

# 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.

*Note: The WBAP appears after the next, blank, page. The blank page is for printing purposes.*



Name: \_\_\_\_\_

DOB: \_\_\_\_\_

Date: \_\_\_\_\_

## MY WELL-BEING ACTION PLAN

for feeling confident, resilient, and connected.

It is normal to have different feelings. These are coping skills I use to feel happy again:

### Green Zone

I am feeling happy most  
of the day/week!



I feel happy when:

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I can tell I am feeling  
happy because:

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- ☐ Move my 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**

**Everyone needs to have a  
supportive adult.** Mine is:

- ☐ Parent/guardian
- ☐ Older sister or brother
- ☐ Grandparent \_\_\_\_\_
- ☐ Therapist/Counselor \_\_\_\_\_
- ☐ Coach \_\_\_\_\_
- ☐ Teacher \_\_\_\_\_
- ☐ Other adult \_\_\_\_\_

☐ \_\_\_\_\_  
☐ \_\_\_\_\_

### Yellow Zone – Check In:

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, check in  
with my supportive adult, and ask for:

- ☐ Help identifying and managing my emotions.
- ☐ More coping skills and strategies.
- ☐ Help to better use the coping skills I have.
- ☐ A mental health counselor/therapist or my doctor.
- ☐ \_\_\_\_\_

### Red Zone – Reach Out!

I feel unsafe or am thinking about  
hurting myself.



Ask for help right now from a supportive adult.

**Crisis Text Line: 741741**  
**National Suicide Prevention Line: 988**