




# Building Resilience: Mental Health Promotion and Prevention

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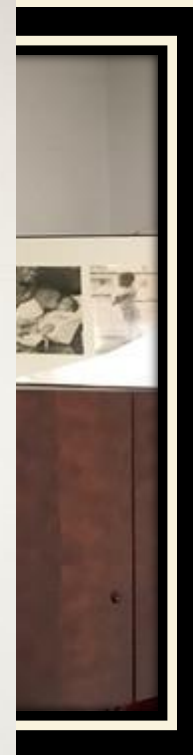
Resilience refers to an individual's ability to cope with adversity and adapt to challenges or change.

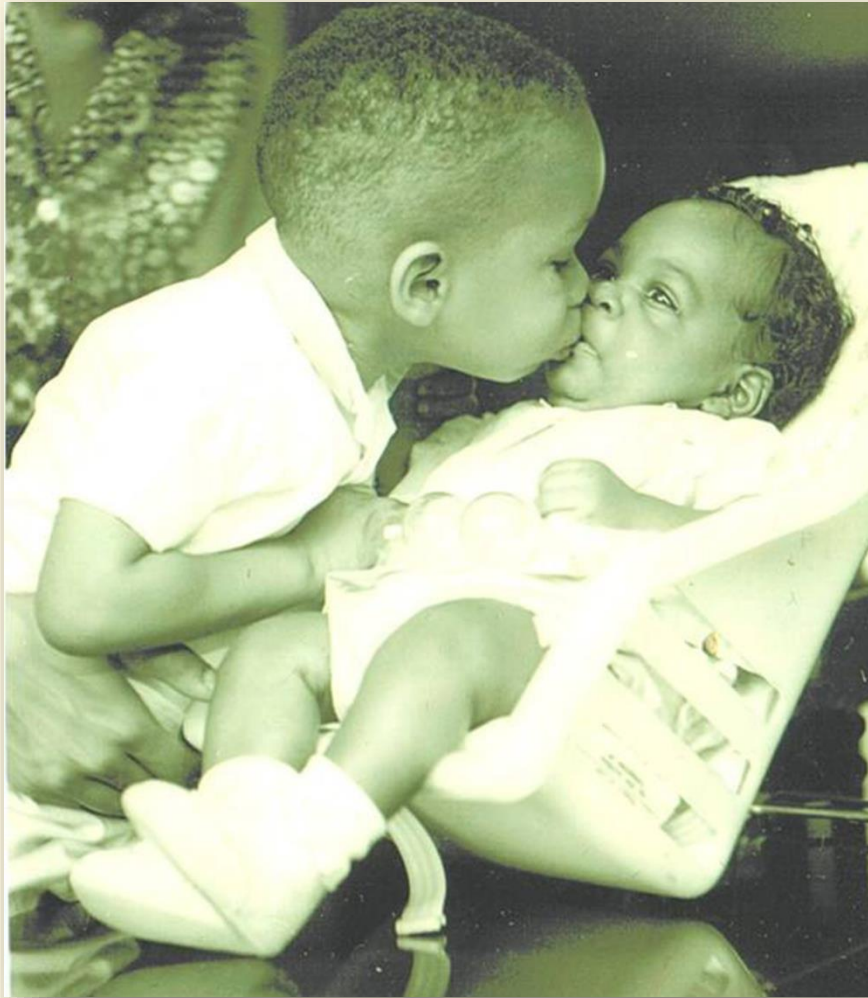
Resilience develops over time and gives an individual the capacity not only to cope with life's challenges but also to be better prepared for the next stressful situation.

Optimism and the ability to remain hopeful are essential to resilience and the process of recovery.

