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**Peer Success Stories**

**By Angela Brown**

When my mother was eight months pregnant with me, she jumped out of a car going 35 mph in order to get away from my father punching her. Things got worse from there.

She got out of one horribly abusive relationship to land directly into another one. I witnessed a lot of drug use, drinking, robbing, drug dealing and sex, and eventually took on these bad habits myself. By the time I was 13, I was already having sex and experiencing blackouts from drinking on a regular basis. Later on I started shooting meth and smoking crack in addition to the drunken binges. I didn’t have a clue as to what the consequences of my actions would be. I thought I wasn’t even capable of becoming pregnant, but when I was 26, I did. I let my obstetrician know about my methamphetamine... (Continued on page 2)

**By Maricella Camarillo**

“Before I came to CHEEERS, I was a very suicidal person. I’ve tried to kill myself several times. I come from a domestically violent and sexually abusive environment. I was attending groups and activities at my Magellan site but when they started making budget cuts I lost a lot of benefits and resources. I ended up having a relapse. That’s when I learned about CHEEERS. At first, I was afraid to come and to make a change but it was the best decision that I ever made.

The GED classes and support groups give me the tools to keep going, to overcome my problems and my addiction. When I don’t come here I get very down. Sometimes I don’t feel up to it because of my health problems but I try to come as much as I can, otherwise, I can’t move forward. (Continued on page 2)

**Mental Health Month and Beyond...**

Last month, ADHS/DBHS along with the RBHAs and the peer and family-run organizations collaborated to celebrate mental health awareness month. There were a number of coordinated activities held throughout the month including a kick-off presentation to educate the public about mental health, several open houses held at the peer and family run organizations, several community events led or sponsored by the RBHAs, participation at various health fairs and family events throughout the state, and a great deal of media and social media coverage reminding people to take care of their mental health. Visit [www.azdhs.gov/bhs/mham.htm](http://www.azdhs.gov/bhs/mham.htm) to learn more about some of these activities and to view an educational video presentation about mental health by local experts Bill Kennard from NAMI, Vicki Johnson from MiKID, Suzanne Legander, from S.T.A.R., Dr. Laura Nelson from DBHS, and a youth leader Shawn Leyba from MiKID. This issue of Recovery WORKS is dedicated to everyone who contributed in any way in Mental Health Awareness activities. We hope you enjoy reading some of the stories from the various events held. Let’s challenge ourselves to raise awareness of the importance of mental health every day as we go on our regular business.
Peer Success Story: Richard B.

Despite suffering for 45 years with this illness, I’m still the person I was meant to be: A professional writer, poet, public speaker, and the founder of three drop-in centers and four consumer support organizations including a sports league founded six years ago! Life has been rewarding and eminently challenging living with schizoaffective disorder, but not letting it “LIVE ME” so to speak. I am both a person of diverse talents and a person with multiple symptoms, meaning I never truly recover, but have ultimately taken control of my life back. One of my recent accomplishments has been speaking on outsider art for the arts commission and having a poem published in a book with a foreword by Kurt Vonnegut.

Everyday though is a struggle taking up to ten buses just to get simple, daily things done. But I keep a positive attitude and celebrated my 61st birthday in February. You could say I’m 93 in consumer years. I feel a good athletic program would help people to live a healthier, longer life. Richard P. Beeman

Richard Beeman frequently presents for the Stigma Reduction Committee and recently provided a presentation to the Developmental Psychology Class at South Mountain Community College. Students in the class were instructed to write a one-page reflection paper on what they learned about stigma reduction as a result of Mr. Beeman’s presentation. Some quotes from the student’s papers are below:

“Richard’s presentation really made me think a lot about how we all contribute to the stigma of mental illness.”

“People don’t see how their negative attitudes and perceptions of people with mental disorders have a devastating effect to those who have them.”

“The presentation helped me to realize that even though I’m planning to work in the behavioral health field, I had a lot of false assumptions about mental health.”

(Continued from page 1) - Angela’s Success Story

(Cheers) has everything; they feed you, they take care of you and they give you whatever you need. If they can’t help you they can give you another resource. I really like the staff. If they see you crying they will pull you aside to talk to you and support you. I thank God for CHEERS!

