

# THE WHOLE PROGRAM

WHOLE HEALTH OPTIMIZING LIFESTYLE & ENVIRONMENT



Oklahoma Department of Mental Health  
and Substance Abuse Services

- Two Day Train-the-trainer Model
- Derived from Research and Evidence
- Divided into Five Parts
- Person-centered Approach
- Strengths Based
- Focused on the Mind-Body Connection
- Recovery Values Enhanced
- Weekly Action Planning
- Intentional & Obtainable Changes
- Individual & Group Setting

## Agenda

### Day 1

8:30-12:00pm: Part 1 & 2  
12:00-1:00pm: Lunch (on your own)  
1-4pm: Part 3

### Day 2

8:30-12:00pm: Part 4  
12:00-1:00pm: Lunch (on your own)  
1-4pm: Part 5 and Wrap Up