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The Eight Dimensions of Wellness

THE JOURNEY TO WELLNESS BEGINS WITH ONE STEP




A healthy community is one in which all members are encouraged in the pursuit of meaningful relationships, activities and goals; these are core values upon which Macomb County Community Mental Health's (MCCMH) mission and vision statements are predicated. Keeping in mind SAMHSA's eight dimensions of wellness, MCCMH has built the Commonwealth website.

It is an innovative tool used to connect people to opportunities in which they can:

- use their strengths**
- engage in their interests**
- access resources**
- build social relationships**
- celebrate recovery/well-being**
- contribute in the well-being of the community**

With the Commonwealth collaboration of the **Metro-Region PIHPs**, we put forward opportunities to strengthen those natural networks to which people belong and upon which they depend; fostering trust, partnerships and equality.

Commonwealth respects and builds upon a person's strengths, values and beliefs, incorporating these individual qualities as a critical part of each person's system of support. This holistic initiative taps into the truth that we all know; our relationships bring powerful meaning and wealth to our lives. Using the qualities we enjoy and value in ourselves is what connects us to satisfaction and leads us to greater accomplishment.



“Social capital is about the value of social networks, bonding similar people and bridging between diverse people, with norms of reciprocity.”

(Adler and Kwon 2002)

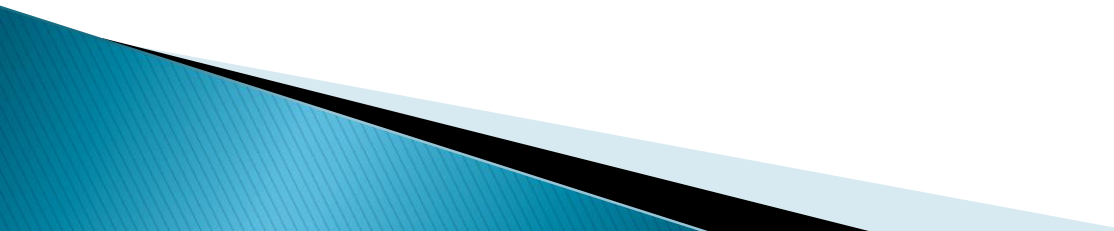


Bonding Social Capital:

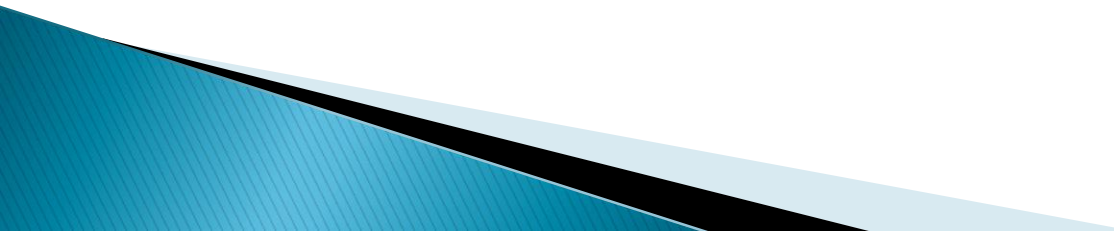
social networks between homogenous groups. Bonding can be valuable for oppressed and marginalized members of the society to band together in groups and networks and support their collective needs.

Bridging Social Capital:

social networks between socially heterogeneous groups. Bridging allows different groups to share and exchange information, ideas and innovation and builds consensus among the groups representing diverse interests.



Some benefits of increased social capital are:

- ▶ Social capital is a source of information and motivation to take good care of oneself and others
 - ▶ It connects us with opportunities and resources
 - ▶ It provides social engagement and emotional support
 - ▶ It buffers the effects of stress
(loneliness is chronic stress)
 - ▶ It promotes a meaningful and engaged life
- 



American Journal of Public Health

Volume 103, Issue 11 (November 2013)

Social Isolation: A Predictor of Mortality Comparable to Traditional Clinical Risk Factors

Matthew Pantell, MD, MS, David Rehkopf, ScD, MPH, Douglas Jutte, MD, MPH, S. Leonard Syme, PhD, John Balmes, MD, and Nancy Adler, PhD

18 year, national study that showed: Socially isolated men and women had worse survival rates than less socially isolated individuals. It revealed that social isolation predicted mortality for both genders, as did smoking and high blood pressure

Read More: <http://ajph.aphapublications.org/doi/abs/10.2105/AJPH.2013.301261>

This Commonwealth initiative exemplifies every element of the Recovery-Orientated Environment Model with heavy emphasis on four key elements:

- ▶ Helps people develop valued social roles, interest and hobbies, and other meaningful activities
- ▶ Encourages user participation in advocacy activities
- ▶ Helps develop connections with communities
- ▶ Focuses on strengths

(Psychiatric Rehabilitation Journal 2005)

When “I” is replaced
WITH “WE”

illness becomes
WELLNESS.



Community Well-Being Bulletin Board
Find Activities, Resources, Support and Belonging



COMMONWEALTH

www.micommonwealth.com



DO YOU HAVE AN EVENT YOU WOULD LIKE TO SHARE WITH THE COMMUNITY?

(It is NOT this site's intention to post events for the purpose of helping business gain for-profit clientele.)

If you are hosting, or know of a public event that contributes to the well-being of the community,
please send an email with the attached event flyer to:

For Wayne County

Brooke Blackwell

Email: bblackwell@dwmha.com

Phone: 313-833-2761

For Macomb County

Amy Smolski

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Phone: 586-954-9817

For Oakland County

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Thank You

