

Creating a Financial Crisis Plan

Facilitator:

Suggested time: 20-30 minutes

Materials: PowerPoint slides; Student Guide p. 139-146; Financial Crisis Plan worksheets, pens/pencils; whiteboard; Workshop 8 Handouts 4-5

Activity:

Explain the Financial Crisis Plan process. Ask participants to form pairs or place them in small groups. They will work together to create their own Financial Crisis Plans using the Workshop 8 worksheets. Ask the participants to follow the steps in their Student Guide:

Step 1: Fill out the first worksheet, which has two sections. Section one is “How financial issues affect me” and section two is “How mental health, addiction and/or substance use, treatment, and/or physical health issues affect my finances.” Participants will mark “never,” “rarely,” “sometimes,” or “often” for each of the items on the list. This is to help participants identify the ways in which their mental health is affected by their current financial issues or stressors and vice versa.

Step 2: Fill out the Financial Crisis Plan worksheet. This worksheet has two options. One is: “When I do or experience this, I will do this instead” and the other is: “Rather than doing this, I will do this instead.” Participants can choose to focus on one, or both, of these prompts.

Ask the participants to spend at least 10 minutes each on each person’s plan. Facilitators should do this activity as well. Once everyone has finished up their plans, ask the participants to share what they feel comfortable sharing and write their thoughts on the whiteboard.

Step 3: Ask the participants to follow the instructions in the Student Guide to make a list of their expenses and when payments are due so they can keep track of their bills and other monthly expenses. Participants can refer back to their budgets from Workshop 3 to identify all of their expenses. They can do this activity alone or in pairs. Facilitators should fill out the worksheet as well.

If they didn’t finish, let participants know they can finish their Financial Crisis Plans as homework for the next class.