

Evidence-based practices are a way to be sure that consumers receive the right treatments. They give the best chance of the greatest success to meet their individual person-centered needs.

Evidence-based practices are also a way for SCCMHA to be sure of the best use of limited resources through the delivery of proven services and supports for persons with disabilities in the Saginaw Community.

For more information about Evidence-Based Practices, please call our Evidence-Based Practice and Trauma-Informed Care Coordinator at 989-272-7372 or go to <https://www.sccmha.org/resources/evidence-based-practices.html>.



SAGINAW COUNTY COMMUNITY MENTAL HEALTH AUTHORITY

Main Facility

500 Hancock, Saginaw, Michigan 48602

Phone

(989) 797-3400

Toll Free 1-800-258-8678

Michigan Relay 711

24 Hour Mental Health Emergency Services

(989) 792-9732

Toll Free: 1-800-233-0022

www.sccmha.org

CS Approved— June 2021



SAGINAW COUNTY
COMMUNITY MENTAL
HEALTH AUTHORITY

DIMENSIONS: Well Body Program

An Evidence-Based Practice

DIMENSIONS: Well Body Program

DIMENSIONS: Well Body Program is a manualized, facilitator-led, group-based, proven way to help consumers with mental health concerns who have a health goal.

DIMENSIONS: Well Body Program offers the opportunity for participants to work on:

- Coping with Stress
- Healthy Sleep
- Healthy Eating
- Physical Activity



How does DIMENSIONS: Well Body Program work?

DIMENSIONS: Well Body Program:

- Runs for at least six sessions.
- Meets once a week for at least 60 minutes, depending on the size and needs of the group.
- Worksheets and discussions help to include new information to make the most out of wellness efforts.
- Topics include:
 - Session A: The Whole Well Body
 - Session B: The Mindful Well Body
 - Session C: Well Body Essentials
 - Session D: Well Body Wisdom
 - Session E: The Well Body Journey
 - Session F: Maintaining A Well Body

Who is DIMENSIONS: Well Body for?

Dimensions: Well Body Program is available to any adolescent/youth consumer with serious emotional disturbance or adult consumer with serious mental illness who is interested in improving at least one part of their overall health. Participants must be psychiatrically stable, not currently experiencing a crisis and ideally, not actively abusing substances.



To Learn More

Is DIMENSIONS: Well Body Program right for you? Talk about it with your current treatment provider or contact the SCCMHA Health Education Consultant, Linda Paeglis, at (989) 272-0234. Internally, extension 1234.