May is Mental Health Awareness Month…

Did you know that 1 in 4 Arizonans have a diagnosable mental illness?
Did you know that mental health is part of your whole health?

Learn more of these facts, including information about who experiences mental illness, what is mental health, and things you can do this month to celebrate mental health. Additionally, you are welcome to visit one of the several Open Houses happening during this month. At the open houses you can learn more about mental health, services available in your community and meet with experts in the behavioral health field. Visit www.azdhs.gov/bhs/ to learn more about these activities and to view an educative video presentation about mental health as described 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 Shawri Leyba from MiKID.

Teddy’s Success Story

I was adopted at the age of 5. Before that I was abused in every way known to mankind – physically, emotionally, and sexually. I was in a lot of hospitals, residential treatment facilities and a group home. What I learned from the hospitals and residential is they only make you worse, they do not help you. I became homeless in my teens. I did two prison bids and numerous jail bids.

Luckily my present is a lot brighter than my past. I’ve worked on my GED off and on. I do numerous volunteer things. I am with Child and Family Support Services (CFSS) currently and it has helped greatly. It’s helped me get better social skills, it’s helped me get better relationships with my family, and it has helped me make friends in society. CFSS has helped me become independent. I’ve had a couple of (Continued on page 4)

Jake’s Success Story

Even the mundane events of everyday life were painfully hard for Jake and his Mother. Physical and verbal aggression, destroying property, and running away were all part of this family’s daily routine. With the numerous diagnoses Jake was given, like Fetal Alcohol Syndrome, ADHD, Bipolar disorder, Tourette Syndrome, Asperger’s Syndrome, and others, came the medication, medical appointments, and visits to the emergency room.

When others were recommending out of home placement, when told to give up and that her son is “the devil’s spawn,” when neighbors refused to let their children play with him, what could CFSS do that’s any different to support this family in finding peace and the basic need to feel safe in their home and community?

It started with the Direct Support Worker creating (Continued on page 4)
Arizona Peer and Family Coalition Update

The Coalition is still working to bring the peer and family voice to all parts of the Arizona Behavioral Health system. With the recent cuts in funding for services to so many people, it is even more important that peers and family members are part of the decision as to what those services will look like. This month six members of the Coalition will begin our second TAP team. The TAP (Technical Assistance Program) program is funded by St Luke's Health Initiative to provide non-profit programs in Maricopa County with skills to help them become more effective and better focused. It has a variety of different types of tools available to strengthen organizations. Our TAP team is working on issues that we believe will result in a system of care that is even more responsive to the needs of peers and family members.

There have been a few changes in the way the Coalition does business. We are now meeting on the second Tuesday of each month instead of twice a month. Our meetings are now 90 minutes instead of 120 minutes. We are becoming a more mature organization, still entrepreneurial, but more focused on goals that will best serve all persons in Arizona.

The Coalition usually meets on the second Tuesday of each month in Phoenix. The next meeting is on May 10th. Members from outside Phoenix attend by phone. For more information about the Arizona Peer and Family Coalition, contact Don VandenBrul by e-mail at info@azpfc.org or call him at (480) 213-6257. Look for the Coalition on the web at www.azpfc.org or on Facebook by searching for Arizona Peer and Family Coalition.

Finally, we have teamed with Bob Sorce, deputy director of the Division of Behavioral Health Services, who hosts a monthly Brown Bag lunch at the Division. It is open to everyone. Details about the next Brown Bag lunch can also be obtained by contacting Don VandenBrul.

Did you know …

- About 1 in 4 Arizonan's have a diagnosable mental illness?
- Roughly 58 million American's are challenged with mental illness?
- Mental illness can affect a person at any age, even childhood?
- Stigma (discrimination, blame and shame, prejudice) is the greatest deterrent to treatment?
- 65% of persons diagnosed with a mental illness also have a co-occurring substance use challenge?
- The phrase “behavioral health” includes both mental illness and substance use disorders?
- Alcohol is the most commonly used substance causing addiction in America?
- Dementias and autism are included among psychiatric disorders.