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





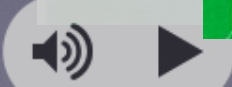




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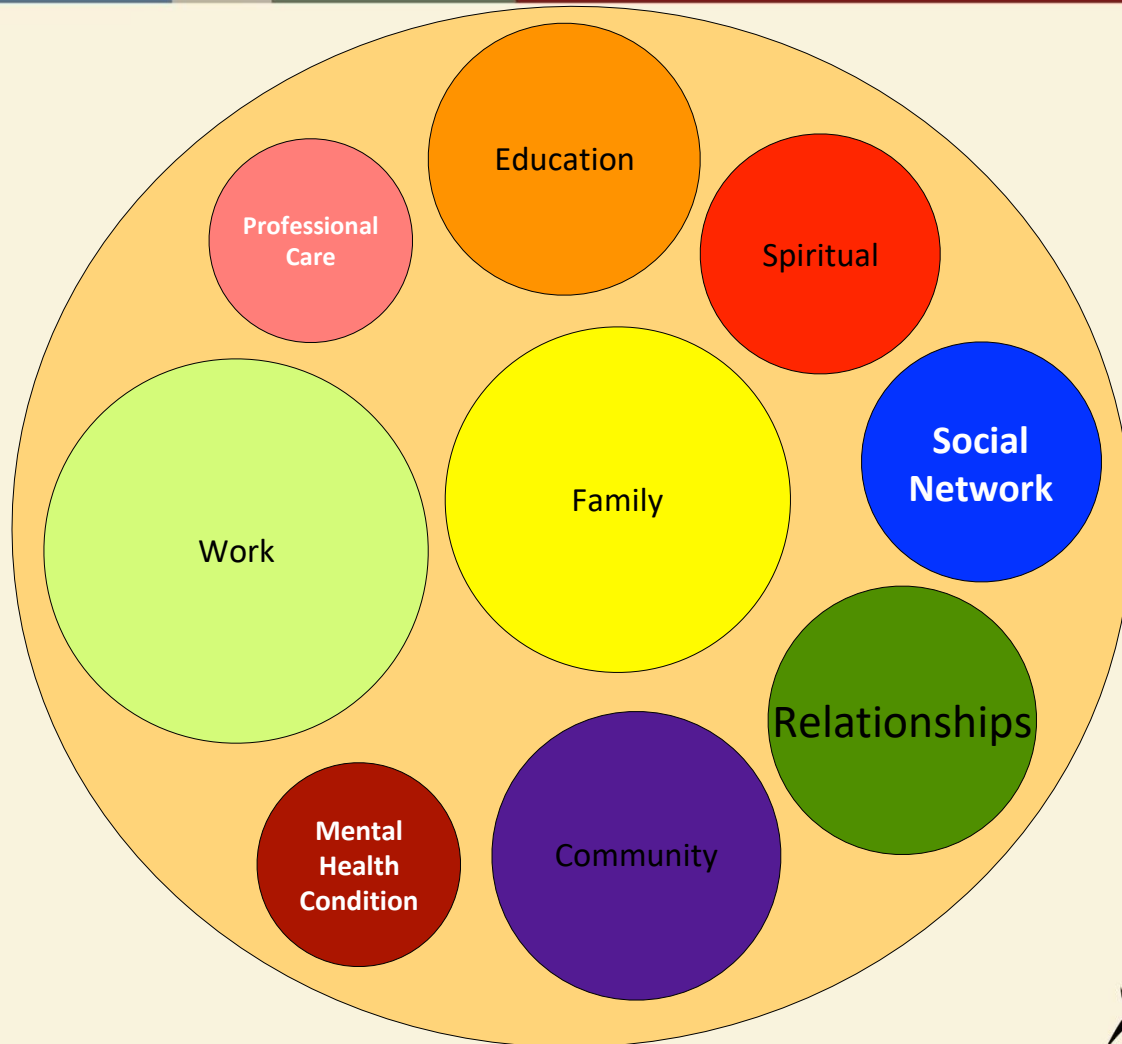


“I want a job, a house and a date on Saturday night”

