Way to go Dan!

When I was in my early twenties, I was going through some issues with depression and alcohol abuse. The issues were affecting my family life and education. I finally admitted to myself that I needed to get help with the drinking. Around the same time I started going to see a counselor about the depression. I would go in and talk, he would listen but there was nothing happening. One day while I was sitting in the waiting room, I picked up a pamphlet and self-diagnosed as Bipolar. The counselor had me see the psychiatrist for medication which hurt more than helped. I soon became an expert in everything bipolar. However, as the treatment continued and I had no relief for the symptoms I became hopeless that anything could be done and sank into denial that I was bipolar. I took myself off the meds and just dealt with the mood swings. My mood swings are very cyclical depending on season, so I was able to prepare for the ups and downs but it was brutal anyway.

I left and took a manic trip to Colorado for a couple of months in the summer. I lived at a Buddhist retreat center. When the season started to change I had to go somewhere else. I moved to my parent’s house in Virginia. It was very hard adjusting back to society and having my mood changing at the same time. I didn’t know how to act around regular people anymore. They weren’t calm and passive as the Buddhist. I tried to get some help again through the mental health services but it was the same results.

I got a job and progressed rapidly during the summer and fell apart in the winter. Eventually the stress won. I locked myself away for a week and wouldn’t come out. I finally got myself up and started looking for someone to help me. I called a doctor that seemed right for me. I became a productive human again. I was hired to manage NAZCARE’s Serenity Circle. After working there for a year, I left and fulfilled a 16 year desire to become a massage therapist. The school I went to had a curriculum for Holistic Health Practitioner. When I finished I called Roberta Howard, the CEO of NAZCARE, and said I was ready to come back. I am currently working in a team to build a curriculum of Integrated Wellness that addresses consumer’s holistic health needs. I am excited about this new adventure and truly enjoy what I am doing.

Happy Recovery Month!

September is Recovery Month...it promotes the societal benefits of prevention, treatment, and recovery of mental and substance use disorders, celebrates people in recovery, lauds the contributions of treatment and service providers, and promotes the message that recovery in all its forms is possible. Recovery Month spreads the positive message that behavioral health is essential to overall health, that prevention works, treatment is effective, and people can and do recover. Learn more or download our factsheet here. Also, two public service announcements (PSAs) posted on SAMHSA’s National Recovery Month website were sent to more than 2,500 national television and radio stations this summer. Watch or listen to "Own It" and "Pick Up the Pieces", short informational clips that can be re-posted to generate interest in the community during Recovery Month this September and throughout the year. ADHS/DBHS has custom copies of these PSAs and will be available here early next week along with our State’s Proclamation. Additionally, ADHS is holding its second annual Line Dance for Wellness and Recovery on September 21st – we hope you can join us!

The Behavioral Health Vision: All Arizona residents touched by the public behavioral health system are easily able to access high quality prevention, support, rehabilitation and treatment services that have resiliency and recovery principles at their core, which assist them in achieving their unique goals for a desired quality of life in their homes and communities.

DBHS manages Arizona’s publicly-funded, statewide behavioral health system. Learn more at www.azdhs.gov/bhs.
The Arizona Peer and Family Coalition (APFC) had a busy two months this summer. In July, the Coalition met with Colby Bower, Arizona Department of Health Services’ (ADHS) Legislative Liaison for a discussion regarding the Arizona Revised Statutes’ definition of “mentally ill person” which currently exists in Statute language. There are many different words used to describe individuals who receive services in the behavioral health system; some are seen as stigmatizing and hurtful, yet they are still in use. The Coalition sought advice on the process of changing language via state legislative action. Based on the recommendations received at the meeting, language will be drafted that the community and stakeholders will support, and a sponsor will be identified in the House or the Senate Health Committees. The Coalition created an ad-hoc committee to work on the project, and it is hoped that a product will be ready by the end of 2012 in time for the 2013 legislative session. It was also hoped that a 2013 Mental Health Day at the legislature can be organized with other organizations.

The Coalition held their August meeting at the Franciscan Renewal Center during the first annual Respect Is Free conference. There was more discussion on changing the definition of “mentally ill person” and ideas include: remove the definition entirely (it has no connection to the definition of SMI), or gather more member feedback and draft a new definition. Whatever choice is made will mark the Coalition’s entry into formal legislative advocacy.

