

Wellness/Healing Need

Explore your medical needs and how you meet them.



What issues are you experiencing or have you experienced recently?

Physical: _____

Mental: _____

Emotional: _____

Spiritual: _____

On a scale of 1-10 (1 = lowest, 10 = highest), where would you rate yourself?

Physical: _____

Mental: _____

Emotional: _____

Spiritual: _____

What do you usually do to manage the issue(s) you are experiencing?

Physical: _____

Mental: _____

Emotional: _____

Spiritual: _____

What barriers prevent you from accessing the help you need? (finances, insurance, transportation, feeling safe, access to traditional medicines/ceremonies/medicine people, etc.)

Physical Health barriers	Mental Health barriers	Emotional Health barriers	Spiritual Health barriers

Do you have access to the following? Circle yes or no for each.

Traditional medicines (sweetgrass, sage, cedar, roots, etc.)	Yes	No
Ceremonies	Yes	No
Medicine man/woman	Yes	No
Sacred objects (feathers, pipe, drum, etc.)	Yes	No
Spring water	Yes	No

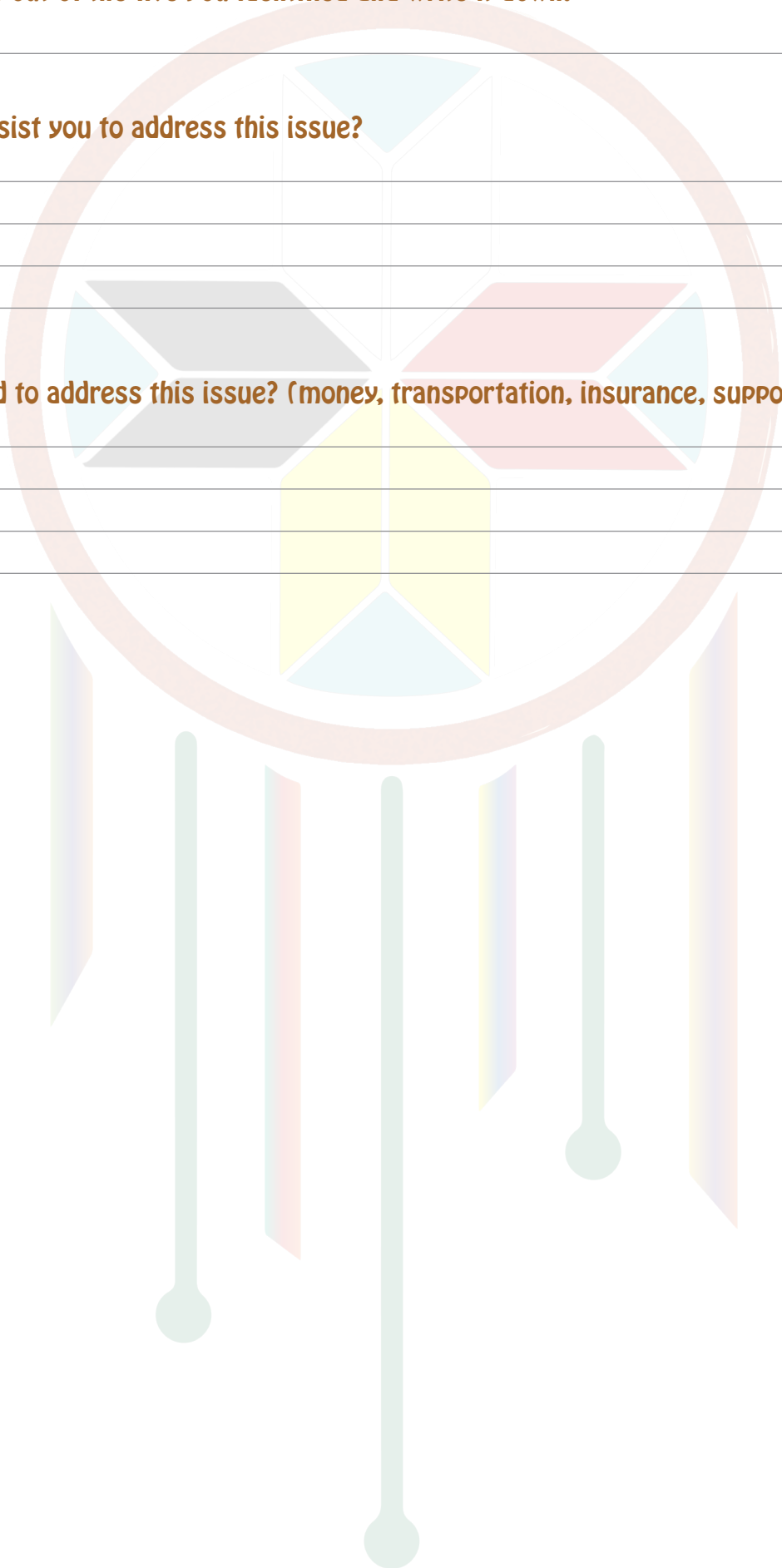
What are the top 5 issues affecting your life in recovery?

1.	
2.	
3.	
4.	
5.	

Choose one issue out of the five you identified and write it down:

Who is able to assist you to address this issue?

What do you need to address this issue? (money, transportation, insurance, support, etc.)



Action Planning

An action plan is a checklist for the steps or tasks you need to complete to achieve your goal. Be clear in what you want to accomplish when filling in the steps. Each step should be related to the identified barrier. This activity can be completed with your case manager if you are having difficulty thinking of steps.

Step 1:

What to do if I hit a barrier?

Step 2:

What to do if I hit a barrier?

Step 3:

What to do if I hit a barrier?

Step 4:

What to do if I hit a barrier?

If you need more steps, continue on blank paper.

Advocating for yourself

Sometimes we feel like our voice or need is not heard. Sometimes this happens when we are uncomfortable or when we feel powerless. Prepare yourself by completing the *4 Ws and an H* to meet your needs and ensure your issue is heard.

What is the issue?

When did it start?

Why is it important for you to get this addressed?

Who is affected by this issue?

How do you want this issue to be resolved?