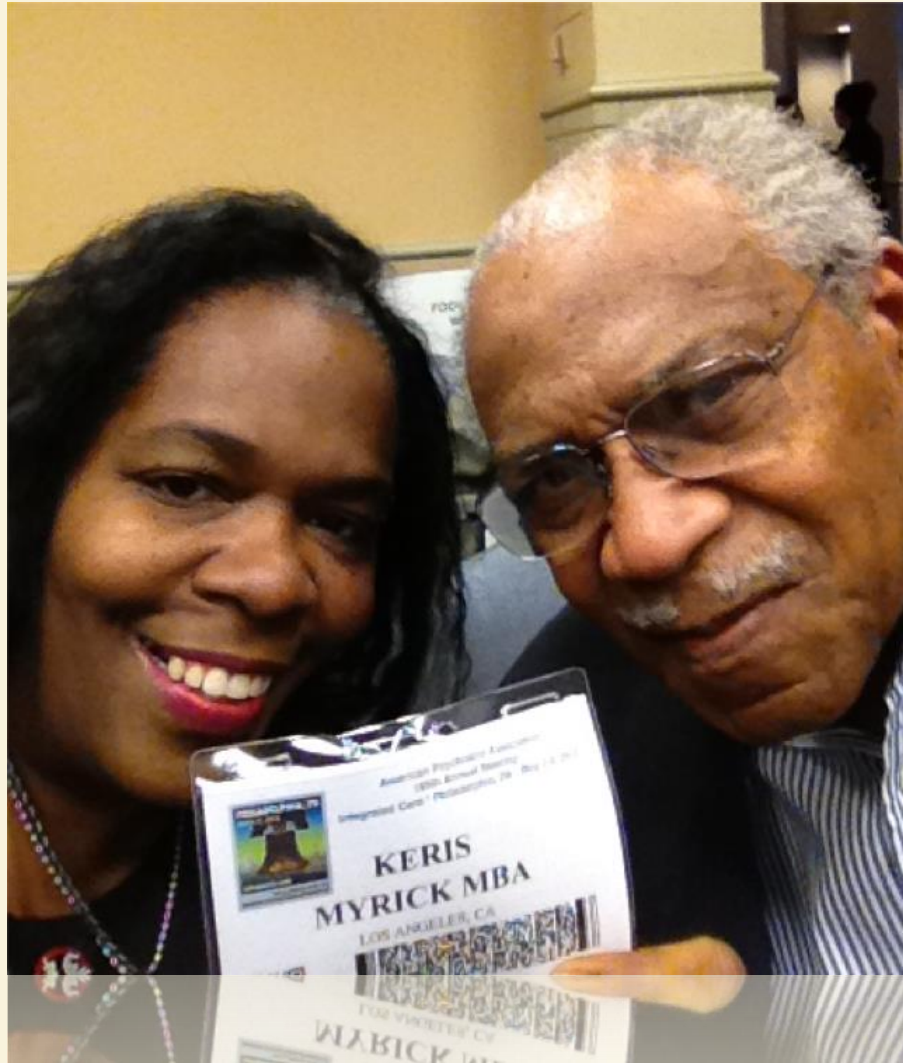




# “I want a job, a house and a date on Saturday night”



# The Power of Resilience and Recovery



KERIS —  
KEEP HER EYE  
ON THE PRIZE!  
She is CLOSE TO  
HER MASTERS AND  
HAS SO MUCH SKILL  
AND RESPECT  
FROM HER PEERS  
WHO SEE THAT  
They NEED HER!  
She is WITH THE  
BEST PREPARATION  
FOR HER ~~BIRTH~~  
WITH HER COLLEGS  
HER DISSERTATION  
AWAITS



IT'S **NOT**  
ABOUT  
THE  
NAIL

# Eight Dimensions of Wellness



Adapted from Swarbrick, M. (2006). A Wellness Approach. *Psychiatric Rehabilitation Journal*, 29(4), 311-314.



*Bringing Wellness to...*

# **YOUR COMMUNITY**

For more information, visit

[www.samhsa.gov/wellness-initiative](http://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 and/or substance use disorders and trauma?



- Individuals with mental and/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.).



