Assessing Organizational Ability to Support Client Self-Management: Resource List

Resources for Integrated Care Resources

1. Self-Management Support In Behavioral Health: Organizational Assessment Tool (SMS OAT) – This assessment tool is designed to assist behavioral health organizations in delivering self-management support to clients managing serious mental illness and/or substance abuse conditions. Supporting clients in managing their health is the responsibility of front-line providers, administrators, and recovery support leaders. This tool allows organizations to assess their capacity for delivering self-management support and also outlines a quality assurance process that facilitates ongoing organizational improvements in self-management support.

   This tool is located here: https://resourcesforintegratedcare.com/behavioral_health/self-management_support/tool/organizational_assessment_tool


   The SMS Action Plan Selection Guide identifies core features of available action plans that may be useful to providers as they choose the appropriate action plan for their clients. In addition, the Selection Guide includes peer-reviewed evidence on the effectiveness of each action plan listed, as well as a list of additional resources to help providers better support the self-management of their clients.

   This tool is located here: https://resourcesforintegratedcare.com/behavioral_health/self-management_support/tool/action_plan_guide

3. Self-Management Success Story Handouts – Provider support for self-management can improve individuals’ ability to manage their illnesses and health behaviors and to actively participate in their health care. The six client handouts below feature the success stories of individuals who have used self-management techniques to effectively manage their behavioral health and substance use conditions. These self-management success story handouts are offered in English and Spanish.

   This resource is located here: https://resourcesforintegratedcare.com/concept/client-handout/2016/self-management-stories
4. **What To Expect When You’re Self-Managing: A Client Handout For Behavioral Health Providers**

This client handout is designed to support your conversations with clients on the self-management of chronic conditions. It includes information on the purpose of self-management; what the client should expect from his or her care team; what the client may ask for from natural supports; and resources available to support his or her efforts to self-manage. This handout is available in English and Spanish.

This resource is located here:
https://resourcesforintegratedcare.com/behavioral_health/self_management_support/client_handout

The SAMHSA-HRSA Center for Integrated Health Solutions (CIHS) shared the following additional resources during the webinar:

2. **SAMHSA Wellness Initiative:** [https://www.samhsa.gov/wellness-initiative/eight-dimensions-wellness](https://www.samhsa.gov/wellness-initiative/eight-dimensions-wellness)