The Recovery WORKS
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Featured Peer Success Stories

JR

JR is a 15 year-old young man who spent the majority of his life in the foster care system in the Tucson area. JR spent many years in foster homes and group homes, until he was 9 years old when he met David, who then became his foster parent. This was the first time in JR’s young life that he felt like he had a home and a family.

David spent the next several years advocating for JR’s needs which included significant behavioral health issues and the need for JR to have a permanent home and family. David

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Samuel

At the age of 14, I began using drugs and drinking regularly. I did anything I could to support my habit and never cared about anyone, including myself. A pivotal moment came at the age of 17, when I blacked out and committed a crime that put me in jail for 5 months, cost another family their home, and forced my family to leave the community they had been in for 25 years.

The judge gave me one chance to make a change and my future relied on it. I was court ordered to participate in substance abuse

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Diane

My story begins when I was in graduate school at the University of California. I was diagnosed with Bipolar disorder and had a Co-Occurring diagnosis due to drug abuse of cocaine. I was provided a regular supply of cocaine from my sister-in-law and did not acknowledge the fact I was self-medicating. I was hospitalized several times in the Bay Area but did not buy into having any mental illness diagnosis because that was always someone else in the family with a “secret problem.” It literally took me years before I began my recovery due to my Anosognosia.

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Sandra

Sandra Morales is an advocate for recovery. She has to be. As a single parent of four children, she has to balance parenting, being a full time student and working part time at Northern Arizona Regional Behavioral Health Authority (NARBHA). Sandra was diagnosed with depression as a child and has since been on her own path to recovery. Sandra has first-hand knowledge of what it takes to function in everyday life. She now has to share those coping skills with her child.

She had a relatively normal life as she

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Friendly Reminder: this quarter, the DBHS Quarterly Health Initiative (QHI) has been promoting the topic of Physical Fitness & Mental Health. Behavioral health professionals are encouraged to remind their clients of the importance to get enough physical activity daily. Peers, members, and family members, please feel free to ask questions to your behavioral health providers on where/how to get more information about physical fitness, if you’re ready to start a fitness program, where to begin, etc…

Getting regular exercise is important and has many benefits to your overall health. Informational handouts and a recorded webinar are available online at the QHI website.
These last few weeks have been busy in the Peer and Family movement. Members of the Coalition continue to travel around the state gathering more information about our system. In early February, Coalition members from the National Alliance on Mental Illness (NAMI) Arizona and Visions of Hope Arizona traveled with The Office of Individual and Family Affairs (OIFA) staff to meet peers and family members from Yuma. The reception from those communities is always fantastic. They are so grateful that Coalition members take the time to visit in person and listen intently to their issues. Enthusiastically, the following week some coalition members made an additional trip to Flagstaff to listen to what is working and not working there.

The growth of the peer and family voice at the state level continues at breakneck speed. Two new committees that will have a profound effect on future services added members from peer and family organizations shortly after their inception. The Proposition 204 Committee has both a children’s system and an adults’ system representative. They are Deidre Calcoate and Suzanne Legander. Similarly, the Mental Health First Aid Committee has added Toni Issadore from the children’s system and Barbara Green, a certified Mental Health First Aid instructor. In addition, Toni and Deidre have been selected to be part of the first group of future trainers to receive instruction in Mental Health First Aid as part of the response to the tragedy in Tucson.

The final news from the Coalition is their latest jump into cyberspace! Thanks to Krista Long and others, there is now a website for everyone to learn more about the Coalition and stay tuned into their many activities. The Coalition has also created a Facebook site; you can “friend” them there by searching for the Arizona Peer and Family Coalition. While both of these sites are a work-in-progress, they are expected to grow and pictures will soon be added to relevant news items.

The Coalition usually meets every two weeks in Phoenix. Members from outside Phoenix may attend by phone. For more information about the Arizona Peer and Family Coalition, contact Don VandenBrul via e-mail or call him at (480) 213-6257.

JR pursued adoption of JR and remained committed for them to be a family.

