

Additional Resources

Care Planning

- The Planning Process: Initial Steps to Creating the Individualized Recovery Plan; NYS Office of Mental Health
https://www.omh.ny.gov/omhweb/pros/Person_Centered_Workbook/Chapter2.pdf

Health Coaching

- Health Coaching: The Building Blocks of High-Performing Primary Care; UCSF Center for Excellence in Primary Care
<http://cepc.ucsf.edu/content/health-coaching-curriculum>
- Helping Patients Adopt Healthier Behaviors; Thomas Bodenheimer, MD, Connie Davis, MN, ARNP and Halsted Holman, MD
<http://clinical.diabetesjournals.org/content/25/2/66.full>
- Diabetes Self-Management Goal Sheet; nyc.gov
<https://www1.nyc.gov/html/doh/downloads/pdf/csi/diabeteskit-clin-selfmgt-goalsht.pdf>
- My Action Plan; California Health Care Foundation
<http://www.chcf.org/~media/MEDIA%20LIBRARY%20Files/PDF/PDF%20M/PDF%20MyActionPlanEnglish.pdf>

Stages of Change and Other Behavior Change Theories

- Theories of Behavior Change; Communication for Governance & Accountability Program (CommGAP)
<http://siteresources.worldbank.org/EXTGOVACC/Resources/BehaviorChangeweb.pdf>
- Theories and Models Frequently Used in Health Promotion; Riverside Community Health Foundation
<https://www.researchgate.net/file.PostFileLoader.html?id=556527ba5e9d9726368b45b1&assetKey=AS%3A273784316071937%401442286675498>
- Health Behavior, Theory, Research, and Practice, 5th Edition. July 2015
<http://www.wiley.com/WileyCDA/WileyTitle/productCd-1118628985.html>

Motivational Interviewing

- Motivational Interviewing Strategies and Techniques: Rationales and Examples; Sobell and Sobell, 2008
http://www.nova.edu/gsc/forms/mi_rationale_techniques.pdf