

# Wellness in 8D: A lens to build resilience

Magellan Healthcare, Inc., a subsidiary of Magellan Health, Inc. (Magellan), invites you to view the recording for this webinar, and find information below on how to obtain CE credit.

## Webinar details

**Type of Activity:** Instructor-led recorded webinar (home study)

**Cost:** Free of charge

**Duration/time:** 1 CE hour (60 minutes)

**Speaker:**



Peggy Swarbrick, PhD, FAOTA  
Associate director, Center of Alcohol & Substance Use Studies, and research professor, Graduate School of Applied and Professional Psychology, at Rutgers University

**Target audience:** This presentation is for people in recovery, and behavioral healthcare providers, administrators, policy makers and researchers.

**Goal:** The goal of this presentation is to describe the *Wellness in 8 Dimensions* model as a lens for individuals, in a personal and professional capacity, and caregiver communities to build resilience.

**Learning objectives:** Upon completion of this webinar, participants will be able to:

- Define wellness and the evolution of the 8D strengths-based model
- Define the 8 wellness dimensions
- List the ABC components
- Identify personal wellness strengths that build resilience
- Describe how the model can be applied as a tool for prevention, treatment and recovery support

**Course outline:** In this webinar, the presenter will cover:

- Background on the historical evolution of wellness
- Development of the 8 dimensions created by presenters since the late 1970's

- ABC components and strengths-based lens (focus)
- Definition of wellness, review of the 8 dimensions including what they mean practically, and examples of what people do to build resilience in each dimension
- Self-reflection tools and resources available online
- Specific personal and program examples
- Identification of personal wellness strengths that build resilience
- How the model has been used for a variety of populations - young adults, adults, caregivers and healthcare professionals
- Examples of free accessible tools on university websites that can be used by an individual or a program
- Examples of how the model can be applied as a tool for prevention, treatment and recovery support

## About the speaker

**Peggy Swarbrick, PhD, FAOTA**, has worked for many years at CSPNJ, where she developed the strengths-based 8-dimensional wellness model to promote recovery from mental health and substance use. She is known for collaborating with the peer community and family groups to identify and address social determinants that are barriers to recovery and wellness. She has created self-care wellness programs for people in recovery, caregivers, families, youth and professionals, and has been a leader on numerous grant-funded research projects and a leader for developing related training materials and intervention manuals for many of these projects. She currently holds positions at Rutgers University as the associate director of the Center of Alcohol & Substance Use Studies, and a research professor in the Graduate School of Applied and Professional Psychology. Peggy has made significant contributions to the body of literature in occupational therapy, nursing and community behavioral healthcare practice, focused on such topics as the 8 dimensions of wellness, wellness coaching, peer support, health disparities and social determinants of health, financial wellness, employment, trauma and self-care.

**Disclosures:** Peggy Swarbrick has no relevant financial relationship commercial interest that could be reasonably construed as a conflict of interest.

## CE credit eligibility

**Eligible CE hours:** 1 CE hour (60 minutes)

Upon request, all other health care professionals completing this event will be issued a certificate of participation. For information on applicability and acceptance of CE hours for this activity, please contact your professional licensing board.

**How to obtain CE hours:** To obtain CE clock hours you must view the course in its entirety and complete the course post-test (80% passing score required) and evaluation via a web link to be displayed after the conclusion of the course. Upon completing the course requirements, you will be issued a certificate. Partial attendance is not accepted.

If you have questions about the course requirements or CE hours, contact:

Magellan/CE Administrator  
Email: [ce@magellanhealth.com](mailto:ce@magellanhealth.com)

**Approval statements:** Magellan has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6233. Programs that do not qualify for NBCC credit are clearly identified. Magellan Health is solely responsible for all aspects of the program.

Magellan has been approved by the Florida Certification Board (FCB) as an Approved Continuing Education Provider, FCB No. 5376-A.

The New Mexico Credentialing Board for Behavioral Health Professionals, Inc. (NMCBBHP) will accept forty (40) CE's for CPSW/CFPSW re-certification through completion of Magellan continuing education courses. Magellan trainings are automatically approved. Certified professionals should confirm continuing education directly with the NMCBBHP.

## Additional information

**Commercial support:** Magellan did not receive any commercial support for this continuing education program.

If you have questions or would like additional information regarding the content or level of this activity, the speaker's potential or known conflicts of interest, activities not offered for CE credit and/or technical assistance, contact:

Magellan/CE Administrator  
Email: [ce@magellanhealth.com](mailto:ce@magellanhealth.com)

**Requesting special accommodations:** Magellan will make reasonable accommodations for participants with physical, visual or hearing impairments.

To arrange appropriate access accommodations, contact:

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Email: [ce@magellanhealth.com](mailto:ce@magellanhealth.com)

**Complaints and grievances:** To express a complaint or grievance, contact:

Magellan/CE Administrator  
Phone: 410-953-4707  
Email: [ce@magellanhealth.com](mailto:ce@magellanhealth.com)

**Continuing education policy and FAQs:** To request a copy of the [Continuing Education Policy and FAQs](#) contact:

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