

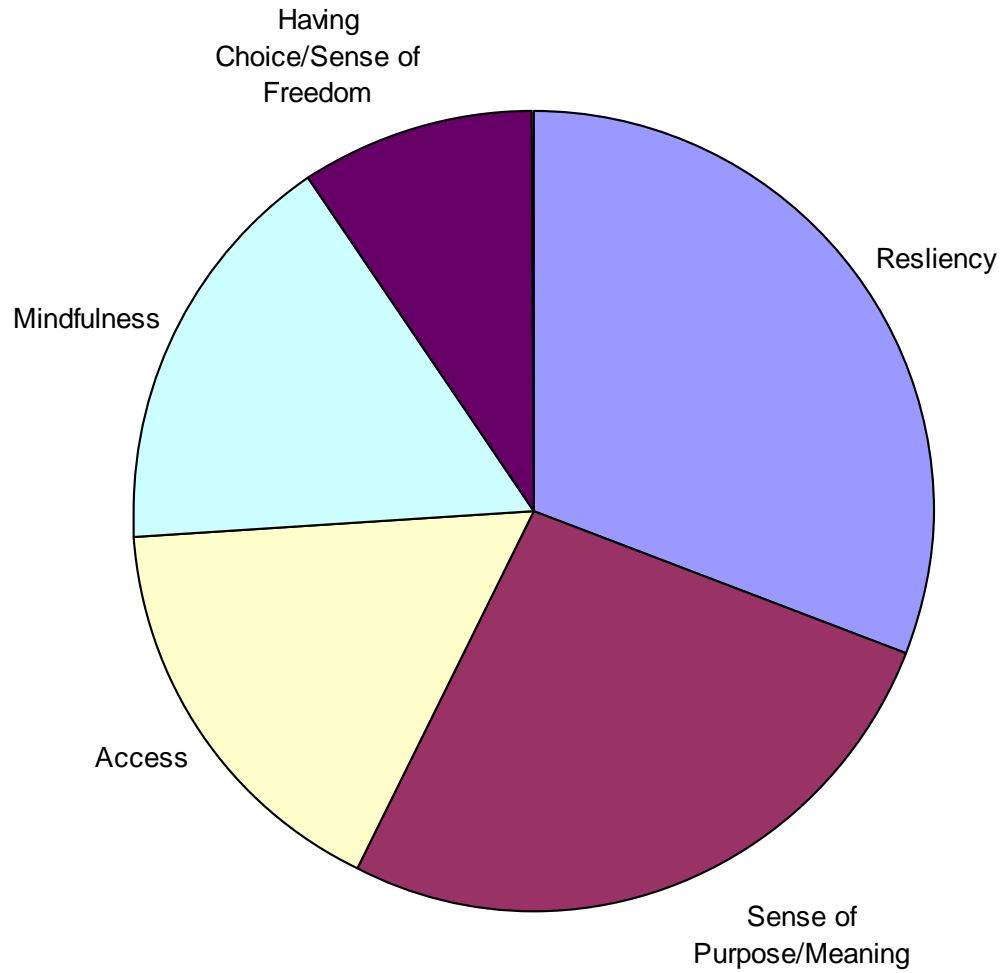
WMR Focus Groups: What Do You Do to Stay Healthy and Well?

