



Bringing Wellness to...
Brookfield CT

For more information, visit:

www.samhsa.gov/wellness-initiative

<https://brookfield-cares.org>



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)





Why is Wellness vital to recovery from mental or substance use disorders and trauma?

- Individuals with mental or substance use disorders served by the public mental health system die, on average, years earlier than the general population (Parks, 2006).
- Wellness can improve quality of life and increase years of life for these individuals.

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.

BROOKFIELD CARES and WELLNESS

BROOKFIELD CARES is a community based organization dedicated to promoting awareness and education by focusing on the impact of substance misuse, depression, suicide, and other public health concerns.

The more the community can be informed, the more healthy our community will become.

Eight Dimensions of Wellness



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.
- Make healthy food choices.
- Get enough sleep.
- See your primary care doctor regularly.

See pages 17 through 19 to find resources.





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.



See pages 17 through 19 to find resources.

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.

See pages 17 through 19 to find resources.



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.

See pages 17 through 19 to find resources.



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.

See pages 17 through 19 to find resources.



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.



See pages 17 through 19 to find resources.



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.

See pages 17 through 19 to find resources.



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.

See pages 17 through 19 to find resources.



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.





Where Might I Find Resources to Support My Specific Wellness Goals?

The Brookfield Library and Senior Center:

- Clubs, social groups, volunteer groups and opportunities, community events.
- Skills training (career, interest, volunteer).
- Support groups.
- Financial health workshops and resources.
- Classes for physical activity/calming activities.
- Creative programs and classes.
- Access to internet/newspapers and other sources to research wellness and wellness opportunities.
- Information on counseling resources.

Brookfield Parks and Recreation

- Community parks and trails.
- Classes for physical activity/calming activities.
- Community events.

The Brookfield Health Department

- Information on public health.

YMCA

- Classes for physical activity/calming activities.
- Creative programs and classes.
- Other Wellness resources.

Brookfield Cares Resources

- Support groups.
- Hotlines for emotional support.
- Information on counseling resources.



Some Community Wellness Resources

The Brookfield Library

<https://www.brookfieldlibrary.org/>

Brookfield Cares

<https://brookfield-cares.org/resources/>

The Brookfield Senior Center

<https://www.brookfieldct.gov/senior-center>

YMCA

<https://www.regionalymca.org/locations/greenknoll-ymca/>

Brookfield Parks and Recreation

<https://www.brookfieldct.gov/parks-recreation-commission>

Local fitness, book and wellness businesses

The Brookfield Health Department

<https://www.brookfieldct.gov/health-department>



BROOKFIELD CARES
Promoting social and emotional wellness in our community.

DMHAS
Connecticut
Department of Mental Health and Addiction Services
A Healthcare Service Agency

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WESTERN CT COALITION
promoting best practices in prevention and behavioral health

Substance Abuse and Mental Health Services Administration

SAMHSA
www.samhsa.gov





Additional Resources

Brookfield Cares

<https://brookfield-cares.org/>

Healthfinder®

<http://www.healthfinder.gov>

Healthy People

<http://www.healthypeople.gov>

Million Hearts™

<http://www.millionhearts.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/>

Western CT Coalition

<https://www.wctcoalition.org/>

Connecticut Department of Mental
Health and Addiction Services (DMHAS)

<https://portal.ct.gov/dmhas>



IT'S OKAY TO NOT BE OKAY. It's *ALSO* OKAY to ask for help.

Go to <https://brookfield-cares.org/its-ok-to-ask/>
or **scan the QR Code** to learn about
resources that can provide you with support.



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