Arizona Receives SBIRT Grant

Arizona is one of three states that received $7.5 million as part of the Affordable Care Act to provide screening, brief intervention, and referral to treatment (SBIRT) services for adults seeking care in emergency department and community health settings at five Northern Arizona counties: Apache, Coconino, Mohave, Navajo, and Yavapai. These five counties were selected due to higher rates of injuries and deaths attributable to alcohol and other drugs when compared to other areas of the state. The overall goal of the grant is to integrate behavioral health services into primary care centers, hospital emergency rooms, trauma centers and other community settings to offer early intervention with at-risk substance abusers before more severe consequences occur. A standard screening tool will be administered by trained professionals in eight community health centers and one emergency department throughout the selected counties. It’s expected that this project will help reduce the number of substance related deaths and the prevalence of substance abuse disorders, as well enhance Northern Arizona’s behavioral healthcare. This five year grant started in July 2012 and will end in June 2017. The grant is a joint effort between ADHS/DBHS, Northern Arizona Regional Behavioral Health Authority (NARBHA), and the Governor’s Office.

CPSA welcomes new Individual & Family Affairs Administrator

Jody Gardner is the new Individual & Family Affairs Administrator at CPSA. She was asked by the Recovery WORKS team to share a few words for our community – Welcome Jody!

Just over ten years ago, my husband was diagnosed with Bipolar Disorder. Fresh out of college and clueless about mental illness, I didn’t know what to think or do. Fortunately, a private psychologist pointed us in the right direction and thus began our recovery journey via the public behavioral health system.

I was also beginning my career in behavioral health at La Frontera Center, Inc. After six years working my way up through the ranks, I was promoted to Program Coordinator. I was growing both personally and professionally and found that my experience as a family member helped me be a better clinician and helped me support my husband through his ups and downs. I enjoyed watching the individuals in the program grow and progress in their recovery but found myself wanting to affect change on a bigger level. I left La Frontera Center to become Employment Coordinator at Community Partnership of Southern Arizona (CPSA). As Employment Coordinator, I was responsible for overseeing the services in our system that helps members pursue employment, but there was still something missing—I felt I could do more. When the Individual & Family Affairs Administrator position opened up in June, I knew this was the right move. I am excited about the opportunity to help members and family members find their “voice” in our system. I am working with two dedicated staff who are equally passionate.
New this season is the Southwest Behavioral Health (SBH) Payson Adult Services Garden Project, which is designed to assist peers with positive views of self and pre-employment skills. Peers come to the garden and assist in the cultivation of a variety of plants to include vegetables, flowers and spices that are used day to day in making meals. The garden provides an opportunity for peers to learn, through a process of seasonal time and in a therapeutic manner, that cultivation of a garden is much like them: through care, hard work and determination the produce that comes from the garden goes out to the community to help others.

The garden also serves as a learning point for healthier living by allowing peers to eat what they produce which is naturally grown without any chemicals. Therapeutic staff guide and assist, imparting values that will stay with peers through the analogies of gardening. Healthy living is not only about physical health but about having a good solid state of mind to see things through to produce positive results. Peers and clinicians alike are very proud of the garden project.

Similarly, in Bullhead City, Mohave Mental Health Clinic, Inc. began a gardening project in November 2011 as part of their Vocational Program. This too began in an effort to teach job skills to members of the behavioral health system. Group members have the opportunity to design and construct the garden at the clinic site as well as decide which crops to plant and who will be in charge of the overall care of the garden. What started as a vocational group has turned into much more than that. Group members feel part of something bigger: their peer group, the clinic, and their community. Members of the gardening group are learning more than just gardening, they’re learning skills that may be of assistance in obtaining employment. They are also improving their mental health and well-being.

Starting a gardening project in Bullhead City presented some challenges. Temperatures can soar above 110 degrees and choosing the types of seeds to plant that will grow in a desert environment required planning. Working in extreme heat can also be demanding for the group members as some of them have physical limitations. Members learned about themselves and proved that they are capable of so much more than they thought they were, both physically and mentally.

“I feel like I have something to look forward to and work for, a reason to get up once a week and work hard.” – member.

“We didn’t have any experience but we took on the challenge. It was worth it to me when I see the fruit growing.” – member.