Findings presented on 12/18/14
by the WMR CCOE

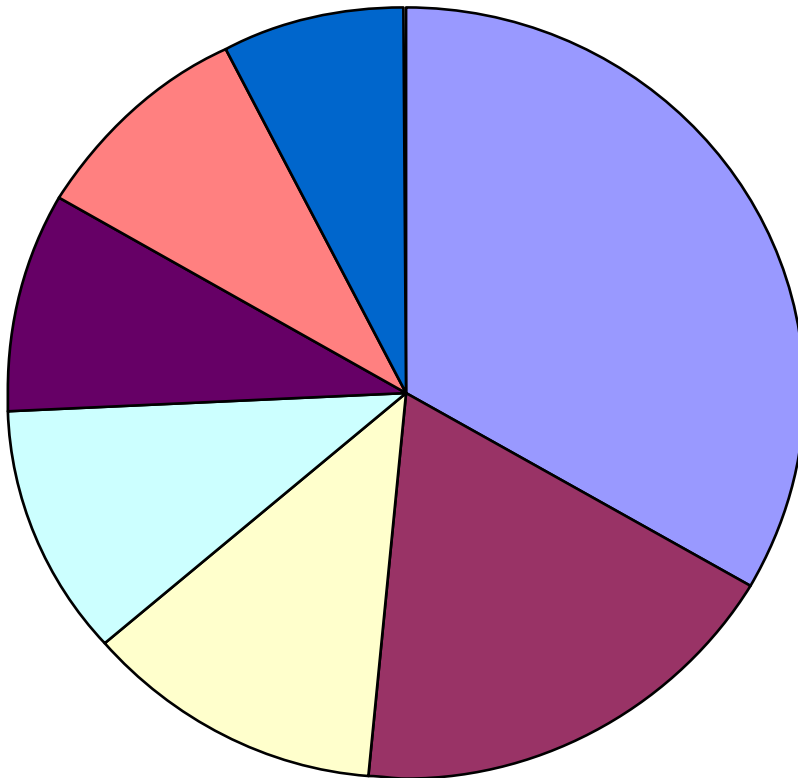
Focus Group Overview

- 3 Regional Focus Groups held in October, 2014
- Participants included persons in recovery, family members, peers, mental health providers, and students
- 5 common questions asked across all focus groups
- Responses were recorded and analyzed for common themes

What is Health and Wellness?

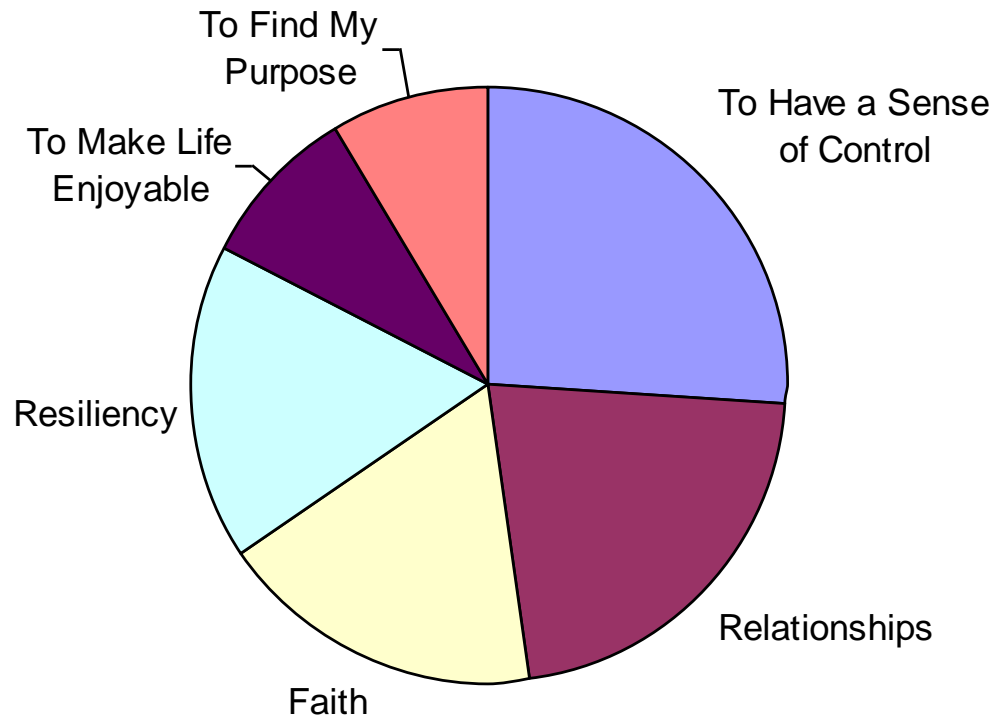


What Do You Do To Stay Well?