# 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

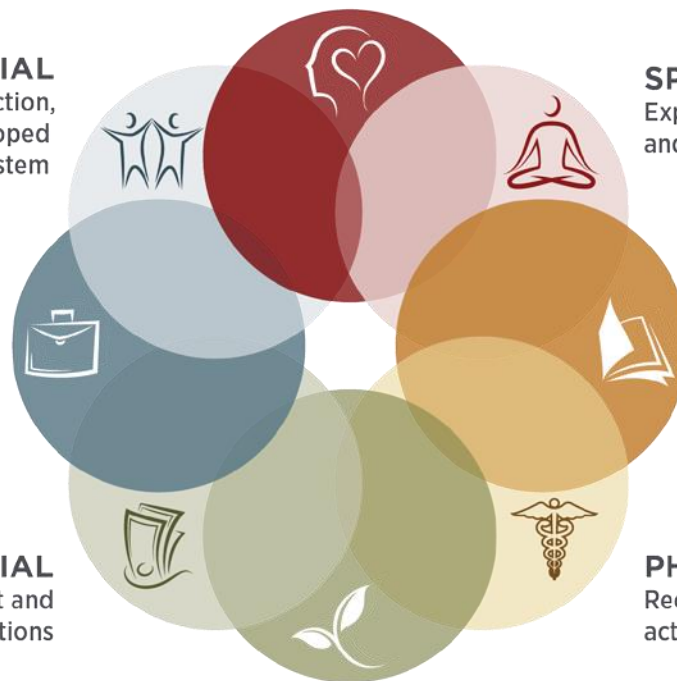
Satisfaction with current and future financial situations

## PHYSICAL

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

## ENVIRONMENTAL

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



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

# 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.



# 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.



# 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.



# 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.





# Environmental Dimension

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

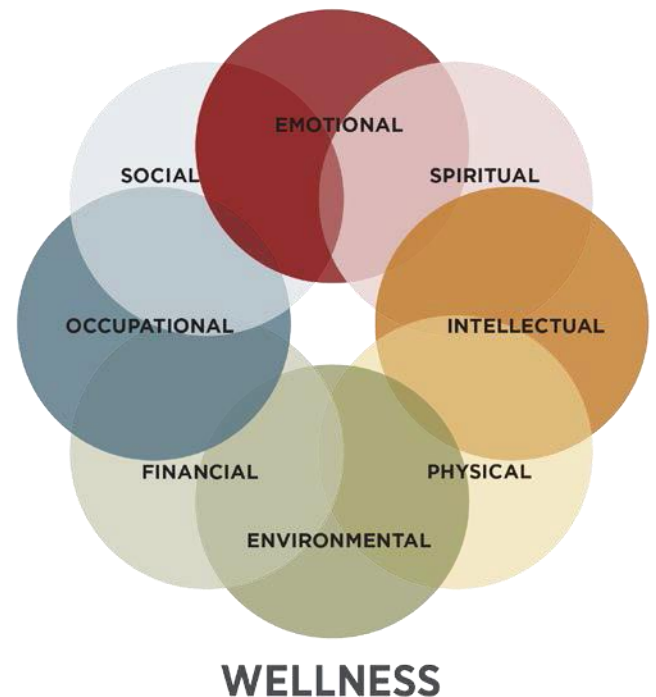
- De-clutter, donate, and recycle things you don't need.
- Appreciate nature.
- Seek out experiences that have a calming effect.



# 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.



# 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

- *What is your vision of Wellness for you and your community?*



# OUR VISION FOR WELLNESS

Charles Smith, SAMHSA Regional Administrator  
Region 8 (Colorado, Montana, North Dakota, South Dakota, Utah and Wyoming)





# OUR VISION FOR WELLNESS



**Listening to Feelings... #FEELS GOOD!**



# Metrics: Analytics

## Strong Recovery Month Creates Success All September Long September's 257 Mentions Per Day: 2nd-Most Since Tracking Began