One in five Arizonans develop skin cancer

For the quarter beginning July 1, 2012, the ADHS/DBHS quarterly health initiative topic is “Skin Cancer, Melanoma and Mental Health”. To learn about this topic, symptoms, tips for prevention and sun safety as well as questions to ask your primary care physician (PCP) or behavioral health provider, view or print the latest handout.

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**Healthy Recipe**

**Peanut Butter Fudge Protein Bar**

Delicious homemade protein bar and takes only 8 minutes to prepare.

- 4 scoops chocolate protein powder
- 2/3 cup flax seed meal
- 4 tablespoons natural peanut butter
- 1/4 cup water
- Stevia or natural sweetener (optional)
- 2 tablespoons cocoa powder (optional)

**Directions:**

1. Mix all ingredients in a large bowl and stir.
2. It may not seem like it is enough water, but keep stirring and it will eventually become a sticky blob of dough. Add one tablespoon of water at a time if needed.
3. Divide mixture into 4 equal portions.
4. Place in separate pieces of plastic wrap and shaping them into bars.
5. It’s easier to shape them by lying plastic wrap on one side of a small casserole dish, pressing the dough into the natural shape of the dish.
6. Store the bars in refrigerator or freezer. Once solid, enjoy.

Makes 4 servings. **Per Serving:** calories 281, total fat 14 g, cholesterol 30.0 mg, sodium 146 mg, total carbohydrates 13 g, dietary fiber 9 g, protein 28 g. **Source:** [SparkRecipes](https://www.sparkrecipes.com)
Employment - a Tool for Recovery

Employment is a critical part of a person’s recovery. It helps the person increase his/her financial wellbeing and self-sufficiency through productive work. Individuals with disabilities now have direct access to online tools and information to help plan for and manage their transition to employment.

AZ DB101 (Disability Benefits 101) is an online tool designed to support individuals with disabilities to make informed decisions about going to work or accepting a job offer by assisting them to plan for employment while learning how work and benefits (cash, medical, etc.) go together. The tool helps individuals maximize their earnings by using work incentives to think about, plan for and maintain employment.

In addition to allowing users to walk through individualized work scenarios and visualize how their benefits are impacted by work, AZ DB101 identifies specific resources for them and assists them in the next steps to move forward with a formal plan.

Please use the following unique URL when connecting to AZ DB101: www.az.db101.org/dhs. Note: ADHS is using a tailored link for in an effort to assist us in compiling analytics on usage for training and outreach purposes. Individual users will not be tracked, only aggregate data will be compiled. We suggest you bookmark the unique link on your computer.

First Annual “Respect is Free” Conference

After many months of planning, the first annual Respect is Free conference became a reality on August 14th and 15th at the Franciscan Renewal Center in Paradise Valley. The conference was targeted to peers and family members, transition-age youth, and historically underserved populations including women, African Americans, Latinos, Native Americans and people who identify as LGBTQ.

Dr. Laura Nelson, ADHS/DBHS Deputy Director, opened the conference and welcomed over 250 individuals from across the state. There were 25 workshops, geared to the interests of persons working in the adult or children’s system as Peer Support Specialists and as Family Support Partners, and various sessions for persons who receive behavioral health services. Many networking opportunities were offered as well. Topics included Trauma Informed Care; Medication and Healthy Lifestyles, Peers and Family Members Taking the Lead; and Leadership training. There was also a panel discussion comprised of family members and peers who shared their moving stories of struggling and ultimately succeeding in navigating through the system to get care for their children.

The conference also reflected the priority that ADHS/DBHS places on peers and family members as partners in achieving the most recovery and resiliency oriented behavioral health system possible.
Wellness means overall well-being. In each issue of Recovery WORKS we incorporate each of the Eight Dimensions of Wellness: mental, emotional, physical, occupational, intellectual, social, environmental and spiritual aspects of a person’s life. Each aspect of wellness can affect your overall health and quality of life. This is especially important for people with mental and substance use disorders because wellness directly relates to the quality and longevity of your life. This month’s focus is on the Physical dimension of wellness: Recognizing the need for physical activity, diet, sleep, and nutrition.