JR has had significant behavioral health challenges throughout his life which at times have led to life threatening situations and hospitalizations. Prior to JR’s adoption, he was placed at a residential treatment center in Phoenix for almost a year. David remained committed to having JR become his son. David participated in every aspect of JR’s treatment and advocated for him to return home. David also advocated that JR receive services upon his return home that would be more intensive and individualized to meet JR’s needs. JR returned to David’s home in May of 2010 with the “Meet Me Where I Am” campaign, and having Generalist Direct Support services in place provided by Child and Family Support Services. (Child and Family Support Services contracts with CPSA and their Comprehensive Service Providers to provide Generalist Direct Support services in Pima County). For more information on Child and Family Support Services go to www.cfssinc.com.

The Child and Family Team (CFT) requested these services to assist with his transition back home as well as adjusting to living in the community again. With the commitment of David and the work of direct support services, JR gradually began to feel more confident with living in the community again. The CFT was able to develop an individualized plan which was tailored to meet the individualized needs of JR and his family. Direct support services were able to build on areas of JR’s life which included his strengths, interests, and hobbies while at the same time addressing his underlying needs in a unique way. These areas helped to create a positive identity for JR in which he and David could be proud. Since JR’s return home, others have been fortunate to know JR’s unique identity which includes being a son, a nephew, a brother, a pet owner and care taker, an animal lover, a computer creator and repair guy, an electronics expert, a go-cart mechanic, a negotiator, a music lover, a joker, a student, a scientist, and a friend. JR has been living at home with David since May of 2010. David’s adoption of JR was finalized in November of 2010.
services and was referred to Intermountain Centers for Human Development’s Mosaic program. I met my “team”, consisting of a case manager, a therapist, and an intensive in-home worker who encouraged me to believe in myself and keep a positive attitude. Most influential was my intensive in-home worker, who taught me skills to prevent relapse and provided a consistent, stable influence that I could trust and rely on.

Despite the destruction I had caused, my family stood by me and gave me the irreplaceable, unconditional love that I would need to be successful. Now I am back in high school working to get my diploma, am preparing to be the proud father of a beautiful baby boy and being an active member of my community. I continue to make great strides in righting the wrongs of my past and looking forward to becoming the healthy successful man my family raised me to be.
**Mental Health First Aid Statewide Rollout**

The Arizona Department of Health Services’ Division of Behavioral Health Services, Community Partnership of Southern Arizona (CPSA), Magellan of Arizona and the National Council for Community Behavioral Healthcare have partnered to launch a statewide, extensive training campaign in Mental Health First Aid.

This is part of the mental health community’s response to the January 8 tragedy in Tucson and community requests for information on what people can do when they are concerned about the mental health of someone they know.

The very first of the trainings took place from February 28 through March 4. This training was hosted at CPSA grounds in Tucson and consisted of a 5 day training of the trainers for community members from around the state who received training from the National Council to become instructors in Mental Health First Aid. Shortly after, CPSA will provide a 12 hour-two-day Mental Health First Aid session for approximately 25 people, with priority given to individuals most affected by the tragedy. Additional Classes open to the general public will be held in Tucson beginning in late March.

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**OIFA Highlights:**
**Diane McLane, Individual & Family Affairs Administrator**

I’ve had the rare opportunity to experience our behavioral health system from several angles: as a provider, a family member, and an administrator with a Regional Behavioral Health Authority (RBHA).

As a licensed clinician for 20 years, my work allowed me insight into the Community Partnership of Southern Arizona (CPSA) system of care. I have watched our system go through many changes in attempting to meet societal needs while balancing economic restraints and changes to the laws. I have experienced the continuum of requirements for professional qualifications, service delivery, and the services themselves.

As a family member for my daughter, I have seen the benefits of knowing the system. I had an advantage that many other members and family members didn’t. I spoke the language and could advocate for my daughter’s needs as she received services in both the children’s and adult system of care. I knew the system and what services were available to us.

