

Exciting Opportunity for Peer Providers!

Are you a consumer or peer provider struggling with health and wellness concerns that sometimes interfere with your job performance?

Wellness Coaching services are now available for peer providers or consumer providers to help achieve a health or wellness goal in order to improve job performance and success.

Wellness coaching is a process of setting and achieving personal wellness goals with time-limited supports. It includes assessing your physical health status, selecting an area you want to improve, and developing a personalized goal. A coach will help you break down your goal into actionable steps, self-assess your progress, and secure resources to support your actions and efforts. Your coach will help you to overcome barriers and set plans to sustain and further your gains.

What To Expect

You will meet with a wellness coach for approximately 12 sessions, most likely 2-3 times in person and 8-10 times by phone. Your coach will then follow up with you to see how you are doing once a month for three months.

How Do I Sign Up for Wellness Coaching Services?

If you are interested in receiving these services, please follow the confidential link below and complete the questions. We will then contact you.

<http://surveygoldplus.com/s/E7B9985FE2114B98/64.htm>

Or you can contact George H. Brice Jr. bricejgh@umdnj.edu

This service is available through a Transformation Transfer Initiative funded to New Jersey Division of Mental Health Services and will be provided at no cost to individuals who meet eligibility criteria. Wellness coaching services will be provided by UMDNJ-SHRP faculty.