

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.

Cost-Effectiveness of Drug Treatment

- Treatment is less expensive than not treating or incarceration
- Every \$1 invested in treatment yields up to \$7 in reduced crime-related costs
- Savings can exceed costs by 12:1 when healthcare costs are included
- Reduced interpersonal conflicts
- Improved workplace productivity
- Fewer drug-related accidents

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

 **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.

Outpatient Addiction Treatment Services



 **Stairways behavioral health**

NOW WHAT?

A thorough substance abuse 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 and the Erie County Office of Drug and Alcohol Abuse.

TREATMENT SERVICES

Our clinic offers all three levels of outpatient substance abuse treatment for adults age 18 and above (Partial Hospitalization, Program, Intensive Outpatient, and Outpatient). Frequency of programming varies from 25 hours per week group therapies to one hour weekly individual counseling. Placement into one of these programs is based upon each person's specific needs and identified issues. We offer flexible schedules, including evening hours, to accommodate most people's needs.

MEDICATION ASSISTED TREATMENT

It is the belief of this clinic that use of monitored and prescribed medications in support of traditional therapies can improve outcomes and successes in sustaining abstinence from substances. Our nursing and medical staff provides education, evaluation and referrals to various medication assisted treatments. We currently prescribe both Naltrexone and Vivitrol at the clinic. We also coordinate and provide referrals to other community providers for Methadone and Buprenorphine.

WHAT HAPPENS AFTER TREATMENT?

Staff at the Outpatient Clinic encourage the development of support systems to assist individuals in their maintenance of a sober lifestyle. We work actively with community services, such as case management, mental health services, Certified Peer and Recovery Specialists, 12-step fellowships, and employment programs. Aftercare planning for individuals involved in treatment begins at admission to services 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:

- A Certified Registered Nurse Practitioner (CRNP)
- Nursing team (RNs and LPNs)
- Masters-level Counselors, Licensed Social Workers, and 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

