

OHP focuses on

- Wellbeing rather than illness
- Strengths, strategies, stressors and vulnerabilities as four factors that we can identify and influence to improve wellbeing
- The development of social supports to help us to maintain health
- Visioning and goal setting to help understand 'why' and move forward to plan 'how' to enhance wellbeing.

Training

Training in the OHP is being delivered to health practitioners across Australia in a series of 1 and 2 day formats, involving introduction, annual accreditation, peer reviews and Trainer the Trainer programs.

For bookings please contact Dr Gaye Moore on (61 3) 9231 4751.

Frameworks for Health

Optimal Health Program is a self-management program that is the result of years of research which builds on an individual's strengths and promotes self-efficacy and hope.

Frameworks for Health (FFH), St Vincent's Hospital Melbourne (SVHM), has been dedicated to translating the Optimal Health Program (OHP) into the everyday clinical and community health setting through program development, research and training.

The OHP was developed at the Mental Health Research Institute of Victoria and SVHM.

Contact

Director Professor David Castle
Program Manager Dr Gaye Moore
Tel (61 3) 9231 4751
Fax (61 3) 9231 4802
Email ohp@svha.org.au

Optimising our wellbeing

8 Session Program

Optimal Health Wheel

I-Can-Do Model

Vision and Goal Setting

Health Plans



Frameworks
for Health



Optimal Health
Program

OHP Introduction

Optimal Health Program (OHP) is a self-management program which promotes hope, growth and partnership.

The aim is to improve a person's wellbeing and build on their strengths and values.

OHP responds to individual needs and offers the opportunity to have a conversation, to reflect, write down ideas, ask questions and develop plans supporting wellbeing.



OHP Program details

This program which can be delivered for individuals or groups consists of eight weekly sessions followed by an additional booster session.

During the Optimal Health Program participants will

- Reflect on their own wellbeing
- Identify their strengths and strategies
- Learn to recognise early warning signs of stress and develop partnerships with others as a strategy to optimise their health
- Vision achieving goals and celebrating success at each step
- Develop health plans which include strategies to maintain wellbeing.

The group sessions are 1-2 hours, with 6-10 participants. Individual sessions are held for approximately 1 hour.



OHP's 8 Sessions

- 1 What is Health?**
How behavior can influence our health
 - 2 I-Can-Do Model Part 1 Health Plan 1**
Strengths and vulnerabilities: understanding a balance
 - 3 I-Can-Do Model Part 2 Health Plan 2**
Stressors and strategies: understanding and monitoring impact
 - 4 Medication**
Medication, physical health and metabolic monitoring
 - 5 Collaborative Partners & Strategies Health Plan 3**
Identification of key partnerships
 - 6 Change Enhancement**
Understanding past events and defining change
 - 7 Visioning and Goal Setting**
Creative problem solving and planning
 - 8 Building Health Plans**
Health Plans 1, 2 & 3: maintaining wellbeing
- Booster session**
What is my health like now?