Section 3 – Frequently Asked Questions

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Now let's go through a number of frequently asked questions.

Q. Who provides WELLNESS SELF MANAGEMENT services?
A. WELLNESS SELF MANAGEMENT SERVICES may be provided by clinical, case management, rehabilitation or residential staff and peer specialists who have completed WELLNESS SELF MANAGEMENT training.

Q. How long will WELLNESS SELF MANAGEMENT last?
A. The length of time varies based on a number of factors such as the treatment setting, the length of stay of people in the treatment program, the frequency and pace of the meetings. It also depends on whether the service is provided in individual or group meetings or whether the entire or selected parts of the curriculum are used.

In general, it takes about a year to complete the entire curriculum in groups that meet weekly for an hour or so. However, some programs may offer WELLNESS SELF MANAGEMENT more than once a week and others may offer it in individual meetings. It is important to remember that there is no standard length for the program.

Q. Can family members or friends participate in WELLNESS SELF MANAGEMENT?
A. Yes. The person involved in the WELLNESS SELF MANAGEMENT program is offered an opportunity to invite a family member or friend to support him or her in getting the most out of WELLNESS SELF MANAGEMENT. The support of family members and friends may play a very important role in helping a person continue learning outside of the group.

Q. Are WELLNESS SELF MANAGEMENT Services Mandatory?
A. No. Participation in WELLNESS SELF MANAGEMENT is voluntary.

Q. Can a person end his/her involvement at anytime?
A. Yes. The decision to continue to participate in WELLNESS SELF MANAGEMENT is left up to the individual. If someone would like to explore the program for a few meetings to decide if it's right for him or her, that's fine.

Q. Has the WELLNESS SELF MANAGEMENT workbook been translated into other languages?
A. The workbooks are currently available in English, Spanish and Chinese.

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.
Q. Can the WELLNESS SELF MANAGEMENT program be helpful to people across different cultures and religions?
A. Yes. The WELLNESS SELF MANAGEMENT program respects each participant's values and beliefs. It does not criticize or judge a person’s deeply felt cultural or religious point of view. Rather, the WELLNESS SELF MANAGEMENT workbook provides participants with opportunities to better understand how their religious or cultural background affects their decisions about mental and physical health services. In this way, a person is in a better position to make informed healthcare decisions that work.

Q. Do I need to read well to participate?
A. No, if you find it difficult to read, you can attend and listen and share your ideas in the WELLNESS SELF MANAGEMENT group. People who have difficulty reading have successfully participated in Wellness Self Management groups. This has been accomplished by:
- Meeting with their group leader before the group to review the lesson
- Meeting with a family member or friend before or after the group to read or re-read the lesson.
- Working with another member of the group who can help with the material

Q. If I never liked school or doing homework, is the WELLNESS SELF MANAGEMENT program right for me?
A. Yes. Getting involved in the WELLNESS SELF MANAGEMENT program is your choice. It's not the same as school that insists on homework or gives a grade. You will be given opportunities to continue your learning outside the group but that decision is up to you. You will not be given a grade but rather you will be invited to set some goals you would like to improve as you participate in the Wellness self management program. WELLNESS SELF MANAGEMENT is something you freely choose because you have decided to explore opportunities to support your mental and physical health.