Did you know there is prediabetes?

Prediabetes means that blood sugar levels are higher than normal but not high enough to be classified as diabetes. If you detect prediabetes, you can take steps to delay getting diabetes. Learn about the importance of screening for prediabetes, diabetes, proper nutrition and life style changes to reduce risks, and much more. Educational handouts for members and providers are now available online!
Arizona Peer and Family Coalition Update

The Arizona Peer and Family Coalition's November meeting included a presentation from Anne Ronan, Plaintiff's Attorney for the Arnold v. Sam lawsuit. The January 2012 meeting will feature a discussion with the Arizona Department of Health Services' Director Will Humble, regarding the "Raise Your Voice" report.

The Arizona Peer and Family Coalition will be forming several sub-committees to carry out its mission, and there will be opportunities for individuals to participate. Opportunities include committees to assist with strategic planning, advocacy, web and social media planning and several others. These opportunities will be further flushed out over the next few months. Stay tuned for more details…

Arizona Peer and Family Coalition is a dedicated alliance of peer and family run organizations and statewide community leaders determined to nurture and advance peer and family integration at all levels of community health care. Meetings are open to the like-minded public and are scheduled for:

Tuesday, December 13, 2011, 3:00 p.m. to 4:30 p.m. location TBD; and Tuesday, January 10, 2012, 3:00 p.m. to 4:30 p.m. at ADHS/DBHS, 150 North 18th Avenue, Conference Rooms 215A & B.

Hope in the Community

On Thursday, October 6th the Mental Health Awareness Coalition held their 16th Annual Candlelight Vigil at CHEEERS in Phoenix. The participants enjoyed food, music, fellowship, a time of remembrance and the celebration of success stories told by service recipients, their families and friends. Adults as well as youth participated in the event. This year's theme was "Hope in the Community". Dr. Laura Nelson, Deputy Director of the Division of Behavioral Health Services, served as the Master of Ceremonies for the evening.

The Mental Health Awareness Coalition is a 501c3 nonprofit organization whose mission is to educate the public regarding understanding, awareness and acceptance of mental health issues in the general community, while working to reduce stigma associated with mental health. Members of the Coalition are volunteers or advocates representing behavioral health agencies in Maricopa County.

Tournament of Champions

In April 2009, an innovative approach to behavioral health took place at Daley Park, located in Tempe, AZ. Approximately 300 people participated in the First Tournament of Champions Kickball Challenge. On that day, the barriers came down and the spirit of recovery flourished as people receiving services, families, and service providers joined together for a day of fun, food and friendship. This is a healthy way for everyone to engage with one another and bring a humanistic approach to services. The collaboration between all the organizations may seem like a miracle in itself, yet, health and happiness is always the focus. The competition is fierce and exciting every year.

The event has been such a success that the Tournament of Champions held its sixth event on November 4th. It was amazing seeing so many people from different walks of life join together and experience such fun, laughter, sharing and competition.

The sponsoring teams were: CHEERS, Marc Center, Jewish Family and Children's Services, Visions of Hope, Partners in Recovery, Recovery Innovations of Arizona, Mountain Health and Wellness, The Living Center and S.T.A.R. Center, which also provided the excellent food.

The umpires were: David Covington, Chief of Adult Services, Magellan; Ted Williams, Arizona Behavioral Health Corporation; Merrick Morgan, Chief Financial Officer, Magellan; John Moore, Chief Financial Officer, Marc Center; Steve Hilger, Director of Housing, Marc Center; Mary Jo Whitfield, Clinical Director, Jewish Family and Children's Services; Mary Robson, Ombudsman, Magellan; and Stacy Garner, Chief Operating Officer, Partners in Recovery.

Nine peer run organizations and providers came together in the spirit of fun. The food was wonderful -- who thought that kickball could become such a big event? There were plenty of trophies, prizes and activities to go around.

The winners were: First Place: The Living Center; Second Place: Visions of Hope; and Third Place: Partners In Recovery.
**DB101 to Launch in 2012**

Current employment rates and economic conditions for Americans with disabilities are grim, and getting worse. Almost 12 million Americans today receive Social Security disability benefits, according to recent Social Security Administration (SSA) data. Most receive cash benefits and attendant health coverage from the Supplemental Security Income program (SSI) and/or the Social Security Disability Insurance program (SSDI). Disability Benefits 101 (DB101) presumes there are large numbers of people with significant disabilities with expectations to work, with plans to work and who are seeking to make informed decisions about work. At the same time, there can be complex interactions between employment and receipt of disability benefits, publicly funded health coverage, and other government benefits. Additionally, the “work incentives” within disability programs are often confusing to individuals. DB101 will provide access to objective, real-time information about work and each person’s benefit program interactions. In a nutshell, DB101 is a “one stop” online portal where people with disabilities could directly access plain-language information about work and a range of benefits and health coverage programs.