One thing that I’ve learned here at CHEERS is that regardless of your challenges you can do anything and you need to be grateful for what you have. That is why I have decided to volunteer, so I can earn my own way and help myself. I’m so happy now and I feel so free. I can do whatever I want. I’m learning to take it one day at a time.” — Maricella was recognized in May 2011 as CHEERS’ Peer of the Month.

(Continued from page 1) - Maricella’s Success Story

I made one last attempt to overcome the darkness that surrounded me when I made an appointment with the Recovery Support Specialist provided by CODAC Behavioral Health Services in Tucson. That is where my journey to a whole new life began. I stayed at CODAC from open to close Monday through Friday and was nominated for the intensive outpatient program, where I met the most amazing woman in my life. For the next nine months she helped me understand and deal with my diagnosis of post traumatic stress disorder, and she brought out things in me that I did not even know existed. I eventually got referred to DK Advocates, where I met a group of individuals that dedicate their lives to helping people overcome their barriers and get back in the workforce. The special people there gave me the opportunity to accept myself and reveal what I have to offer. One woman in particular goes way beyond her job description to make sure that each client leaves the Choices program feeling positive and accepted. I now live a clean and sober lifestyle and have the best job I have ever had in my life! DK Advocates you rock!
Summer Water Collection Drive

With hot weather around the corner, Arizona communities will need an increased supply of water to hydrate homeless individuals and families to prevent them from becoming ill and/or dying. As an example, Maricopa Association of Governments reported 2,918 homeless people living on the streets of Maricopa County alone, an increase of 205 from the previous year. From 2005-2009, 681 people were reported dead as a result of heat-related illnesses.

To help prevent illnesses and loss of lives, ADHS Public and Behavioral Health programs are leading a water drive to collect as many cases of bottled water as possible. Water will then be donated to the homeless street outreach teams. If you would like to participate, volunteer or donate water, please contact Brenda Robbins at Brenda.robbins@azdhs.gov.

CPSA Endows Social Work Scholarship to Honor Zimmerman

Community Partnership of Southern Arizona (CPSA), the RBHA for Pima County, has donated $100,000 to the Tucson Component of the Arizona State University School of Social Work to establish an endowed scholarship honoring Gabe Zimmerman, one of the victims of the January 8 shootings.

Zimmerman graduated from the master’s level program in 2006, and was an aide to Congresswoman Gabrielle Giffords. “Gabe was a good friend to CPSA and a dedicated champion of the public behavioral health system,” said Neal Cash, president/CEO of CPSA. “We think the best way to honor his impact in this community is to help make sure his work continues, through the new social workers trained under this scholarship.”

ASU will supplement the donation, and the first scholarship will be awarded in fall 2011. Freeport McMoRan Copper & Gold, the United Food and Commercial Works Union Local 99, the National Association of Social Workers’ Political Action for Candidate Election (PACE) program and community individuals have made contributions to the scholarship fund. The donation is part of CPSA’s community reinvestment efforts and will enhance CPSA’s workforce development. Two years ago, the Tucson Component was threatened with elimination because of state funding cuts. “We hope this gift will contribute to the component’s sustainability and viability,” Cash said. “Southern Arizonans should not have to leave this community to study social work.” The Tucson Component enrolls about 150 master’s level and 50 undergraduate students each year.

Mental Health First Aid Courses in Arizona Available Now!

Have you heard about Mental Health First Aid (MHFA)? MHFA is designed to assist persons with a behavioral health need. It is much like CPR or other forms of first aid for physical health conditions in that anyone can learn and apply the concepts soon after going through the short certification training. MHFA will prepare individuals to respond and act in a helpful manner when they are concerned about someone’s mental health. This can be someone they know or even a stranger experiencing an emotional crisis.

To learn more and become certified in Mental Health First Aid, you’re invited to join one of the several 12-hour training courses taking place throughout our State. Our new website on MHFA provides details about all the classes available statewide (new classes are added continuously). If you live in Phoenix, you can also attend the next class here at ADHS beginning June 13.

Friendly Reminder: Check your cardiovascular health!

Cardiovascular Health & Mental Health is the current topic for the ADHS/DBHS’ Quarterly Health Initiative. People with severe mental illnesses lose 25 or more years of life expectancy, mostly due to cardiovascular disease.

