

**ECHO IDAHO**

**Counseling Techniques for  
Substance Use Disorders**

# **Social Determinants of Health in Substance Use**

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# Learning Objectives



Understand the Social Determinates of Health (SDOH)



Recognize the eight areas of wellness



Develop strategies to address SDOH and wellness barriers

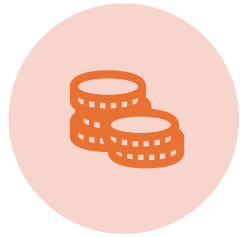
# What are the Social Determinants of Health (SDOH)?

SDOH are the non-medical factors that influence health outcomes.

They shape conditions in which people are born, grow, live, work, and age.

These factors impact overall well-being, disease risk, and recovery from illness.

# Key Social Determinants of Health



ECONOMIC  
STABILITY



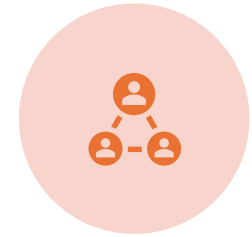
EDUCATION



HEALTHCARE  
ACCESS &  
QUALITY

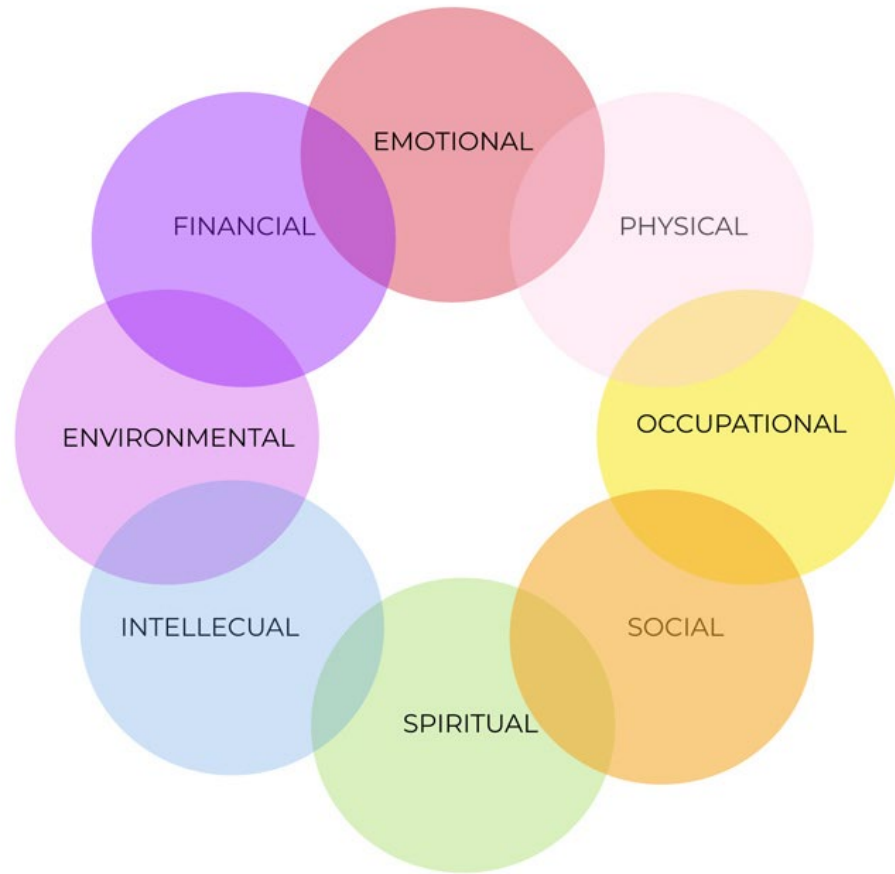


ENVIRONMENT



SOCIAL &  
COMMUNITY  
CONTEXT

# Eight Areas of Wellness



What is Wellness?

Eight Areas of Wellness

- Physical Wellness
- Emotional Wellness
- Social Wellness
- Intellectual Wellness
- Spiritual Wellness
- Occupational Wellness
- Environmental Wellness
- Financial Wellness

Why do these matter in recovery?

# Physical Wellness



## Key Aspects:

- Regular exercise and movement
- Balanced nutrition and hydration
- Adequate sleep and rest
- Preventive healthcare and screenings



## Impact on Recovery:

- Supports healing and reduces risk of complications
- Boosts energy levels and immune function
- Enhances overall quality of life

# Emotional Wellness



**Definition:** Understanding, managing, and expressing emotions in a healthy way.



## Key Aspects:

- Self-awareness and emotional regulation
- Coping strategies for stress and anxiety
- Seeking support from therapy or counseling
- Practicing self-care and mindfulness
- Mental health medication



## Impact on Recovery:

- Reduces stress-related health issues
- Promotes resilience during challenging times
- Enhances motivation for recovery