Today, residents in California, Michigan, Minnesota and New Jersey access DB101 as an introductory portal to using public and private, state and federal benefits to support viable, long-term transitions to employment. Arizona’s DB101 portal is in design and production phases this year and will be launched to the public in early 2012.

DB101’s objective is to help individuals with disabilities realize that there are pathways to employment. For more information, please see the article called “Disability Benefits 101—Today’s Portal to the Possible” by Byron McDonald.

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**CPSA helps promote employment for people with disabilities**

Hoping to combat high unemployment among people with disabilities, Community Partnership of Southern Arizona (CPSA) has joined other organizations in a new coalition to share resources, information and ideas about how to place more people with disabilities into meaningful jobs.

More than 110 people with disabilities found employment through the coalition’s first job fair, held October 6th in Tucson.

The event, called “Building a Dream,” was attended by 23 businesses and more than 500 job seekers, as part of National Disability and Rehabilitation Employment Awareness Month (DREAM). The coalition hopes to make the fair an annual event. Ron Barber, former state director of the Department of Economic Security's Developmental Disabilities Division (DES/DDD) and current district director for Representative Gabrielle Giffords, served as chairman of Tucson’s DREAM and spoke to the media about the advantages of hiring people with disabilities.

In addition to CPSA, the coalition includes providers of job training and related services: Beacon Group, Goodwill Industries, DES-Rehabilitation Services Administration, DIRECT Center for Independence, DK Advocates, Easter Seals/Blake Foundation, DES/DDD, and Linkages, a group founded by Southern Arizona car dealer Jim Click Jr. that links the business community with nonprofits serving people with disabilities. On October 25th, the CPSA-sponsored “Building Bridges Awards” luncheon recognized outstanding clients, businesses and agencies for promoting employment for the estimated 35,000 people with disabilities in Tucson who are not employed.
CPSA's expanded veterans' services draw more national attention

Community Partnership of Southern Arizona's (CPSA) groundbreaking efforts to improve behavioral health services for veterans and their families recently were featured in a webinar presented by the National Council for Community Behavioral Healthcare, the Department of Defense's Center for Deployment Psychology, and Essential Learning.

More than 800 people across the country participated in a webinar on November 10, "Serving Our Veterans' Behavioral Health Needs in the Community," which may be viewed online. Vanessa Seaney, CPSA's Chief Clinical Officer, and Brett Rustand, a CPSA board member and veteran's advocate, spoke about the challenges of and successes with serving veterans. The mental-health needs of veterans have generated increasing concern across the country, as suicide rates among military personnel reached historic highs. A study released in October reported that approximately 20% of recent veterans have mental health issues and predicted that over the next two years, more than one million veterans will need care.

In 2008, CPSA began collaborating with the Southern Arizona Veterans Administration Healthcare System (SAVAHCS) – one of the first partnerships in the country between the VA and a community behavioral health-care system to help staff in the CPSA care system be alert and prepared to address the particular needs of veterans. About 400 veterans currently receive care in the CPSA system. CPSA organized a focused effort based on coordination of care, community outreach and educating provider staff to better serve veterans and their families. That effort so far has included focus groups, community collaborations, suicide prevention, Mental Health First Aid training, and contracting with Vets4Vets to provide peer-support groups. The next major project will be working with community stakeholders to create a centralized hub to coordinate all veteran's services in Southern Arizona.

Most recently, CPSA worked with SAVAHCS and other groups that serve the military, veterans and their families to design a new training series for all workers in the CPSA system. The series wraps up with a panel discussion on December 5th featuring representatives from the Tucson Vets Center, Arizona Department of Veterans Services, SAVAHCS and Southern Arizona Red Cross.

To prepare veterans for peer-support roles, CPSA and SAVAHCS developed a module focused on military and veterans issues for CPSA's Recovery Support Specialist Institute. To date, five veterans have been trained and certified as Recovery Support Specialists through this program. Earlier this year, the CPSA-SAVAHCS partnership was featured in a video from the Substance Abuse and Mental Health Services Administration, part of its "Road to Recovery" series broadcast on cable channels nationwide.

Local Youth Groups Organize a Statewide Food Drive

The Statewide Youth Driven Food Drive is being held throughout Arizona from November 1, 2011 to January 30, 2012. The food drive is being directed by local youth groups such as the ACERS in Tucson, in concert with MIKID and The Family Involvement Center.

Each local effort has created its own poster to help generate donations and to let people know how to become involved. Donations received in each community will benefit local food banks or other organizations that distribute food to needy families within the community.

