

Wellness Confidence Training community 8 Assessments Outcomes H Recovery Education Rehabilitation





CPRP Online Course Exam Preparation & Primer

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DOMAIN 7: SUPPORTING HEALTH & WELLNESS



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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





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Why Wellness and Health?

Significant health disparities: Early mortality, cooccurring medical conditions, smoking

Low health literacy

Connection between wellness and recovery





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



RECOVERY · EDUCATION · FAMILY SERVICES



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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?



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Dimensions of Wellness

EMOTIONAL

Coping effectively with life and creating satisfying relationships.

ENVIRONMENTAL

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

INTELLECTUAL

Recognizing creative abilities and finding ways to expand knowledge and skills.

PHYSICAL

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

WELLNESS

FINANCIAL Satisfaction with current and future financial situations.

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.



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



Growing and Training the Recovery Workforce





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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





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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.







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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.



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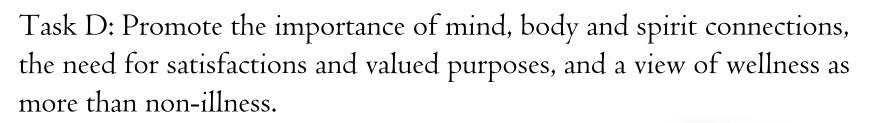
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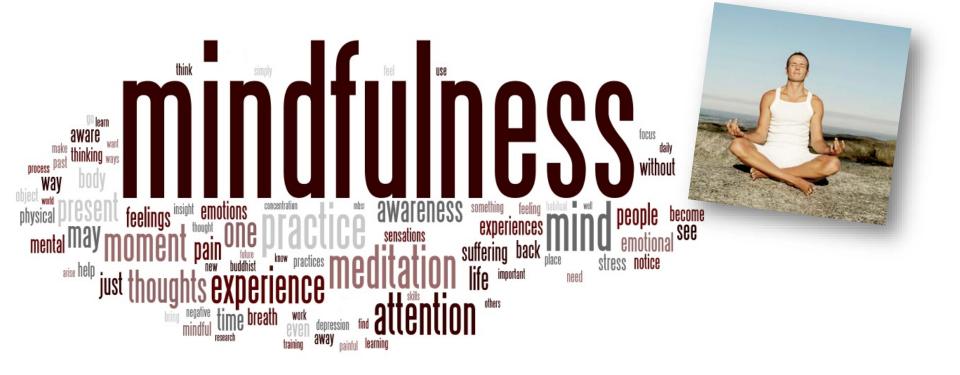
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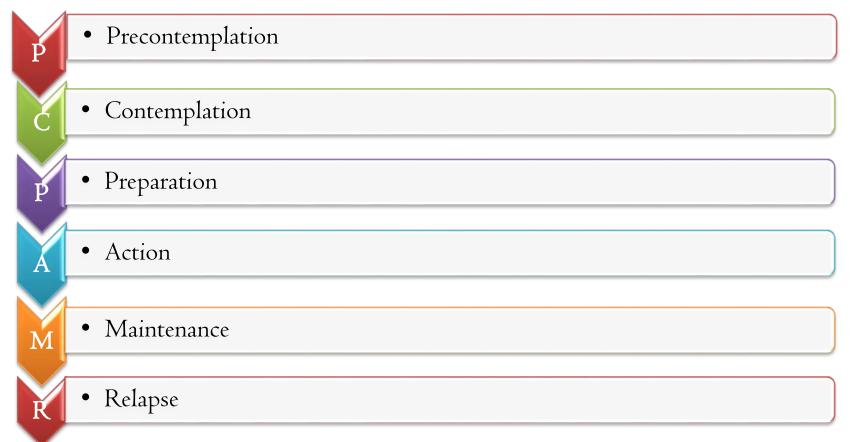




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Prochaska & DiClemente's Stages of Change





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Need for change

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

Commitment for change

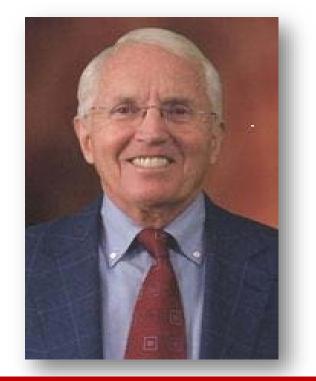
Does the person belief change is necessary, positive and possible?

Environmental Awareness

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

Self-Awareness

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



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

Closeness to practitioner



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Task E: Sustain lifestyle

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





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Coaching Skills

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

Prompting, reminding, rewarding and providing feedback

Reinforcing newly learned skills and behaviors



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Prevention V

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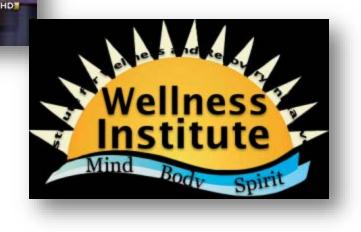
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Treatment is Effec

C SPAN 3

Summary

A Life in the Community for Everyone Sanata Substance Abuse and Mental Health Services Administration



Peggy Swarbrick

http://welltacc.org

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Visit the SAMHSA 8 Dimensions of Wellness Website:

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