Section 2 – Benefit for Staff and Administrators

Frances Priester  
Director, Bureau of Cultural Competence  
NYS Office of Mental Health

The WELLNESS SELF MANAGEMENT curriculum, personal workbook and corresponding training materials are practical and accessible resources. These resources provide support and guidance to staff by providing streamlined training methods and embedding WELLNESS SELF MANAGEMENT related core competencies into the workbook itself. These core competencies include motivation enhancing strategies, basic cognitive-behavioral approaches, teaching techniques and practical group leadership skills. Let's listen to what a number of mental health practitioners who have been group leaders for a WELLNESS SELF MANAGEMENT group have to say:

Break

Amy Tully, Ph.D  
Psychologist  
Hudson River Psychiatric Center  
I would encourage um other individuals to participate in this program. I think it has been an excellent um addition to the work we are doing at Hudson River Psychiatric Center. Um it’s a wonderful tool to have um working with groups, as well as individuals and in terms of promoting recovery and um and a sense of purpose and a sense of empowerment, I think this is a very, very effective tool. I’d highly recommend it.

Darryl Harris  
Peer Counselor/ Group co-facilitator  
Jasmine Court, Heritage Health and Housing  
We’re considered part of the family, part of the group, but we’re also we’re looked upon as also, they understand that we’re doing a job. You know we’re part of the group, but we’re also instructing the group, um I think the peer is necessary. The peer is necessary because the peer can see inside of things that the staff member may not be able to see.

Donette Hercules, B.A.  
Assistant Program Director  
Marcy- Hart Residence, Services for the Underserved  
Another individual we had in the group, I mean she was, she had this phobia of um associating with others and slowly she had shut down for a period of time and seeing her just like blossom and embracing herself. She’s actually in competitive employment. I mean she’s doing great; so we see a lot of changes for better in the individual.

If you are unable to access any information or utilize any electronic service on our site, please e-mail Melissa Hinds-Martinez at hindsma@pi.cpmc.columbia.edu, or call her at 212-543-5941.
JoLydia Sabur, M.S.
Integrated Dual Diagnosis Treatment Team Leader
Services for the Underserved
I think if I had to tell other clinicians about Wellness Self Management group, I would let them know it’s a positive force that can be used in anyone’s recovery. It’s, its not more work, its different work and in the end it would actually be less work for them because people start to take over their own recovery, their own process, they start to advocate for themselves and eventually come into their own and during these groups they start to understand, ok these are things I need to do, these are the steps I need to take and they start to take over their own treatment plan and I get to sit back and watch them grow and take care of themselves.

Xiomara Santos, LCSW
Director of Jasmine Court Residence
Heritage Health and Housing
I would say to, to the um person that’s going to follow this endeavor that they should definitely pursue the Wellness program, and I’m not saying this as an approach of an advertisement. What I’m really saying is that if you care for the community that you are working with and that if you want to see the individuals, both individually and as a community grow, you really have to begin to look for tools that address your issues.

Frances Priester
For Mental Health Agencies:
WELLNESS SELF MANAGEMENT provides a comprehensive, structured, systematic and cost effective individual and group curriculum. Let's listen to one leaders experience with implementing wellness self management.

Break

Donna Colonna
Executive Director
Services for the Underserved, NYC
Most administrators struggle with how do we improve our selves as an organization, how do we deliver effect services to consumers that make a difference to consumer’s lives, in real terms. And we have very limited resources, and we often have people who don’t have a lot of training. The wellness package is really incredible in that regard, I think that it gives you such a frame work and a road map, both for staff and consumers to help and support recovery.