National Wellness Week

National Wellness Week takes place this year on September 17-23, 2012. National Wellness Week’s theme is Living Wellness, to emphasize that no matter which dimension of wellness we focus on, our ultimate goal is to live well—within our bodies, minds, and communities. The theme also shows that Wellness is not static or finite; rather, it’s a continuous journey. This year, ADHS/DBHS will celebrate Recovery Month and National Wellness Week with the second annual Line Dance for Wellness and Recovery. One of SAMHSA-driven initiatives, thousands of people across the country will stand up and demonstrate their pledge for wellness on Friday, September 21 at 10:10 am. These events let individuals express the importance of Recovery in behavioral health and how important Wellness is to that Recovery. Because Recovery Benefits Everyone! This event also gives people an opportunity to learn more about the 10x10 Wellness Campaign and its Eight Dimensions of Wellness. The 10x10 Wellness Campaign promotes the importance of addressing all parts of a person’s life in hopes of increasing life expectancy for persons with mental and substance use disorders by 10 years in 10 years.

Why is Physical Activity Important?

Regular physical activity is important for good health, and it’s especially important if you’re trying to lose weight or to maintain a healthy weight. When losing weight, more physical activity increases the number of calories your body uses for energy or “burns off.” The burning of calories through physical activity, combined with reducing the number of calories you eat, creates a “calorie deficit” that results in weight loss. Most weight loss occurs because of decreased caloric intake. However, evidence shows the only way to maintain weight loss is to be engaged in regular physical activity. Most importantly, physical activity reduces risks of cardiovascular disease and diabetes beyond that produced by weight reduction alone.

Physical activity also helps to:

- Maintain weight.
- Reduce high blood pressure.
- Reduce risk for type 2 diabetes, heart attack, stroke, and several forms of cancer.
- Reduce arthritis pain and associated disability.
- Reduce risk for osteoporosis and falls.
- Reduce symptoms of depression and anxiety.

If you’re wondering how to get started on a physical activity regime, learn how much of it may be beneficial to you, and other details, click here.

Hiking Your Way to Get Physically Active

With the cooler season approaching us, we can start thinking about getting outside more and enjoying what our State has to offer for physical activity!

Maricopa County is home to one of the largest regional parks systems in the nation with over 120,000 acres of open space parks that include hundreds of miles of trails, campgrounds, nature centers and the Lake Pleasant Regional Park.

Currently, there are 10 regional parks in the system which we’re happy to report were visited by over 2.1 million people in 2011. Whether you’re planning on hiking along a barrier-free trail, enjoying the scenic Sonoran Desert views on horseback, or peddling rigorously up a trail on a mountain bike, the parks offer a variety of opportunities for all types of users, ages and comfort levels. Best of all, Maricopa County's regional parks are all within a 45-minute drive from downtown Phoenix!

A list of the options nearby and for more detailed information visit http://www.maricopa.gov/parks/EventsDetailPublishers.aspx
Upcoming Events

**David’s Hope Meetings**

Thursday, September 27, 6:30 pm – 8 pm at the Disability Empowerment Center, Classroom B, 5025 E. Washington St. Phoenix.

David’s Hope is a volunteer run, non-profit agency dedicated to improving mental health treatment for individuals involved in the criminal justice system. Meetings are open to anyone who is interested in the impact that our criminal justice system has on those living with a mental illness.

Learn more at www.davidshopeaz.org Mary Lou Brncik Founder marylou@davidshopeaz.org.

**OIFA Statewide Community Meetings**

Friday, September 28, 11 am – 12 pm at ADHS, 150 N. 18th Ave, Conference Room 215B, Phoenix, or by telemed at available sites; please check with your provider or RBHA. You may also join by phone by calling the toll-free number: 1-877-820-7831 and entering the participant pass code when prompted: 812530#. For more information contact Marilyn Bland at 602-364-4604.

We encourage community members, Clinic Advisory Council members, providers and members of Peer-Run agencies to attend. Discussion is on various behavioral health topics, addressing relevant issues and for exchanging new ideas. Meetings occur bimonthly. Feel free to bring your lunch!

The **DBHS’ Blog** Connection

**Depression in Adolescent Girls**

A new Data Spotlight Report from the Substance Abuse and Mental Health Services Administration (SAMHSA) shows that the percentage of girls who experience a major depressive episode in the past year triples between the ages of 12 and 15 (from 5.1% to 15.2% respectively). One of the report’s other major findings was that older adolescent girls experiencing major depressive episodes were more likely to receive treatment than younger ones – about two-fifths of girls age 15 to 17 received treatment as opposed to only one third of the girls aged 12 to 14. Read more ...

**Mental Health: Everyone Has It!**