# Social Wellness

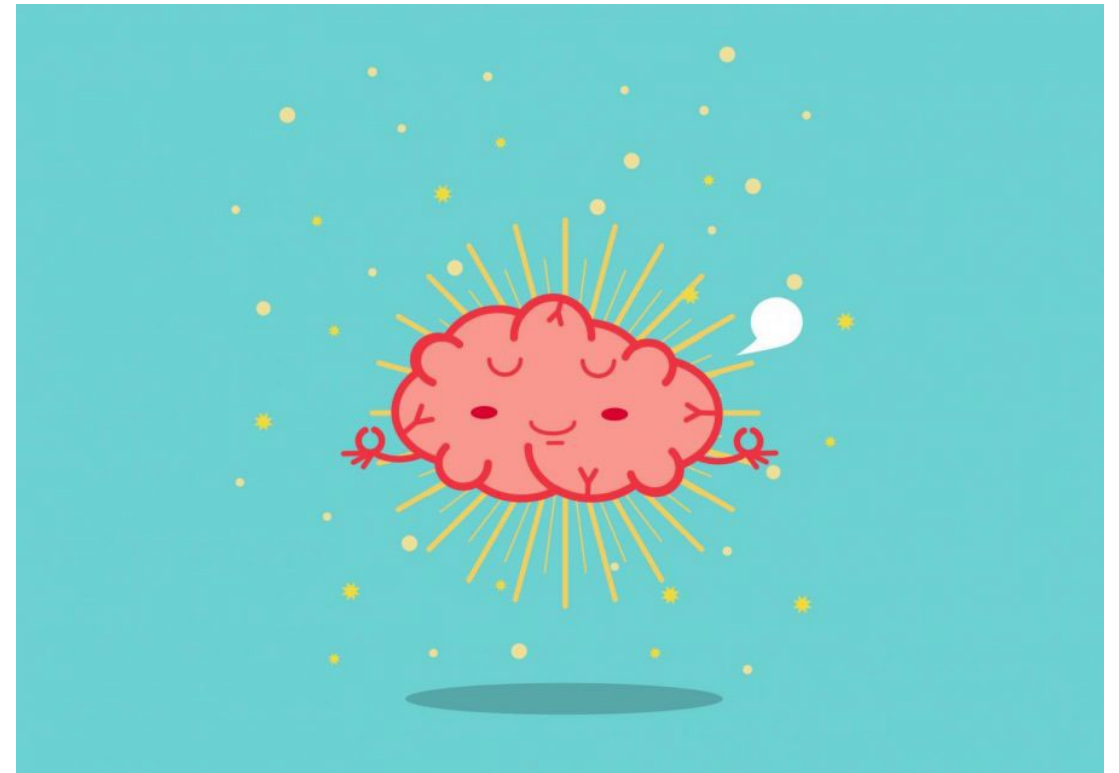


- **Definition:** Building and maintaining meaningful relationships.
- **Key Aspects:**
  - Healthy communication skills
  - Strong support networks of friends, family, and community
  - Engaging in social activities and connections
  - Setting boundaries for positive relationships
- **Impact on Recovery:**
  - Provides emotional and practical support
  - Encourages accountability and motivation
  - Reduces feelings of isolation



# Intellectual Wellness

- **Definition:** Engaging in lifelong learning and mental stimulation.
- **Key Aspects:**
  - Reading, problem-solving, and critical thinking
  - Learning new skills and exploring new ideas
  - Seeking personal and professional growth
  - Creativity and artistic expression
- **Impact on Recovery:**
  - Enhances cognitive function and mental clarity
  - Keeps the mind engaged and active
  - Promotes personal fulfillment and purpose



# Spiritual Wellness

- **Definition:** Finding meaning, purpose, and connection to values and beliefs.
- **Key Aspects:**
  - Practicing meditation, prayer, or reflection
  - Engaging in faith-based or mindfulness activities
  - Seeking a deeper sense of purpose
- **Impact on Recovery:**
  - Provides comfort and inner peace
  - Enhances resilience and coping mechanisms
  - Encourages a positive outlook on life



# Occupational Wellness

- **Definition:** Finding fulfillment and balance in work or daily activities.
- **Key Aspects:**
  - Job satisfaction and professional growth
  - Work-life balance and stress management
  - Aligning career with personal values and interests
  - Creating a positive work environment
- **Impact on Recovery:**
  - Reduces work-related stress and burnout
  - Provides a sense of purpose and accomplishment
  - Encourages financial stability and personal growth



# Environmental Wellness

- **Definition:** Creating a healthy and sustainable living environment.
- **Key Aspects:**
  - Clean and safe living spaces
  - Access to green spaces and nature
  - Minimizing exposure to toxins and pollutants
- **Impact on Recovery:**
  - Reduces health risks from environmental hazards
  - Creates a calming and restorative space
  - Encourages sustainable habits for long-term well-being



# Financial Wellness



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- **Definition:** Managing resources and making informed financial decisions.
- **Key Aspects:**
  - Budgeting, saving, and reducing debt
  - Planning for future financial stability
  - Making informed spending choices
  - Accessing financial education and resources
- **Impact on Recovery:**
  - Reduces stress related to financial insecurity
  - Supports access to healthcare and necessary resources
  - Encourages long-term financial independence

# Why Address SDOH & Wellness Barriers?

- Barriers in social determinants and wellness impact health outcomes and recovery.
- Proactively addressing these challenges improves long-term success and well-being.
- Strategies for Overcoming Barriers
  - Improve Access to Healthcare
  - Enhance Economic & Financial Stability
  - Promote Education & Health Literacy
  - Strengthen Social & Community Support
  - Improve Living & Environmental Conditions
  - Support Emotional & Mental Well-Being



# Key Points



Addressing SDOH & Wellness in Recovery is critical



All 8 areas impact overall well-being



By addressing these issues, you can help with overcoming recovery barriers

# References

- *CREATING A HEALTHIER LIFE A STEP-BY-STEP GUIDE TO WELLNESS*. (n.d.).  
<https://library.samhsa.gov/sites/default/files/sma16-4958.pdf>