

Well-Being Action Plan Implementation Guide

What is the Well-Being Action Plan (WBAP)?

- The WBAP is a tool to help provide anticipatory guidance to school aged youth about emotional well-being. It is not a diagnostic tool or a screening tool, but rather a conversation guide to identify coping skills and when to seek additional mental health support. It is intended to help facilitate conversation in settings where time is limited. It provides an action-plan framework that patients and families can refer to after the visit.

Who should complete the WBAP?

- The WBAP is intended to be used with school age children and teens as part of a routine well child visit.
- Youth with positive scores on a mental health screen (such as PHQ-9, GAD-7, PSC-17), or who identify as being in the yellow or red zone on the WBAP, should complete a safety plan beyond what is presented on the WBAP. The WBAP is not intended for use with children and teens who are in acute distress.

How is the WBAP intended to be utilized?

- The WBAP uses a “traffic light” format with a Green Zone, Yellow Zone, and Red Zone.
 - The **Green Zone** helps youth identify what it means to be happy and what they do to maintain their sense of well-being (identify their coping skills). The Green Zone also identifies supportive adults the patient can talk to when needed.
 - The **Yellow Zone** helps youth to express what they want to happen when they are struggling to return to the Green Zone (their coping skills are overwhelmed).
 - The **Red Zone** provides suicide safety phone numbers. It is not intended to serve as a suicide safety plan.
- The WBAP is intended to be taken home with the patient. A copy of the WBAP can be added to the electronic health record for future use by the provider.

What are best practices for using the WBAP?

- The WBAP is a flexible document that can be adapted to meet the needs of varied youth and provider dynamics. Providers should frame the activity in a way that makes sense to the child or teen.
- The youth and the provider should work together to fill out the document.
- The provider should use plain language that is appropriate for the age of the youth.

What else can I do with the WBAP?

- The Green Zone is intended to enable conversation on a variety of topics: coping skills, the foundations of health (exercise, diet, hydration, sleep), emotion identification, body awareness, etc.
- The WBAP creates an opportunity for the provider to role-model effective communication for all family members present. It can help with normalizing discussions about mental health and help caregivers identify their own coping skills.

Name: _____

DOB: _____

Date : _____

MY WELL-BEING ACTION PLAN

for feeling confident, resilient, and connected.

It is normal to have different feelings. These are things I do to help me feel happy again:

Green Zone

I am feeling happy most
of the day/week!



I feel happy when:

I can tell I am feeling
happy because:

- ☐ Move your body _____
- ☐ Go outside: 30-60 min. a day
- ☐ Get lots of sleep: 8-10 hours
- ☐ Eat a variety of foods
throughout the day
- ☐ Read
- ☐ Write/ journal
- ☐ Draw/ paint
- ☐ Craft/knit/create
- ☐ Listen/play music
- ☐ Play games
- ☐ Play with pets
- ☐ Take a shower or bath to relax
- ☐ Help someone else
- ☐ Spend time with supportive
family
- ☐ Spend time with helpful
friends
- ☐ Take a break _____
- ☐ Pray or meditate
- ☐ Laugh
- ☐ Focus on something positive
- ☐ Take deep breaths
- ☐ Talk to a supportive adult:
 - Parent/guardian
 - Older sister or brother
 - Counselor _____
 - Coach _____
 - Teacher _____
 - Supportive adult _____
- ☐ Other: _____
- ☐ _____
- ☐ _____

Yellow Zone - Caution:

My coping skills are not helping
enough. I feel sad, upset, stressed,
or worried most of the day, most
days of the week.



When I feel this way, I will continue my coping skills above and:

- ☐ I would like help managing my emotions.
- ☐ I would like more skills and strategies.
- ☐ I would like help to better use the skills I have.
- ☐ I would like to see a mental health counselor.
- ☐ _____

Red Zone - Warning:

I feel unsafe or am thinking about
hurting myself.



Ask for help right now from a supportive adult.

Crisis Text Line: 741741

First Call: (802) 488-7777

National Suicide Prevention Line: 988