Learn more at www.azdhs.gov/bhs/qhi/ where you can find educational handouts for members and providers and also view the new webinar recording presented by cardiologist Dr. Suzanne Soroff. Feel free to discuss this topic with your behavioral health provider, ask questions and make a lifestyle change if needed in order to improve your cardiovascular health and protect you from heart disease.
Mind Matters

On May 14, Partners in Recovery hosted “Mind Matters” at the Mesa Center for the Arts to celebrate Mental Health Awareness. This well attended event showcased several performances with messages about mental health. The featured performance, Mind Matters, for example, used dance to express the nine emotional states and told the story of psychiatric diagnoses and people living with mental challenges. People from the audience had the opportunity to learn and ask questions as well. ADHS/DBHS’ Deputy Director, Dr. Laura Nelson was one the featured guest speakers along with Jeff Boldizar, Deputy CEO at Magellan and Mayor Scott Smith from the City of Mesa.

Comments from members of the Members of the East Village who attended the performance:

“I enjoyed the evening at the Mesa Art Center. It was Interesting seeing the different type of dance, also the way the dance expressed the emotions we experience. The music was fun, seeing the different instruments. I would enjoy going to other outings like this. Thank you for the opportunity.”
-Sherry Rogers.

“I enjoyed Dr. Aking’s performance very much. I also enjoyed the young girl’s performance also, especially the performance about the different conditions about the physical effects of the different conditions of mental illness by Dr. Aking. Thank you for inviting me.”
-Mary K. Ayala.

Fourth Annual MY Fest Draws More Than 6,000 Attendees

On Saturday, April 23, Magellan Youth Leaders Inspiring Future Empowerment (MY LIFE), Magellan of Arizona’s initiative dedicated to improving the lives of youth who have experience living with mental illness and/or substance abuse, held its fourth annual MY Fest.

Planned and produced by MY LIFE members, the annual free event is a youth involvement festival featuring live music, entertainment, art, food, and information about resources and services from a variety of youth and family-based Phoenix-based organizations.

This year, more than 6,000 people enjoyed special presentations from two of America’s most accomplished young leaders, Daniel Hernandez and Anthony Robles. Daniel Hernandez is the 21-year-old University of Arizona student leader and intern to U.S. Rep. Gabrielle Giffords, who is credited with helping to save Giffords’ life during the recent Tucson shooting tragedy. Anthony Robles is the Arizona State University senior who recently won the national NCAA wrestling championship in the 125-pound weight class, and he did it all with only one leg.

For highlights from this year’s event, and more information about MY LIFE, visit www.MagellanofAZ.com/MYLIFE.
Increasing Housing Options for People with Serious Mental Illness

The ability to choose a home without discrimination, to live in a home where supportive services are delivered upon request, to seek and be granted reasonable accommodations where they are necessary, and to find affordable housing, are all essential steps for adults with serious mental illnesses to move towards recovery.

ADHS/DBHS and the Regional Behavioral Health Authorities (RBHAs) have several “Community Housing” programs and levels of care options in place for adults with serious mental illness.

Funding for independent housing is made up largely of federal grants from the US Department of Housing and Urban Development (HUD) specifically targeted to non-profit organizations and/or units of government. In addition to HUD funds, historically, State Housing Trust Fund dollars allocated to the Arizona Department of Housing have been awarded to ADHS for the Bridge Subsidy Housing Program. This program awards housing choice vouchers to RBHAs to provide housing to their enrolled adults with serious mental illnesses. Tenants move into HUD Section 8 type units where their monthly rents are subsidized (bridged) until they reach the top of the Section 8 waitlist, then they move off this program and go into the HUD Section 8 program which is administered by the local Public Housing Authority for consumers ready for independent living.

In April 2011, the legislature passed groundbreaking legislation creating, for the first time in the State’s history, a State Housing Trust Fund at the Arizona Department of Health Services, specifically for adults with serious mental illnesses. The Governor signed SB 1616 into law and it becomes effective July 1, 2011. This new law requires ADHS to develop a permanent housing program and submit their first report to the legislature and Governor by September 2011. SB 1616 appropriates over $2 million dollars annually to the ADHS State Housing Trust Fund permanent housing program until Fiscal Year 2044. With this funding ADHS, through contracts with local Arizona non-profit organizations will purchase homes and apartment complexes to increase the capacity of permanent housing for RBHA enrolled members who are Title XIX eligible. All properties purchased with SB 1616 funds will be deed restricted for the sole use of adults with serious mental illnesses for a twenty-five year period.

