

CPRP Online Course Exam Preparation & Primer



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DOMAIN 7: SUPPORTING HEALTH & WELLNESS

Domain VII: Supporting Health and Wellness

5 task areas

Newest area of
test

11-13% of test
questions
related to this
domain

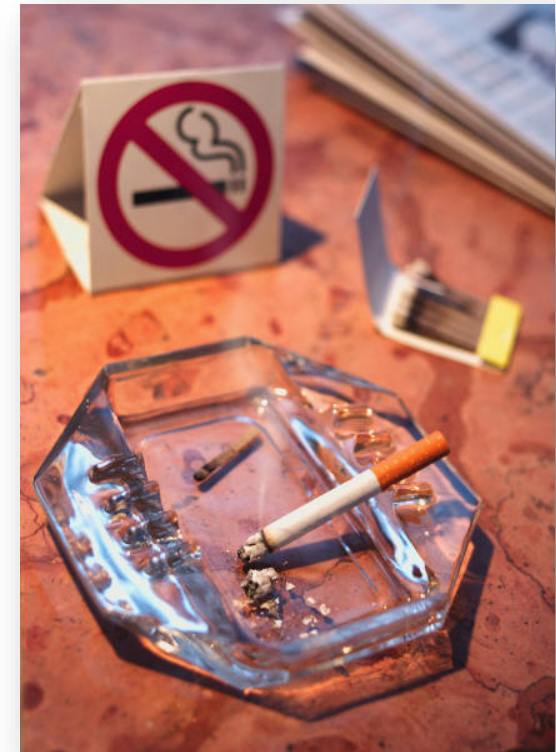
18 out of 150
questions

Why Wellness and Health?

Significant health disparities: Early mortality, co-occurring medical conditions, smoking

Low health literacy

Connection between wellness and recovery



Task A: Assist individuals in identifying and accessing specialized services.