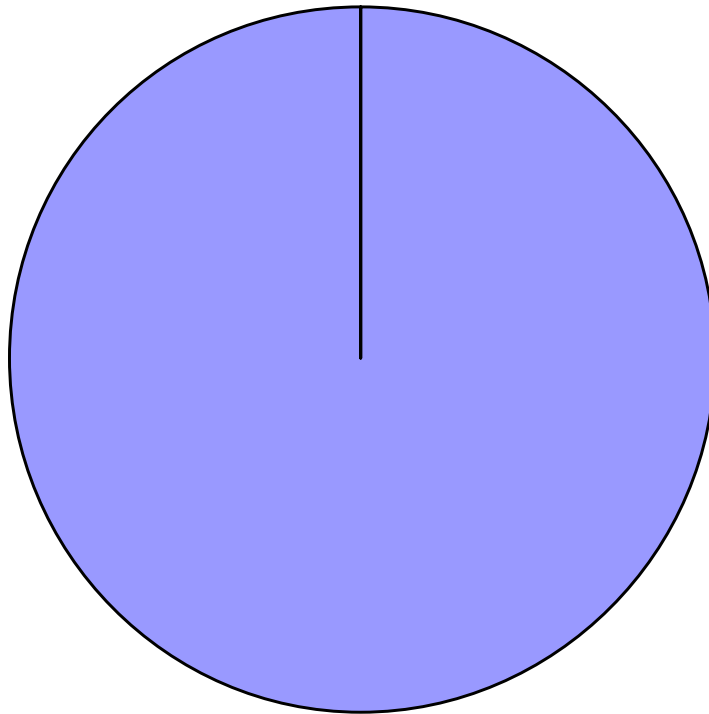


- "Doing"
- Develop/Utilize Tools for Success
- Having Satisfying Relationships/Finding Safety
- "Thinking"
- Advocacy
- Being Mindful
- Letting Go/Acceptance

Why Do You Do the Things You Do?

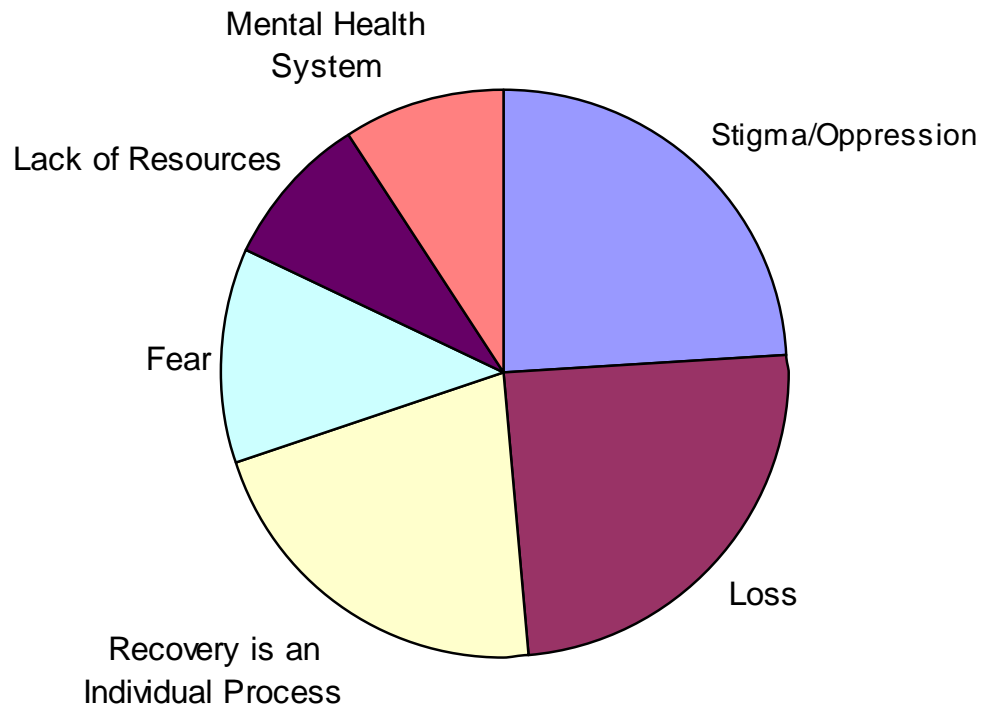


What are the Benefits of What You Do?



Relationships

What are the Risks or Challenges in What You Do?



Open Dialogue

- What came up for you in reviewing the information?
- What did you notice?
- What are the implications for Self Management and Recovery Technology?
- How can services or resources be leveraged differently to support self management?

Contact Us

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