Youth from around the state have collaborated with schools and businesses in an effort to get as much food donated as possible during this time period. Any questions about how to become involved or make a donation can be directed to the local MIKID or Family Involvement Center office. Visit http://www.mikid.org or http://www.familyinvolvementcenter.org or call MIKID at 602-253-1240, and Family Involvement Center at 602-200-6360.
State Chatter...

**Visions of Hope Arizona Launches new "Film Boot Camp"**

To teach service recipients the techniques behind making films. Qualified and experienced independent filmmakers will teach the classes and be available to the students as on-set advisors and mentors. At the end of the "Film Boot Camp," graduates will divide into film crews and will be given the opportunity to borrow the cameras, lights and sound equipment to make their own films. Completed films will be entered into a film festival (specifically designed for this class) at a local movie theater. The public will be invited and a documentary about the program will be presented. The winning films will play on the big screen and be awarded cash prizes. Agencies and service recipients interested in joining the Visions of Hope "Film Boot Camp" should e-mail Noah Ross or call (602) 317-0173.

**Learning Opportunity:** ADHS/DBHS training team recently attended a Training of the Trainers in Supplemental Security Income (SSI) and Social Security Disability Insurance (SSDI) at the Outreach, Access, and Recovery Technical Assistance (SOAR TA) in Salt Lake City, Utah. The team is gearing up to provide this training to behavioral health providers throughout our state. For more information on this training please contact Ali De La Trinidad. The SOAR TA Center is funded by the Substance Abuse and Mental Health Services Administration (SAMHSA). This national project is designed to increase access to the disability income benefit programs administered by the Social Security Administration (SSA) for eligible adults who are homeless or at risk of homelessness and have a mental illness and/or a co-occurring substance use disorder. Find out more.

**Congratulations!** Gila River Health Care (GRHC)’s Behavioral Health Services Executive Director, Steven Green, was appointed by Secretary of Health and Human Services Kathleen Sebelius to serve on SAMHSA Center for Substance Abuse Prevention (CSAP) National Advisory Council.

**This Holiday Season...**

During this time of celebration please consider planning in advance if you drink alcohol (and share the message with your loved ones!). Consider discussing questions like: how will you get home? How much will you drink? Are you comfortable saying no if someone insists you drink? More of these available at ADHS/DBHS’ [Tips for Healthy Holiday Celebrations](#).

**MIKID** statewide will be doing food boxes and gifts for the children. MIKID’s Phoenix office also hosted a party for Thanksgiving and there is one planned for the December holidays. Denny’s in Kingman assisted with the fundraising for food boxes and gifts and another donor in Tucson will provide the dinner in December. For more details contact MIKID @ 602-253-1240.

**Phoenix Visions of Hope** has a number of activities planned, including a day trip to the Phoenix Zoo, an evening out at "Glendale Glitters"; a holiday luncheon, and a New Year’s Eve dance on December 29th. Please contact Christine Lash Christine.lash@hopeaz.org for details.

**CHEEERS** hosted its annual Thanksgiving feast on November 23rd. A December holiday feast is also planned.
NAMI's "Classic Western Towns" Tour
on Saturday, December 10, 2011 at Sierra Vista, Arizona
Start/Finish at Veterans Park - Registration at 6:30 am.
- Century Ride: 7:30 am
- 67 Mile Ride: 9:00 am
- 35 Mile Ride: 10:00 am
Registration and Spaghetti Dinner on Friday Dec. 9.
More information at www.namibikes.kintera.org/arizona

Holiday Provider Fair
Recovery Innovations invites you to represent your organization at their Holiday Provider Fair! Promote your excellent services and connect with other providers. Recovery Innovations is expecting more than 1,000 people at the fair which is set for Friday, December 9th, from 11:00 a.m.-3:00 p.m., at Recovery Innovations (2701 North 16th Street, in Phoenix). Click here to learn more about reserving your spot.

Visit the ADHS/DBHS’ Blog!
Visit (and bookmark!): http://bhsblog.azdhs.gov/
Through this blog, ADHS/DBHs shares some of the latest local and national news in the behavioral health field, stories of recovery from mental health or substance abuse challenges, and local behavioral health “happenings” including the latest initiatives such as those around behavioral health and primary care integration.
You can also get to this blog from the DBHS website, look for the icon that looks like this:

About ADHS/DBHS
The Division of Behavioral Health Services is a Division within the Arizona Department of Health Services. DBHS manages Arizona’s publicly-funded, statewide behavioral health system. Learn more at www.azdhs.gov/bhs/.

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.

SUBSCRIBE TO RECOVERY WORKS today!
To submit articles for the next issue of Recovery WORKS, please email your article in MS Word format by December 16, 2011 to OIFA@azdhs.gov. 200 words maximum, 2 photos maximum (must provide ADHS/DBHS publishing rights).