As an administrator at CPSA, I hoped to make a bigger difference on the system as a whole by working at the RBHA level. I learned about resources I didn’t know were available and realized how important it is to make sure others also know about them.

As CPSA’s Individual and Family Affairs Administrator, I am excited to bring these experiences together to increase member, youth and family voice to the system of care. From a clinical perspective, having a team approach brings together each person’s different knowledge base and awareness of resources that are crucial to holistic recovery. A natural expansion of this philosophy is to include the consumer’s voice to enhance administrative decisions about service delivery as well. Being able to share experiences in safe and responsive ways is also a part of recovery and healing.

This position allows me to bring my dedication and passion to ensuring decisions related to service delivery and system design and redesign are made with members, youth and family members.

At CPSA the Individual and Family Affairs team has three main goals: To educate members and their families to better advocate for needed services; to recruit a diverse group of members, youth and family members to participate in decision making at the RBHA and provider levels; and to ensure that their participation is meaningful and has impact on the decisions made. We are asking CPSA members to be active participants. So “Raise Your Voice, Pima County!” It’s time to come to the table!

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**MY Fest ‘11 Coming Up on April 23**

Planned and produced by members of Magellan Youth Leaders Inspiring Future Empowerment (MY LIFE), the fourth annual MY Fest youth festival will take place in Tempe, Ariz., Saturday, April 23, 2011. This exciting event will feature live music, a best break dancing crew competition, entertainers, artists, food, youth groups, and a variety of youth and family-based Valley organizations offering information, resources and services.

MY Fest ’10 drew a crowd of nearly 5,000 people, more than doubling the 2009 event attendance, and featured 80 youth and family serving community and social service organizations. MY Fest ‘11 will no doubt be even bigger and better than ever before! See video highlights from MY Fest ’10 and learn more about how to become an exhibitor and/or volunteer at this year’s event! Stay connected with MY LIFE on Facebook.
Recovery WORKS

Living Well with a Disability
Story from the Living Well with Disabilities Coalition

A number of successes have resulted from the Living Well with Disabilities (LWWD) Coalition in the couple of years since it formed. For example, the Community Development Process organized the foundation for a consumer-controlled, community-based, cross-disability coalition in which the majority of active members are persons with disabilities – something new to the Phoenix area. During 2009 and 2010, Life Skills trainers completed two days of training for peer facilitators and delivered several series of the 20-hour Living Well curriculum. They also provided a 250+ page user manual, available in alternate formats to each participant and launched the Living Well Booster club. What’s more, peer Leadership recruited and trained Living Well Graduates to assist as co-facilitators, coalition members and active disability advocates for health promotion and systems change.

The LWWD Coalition was formed in 2008 and 2009. The coalition aims to build the capacity of Maricopa County communities to prevent substance abuse among adults, both civilian and veteran, with physical disabilities. The LWWD Coalition targets three distinct populations: (1) civilian and veteran adults with physical disabilities; (2) caregivers, gatekeepers, and veteran-serving organizations for the first population; and (3) healthcare practitioners who may be prescribing and/or dispensing specific medications for the first population.

The project leaders in the LWWD Coalition are inspired by the evidence-based curriculum Living Well with a Disability that was developed by the Rural Institute on Disabilities at the University of Montana and by Kansas University’s Research and Training Center on Independent Living. This 20-hour/10-week Living Well program is presented by peer facilitators and has been effective in reducing secondary conditions, the contributing factors for substance abuse, and in reducing utilization of costly health care services. The curriculum has also been shown effective in reducing both personal and environmental conditions that limit activities of daily living for adults with physical disability and chronic health problems. There have been a number of people who have completed Living Well who have reported fewer problems with their secondary conditions and reduced use of costly medical services.

The success can be attributed to coalition membership consisting of Valley of the Sun YMCA, Arizona Bridge to Independent Living, AZ Chapter Paralyzed Veterans of America, Asian Pacific Community in Action (APCA), the AZ Chapter Spinal Cord Injury Association, Area Agency on Aging Region 1, Peer Solutions, Stand and Serve, the National Alliance on Mental Illness – AZ, Mayor’s Council on Disability Issues, Living Well Graduates and other individuals living with disabilities.

