

Healthy Behavior Change

 The College for Behavioral
Health Leadership

the E-Guide Road Map

It Begins with You



health literacy
is the first step



get
engaged and
activated



explore
motivation
and **readiness**



recovery &
resilience
is shared

It Takes a Village



look at
the social
determinants
of **health**



acknowledge the
role of
peers, family
& **community**



think **workplace**
about

Supporting Technologies



E-health and
Health Metrics
have a growing
role in support



we all need
systems that are
trauma
informed



put it all together
and combine
concepts to
explore the base
of
healthy
behavior
change



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