Way to go Charlene!

My name is Charlene McCarthy White and my business is CINCH IT UP! Tarps and Covers manufactured by AzSun Custom Sales.

CINCH IT UP! Tarps and Covers was a concept I believe I received from God about five years ago. When I moved here from Missouri, I lost a number of belongings and family pictures due to rain. I used the customary tarp to wrap my belongings in, but there was still tragedy.

I have a serious mental illness (bipolar). Between my psychiatrist and counselor at Southwest Behavioral Health, they have brought me a long way; they also introduced me to Maggie Kasperek, Cenpatico’s Business Coach. Maggie helped build my belief in myself and we built a plan. I saved the money to fund my concept and method of manufacture patented through a lawyer, by selling things on EBay. This resulted in a patent pending product and a great business plan.

We then needed to find the quality products at reasonable prices; drawing the template tarp was easy, but finding quality products was harder. We found a company that sold billboard three ply vinyl that would last five to eight years and was a recycled product. With Maggie’s and Accion’s help, CINCH IT UP! Tarps and Covers could go into production. What I hadn’t taken into account is the physical disabilities I suffer from due to a near fatal car wreck years ago. But with Maggie’s support and the continued treatment of my bipolar and physical condition, CINCH IT UP! Tarps and Covers is reality.

Soon the website will be running and the sale of our tarps and covers will begin with sales on EBay and Amazon.

Mental Illness Awareness Week

Mental Illness Awareness Week is Oct. 7-13, 2012. In 1990, the U.S. Congress established the first full week of October as Mental Illness Awareness Week (MIAW) in recognition of NAMI’s efforts to raise mental illness awareness. Since 1990, mental health advocates across the country have joined together during the first full week of October in sponsoring many kinds of activities.

Visit NAMI’s website to learn more.
HOPE, Inc. Brings GAINS Center Trauma Informed Care Training

HOPE, Inc., a peer run organization in Pima County, was selected by SAMHSA’s GAINS Center to coordinate a training opportunity on trauma and how being trauma-informed improves the criminal justice system’s response to the behavioral health population. This highly interactive training, which included powerful videotaped stories of trauma by people from all walks of life, was led by Dr. Lisa Callahan. Dr. Callahan is the Senior Research Associate II for Policy Research Associates and provided GAINS Center trainings around the nation this year through this award process.

The training was held August 29th at the CPSA Training Center in Tucson. Over 50 individuals representing the Tucson Police Department; Pima County Sheriff’s Department; Pima County Probation and Juvenile Detention Centers, as well as local area behavioral health professionals who work with the criminal justice population were in attendance. The participants learned that the reverberating effects of traumatic experiences can challenge individuals’ ability to recover, as well as pose significant barriers in accessing services.

The GAINS Center for Behavioral Health and Justice Transformation, operated by Policy Research Associates, Inc., is nationally recognized for its research and instruction on best practices for working with individuals with behavioral health needs who are also involved in the criminal justice system.

News from APFC

The Arizona Peer and Family Coalition (APFC) has a Legislative Committee which will be working with Colby Bower, ADHS Legislative Liaison, to delete the current and archaic definition of “Mentally Ill Person” in the Arizona Revised Statutes. The Committee plans to have a bill ready by November 1st for the upcoming legislative session. Also, a web-log (blog) for the coalition is in the works for the near future, according to the Communications Committee. A year’s worth of funding has been secured for its development and for expanding the Coalition’s email capacity. The Committee is recruiting project assistants. Interested members should contact Committee Chairperson Paige Rogers for details.

Twenty-six peers and family members from across the state are now available to serve on internal and external committees at DBHS, T/RBHAs and at the provider level. Recent trainings were held in Apache Junction and at the Respect is Free conference in Paradise Valley. For information on upcoming trainings and general questions, contact Committee Chairperson Vicki Johnson. The Coalition’s next meeting is on Tuesday, October 9, 2012, 3:00 p.m.-4:30 p.m. at the NAMI Arizona State Office in the Disability Empowerment Center.

CPSA Awards the Gabe Zimmerman Memorial Scholarship to Five

Five students at the Arizona State University School of Social Work’s Tucson Component have been named as this year’s recipients of the Gabe Zimmerman Memorial Scholarship, established by Community Partnership of Southern Arizona and ASU in February 2011 to honor Zimmerman, who graduated in 2006 from the master’s program at the school’s Tucson Component.

Other organizations and individuals in the Tucson community also contributed to the scholarship fund, and the first round of scholarships were awarded last year.

An aide to former Representative Gabrielle Giffords, Zimmerman was among those killed in the January 8, 2011, shooting. He was known for his dedication to serving others, his belief in democracy and his uncompromising respect for others.

