

## Identifying Community Supports

Identifying and maintaining networks of community support helps one to cope with challenges and gives a sense of belonging.

### FAMILY & FRIENDS

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### COMMUNITY NETWORKS

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### FAITH-BASED

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### OTHER

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Notes:

## Daily Planner

Day: \_\_\_\_\_

### TODAY'S PRACTICAL GOALS:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### TODAY'S SELF-CARE GOALS:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### TODAY'S SUPPORT OUTREACH GOALS:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Resources

### 2-1-1 Disaster, Housing, and Other Resources

Call 2-1-1 or text your  
zip code to 898-211  
[www.211ventura.org](http://www.211ventura.org)

### VCBH Access/Crisis Line

1-866-998-2243  
Toll-free  
Confidential • 24/7

### Disaster Distress Helpline

Call or text 1-800-985-5990  
[DisasterDistress.samhsa.gov](http://DisasterDistress.samhsa.gov)

FOR MORE RESOURCES  
AND WELLNESS TIPS, VISIT:

 **wellness  
everyday.org**

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## DISASTER RESPONSE TEAM



# Wellness & Recovery Plan



VENTURA COUNTY  
BEHAVIORAL HEALTH

## Current Reactions

Reactions to a disaster are normal. One's reaction can be experienced in many different ways. Identifying and continued monitoring of reactions can help identify one's personal needs for support and self-care.

<i>Behavioral</i>	<i>Physiological</i>
<i>Emotional</i>	<i>Cognitive</i>

### TRIGGERS

Behavioral, physiological, emotional & cognitive reactions following a reminder of the traumatic event (Visual, Scent, Auditory, Anniversary Dates, Time of day, Weather, etc.).

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### WARNING SIGNS

Although many reactions are normal, you will need to continue monitoring reactions for warning signs and seek additional support when needed.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Coping Skills

Identifying and maintaining healthy coping skills is important to help deal with stressful situations.

### CURRENT COPING SKILLS

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### COPING SKILLS THAT WORKED IN THE PAST

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### COPING SKILLS TO DEVELOP OR TRY

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### HOW OTHERS CAN SUPPORT ME & HOW I CAN SUPPORT OTHERS

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Practical Goals

Identifying and completing realistic, practical goals minimizes feeling overwhelmed and helps maintain focus and motivation. Encourage the support of others when needed to complete goals.

### CURRENT NEEDS

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### CURRENT GOAL #1

**Goal:** \_\_\_\_\_

**Resources:** 1. \_\_\_\_\_  
2. \_\_\_\_\_

### CURRENT GOAL #2

**Goal:** \_\_\_\_\_

**Resources:** 1. \_\_\_\_\_  
2. \_\_\_\_\_

### CURRENT GOAL #3

**Goal:** \_\_\_\_\_

**Resources:** 1. \_\_\_\_\_  
2. \_\_\_\_\_