Mental Wellness Center

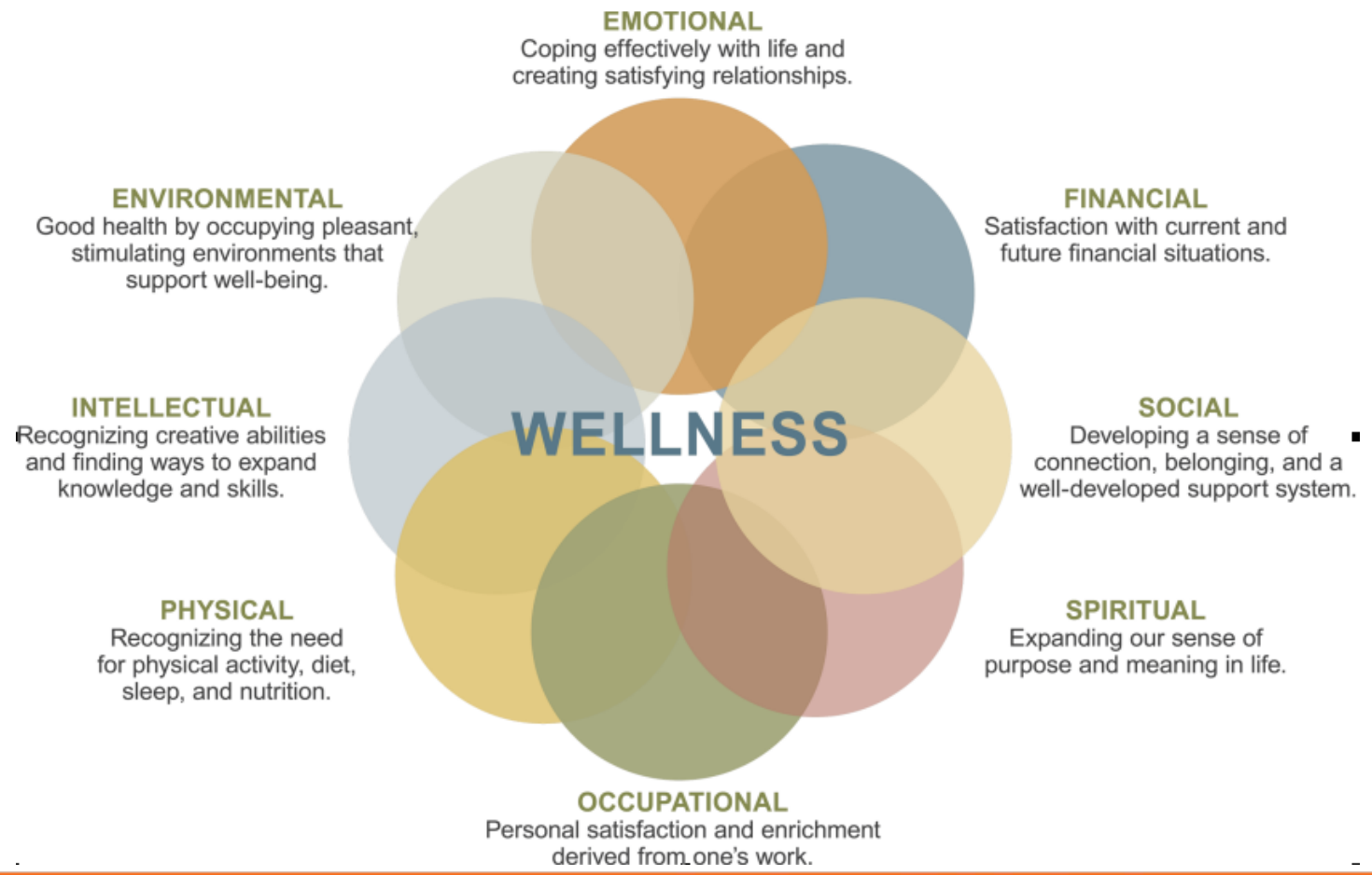
RECOVERY • EDUCATION • FAMILY SERVICES

Task 2: Assist individuals in identifying and developing strategies for improving various dimensions of wellness

- What gets in the way? Barriers?
- What resources are needed to access wellness resources?
- How can I support the development of new habits?



Dimensions of Wellness



Task C: Support individuals in developing the knowledge, skills, and attitudes necessary to maintain his or her health and wellness.



How to help people change

Listen!!!!

Recognize “human nature” issues (don’t blame “mental illness”)

Use a strengths-based approach

Build on the person’s values, interests, and priorities

Keep the goals small and short-term: small wins!

Plan carefully in achievable steps

Provide support and encouragement, but don’t take charge

Dimensions of Physical Wellness

Physical activity is any body movement that works your muscles and uses more energy than you use when you're resting.

Sleep is defined as a natural state of rest for the mind and body. It involves getting a proper night's sleep, which varies based on the individual. Most people require 7-8 hours a night.

Stress management / relaxation includes techniques developed to help you cope with or lessen the physical and emotional effects of everyday life pressure, refreshing the body and mind.

