



Bringing Wellness to...

**[INSERT NAME OF
COMMUNITY HERE]**

For more information, visit
www.samhsa.gov/wellness-initiative

WELCOME TO WELLNESS

Through its Wellness Initiative, the Substance Abuse and Mental Health Services Administration (SAMHSA) pledges to promote wellness for those with behavioral health conditions by motivating individuals, organizations, and communities to take action and work toward improved quality of life, heart health, and increased years of life.



What is Wellness?

Wellness is not the absence of disease, illness, or stress, but the presence of:

- Optimal physical and behavioral health;
- Purpose in life;
- Active involvement in satisfying work and play;
- Joyful relationships; and
- Happiness.

(Dunn, 1961)



Social Inclusion and Wellness:

What's the Connection?

- Wellness relates to social factors that can either promote or hinder social inclusion.
- For many, the impact of trauma, poverty, unemployment, and other social circumstances contributes to the development of behavioral health conditions.
- Such factors can marginalize individuals from society's social, economic, educational, recreational, cultural, and health resources.
- We all have a role to play in building healthy, holistic, inclusive communities.



Why is Wellness vital to recovery from mental or substance use disorders and trauma?

- Individuals with mental or substance use disorders served by the public mental health system die, on average, years earlier than the general population (Parks, 2006).
- Premature death among this population is largely due to:
 - Smoking;
 - Obesity;
 - Substance use; and
 - Inadequate access to medical care (NASMHPD, 2008).
- Wellness can improve quality of life and increase years of life for these individuals.



Why is Wellness important in our community?

- Individuals with severe mental illnesses experience diabetes, hypertension, and obesity at about 1.5 to 2 times the rate of the general population (Fagiolini, 2005; McEvoy, 2005; Newcomer, 2005).
- Depression has been shown to increase the risk of stroke in women (Pan, 2011).
- Trauma has lasting adverse effects on an individual's functioning and physical, social, emotional, or spiritual well-being (SAMHSA, n.d.).
- [FEATURE ANY HEALTH DISPARITY OR HEALTH CHALLENGE STATISTICS OR DATA, WITH CITATIONS, SPECIFICALLY ABOUT YOUR COMMUNITY, TO DEMONSTRATE TO YOUR AUDIENCE WHY ADDRESSING WELLNESS IS IMPORTANT IN THEIR COMMUNITY]

SAMHSA'S VISION FOR WELLNESS

SAMHSA envisions a future in which people with behavioral health conditions pursue optimal health, happiness, recovery, and a full and satisfying life in the community via access to a range of effective treatment, services, supports, and resources.

OUR VISION FOR WELLNESS

*[INSERT YOUR VISION
STATEMENT FOR WELLNESS]*

Eight Dimensions of Wellness



EMOTIONAL

Coping effectively with life and creating satisfying relationships

SOCIAL

Developing a sense of connection, belonging, and a well-developed support system

SPIRITUAL

Expanding our sense of purpose and meaning in life

OCCUPATIONAL

Personal satisfaction and enrichment derived from one's work

INTELLECTUAL

Recognizing creative abilities and finding ways to expand knowledge and skills

FINANCIAL

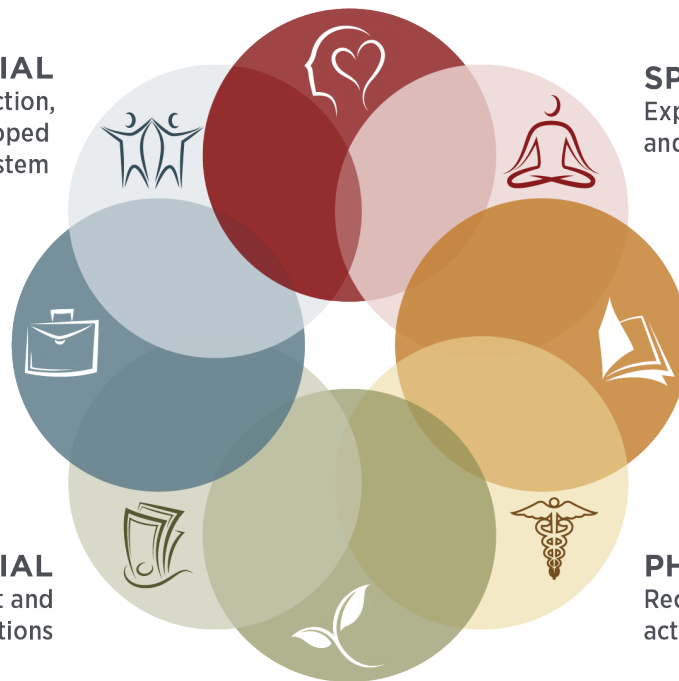
Satisfaction with current and future financial situations

PHYSICAL

Recognizing the need for physical activity, diet, sleep, and nutrition

ENVIRONMENTAL

Good health by occupying pleasant, stimulating environments that support well-being





Physical Dimension

PHYSICAL—recognizing the need for physical activity, diet, sleep, and nutrition

- Stay active; take the stairs instead of the elevator.
- Make healthy food choices.
- Get enough sleep.
- See your primary care doctor regularly.





Emotional Dimension

EMOTIONAL—coping effectively with life and creating satisfying relationships

- Be aware of your feelings.
- Express your feelings to people you trust.
- Seek support with upsetting emotions.
- Learn your strengths and things you want to improve.



Social Dimension

SOCIAL—developing a sense of connection, belonging, and a well-developed support system

- Make a list of supportive family, friends, co-workers, and peers.
- Make at least one connection each day by calling, e-mailing, or visiting someone.
- Join a club, social group, or volunteer group.
- Get involved in a support group.