The scholarships support CPSA’s workforce development and community reinvestment initiatives. The awards are for master’s-level students who have demonstrated dedication to public behavioral health or public policy and a commitment to the values of service and social justice that Zimmerman demonstrated. The 2012 Zimmerman Scholars are: (from left to right in the photo above) Steven Garcia, Kerrie Green, Alejandra Lara, Maureen Milazzo and Vidal Ramirez.
October is Breast Cancer Awareness Month

The best way to battle breast cancer is to be proactive and get your annual mammogram. Many health insurances cover a mammogram as part of an annual wellness check. If you are uninsured you may be eligible to received one through the Woman Health Check Program.

Don’t think it can’t happen to you - breast cancer can happen to anyone, in fact it is not only a diagnosis for women. Male breast cancer is cancer that forms in the breast tissue of men. Though breast cancer is most commonly thought of as a woman’s disease, male breast cancer does occur. Once you've been diagnosed with breast cancer, your doctor works to find out the specifics of your tumor. Using a tissue sample from your breast biopsy or using your tumor if you've already undergone surgery, your medical team determines your breast cancer type.

Don’t be afraid to get a mammogram! A diagnosis of breast cancer is not a death sentence. While you and your family may be in shock after the initial diagnosis, remember that breast cancer is a disease that, if you catch the early symptoms and get treated right away, is very survivable. Surviving breast cancer is very possible, and knowledge of the stages and what comes after can prepare you to live after breast cancer.

Help find the cause and the cure for cancer by participating in the Komen Phoenix Race for the Cure®: October 14, 2012, Wesley Bolin Plaza, State Capitol District. Register Today and Help Celebrate their 20th Race Anniversary.

Healthy Recipe

Changing your diet can be a surprisingly effective way to help prevent or reduce your risk for breast cancer. According to the American Institute of Cancer Research, 40% of breast cancer cases can be reduced with dietary modification.

Healthy Breast Mix for Breakfast

Ingredients:

- Ceylon cinnamon
- Dried granulated orange peel
- Ground white chia

Directions

Combine equal parts ceylon cinnamon, dried granulated orange peel and ground white chia in a shaker. Sprinkle over morning oatmeal for extra fiber and enjoy!

Source: Dr. Oz
Arizona Line Danced together to celebrate Recovery

On Friday, September 21, 2012, over 150 Arizonans gathered at the ADHS/DBHS building to line dance for wellness and recovery. This was the second annual event in observance of Recovery Month. The event highlighted the eight dimensions of wellness through various exhibits which included activities and education. Exhibitors were The Living Center, Recovery Innovations of AZ, PSA Art Awakenings, CPSA, Cenpaetic, Magellan of AZ, STAR's Fun Bunch, NAMI, ADHS/DBHS and the ADHS well woman and minority health programs. There were several prizes given away to participants who turned in a fully stamped “passport to wellness”. Thank you everyone who supported and participated in this event. Arizona joined thousands across the nation who danced for wellness and recovery at 10:10 am that day – if you can picture everyone dancing at the same time, across the nation, that’s what it was like!

Happy 25th Birthday S.T.A.R.

S.T.A.R. - Stand Together And Recover Centers, celebrated its 25th anniversary in September – 25 years of providing recovery-oriented services!!! Open houses were held, providing tours including visits to S.T.A.R.’s art studios, commercial kitchen and the large “zone area” where there are table games and exercise machines to use in an air-conditioned environment. Over 100 individuals attended the first Open House and were also treated to a talent show! The S.T.A.R. organization began its journey as the result of a merger of “Survivors Educating Loving Friends and Family” (S.E.L.F.F.), which started in 1994, and Survivors On Our owN of Arizona, Inc. (S.O.O.N.). Because the two peer-run organizations mirrored each other in their mission, recovery programs and activities, both Boards of Directors agreed to merge and become S.T.A.R. S.T.A.R. is now the largest peer run recovery program in Maricopa County. With the expansion, S.T.A.R. started a successful catering company and other innovative programs incorporating recovery and wellness. Congratulations S.T.A.R. and their CEO, Suzanne Legander!

Trauma Informed Care Training for Women Veterans Experiencing Homelessness

Trauma-Informed Care is an important ingredient in a person’s recovery. On September 6, ADHS/DBHS hosted training focusing on the issues women veterans face when dealing with homelessness and trauma. Jenny L. Erwin, the Regional Administrator for the U.S. Department of Labor’s Women’s Bureau, led an interactive session where the participants learned how people with multiple traumas experience life through a different lens. Additionally, attendees learned the core values of Trauma Informed Care and techniques to assess an agency’s capacity for providing care infused with the Trauma Informed Care philosophy.