More facts like this can be found online in the Mental Health Awareness Month factsheet.

TERROS Hosts the Seventh Annual Cesar Chavez Conference

On March 25, 2011, at ASU West, Terros hosted this year’s conference themed “Celebrating Cultural Diversity: Acceptance, Inclusion and Equality”, which recognized and paid tribute to human rights icon, the late Cesar Chavez. This free conference supported by an overwhelming amount of enthusiastic volunteers, was an overall success. Additionally, participants earned seven continuing education units (CEU’s) for attending. Presenters from a wide variety of backgrounds provided current research and initiatives in the area of cultural competency with a focus on reducing health disparities. The conference provided a venue to learn, share and discuss culturally relevant information through key-note speakers and breakout sessions so that participants could become more culturally sensitive and aware of the various cultures and the impact they have on the people they serve.
Spring has sprung and summer is just around the corner! Do you feel energized, refreshed, optimistic? Do you have the urge to do “spring cleaning”, go for a hike, do some gardening, or plan a vacation? Feelings and urges are emotions and emotions are part of our mental health. Mental health? That’s right - all human beings have mental health!

The month of May is the time of year when we collectively celebrate mental health awareness across the nation. In Arizona, there are many events planned to raise public awareness about how essential it is to take care of our mental health right along with our physical health. This is a great opportunity to learn about the value in early detection and treatment of mental illnesses, to honor ordinary and extraordinary people challenged by mental illness, and to get the message out that recovery is more than hope, it is a reality.

We’ve come a long way in our understanding of mental illness and mental health – from accusing people with mental illness of witchcraft and weak character to discovering treatments that allow people with mental illness to live meaningful lives in their communities. Incredible progress has been made over the years and today we have a greater understanding of the mind-body connection which is essential to our living.

This month, we challenge you to learn all you can about your mental health! You can go to the Arizona Happenings Events Calendar at www.azdhs.gov/bhs/calendar to locate mental health month events in your area. Attend some of the open houses taking place at Peer-Run organizations or download the handout about mental health awareness month, all these available at www.azdhs.gov/bhs/mham.htm. Invite your family and friends to join you in celebrating and learning more about mental health.

If you get “hooked” with all this new learning, you’re welcome to join the statewide initiative to reduce stigma and increase community inclusion. The Arizona Stigma Reduction Committee (ASRC) was formed to promote this initiative. You can request a presentation or an “Arizona Dialogue” at your community or organization, to learn more about ASRC please contact the committee coordinator, Cynthia Henry at cynthia.henry@azdhs.gov or 602-364-1015 or toll-free at 877-464-1015.

Meet the RBHA Tribal Liaisons

Beginning with an article in the February edition of Recovery Works describing collaborative efforts with tribal nations, each subsequent issue has been featuring one of the tribal liaisons. A quick recap: the four RBHAs hired very unique individuals. They all have experience working for and with tribes and have worked and lived in tribal communities. The Tribal Liaisons, all except for one, are members of an American Indian tribe. The one Tribal Liaison who is a non-tribal member has extensive experience living and working on an Indian reservation. Several Tribal Liaisons travel thousands of miles during the year in order to meet with the tribal staff in the rural and isolated tribal communities. A crucial quality of the Tribal Liaisons is their commitment and dedication to increasing access to care for American Indians. In this issue of Recovery WORKS, the tribal liaison featured today is from the Community Partnership of Southern Arizona (CPSA): Julia N. Chavez.

Ms. Chavez is a member of the Tohono O'odham Nation and is also part Pascua Yaqui. She grew up in Sells, Arizona on the Tohono O'odham Nation. She received her Bachelor’s Degree in Family Studies from the University of Arizona in 1999. She later returned to work for the Tohono O'odham Nation as a Family Counselor for the Division of Alcohol/Substance Abuse. In 2003, Ms. Chavez left the Tohono O'odham Nation to work for the Pascua Yaqui Tribe of Southern Arizona, where she worked as a CPS worker and Foster Care Coordinator for the tribe. Ms. Chavez is currently certified as a Lay Advocate in the Pascua Yaqui Tribal Court. In 2008, Ms. Chavez joined CPSA as their Tribal Liaison. To contact her, you can email at Julia.Chavez@cpsa-rbha.org or call at (520) 618-8863.