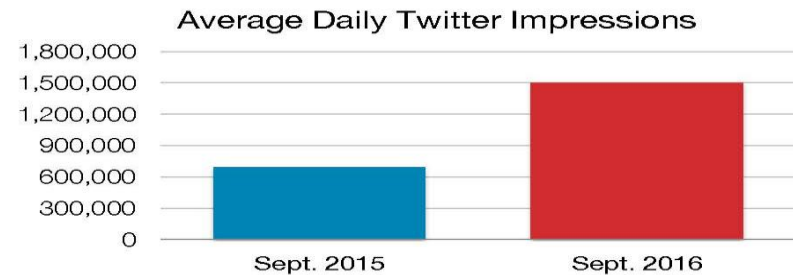
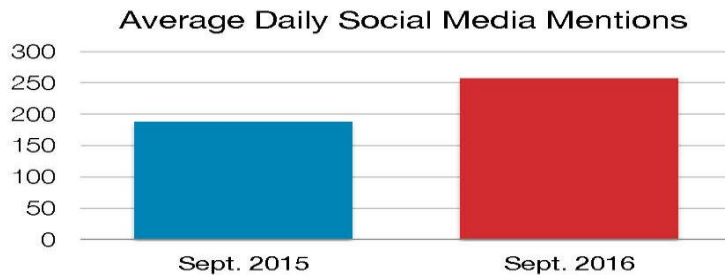
- The Sept. 8 NSDUH release was the top day of SAMHSA mentions for the month, and one of the highest points for Twitter impressions. It created the most Twitter on-screen views (58K) in September. It also improved upon strong 2015 NSDUH metrics. *(See slides 25-26 for more.)*
- SAMHSA's #ShareWellness activity on Sept. 23 helped drive strong numbers, including the top day of Twitter impressions (5.5M) and the most combined Twitter and Facebook on-screen views (73K) in September.

SAMHSA's September activity earns 1.1M total on-screen views

41 new Facebook fans per day in September is best of 2016

SAMHSA earns 1,661 Twitter followers and Facebook fans (+1.2% growth)

## SAMHSA Mention Twitter Impressions (1.5M Daily) Up Double From Sept. 2015



# OUR VISION FOR WELLNESS



PEER  
SUPPORT



# 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 childcare 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





# SEMANA NACIONAL DEL BIENESTAR



11-17 DE SEPTIEMBRE, 2016

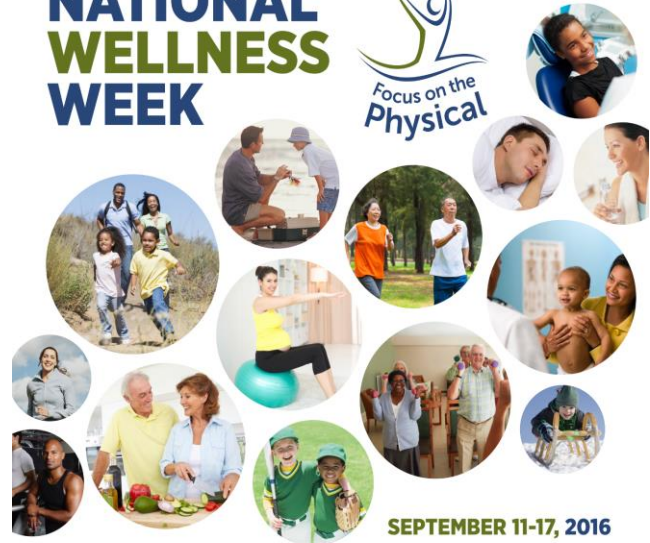


2016 OHA-16-4956



# NATIONAL WELLNESS WEEK

Focus on the Physical



SEPTEMBER 11-17, 2016



2016 OHA-16-4956



www.samhsa.gov • 1-877-SAMHSA-7 (1-877-726-4727)



# 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>



# OUR VISION FOR WELLNESS and RESILIENCE





# Resilience : Key Message

The key message is that starting early is essential to developing good mental health.

Work to support parents be the best parents they can be, to support schools creating environments that are safe and supportive, and early identification are important steps to ensure a healthy nation.

*Ingrid Donato, SAMHSA*

# For More Information

## **SAMHSA**

5600 Fishers Lane • Rockville, MD • 20852  
Phone: 1-877-SAMHSA-7 (1-877-726-4727)  
TTY: 1-800-487-4889  
Fax: 240-221-4292  
<http://www.samhsa.gov>

## **CMHS**

Phone: 240-276-1310  
Fax: 240-276-1320