Among the priorities of the Women’s Bureau is to prepare women veterans for re-integration into the workforce; promoting equal pay, and helping vulnerable women. Today’s women veterans have more combat related roles, and over 200,000 were deployed in Operation Enduring Freedom and Operation Iraqi Freedom. There are 30,000 women who are single parents, and they are younger than their male counterparts. After military service, over 81% have been exposed to some type of trauma, such as PTSD and MST (military sexual trauma), and 80% have experienced sexual harassment.

NAZCARE Annual Board Event: A Year In Review

The NAZCARE, Inc., Board of Directors host an annual meeting each year to honor Community Partners, Supporters, Board Members, Family Members and Staff. NAZCARE is a peer-driven Community Service Agency serving all of Northern Arizona. The Board Awards Luncheon is one way NAZCARE gives thanks to those individuals for their work and support provided to peers in recovery. All seven of NAZCARE’s Wellness Centers; NAZCARE’s four Supporting Housing Projects, the Veterans’ Administration (VA) Homeless Program; “Housing 4 Heroes”, and NAZCARE’s in house training were recognized. Ms. Roberta Howard, Chief Executive Officer of NAZCARE, thanked the many people that contribute to the agency’s Integrated Wellness Program and work to further recovery and wellness in Northern Arizona. Congratulations to All Awardees!
We don’t often think of keeping our intellect or mind healthy. It needs TLC just as much as other parts of our body. For example, if you do not feed it properly, it will get out of shape and will not function as well as it would be capable of if you fed and exercised it on a regular basis. What can we do to keep our minds healthy? Anything that challenges you to think or takes you out of your usual train of thought or element can be beneficial to your intellectual health. Examples include taking a cooking class or learning to play a musical instrument, learn a new word a day, work crossword puzzles, explore activities that challenge your mind and discover the power of your brain!

**How to keep your mind healthy?**

Stimulate your mind through knowledge and understanding of the world – this brings a richness to your life and those around you!

- Increase your brain function through mind exercises, critical thinking, reasoning, puzzles or games – remember the adage: Use it or Lose it
- Become a mentor or a tutor - sharing your love for what you know will help maximize your brain functioning
- Eliminate things in your life that interfere with clear thinking
- Get regular exercise, sleep and maintain a healthy diet
- Try meditation or other healthy means to reduce stress
- Explore what motivates you - discover new hobbies
- Read and/or learn a new language
- Sign up for e-newsletters that deliver stimulating articles on your topic of interest.

**Try this puzzle to exercise your Intellectual Health:**

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CHALLENGE
COGNITIVE
CREATE
CROSSWORD
DICTIONARY
EDUCATE
EXERCISE
EXPAND
EXPLORE
IMAGINE
KNIT
LITERATURE
MENTOR
MEDITATE
MUSIC
PAINT
PUZZLES
READ
RESTORE
STIMULI
SUDOKU
TRAVEL
TUTOR
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Upcoming Events

Eighth Annual NAMI WALK on October 20, 2012, AZ State Capital Grounds

It is that time of the year again: The Eighth Annual NAMI Walk event, to help reduce stigma against mental illness. Join your friends, family, colleagues, and even bring your pets on a two mile walk around the Arizona State Capital.

The ADHS/DBHS team name is the “Stigma Stoppers”. For sign up information, or to contribute donations please contact tracy.young@azdhs.gov, or you can register online at www.namiwalks.org.

2012 Candlelight Vigil: Recovery, Hope & Renewal

When: Thu, October 25, 6:00pm – 8:30pm
Where: ASU Civic Space Center

The DBHS’ Blog Connection

Behavioral Health Overview

The Arizona Department of Health Services/Division of Behavioral Health Services (ADHS/DBHS) serves to provide coordination, planning, administration, regulation and monitoring of all facets of the state’s public behavioral health system. Our mission here at ADHS is to promote, protect, and improve the health and wellness of individuals and communities in Arizona. In behavioral health we do that by making sure that all individuals are able to easily access high quality prevention, support, rehabilitation and treatment services that have resiliency and recovery principles at their core, which assist individuals in achieving their unique goals for a desired quality of life in their homes and communities.

The public behavioral health system in our State is delivered through a managed-care approach. Managed care is a term used to describe a health insurance plan or health care system that coordinates the provision, quality and cost of care for its enrolled members. This approach is commonly used in the primary care sector. Read the full blog post...

Note: this is a series of blog posts providing an overview of Arizona’s behavioral health system including the contract management process, financing and other key components of the system.