The coalition continues to work in collaboration with its members and expects continuing success in future endeavors. If you would like more information about the Living Well with Disabilities Coalition, please contact Raquel Lewis at rlewis@vosymca.org or Leonard Smith at leonards@abil.org.

RAISE YOUR VOICE – Tribal Community Forums

The Arizona Department of Health Services, the Division of Behavioral Health Office of Individual and Family Affairs (ADHS/OIFA) has been conducting Raise Your Voice community forums throughout the state to obtain information concerning peers and family members identification of what services they want and need from the behavioral health system. During the Fall of 2010, these peer/family member run focus groups conducted throughout the state gathered valuable information. The information gathered is currently being analyzed and will be used to guide planning for the identified needed changes in services.

A need was identified that tribal communities also needed to have an opportunity to be heard. The unique status of the tribes in Arizona as sovereign nations and the need to obtain each tribes permission through an authorized Institutional Review Board for the gathering of tribal specific data required special timeframes for the implementation of the Raise Your Voice – Tribal Community Forums. An American Indian planning group determined that the process of conducting the focus groups in American Indian communities required a phased process and to be implemented in 2011. Phase I will be conducted in Maricopa County where the urban Indian population in the state is concentrated. Phase II would be conducted with Navajo Nation and the three

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The Turtle Bay Café has been a great success. There are two Turtle Bay Cafes now in operation. The Yuma facility was the first, which has been in operation for a little over a year, and then the Casa Grande café was opened this past June. A third café will be opening soon in Nogales. The café runs in conjunction with The Living Center and operates strictly with volunteers with a serious mental illness (SMI). The café offers peers a chance to learn vocational skills, meet new friends, rid oneself from seclusion, construct a resume, improve computer skills, prepare to enter the workforce, and most importantly have fun.

Everyone who participates in the café is referred to as friend. The friends are responsible for the entire operation from ordering the product, running the cash register, making the sales deposit, preparing the food, etc…. Friends numbers have grown continuously since the opening of the cafés. Also many friends have continued on and found jobs of their own in great part due to the skill building activities offered in the cafés. For example, friends are able to work on their social and communication skills which are vital in society. The café also operates the Inspirations stores where friends sell the crafts they make during their fun time. Crafts are made daily ranging from candles, jewelry, dream catchers etc…

The following is a story from one of the friends who volunteers at the café:

I am doing vocational rehabilitation at the Turtle Bay Café and also live in one of the houses the center offers in their First Home program. I had trouble socializing and just being in public and isolated a lot until I started volunteering at the café. It didn’t come over night, but I found myself wanting to be around people and enjoying the time I had with the friends of The Living Center. I have learned how to do it all at the café and feel I am job ready. I haven’t felt like that in a long time. I have my self confidence back and know I can do a good job for any company I get employed with. I was living out of town isolated from the world and moved into one of the homes in town and it was a great thing for me to do to get back into civilization and become social with people again. I can’t even put into words what the café and the center have done for me. I have a family now because of the friend’s at the café and center. I feel like I am a part of society again and would suggest vocational rehabilitation at the café to anyone that wants to learn skills and get job ready and have a family.

Schorr Family Award Features Community Discussion on Mental Health Needs and Resources

In the wake of the Jan. 8 tragedy in Tucson, much public discussion has focused on the need for and process of obtaining mental health services in the community.

In response, the Schorr Family Award will provide a forum for community members to learn and talk about mental illness, its effect on individuals and those close to them, and the current state of mental health services in Southern Arizona and the nation. The forum, “A Delicate Balance: Creating a better post-January 8 system to protect the public and help persons with serious mental illness,” will be held from 1:45 to 5 p.m. April 27 at the UA’s Centennial Hall, 1020 E. University Blvd. in Tucson. Both nationally known and local experts will speak, followed by a question-and-answer session with the audience. Speakers and panelists include those who have family members with a mental illness. Dr. Thomas R. Insel, director of the National Institute of Mental Health, will be honored and will deliver the keynote address. Ron Barber, district director for U.S. Rep. Gabrielle Giffords, also is scheduled to speak. Rep. Giffords and Barber both were seriously injured in the Jan. 8 attack.

