

Wellbeing Toolkit

Though certain elements of the program may resonate more with one participant over others, no one element of the program is greater than the whole.

At the heart of the program sit three important instruments:

- The Optimal Health Wheel,
- the “I Can Do Model”;
- and the Health Plans.

The Optimal Health Wheel is a validated self-rated wellbeing measurement tool.

The I Can Do Model defines the actual, as well as potential resources, one can draw upon to manage any adversity in life to maintain desired levels of wellbeing.

While the Health Plans ensure personal autonomy is maintained at all times, including during episodes of illness.

Every participant receives their own OHP Workbook so that they have their own complete wellbeing toolkit.

Optimal Health Wheel

I-Can-Do Model

Health Plans

OHP Experience

During the Optimal Health Program participants will:

- Reflect on their own wellbeing
- Identify their strengths and strategies
- Learn to recognize early warning signs of stress
- Develop health plans which include strategies to manage and maintain wellbeing
- Identify value directions to inform decision making around managing change and setting goals
- Take time to acknowledge and celebrate achievements at each step

To register your interest in OHP please contact:

Optimal Health
or
Wise Ways to Work, Wise Employment
or
Marathon Health
or
Within Australia

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Improving
and
maintaining
your
wellbeing



**Optimal Health
Program**

OHP Overview

The Optimal Health Program (OHP) is a collaborative holistic approach to managing symptoms to produce designated levels of wellbeing determined by the participant.

It draws upon many evidence-based practices that sit within collaborative therapy, positive psychology and wellbeing theory. It also draws upon outcome informed evidence where the participant takes ownership for their own wellbeing processes, planning and interventions.

The OHP framework is also consistent with the national standards for recovery-oriented practice for mental health practitioners and services. Yet it is flexible enough to contextualize it to meet the needs of the individual participant or that of specific groups.

OHP can be facilitated over eight sessions or five sessions to meet participants' needs. This can be done in small groups or individually.

OHP has also been mapped against trauma informed principles ensuring it meets the requirements for trauma competence.

The tools within the program ensure that participants continually build capacity to take control of managing their own wellbeing.



OHP Program details

OHP Wellbeing: is suitable for anyone who wants to improve their overall satisfaction with their wellbeing. It is generic enough to be contextualized for anyone who is experiencing chronic disease, disability, isolation, vulnerability and trauma.

OHP Mental Health: is suitable for anyone experiencing mental health issues or who has a mental health diagnosis and is seeking to build their self-efficacy in managing the impact mental health has on their wellbeing. The program can be used alongside clinical interventions or as standalone support.

OHP Substance Use: is suitable for anyone who uses substances and is impacted by that use, particularly on their mental health and wellbeing. This version takes a harm minimization approach and explores reasons for use, impacts of use and develops strategies to ameliorate wellbeing despite addiction. The program can be used as an intervention to reduce or manage use alongside of clinical supports.

OHP Workplace Wellbeing: is suitable for building and maintaining a culture of wellbeing in the workplace to create a community of holistic wellbeing. It is also suitable for people preparing to return to the workforce.

The OHP Sessions

- 1 What is Health?**
Exploring my wellbeing
 - 2 I-Can-Do Model Part 1 Health Plan 1**
Using strengths to manage vulnerabilities: activating resilience and self-regulation
 - 3 I-Can-Do Model Part 2 Health Plan 2**
Activating strategies to manage stressors: understanding and monitoring impact of stress
 - 4 Medication**
Physical Health, Medication Use, Metabolic Monitoring and Managing Treatments
 - 5 Collaborative Partners & Strategies Health Plan 3**
Seeking support from key partnerships
 - 6 Change Enhancement**
Defining behavioural change to improve wellbeing
 - 7 Visioning and Goal Setting**
Creative problem solving and implementing change
 - 8 Building Health Plans**
Complete Health Plans 1, 2 & 3: maintaining wellbeing
- Post Program Booster Session**
Maintaining the wellbeing journey