Additionally, HUD’s Secretary Shaun Donovan announced last month that $216 million were awarded to fund 691 new projects across the country to provide housing and supportive services to thousands of homeless individuals and families.

Funding for independent housing for Arizona’s homeless adults with serious mental illnesses currently require Arizona state general fund’s match to funds provided by HUD. With these funds, HUD requires states to have active community-based forums in which localities identify regional homeless needs and gaps in each community this is known as the HUD Continuum of Care Homeless Planning Process. There are three Continuum’s in Arizona comprised of civic, faith-based, business, non-profit and government leaders who rate and rank programs applying for HUD funding. ADHS and RBHA’s are major players in this planning process, providing dollar for dollar cash match in the form of supportive services to maintain existing housing and create new housing programs for RBHA enrolled members.

In FY 2011, ADHS and RBHAs provided over $22 million in support services – equaling $22 million in rent subsidies from HUD for over 2,200 tenants statewide. As a result HUD renewed every HUD housing grant securing over 2,200 existing units and awarded over $2,200,000 in funding for new projects to increase housing stock. NARBHA and CPSA were awarded new project grants to house additional adults with serious mental illnesses in their communities.
Southern Arizona NAMI Walk exceeds expectations

The fifth annual NAMI Walks Southern Arizona held this past April far exceeded organizers’ goals for fundraising and participants. An estimated 4,200 people from across the region congregated at Tucson Electric Park for the walk. Ninety-seven teams of families, friends and people from healthcare agencies, businesses and faith-based organizations walked to raise awareness of mental illness and combat stigma.

About $147,000 was raised for NAMI programs and research. This NAMI Walk benefits both NAMI Southern Arizona and NAMI Southeastern Arizona. A team from U.S. Rep. Gabrielle Giffords’ office participated in the walk and raised more than $11,000 for NAMI, and Ron Barber, Giffords’ District Director, spoke to the crowd. Giffords and Barber were seriously wounded in the Jan. 8 shooting.

In addition to having fun and socializing for a good cause, walkers got a look at the new Crisis Response Center and Behavioral Health Pavilion, both nearing completion on the county’s Kino Campus. Community Partnership of Southern Arizona (CPSA), the RBHA for Pima County, has partnered with the County, UA Healthcare (formerly University Physicians Healthcare) and the University of Arizona College of Medicine to make these important resources a reality.

CPSA has been a major supporter of the NAMI Walk since its inception, and marked the upcoming facility openings by recruiting a “super team” of NAMI Walkers from CPSA and the other project partners.

New Integrated Health Care Facility in Arizona

On May 6, the new Apache Junction facility, Mountain Health & Wellness (MHW), held its grand opening with a full day of musical entertainment, a ribbon cutting ceremony, and tours and activities for all guests. Guest speakers included Dr. Laura Nelson from DBHS, Apache Junction Mayor John Insalaco, Apache Junction City Manager George Hoffman, and Rob Evans, Chief Executive Officer from MHW.

Mountain Health & Wellness, formerly Superstition Mountain Mental Health Center, has been serving the behavioral health needs of residents of Pinal County for the past 25 years. They recently expanded their service area to include Maricopa, Yuma and La Paz Counties and expanded their services into both the physical health and wellness arenas. In this new state-of-the-art 35,000 square feet facility, MHW now offers fully integrated health care providing primary care and wellness services in addition to the comprehensive behavioral health services they had always provided. Visit their website to learn more about their integrated care model and services offered.
Post-Jan. 8 Tucson Forum Explores Mental Illness and Treatment

The Jan. 8 mass shooting in Tucson has sparked much public discussion on the need for and process of getting mental health services.

In response, the Schorr Family Award, Community Partnership of Southern Arizona (CPSA) and other partners recently convened a community forum in Tucson, with nationally known and local speakers.

The forum was a chance to learn about mental illness and its effect on individuals and those close to them, and about the current state of mental health care in Southern Arizona and the nation. About 500 people attended the event, held April 27, 2011 at the University of Arizona.