Event sponsors include the Arizona Daily Star, Community Partnership of Southern Arizona, Cox Communications, the National Alliance on Mental Illness of Southern Arizona, and the University of Arizona College of Medicine.
The Family Involvement Center invites you to a

Gallery Viewing

of children’s entries in the

Children’s Mental Health Awareness Week

Poster and Creative Writing Contests
to raise awareness for children’s mental health

Wednesday, March 23, 2011

5:30-7:00 PM

Entries will be displayed and winners announced!

Family Involvement Center

1430 E. Indian School Road, Suite 110 • Phoenix, Arizona 85014

www.familyinvolvementcenter.org
call the Parent Assistance Line (PAL) to register 602-288-0155

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TRBHAs, Gila River, Pascua Yaqui and White Mountain Apache. Work would be coordinated with the TRBHAs and Navajo to conduct the focus groups on their reservations. Note: If a tribe determines that it does not want to participate in the project, the focus groups will not be held on their reservations. Phase III would be an optional phase where the RBHAS would work with the tribes in the service areas to conduct the focus groups. Again, if a tribe determines that it does not want to participate in the project, the focus groups would not be held on its reservation.

The unique aspect of this Raise Your Voice – Tribal Community Forums project is that this is the first time that individual tribal peers and family members have been asked about their needs. Tribal governments in the state have been asked about their behavioral health needs in the past but individual tribal peers and family members have not previously been asked. ADHS/DBHS is looking forward to hearing the information provided by the focus groups conducted in tribal communities and using this information to provide better behavioral health services.
Coming Up…

Mental Health First Aid trainings to be offered in Tucson
CPSA will offer the 12 hour Mental Health First Aid trainings for the public on March 29-30 and April 14-15 at its Training Center, 2502 N. Dodge Blvd. in Tucson. These trainings teach people how to recognize and respond when someone may be having a mental health or substance use crisis, or when they are concerned about someone’s mental health. The training comprises two days, from 9 a.m. to 4 p.m. daily. There is no cost for these Mental Health First Aid trainings, but anyone who wants to attend must pre-register. For information, call (520) 618-8860 or e-mail Prevention@cpsa-rbha.org. Similar trainings are being planned for the Phoenix area later this Spring.

NAMI Walk in Southern Arizona
Southern Arizona’s NAMI Walk will be held Saturday, April 2, at Tucson Electric Park, 2500 E. Ajo Way in Tucson. Check-in begins at 7:30 a.m., with the walk starting at 9 a.m. Please note that during the opening remarks, the upcoming opening of the nearby Crisis Response Center and Behavioral Health Pavilion will be addressed as well. Community Partnership of Southern Arizona, the Regional Behavioral Health Authority for Pima County, is a major sponsor of the NAMI Walk and is overseeing development and operation of the Crisis Response Center. The walk will cover 3.5 miles, and benefits both NAMI Southern Arizona and NAMI Southeastern Arizona. It also benefits the community by helping reduce stigma and spread the word that mental health treatment works! Food, entertainment and health information will be featured at the end of the walk.

NAMI Walk in the Phoenix-metro Area
NAMI Valley Walk will be held Saturday, March 27, at Tempe Town Lake/Beach Park. Check-in begins at noon. NAMI East Valley, NAMI Phoenix, NAMI Southeast Valley and NAMI West Valley join with NAMI AZ to host the NAMI Valley Walk 2011. This will be a Fun Event at Tempe Town Lake on a beautiful afternoon in March. Please join NAMI and support their work to educate, advocate and support everyone affected by mental illness.

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 and then click on “Calendar of Events”. Follow instructions there to submit an event.

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 by March 18, 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).