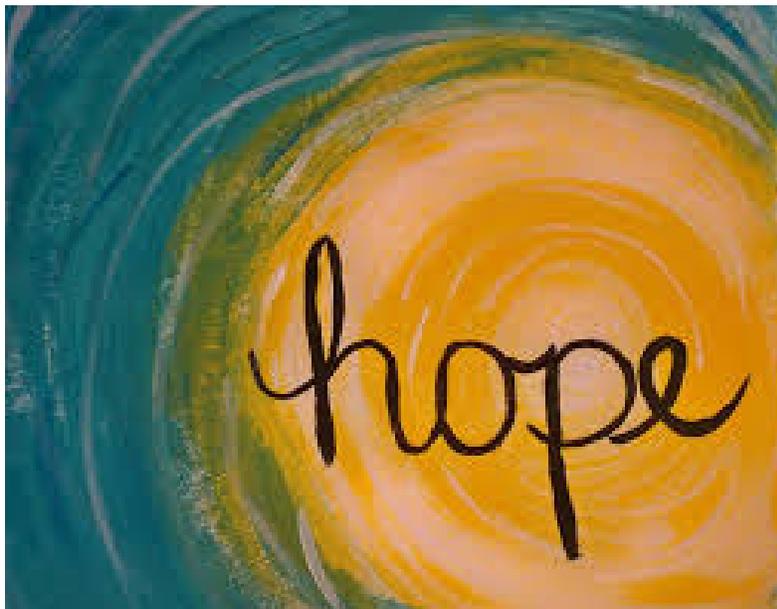
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Thank You!!!

For questions or  
support please  
contact Kellie at  
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## Questions

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## Contact information for Our Presenter

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# Information

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1. What to expect after the webinar
2. The next webinar in our series:
  - Wednesday, June 24, 2020, 10:00 am – 11:30 am
  - Harm Reduction in a Virtual Environment***
  - *Eric Haram, LADC, CEO, Haram Consulting*

