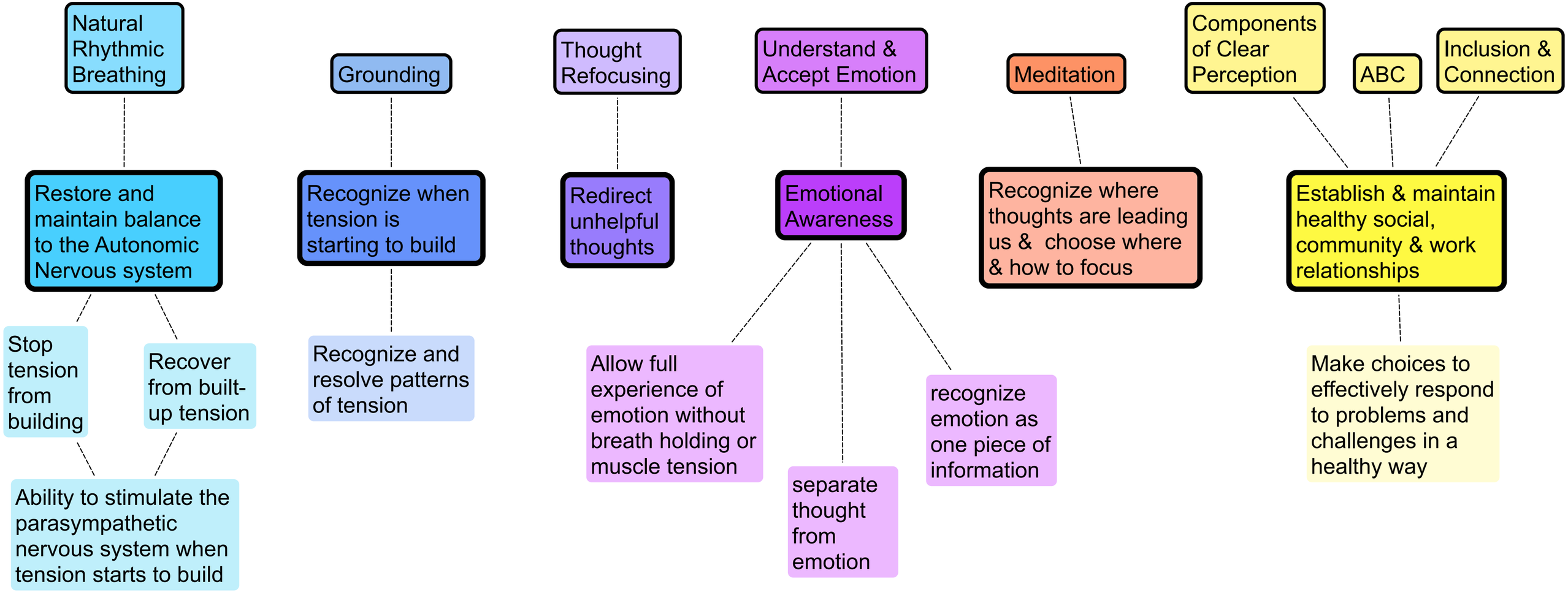Practices That Develop Essential Skills and Capabilities Needed to Restore and Maintain Mental Health