

8 Dimensions of Wellness

The Eight (8) Dimensions of Wellness is a way of looking at our overall wellbeing in smaller, more manageable pieces. Though we may experience stress in some or all of these dimensions, we can find wellness by prioritizing based on our current needs and striving for growth in the appropriate areas.

 PHYSICAL	<ul style="list-style-type: none"> • Establish good health through physical activity, diet, nutrition and sleep. • Create self-confidence and learn self-discipline to support recovery efforts.
 OCCUPATIONAL	<ul style="list-style-type: none"> • Establish career goals, develop job skills, and create an opportunity to contribute to others. • Find purpose and meaning to motivate your desire to change.
 SPIRITUAL	<ul style="list-style-type: none"> • Develop self-esteem and identity through core values, healthy beliefs, faith and hope. • Create a connection with something larger than self.
 ENVIRONMENTAL	<ul style="list-style-type: none"> • Spend time in places that promote good health and respect for all. • Identify places that support recovery efforts and those that might be a threat.
 FINANCIAL	<ul style="list-style-type: none"> • Increase earning potential, and develop money management and budgeting skills. • Learn to cope with money as a trigger and create healthy attitudes about spending.
 SOCIAL	<ul style="list-style-type: none"> • Establish a sense of community and connection with healthy relationships and effective communication. • Connect with people who promote self-worth and support recovery efforts.
 INTELLECTUAL	<ul style="list-style-type: none"> • Explore interests and passions in order to expand on knowledge and skills. • Identify sober pursuits that bring excitement and joy back to life.
 EMOTIONAL	<ul style="list-style-type: none"> • Raise awareness of felt emotions and express or respond in a healthy, productive way. • Learn to experience and accept emotions without a need to self-medicate.

Certified Recovery Specialist Services

Call 814.464.8438

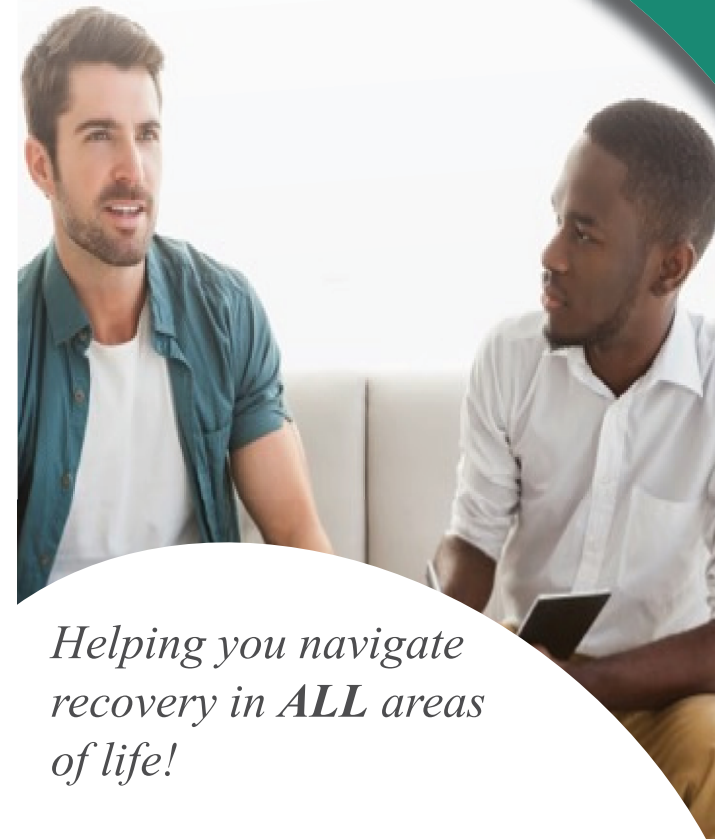
2919 State Street
Erie, PA 16508

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I am here...

- ...to listen,
not to work miracles.*
- ...to help you discover what you feel,
not to make your feeling go away.*
- ...to help you identify your options,
not to decide for you what to do.*
- ...to discuss steps with you,
not to take the steps for you.*
- ...to help you discover your own strength,
not to rescue you and leave you still vulnerable.*
- ...to help you learn to choose,
not to make it unnecessary for you to make difficult choices.*
- ...to provide support for change.*

--Author Unknown



Helping you navigate recovery in ALL areas of life!

 **Stairways**
behavioral
health
a member of Journey Health System



Accredited by the Joint Commission on Accreditation of Healthcare Organizations.

Stairways Behavioral Health is a private nonprofit organization that assists persons with mental health care needs at any stage of life in their recovery by providing comprehensive rehabilitation, treatment and support essential for living, working, learning and participating fully in the community.

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WHAT IS A CERTIFIED RECOVERY SPECIALIST?

A Certified Recovery Specialist (CRS) is an individual who is living in recovery and has been successful in creating a lifestyle that supports their ongoing sobriety. Because of this, the CRS is able to connect and inspire hope in individuals through use of their shared experience. The CRS position is also unique in that it is mobile. Certified Recovery Specialists meet with individuals in the community to support their recovery process. This allows the CRS to collaborate with individuals and problem solve with genuine understanding and compassion.

HOW CAN CRS HELP ME?

Certified Recovery Specialists act as a model for healthy and happy recovery. They are able to offer peer-to-peer coaching and build essential recovery skills with those they serve. Certified Recovery Specialists meet individuals in their current stage of the recovery process and help develop goals in a non-judgmental and compassionate way.

Early Recovery:

- CRS will assist individuals in exploring and building their motivation for change.
- CRS will help to identify and problem solve obstacles to making a change.
- CRS will help individuals connect with treatment if desired and support their recovery throughout.

Active Recovery:

- CRS will teach, model, and practice stress management skills to overcome the challenges of the change process.
- CRS will support ongoing motivation for change as challenges present.
- CRS will aid in development of a “Wellness Recovery Action Plan” (WRAP). This plan is a personalized tool for raising awareness of triggers to crises as well as a plan for responding to crises in a safe and productive way.
- CRS will advocate for the best interest and wellbeing of the individuals they serve.

Maintenance Recovery:

- CRS will identify and support the potential for growth in all eight dimensions of wellness.
- CRS will link individuals to community resources in support of developing a satisfying lifestyle.
- CRS will support independence and self-confidence in the ongoing recovery process.

No matter what stage of the recovery process you are in, CRSS has something to offer you.



HOW DO I GET CONNECTED?

- The only requirements for CRS services are a current substance use diagnosis and a desire to grow.
- If you are experiencing problems with substance use but have not been diagnosed you may still qualify and can contact the number below for more information.
- Speak to your provider about completing a simple one-page referral to begin the process.
- Our staff will then reach out to schedule the intake process that includes an assessment of your current strengths and needs as well as a planning phase to identify the goals you would like to achieve.

We look forward to helping you succeed at being the best version of yourself you can be!



Addiction Treatment Services

Phone: 814.464.8438

Fax: 814.464.8079

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Erie, PA 16508