New webinar recording on Cardiovascular Health & Mental Health is now available!

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.
HAPPY NATIONAL CHILDREN’S MENTAL HEALTH AWARENESS DAY!

Children’s Mental Health Awareness Day was observed on May 3, 2011 and DBHS was honored to receive a Proclamation from our Governor to memorialize this very special date.

Message from the DBHS Children’s Medical Director Sara Salek, M.D.:

Raising public awareness of Children’s Mental Health remains a mission of our Division. Reducing stigma, instilling hope, and fostering resiliency are the characteristics of our Children’s System of Care that I am most proud of.

Once a year, we have a day specifically designated to raise awareness of Children’s Mental Health. It is on this day that I would like to recognize our Children’s Behavioral Health Providers and Family Run Organizations MIKID and FIC for improving the lives of children and families in the State of Arizona.

Youth Peer Success Stories Continued from Front Page

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

direct supports from CFSS which have been very cool. The staff is nice and supportive. I volunteer at the Humane Society and at the animal shelter. Me and my family are getting along great. My animals are healthy. I spend every Saturday at home with my family. I take the bus by myself to a lot of places. I’m healthier now than I was in my past.

In the future I would like to help individuals be trained in the different categories of life. In my future I would like to be living alone in a central area to everyone I know. I hope to have a few pets of my own. I hope to have lots of money, and I hope to have my GED. I will hopefully be married or in a committed relationship. I will hopefully be off probation. I will hopefully have some of my criminal record expunged. Hopefully I will see my Mom and Pops more often. I dedicate my success to my Mom and Pops.

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

opportunities to practice together their daily routine. We encouraged the activities he enjoyed and wanted to explore, like drawing, basketball, swimming, baseball, scooters, and looking for trains. While with him, we were able to observe the details of what triggered him and determined what particular techniques would “in-the-moment” work to reduce his fear and stress. After determining what setting conditions increased the likelihood of an outburst, we consistently implemented specific non-verbal and verbal strategies to support him through these challenges.

Today, Jake will say that because of CFSS, “I am not afraid anymore.” He is no longer the boy who hurts his Mom and others, who destroys property, is isolated, and is not welcome in neighbor’s homes. He is now a young man who earned his black belt in Taekwondo, teaches gymnastics to children, hangs out with his friends, and is planning to attend a regular high school in the fall. He no longer needs adults watching his every move for safety concerns. Jake is not just a “success story,” he is a hero.
Two Family-Run Organizations Improving Children’s Lives Everyday

In celebrating Children’s Mental Health Awareness Day, it seems fitting to call attention to the work of two of Arizona’s Family-Run Organizations. The Family Involvement Center (FIC) and MIKID (Mentally Ill Children In Distress) both have a long history of groundbreaking work helping to grow and sustain family and youth voice in their own treatment and in the developing system of care for children in Arizona.

Both FIC and MIKID have received national recognition and are considered models in the field. While the family movement has been active since the 1980’s (National Federation of Families, etc), the J.K. Settlement Agreement, and the ensuing work to transform the Children’s System of Care in Arizona provided an opportunity for FIC and MIKID to broaden their scope and develop means to sustain their vital role in Arizona’s system of care for children and families.

MIKID was founded in 1987 and ever since has been dedicated to helping families overcome the barriers to achieve optimal outcomes for their children. With the mission of “Improving the AZ Children’s Behavioral Health System One Family at a Time.” MIKID provides the following services:

- Direct services to families
- Training and support to family members who are employed in the system; and
- Training and support to family members who advise local, regional and state behavioral health agencies

MIKID has grown over the past 24 years. There are now four offices across the state, in Phoenix, Tucson, Yuma and Eagar. MIKID employs family members in a variety of positions with flexible hours and the ability to work from their homes. The agency is able to reach over 2,000 families a year, including those in some very remote parts of the state. The work to transform the Children’s system in Arizona that began in 2001 has made it possible for MIKID to support families to participate in the work to make the system better. This has led to employment opportunities for parents and young adults to work in the system. There have been increased opportunities for parents and youth to have influence in policy decisions and how the system provides services for children and their families. MIKID has helped with these expanded opportunities by training and supporting parents and young adults who serve in advisory roles and participate on local and statewide committees within the system. Local Family Councils and Youth Councils are sponsored by MIKID and provide opportunities for parents and youth to impact issues such as stigma reduction, education, and events to support youth and families.

