

# 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 our current needs and striving for growth in the appropriate areas.



## PHYSICAL

- Establish good health through physical activity, diet, nutrition, and sleep.
- Create self-confidence and learn self-discipline to support recovery efforts.



## OCCUPATIONAL

- 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

- Develop self-esteem and identity through core values, healthy beliefs, faith, and hope.
- Create a connection with something larger than self.



## ENVIRONMENTAL

- 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

- 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

- 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

- Explore interests and passions in order to expand on knowledge and skills.
- Identify sober pursuits that bring excitement and joy back to life.



## EMOTIONAL

- 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.

## Cost-Effectiveness of Drug Treatment

- Treatment is less costly than no treatment or incarceration
- Medical assistance, Medicare, and private insurances accepted
- Co-pays as little as \$5
- Alternative funding for people without insurance

Whether you have a question about our programs or you would like to schedule a consultation or screening assessment, call to speak with one of our addiction treatment professionals.

### Outpatient Addiction Treatment Services Call 814.464.8438

*Remember, your call is completely confidential!*

*Most insurance plans accepted. We also provide treatment for people without insurance.*

[www.StairwaysBH.org](http://www.StairwaysBH.org)



Stairways Behavioral Health has earned The Joint Commission's Gold Seal of Approval.

*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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# Outpatient Addiction Treatment Services



## NOW WHAT?

A comprehensive evaluation is the first step to accessing treatment. Our office provides screening and assessments to individuals to determine appropriate treatment services and interventions. We also accept referrals from other providers as well as the Erie County Office of Drug and Alcohol Abuse.

## TREATMENT SERVICES

Our clinic offers two levels of outpatient substance abuse treatment for adults aged 18 and above -- Outpatient and Intensive Outpatient. Frequency of programming varies from 12 hours per week of group therapy to one hour of weekly individual counseling. Placement is based upon each person's specific needs and identified barriers. We offer flexible schedules, including evening hours, to accommodate most people's needs.

## MEDICATION-ASSISTED TREATMENT

It is our belief that use of monitored and prescribed medications along with therapy can improve outcomes and success in sustaining abstinence from substances. Our nursing and medical staff provide education, evaluation, and administration for various medication-assisted treatments (MAT).

MAT is a proven and effective approach to treat opioid and alcohol use disorders. Benefits of MAT include a reduction of cravings and withdrawal symptoms; lowered risk of relapse and overdose; and increased recovery success.

## WHAT HAPPENS AFTER TREATMENT?

Staff at the Outpatient Clinic encourage the development of support systems to assist individuals with maintaining a sober lifestyle. We work collaboratively with community services, such as case management, mental health, certified peer and recovery specialists, and employment programs. Twelve-step fellowships are encouraged. Aftercare planning begins at admission and continues throughout the course of treatment.

## OUR STAFF

The Outpatient Addiction Treatment Services team is comprised of the following highly-trained medical professionals and clinicians:

- Certified registered nurse practitioner (CRNP)
- Nursing team (RNs and LPNs)
- Bachelor's and master's-level clinicians and licensed therapists (LPCs and LCSWs)
- Certified addiction counselors

Ongoing training and certification opportunities exist for all staff.



### Addiction Treatment Services

**Phone: 814.464.8438**

**Fax: 814.464.8079**

2919 State Street  
Erie, PA 16508

## ALCOHOL & DRUG SCREENING TOOL

### Ask yourself:

1. Have you ever felt you should cut down on your drinking or drug use?
2. Have people annoyed you by criticizing your drinking or drug use?
3. Have you ever felt bad or guilty about drinking or drug use?
4. Have you ever taken a drink or drugs first thing in the morning to steady your nerves or to get rid of a hangover?

*If you answered Yes to 1 or 2 questions = Possible Problem*

*If you answered Yes to 3 or 4 questions = Probable Problem*

