



BRINGING WELLNESS TO [INSERT NAME OF COMMUNITY HERE]

[INSERT YOUR NAME OR YOUR ORGANIZATION NAME HERE]

[INSERT PRESENTATION DATE HERE]

WELCOME TO THE WELLNESS MOVEMENT!

Through its Wellness Initiative, the Substance Abuse and Mental Health Services Administration (SAMHSA) pledges to promote wellness for people with mental health and substance use challenges by motivating individuals, organizations, and communities to take action and work toward improved quality of life, cardiovascular health, and decreased early mortality rates.

WHAT IS WELLNESS?

- SAMHSA's Wellness Initiative defines wellness as the presence of:
 - Purpose in life;
 - Active involvement in satisfying work and play;
 - Joyful relationships;
 - A healthy body and living environment; and
 - Happiness.
- Evidence shows that people diagnosed with serious mental illnesses and served by the public mental health system die, on average, **decades earlier** than the general population.
 - Many of them die from preventable diseases like cardiovascular disease and diabetes.

SOCIAL INCLUSION and WELLNESS: WHAT'S THE CONNECTION?

- Wellness has bearing on social factors that can either lead an individual toward or prevent them from achieving social inclusion.
- Experiences with trauma, poverty, unemployment and underemployment, and even education can define one's wellness.
- We can all contribute to creating healthier communities.

WHY IS WELLNESS VITAL TO RECOVERY?

- Behavioral health disorders and chronic illnesses are linked.
- Increased morbidity and mortality among this population is largely due to treatable medical conditions caused by preventable risk factors such as:
 - Smoking;
 - Obesity;
 - Substance use; and
 - Inadequate access to medical care.*
- Wellness impacts our physical health and recovery process.
 - We must take care of our bodies and other components of our well-being to maintain good physical health and stay on the path to recovery.

***Source:** National Association of State Mental Health Program Directors. (2008). *Measurement of Health Status for People with Serious Mental Illness.*

WHY IS WELLNESS IMPORTANT IN OUR COMMUNITY?

- Individuals with severe mental illnesses experience diabetes, hypertension, and obesity at approximately 1.5 to 2 times the rate of the general population.^{1,2,3}
- Depression has been shown to increase the risk of stroke in women.⁴
- [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 HERE]

Sources:

Fagiolini, A., Frank, E., Scott, J. A., Turkin, S., & Kupfer, D. J. (2005). Metabolic syndrome in bipolar disorder: findings from the Bipolar Disorder Center for Pennsylvanians. *Bipolar Disorders*, 7(5), 424–430.

McEvoy, J. P., Meyer, J. M., Goff, D. C., et al. (2005). Prevalence of the metabolic syndrome in patients with schizophrenia: baseline results from the Clinical Antipsychotic Trials of Intervention Effectiveness (CATIE) schizophrenia trial and comparison with national estimates from NHANES III. *Schizophrenia Research*, 80(1), 19–32.

Newcomer, J. W. (2005). Second-generation (atypical) antipsychotics and metabolic effects: a comprehensive literature review. *CNS Drugs*, 19 (suppl 1), 1–93.

Pan, A., Okereke, O., Sun, Q., Logroscino, G., Manson, J., Willett, W., et al. (2011). Depression and incident stroke in women. *Stroke*, 42, 2770–2775.

SAMHSA's VISION FOR WELLNESS

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

OUR VISION FOR WELLNESS

[INSERT YOUR VISION STATEMENT FOR WELLNESS HERE]

THE EIGHT DIMENSIONS OF WELLNESS



THE PHYSICAL DIMENSION

- **PHYSICAL**—recognizing the need for physical activity, healthy foods, and sleep
 - Stay active by taking the stairs and walking instead of driving.
 - Make healthy food choices.
 - Get enough sleep. This is as important as diet and exercise.
 - See your primary care doctor regularly.

THE EMOTIONAL DIMENSION

- **EMOTIONAL**—coping effectively with life and creating satisfying relationships
 - Be aware of your feelings.
 - Express your feelings to others.
 - Seek support for coping with upsetting emotions.

THE 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 per day by calling, emailing, or visiting someone.
 - Join a club, social group, or support group.
 - Volunteer with an organization whose interests you share.
 - Get involved in peer support.

THE OCCUPATIONAL DIMENSION

- **OCCUPATIONAL**—getting personal satisfaction and enrichment through work and school
 - Ensure your job (paid or unpaid) supports your well-being.
 - Communicate with your supervisor regularly and get support when needed.
 - Take work and/or study breaks.

THE INTELLECTUAL DIMENSION

- **INTELLECTUAL**—recognizing creative abilities and finding ways to expand knowledge and skills
 - Take a class or read a book, and share what you learned with others.
 - Create a scrapbook or a discussion group.
 - Research a topic that interests you.

THE FINANCIAL DIMENSION

- **FINANCIAL**—satisfaction with current and future financial situations
 - Be thoughtful and creative about budgeting and spending.
 - Plan and prepare for the future and open bank and saving accounts.

THE ENVIRONMENTAL DIMENSION

- **ENVIRONMENTAL**—finding a pleasant, stimulating environment that supports well-being
 - Paint a wall, organize a closet, or donate household items you don't need.
 - Take a walk or seek out music and other experiences that have a calming effect.

THE SPIRITUAL DIMENSION

- **SPIRITUAL**—expanding our sense of purpose and meaning in life
 - Make time for practices that enhance your sense of connection to self, nature, or others.
 - Find a community that shares your spiritual outlook.