Occupational Dimension

OCCUPATIONAL—getting personal satisfaction and enrichment from one's work and hobbies

- Explore career or volunteer opportunities in an area you are passionate about.
- Communicate with others regularly and get support when needed.
- Consider taking breaks.
- Learn from mistakes-everyone makes them.



Intellectual Dimension

INTELLECTUAL—recognizing creative abilities and finding ways to expand knowledge and skills

- See what kind of skills training might be available at the public library.
- Find a book or book series that interests you.
- Explore public events in your community by checking out the events section in the newspaper.
- Befriend people who can stimulate your mind.





Financial Dimension

FINANCIAL—finding satisfaction with current and future financial situations

- Be creative about budgeting and spending.
- Meet with someone who specializes in helping people with their finances at no or low cost.
- Explore ways to save for your future, from a piggy bank to a savings account.





Environmental Dimension

ENVIRONMENTAL—achieving good health by occupying pleasant, stimulating environments that support well-being

- De-clutter, donate, and recycle things you don't need.
- Appreciate nature.
- Seek out experiences that have a calming effect.



Spiritual Dimension

SPIRITUAL—expanding your sense of purpose and meaning in life

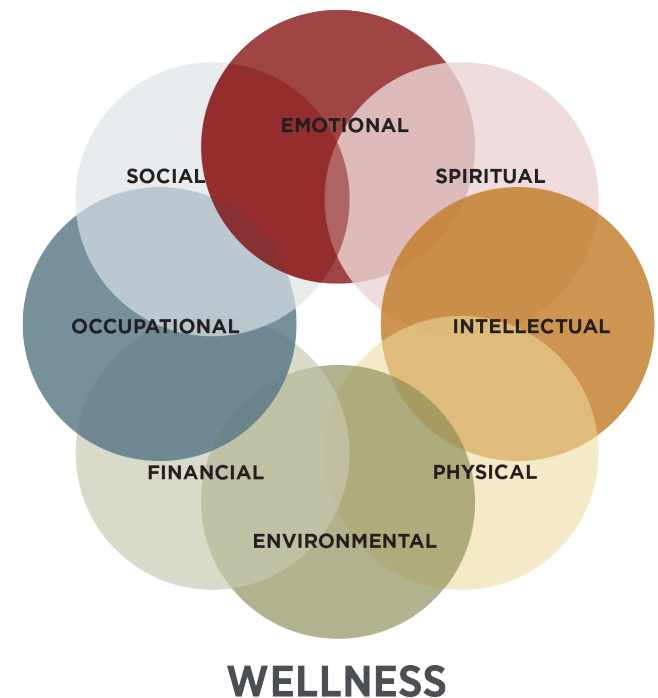
- Make time for practices that enhance your sense of connection to self, nature, and others.
- Discover what values, principles, and beliefs are most important to you.
- Find a community whose spiritual outlook you share.
- Help others when they are in need.



How the Dimensions are Interconnected

- Wellness incorporates many dimensions of health that influence an individual's total well-being.
- All the dimensions of wellness are interconnected.
 - The financial dimension, for example, might affect how people feel they can succeed socially.
 - The occupational dimension may suffer if the intellectual dimension is being compromised.

SOURCE: Adapted from Swarbrick, M. (2006). A wellness approach. *Psychiatric Rehabilitation Journal*, 29(4), 311–314.



What is National Wellness Week?



- Observed every third week of September as part of SAMHSA's National Recovery Month.
- Celebrates Eight Dimensions of Wellness and encourages communities to put them into practice to improve overall health.
- Encourages communities to be inclusive when planning events, considering the following factors of an individual or group:
 - Age
 - Education
 - Disposable income
 - Physical and mental abilities
 - Language
 - Diet
 - Religion
 - Ethnic group
 - Access to basic needs, services, and supports, such as child care and transportation

National Wellness Week Theme Days



- **SUNDAY:** Environmental Dimension
- **MONDAY:** All Dimensions Work Together
- **TUESDAY:** Physical Dimension
- **WEDNESDAY:** Intellectual Dimension
- **THURSDAY:** Spiritual Dimension
- **FRIDAY:** Social and Emotional Dimensions
- **SATURDAY:** Occupational and Intellectual Dimensions

What are we doing about Wellness in our community?

- [ADD ANY UPCOMING WELLNESS PROGRAMS, EVENTS, OR ACTIVITIES THAT YOU WOULD LIKE TO ENCOURAGE YOUR AUDIENCE TO PARTICIPATE IN]
- [SHARE WHICH DIMENSION(S) EACH PROGRAM, EVENT, OR ACTIVITY WILL ADDRESS]





Partnering for Wellness

- All of the HHS agencies are partners with the Million Hearts Initiative.
- [LIST LOCAL LIKE-MINDED PUBLIC OPINION LEADERS, ORGANIZATIONS, AND/OR COMPANIES THAT ARE PARTNERING WITH YOU TO PROMOTE WELLNESS]





References

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Additional Resources

[INSERT YOUR NAME OR ORGANIZATION]

[INSERT CONTACT INFO/WEBSITE ADDRESS]

healthfinder®

<http://www.healthfinder.gov>

Healthy People 2020

<http://www.healthypeople.gov/2020>

Million Hearts™

<http://www.millionhearts.hhs.gov>

STAR Center

<http://www.consumerstar.org>

National Recovery Month

<http://www.recoverymonth.gov>

U.S. Department of Health and Human Services

<http://www.hhs.gov>

Substance Abuse and Mental Health Services Administration (SAMHSA)

<http://www.samhsa.gov>

SAMHSA- HRSA Center for Integrated Health Solutions

<http://www.integration.samhsa.gov/>

National Empowerment Center

1-800-POWER2U (1-800-769-3728)

<http://www.power2u.org>