Dr. Thomas R. Insel, director of the National Institute of Mental Health, was the 14th recipient of the Schorr Family Award at the event, for his efforts to educate the public about mental illness. The event included an hour-long discussion based on community members’ questions.

Dr. Insel and other speakers praised the Tucson community’s determination to avoid the blaming that followed other such tragedies, focusing instead on mutual support, healing, advocacy for mental health services and renewed civic engagement.

Speakers urged attendees to maintain the momentum of interest and motivation after the tragedy by finding out more about mental illness and educating co-workers and friends about it, and by telling elected officials of their support for public mental-health services.

“Our community has the potential to lead the nation” in understanding, preventing and treating mental illness and in promoting civility and respect,” said Ron Barber, district director for U.S. Rep. Gabrielle Giffords. He and Rep. Giffords were seriously wounded in the tragedy.

A panel discussion was moderated by Dr. Nicholas Breitborde of the UA’s Early Psychosis Intervention Center, with panelists including:

- Neal Cash, president and CEO of CPSA, the Regional Behavioral Health Authority in Pima County.
- Dr. Ken Duckworth, medical director of the National Alliance on Mental Illness (NAMI) and assistant professor at Harvard University Medical School.
- Joel A. Dvoskin, clinical psychologist specializing in forensic psychology and assistant professor at the UA College of Medicine’s Department of Psychiatry, and former acting commissioner of mental health for New York State.
- Laurie Flynn, executive director of TeenScreen National Center for Mental Health Checkups at Columbia University.
- John Pedicone, superintendent of Tucson Unified School District.
- Clarke Romans, executive director of NAMI Southern Arizona and family advocate.

The Arizona Daily Star, another sponsor, printed a series of articles on mental illness and a special resource guide with information on various aspects of mental illness and local resources for treatment and support.

Co-sponsor Arizona Public Media has posted a video of the event on its Web site.

Other sponsors of the event were NAMI Southern Arizona, Cox Communications and the UA College of Medicine.
**Internship Programs at Recovery Empowerment Network**

The Higher Education Partnership meeting recently highlighted 2 internship programs offered through Recovery Empowerment Network (REN), a peer run organization. These types of positions better prepare students for the challenges and situations that they will experience once job placement within our state’s behavioral health system occurs.

Recovery Empowerment Network (REN) supports two kinds of internship programs:

- Peer support interns from REN’s Recovery Support Training
- Social Work interns from ASU’s School of Social Work

**Peer Support Interns**
REN offers a Recovery Support Training that is available to any person with lived experience, including Non-Title-19 participants. Title 19 is preferred and they do not have to be enrolled with Vocational Rehabilitation to participate. Non-Title-19 participants will be asked to offer in-kind service as payment for their services. In some cases, employers pay for the participant’s work or pay the participant directly.

**Social Work Interns** are available in both the BSW and MSW program. They are assigned for two consecutive semesters. Learning contracts for these students are complex. They include activities in several categories including Professional Values and Ethics; Professional Relationship Skills; Professional Roles; Planning, Implementation and Evaluation of Interventions; and many more.

This placement will offer experience with multiple roles of social work, including advocate, broker, counselor, nonprofit management and grant writing, conflict resolution, and more. Any agency is eligible to receive interns as long as they have staff with an MSW to oversee the process.

For more information please contact Ann Rider by phone at 602-248-0368 or by email at arider@recoveryempowermentnetwork.net.

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**NEW! ADHS/DBHS now has an online Statewide Events Calendar!**

You can submit announcements for behavioral health related events including support groups, conferences, workshops, webinars, focus groups, peer/family/youth trainings, town halls, health/wellness fairs, job fairs, professional development opportunities and related community events.

The calendar can be found at the [DBHS website](http://www.dbhs.az.gov) and then click on “Calendar of Events”. Follow instructions there to submit an event. Note: This is the same as the AZ Happenings calendar.

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**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](http://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.

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**SUBSCRIBE TO RECOVERY WORKS today!**

To submit articles for the next issue of Recovery WORKS, please email your article by June 17, 2011 to OIFA@azdhs.gov. Looking for positive stories that inspire, encourage, showcase, or highlight achievements in recovery. 200 words maximum, 2 photos maximum (must provide ADHS/DBHS publishing rights).