HOW THE DIMENSIONS ARE INTERCONNECTED

- Wellness incorporates many dimensions of health, each of which is interconnected within the framework of an individual's total well-being.
- While a certain dimension may be strong at a particular point in time, others may need more attention.
 - The Financial Dimension, for example, might affect how an individual feels they can succeed socially.
 - The Occupational Dimension may suffer if the Intellectual Dimension is being compromised.

WHAT IS NATIONAL WELLNESS WEEK?

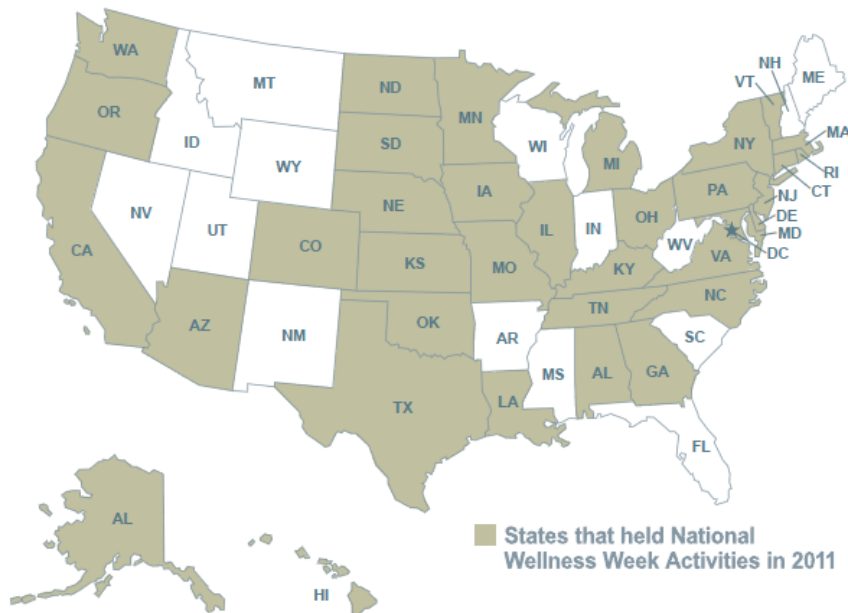
- Observed the third week of September every year as part of SAMHSA's National Recovery Month
- Aims to increase awareness about wellness within our communities and extend the longevity and quality of life of people with mental health and substance use disorders

NATIONAL WELLNESS WEEK THEME DAYS

- **MONDAY:** All Dimensions Work Together
- **TUESDAY:** Physical Dimension
- **WEDNESDAY:** Intellectual Dimension
 - **Artistic Expression for Wellness** national activity
- **THURSDAY:** Spiritual Dimension
- **FRIDAY:** Social and Emotional Dimensions
 - **Line Dance for Wellness** national activity
- **SATURDAY:** Occupational and Intellectual Dimensions
- **SUNDAY:** Environmental Dimension

CELEBRATING WELLNESS AROUND THE COUNTRY

Wellness Week Map



Get on the Map!

Email wellness@samhsa.hhs.gov with:

- Your name, contact number, and email for general questions*
- Your organization and Web site, if applicable*
- A description of your planned activity, including time, date, and location*
- Any other comments or questions you have about National Wellness Week

**These details will be made available to the public on the Web site.*

WHAT ARE WE DOING ABOUT WELLNESS IN OUR COMMUNITY?

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

PARTNERING FOR WELLNESS

- SAMHSA's Wellness Initiative is a national collaboration between SAMHSA, FDA's Office of Women's Health, Million Hearts™, and national organizations.
- [LIST THE LOCAL PUBLIC OPINION LEADERS, ORGANIZATIONS, AND/OR COMPANIES THAT ARE PARTNERING WITH YOU TO PROMOTE WELLNESS HERE]

TALKING ABOUT WELLNESS

- For National Wellness Week 2011, at least 17 health blogs featured information about wellness activities or encouraged readers to incorporate the Eight Dimensions of Wellness into their daily lives, including two posts on USA.GOV.
- [ADD MEDIA COVERAGE THAT YOU HAVE PLACED ABOUT WELLNESS/WELLNESS ACTIVITIES HERE]
 - [QUOTE THE STORY TO HIGHLIGHT WHAT MEDIA ARE SHARING WITH THE COMMUNITY ABOUT WELLNESS]

ADDITIONAL RESOURCES

- **[INSERT YOUR NAME OR YOUR ORGANIZATION HERE]**
 - [INSERT CONTACT INFORMATION/WEB SITE ADDRESS HERE]
- **Substance Abuse and Mental Health Services Administration (SAMHSA)**
 - <http://www.samhsa.gov>
- **FDA Office of Women’s Health**
 - <http://www.fda.gov/womens>
- **Million Hearts™**
 - <http://www.millionhearts.hhs.gov>
- **U.S. Department of Health and Human Services**
 - <http://www.hhs.gov>
- **National Recovery Month**
 - <http://www.recoverymonth.gov>
- **Center for Psychiatric Rehabilitation**
 - <http://www.bu.edu/cpr>
- **National Alliance on Mental Illness (NAMI)**
 - 1-800-950-NAMI (1-800-950-6264)
 - <http://www.nami.org>
- **The National Empowerment Center**
 - 1-800-POWER2U (1-800-769-3728)
 - <http://www.power2u.org>
- **The National Wellness Institute**
 - <http://www.nationalwellness.org>
- **healthfinder®**
 - <http://www.healthfinder.gov>
- **Healthy People 2020**
 - <http://www.healthypeople.gov/2020>
- **Faces & Voices of Recovery**
 - <http://www.facesandvoicesofrecovery.org>

