

## Guide to Providing/Billing Services that Support the 8 Dimensions of Wellness

It is our expectation that the comprehensive behavioral health assessment process, including any resource needs that might be identified as a part of the Case Management assessment process, would include assessment around the 8 dimensions of wellness, and that if those areas were identified through assessment as areas needing to be addressed they would be reflected in the client's Treatment/Service Plan.

**PLEASE NOTE:** Services that support the 8 Dimensions of Wellness are provided/billed under different behavioral health services; depending upon the specific Dimension:

### **Emotional** – Coping effectively with life and creating satisfying relationships

- Emotional can be addressed (provided/billed) in a few ways:
  - Coping Skills and Relationship Skills development (ex. budgeting) through Rehabilitation services (individual or group)- provided by Behavioral Health Case Manager II
  - Input regarding successfully coping with life and relationships from a Peer perspective through Community Recovery Support – Recovery Support Specialist services (individual or group)- provided by a Certified Peer Support Specialist
  - Referral/Linkage/Advocacy to help client connect with emotional supports in the community- provided by Behavioral Health Case Manager I or II

### **Environmental** – Good health by occupying pleasant, stimulating environments that support well-being

- Environmental can be addressed (provided/billed) in a couple ways:
  - Input regarding environmental considerations from a Peer perspective through Community Recovery Support – Recovery Support Specialist services (individual or group)- provided by a Certified Peer Support Specialist
  - Referral/Linkage/Advocacy to help client connect with housing and other community based environments that support client well-being- provided by Behavioral Health Case Manager I or II

### **Financial** – Satisfaction with current and future financial situations

- Financial can be addressed (provided/billed) in a few ways:

- Financial Skills development (ex. budgeting) through Rehabilitation services (individual or group)- provided by Behavioral Health Case Manager II
- Input regarding successfully managing finances from a Peer perspective through Community Recovery Support – Recovery Support Specialist services (individual or group)- provided by a Certified Peer Support Specialist
- Referral/Linkage/Advocacy to help client connect with financial supports- provided by Behavioral Health Case Manager I or II

**Intellectual** – Recognizing creative abilities and finding ways to expand knowledge and skills

- Intellectual can be addressed (provided/billed) in a few ways:
  - Life Skills development through Rehabilitation services (individual or group)- provided by Behavioral Health Case Manager II
  - Input regarding the recognition of creative abilities and expansion of knowledge and skills from a Peer perspective through Community Recovery Support – Recovery Support Specialist services (individual or group)- provided by a Certified Peer Support Specialist
  - Referral/Linkage/Advocacy to help client connect with community opportunities to expand knowledge and skills- provided by Behavioral Health Case Manager I or II

**Occupational** – Personal satisfaction and enrichment from one's work

- Occupational can be addressed (provided/billed) in several ways:
  - Coping skills development through Rehabilitation services (individual or group)- provided by Behavioral Health Case Manager II
  - Input regarding occupational experiences from a Peer perspective through Community Recovery Support – Recovery Support Specialist services (individual or group)- provided by a Certified Peer Support Specialist
  - Referral/Linkage/Advocacy to help client connect with employment support services- provided by Behavioral Health Case Manager I or II
  - Individual Placement and Support (IPS) model of occupational/employment services through ODMHSAS

employment services (if your agency has an IPS program)-  
provided by staffed trained in IPS

**Physical** – Recognizing the need for physical activity, health foods and sleep

- Physical should be provided/billed under the “Wellness Resource Skills Development”\* service.  
*\*It is important to note that the Wellness Resource Skills Development service can only be use to address the Physical Dimension of Wellness.*

**Social** – Developing a sense of connection, belonging and a well-developed support system

- Social can be addressed (provided/billed) in a few ways:
  - Social Skills development through Rehabilitation services (individual or group)- provided by Behavioral Health Case Manager II
  - Input regarding developing social connections from a Peer perspective through Community Recovery Support – Recovery Support Specialist services (individual or group)- provided by a Certified Peer Support Specialist
  - Referral/Linkage/Advocacy to help client connect with community/natural supports- provided by Behavioral Health Case Manager I or II

**Spiritual** – Expanding a sense of purpose and meaning in life

- Spiritual can be addressed (provided/billed) in a few ways:
  - Exploring client’s sense of purpose and life meaning through Psychotherapy services- provided by Licensed Behavioral Health Professional or Licensure Candidate
  - Input regarding finding purpose and meaning from a Peer perspective through Community Recovery Support – Recovery Support Specialist services (individual or group)- provided by a Certified Peer Support Specialist
  - Referral/Linkage/Advocacy to help client connect with a preferred spiritual community- provided by Behavioral Health Case Manager I or II