

LO-7 Activity: Stay Well Plan Critique and Revision

Instructions: Provide students with a **sample stay well plan** (example below). Students will:

1. Identify missing or weak components:
 - a. Lack of warning signs
 - b. Non-specific coping strategies
 - c. Missing relapse plan
2. Revise the plan to:
 - a. Include actionable, specific strategies
 - b. Align with behavioral activation principles (structured activities, routines)
 - c. Incorporate monitoring and follow-up

Sample Stay Well Plan (Incomplete / Weak Example)

Patient Profile: Adult recovering from depression, substance use disorder (alcohol), and chronic low back pain

Personal Warning Signs:

- Feeling tired a lot
- Not wanting to do things
- Pain gets worse

Medical Provider(s):

- Name: Dr. Smith
- Phone: —
- Email: —

Family or Friend(s):

- Name: Mom
- Phone: —

Support Group(s):

- Group Name: AA
- Meeting Time: Sometimes

Stay Well Plan:

- Engaging in activities helps me feel better. I will try to stay active.

Physical Activities:

- Walk sometimes

Social Activities:

- Talk to friends

Solo Activities:

- Watch TV

Spiritual Activities:

- None

Relaxation Activities:

- Try to relax

Other Activities:

- Work when I can

Medication Management:

- Antidepressant – take daily
- Pain medication – as needed
- Something for sleep

Allergies:

- None

Plan for When Things Get Worse:

- Try to do better
- Maybe call someone

Coping Strategies:

- Think positive
- Distract myself

Monitoring Plan:

- I will check in with myself

Answer Key (Instructor Use):

- Warning signs are vague and missing emotional/substance-related indicators
- No triggers identified
- Activities lack specificity (frequency, duration, structure)
- Passive or non-therapeutic activities included without rationale
- Medication section incomplete (missing names, dosages, adherence plan)
- No relapse prevention plan for substance use
- No structured coping strategies or evidence-based techniques
- Weak support system and missing contact details
- No measurable monitoring plan (e.g., PHQ-9, pain scale)
- No clear step-by-step response plan for recurrence of symptoms