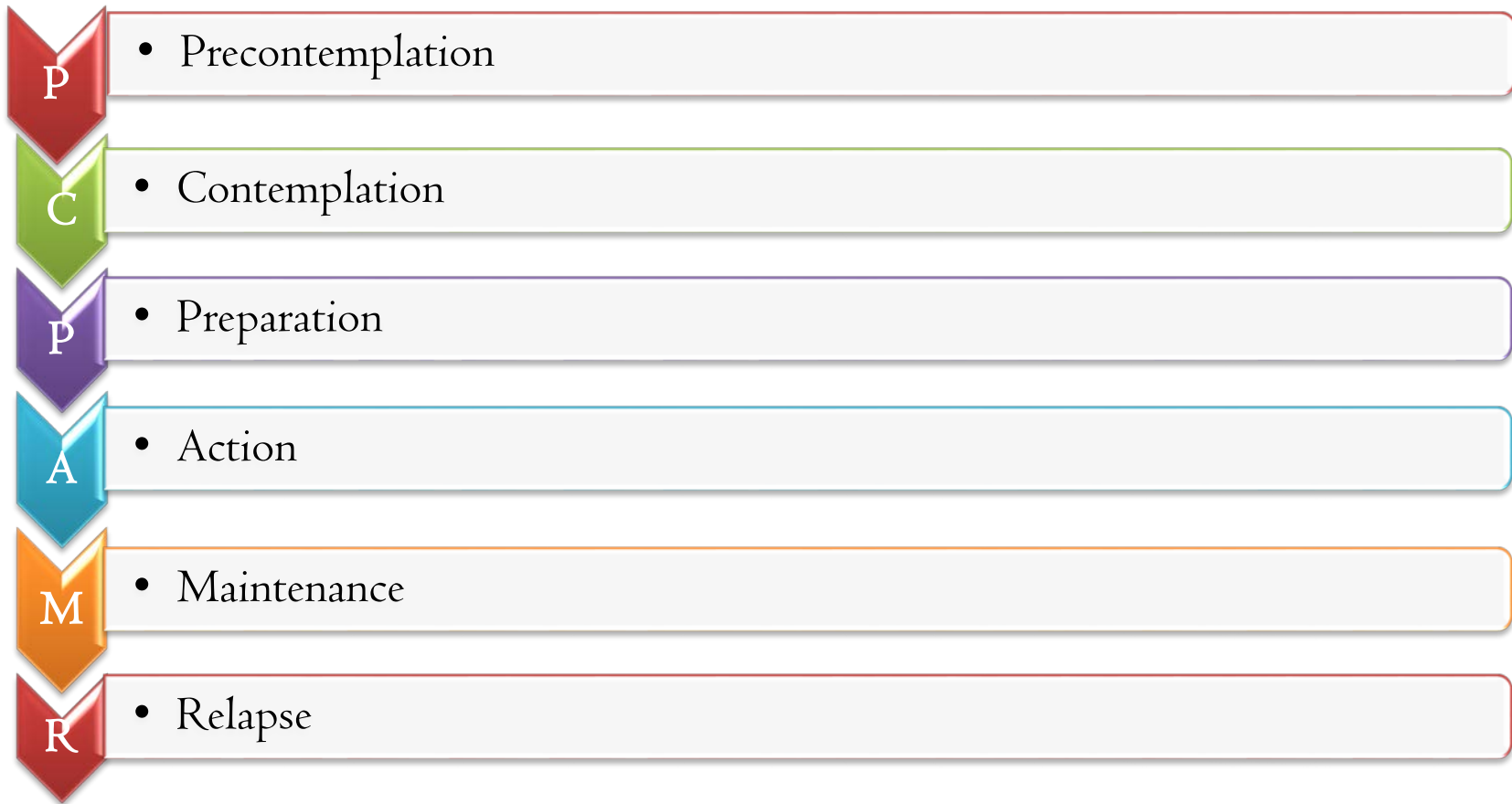


Dimensions of Physical Wellness

Medical care and routine, preventative services can keep you up to date on where your health is, and prevent more major diseases in the future.



Prochaska & DiClemente's Stages of Change



Readiness Assessment

Need for change

How dissatisfied is the individual with his or her current situation?

Commitment for change

Does the person believe change is necessary, positive and possible?

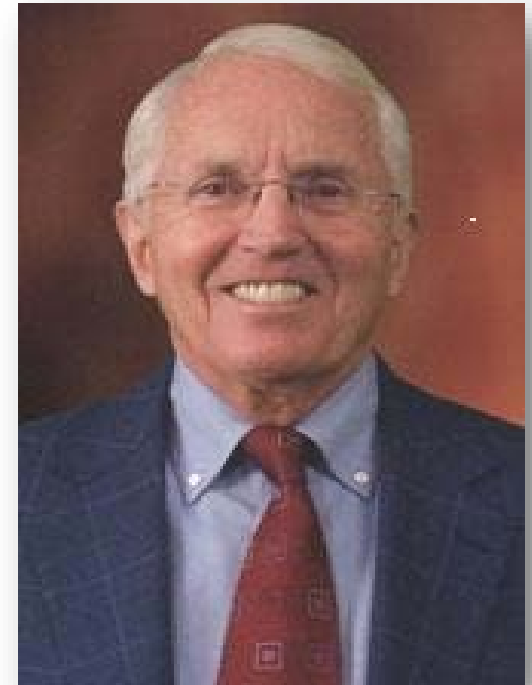
Environmental Awareness

Knowledge and experience about environment the person plans to operate in.

Self-Awareness

Knowledge about him or herself, values, likes, skills.

Closeness to practitioner



"Don't try to change; train to change." – James O. Prochaska

Task E: Sustain lifestyle

Task E: Assist individuals in developing and sustaining a wellness lifestyle



Coaching Skills

Providing coaching, feedback, modeling, reinforcement, reassurance and recognition of achievement

Prompting, reminding, rewarding and providing feedback

Reinforcing newly learned skills and behaviors



Summary



Peggy Swarbrick

<http://welltacc.org>



[Visit the SAMHSA 8 Dimensions of Wellness Website:](http://www.promoteacceptance.samhsa.gov/I0byI0/dimensions.aspx)

<http://www.promoteacceptance.samhsa.gov/I0byI0/dimensions.aspx>