The Family Involvement Center (FIC), established in 2002, was created to work in partnership with the Maricopa County RBHA, system partners and the families (also stakeholders in the JK settlement plan) with the goal of building a foundation and necessary infrastructure to increase capacity and sustainability of family involvement and family support.

FIC’s Mission is to assist and support families/caregivers, and to help policy makers, agencies and providers transform systems, to ensure that children and youth with emotional, behavioral, of substance use challenges succeed in school, live with their families, avoid delinquency and become productive youth and adults. FIC works to accomplish this mission by providing:

- Family support services with a primary focus on parent-to-parent delivered support and child/youth mentoring services
- Outreach and connecting families in their communities to form networks of support
- Family education and solution-focused support groups that strengthen families to partner with behavioral health providers
- A Parent Assistance “Warm Line” and Resource Center staffed by parents who have “walked the walk” and are well prepared to assist families in system navigation
- Training and coaching family members employed in the behavioral health system and their supervisors
- Training and support for family leaders, identification and recruitment, and facilitating connection to workgroups, community and legislative activities consistent with the family members’ interests and skills
- Technical assistance to system leadership in designing, implementing and sustaining family-professional partnerships
- Community education to increase awareness and reduce stigma
- The Arizona Institute for Family Involvement and Innovation, the training and consulting arm of FIC

Today MIKID and FIC work with thousands of families across the state to provide support, advocacy, education and to train and promote involvement of parents and youth in, not only their own treatment, but in system of care development at the state and local levels. To learn more about FIC or MIKID go to www.familyinvolvementcenter.org and www.mikid.org.
The Family Involvement Center held the 4th Annual Poster Gallery and Creative Writing Art Gallery on March 23rd. The event was co-sponsored with the Mental Health Awareness Coalition. Over fifty writing and poster entries were displayed and a panel of 12 judges, including Dr. Nelson, Kathy Bashor, Vicki Johnson and two youth judges made the winning selections. The Children's Mental Health Awareness Day Awards Celebration Dinner was held on May 5th with awards, entertainment and a butterfly release. What a great way to celebrate Mental Health Awareness!

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<tr>
<th>Art Contest</th>
<th>Writing Contest</th>
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<tr>
<td>1st prize Makenzie C., Age 10</td>
<td>1st Prize Kail P, Age 14</td>
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<td>Category Ages 5-7 – Elly S., Age 7</td>
<td>Category Ages 8-11 – Josiah W., Age 10</td>
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<td>Category Ages 8-11 – Bayleigh A., Age 11</td>
<td>Category Ages 12-15 – Samuel M., Age 13</td>
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<tr>
<td>Category Ages 12-16 – Jacob S., Age 14</td>
<td>Category Ages 16-18 – Kelly H., Age 17</td>
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1st Prize Winner—Writing Contest

Essay by Kail, Age 14

In my own words, having mental and emotional issues is one of the hardest unnecessary things that any child will ever have to overcome. Take it from someone who knows.

Personally, I have plenty of mental disorders. I have ADHD, OCD, and Aspergers (I just love that word!). It makes it hard for me to focus on one thing for even a short period or time. I can hardly ever sit still, and it’s difficult to understand things the first time.

I think that having a disorder, no matter which one, is nothing more than a cruel blessing. You act differently than all of the other kids at your school, and you’re labeled the freak, something that I have personal experience with. And while it’s close to impossible to make friends that won’t use you, it’s a big hurdle in the “track of challenges” as I like to call it, and my friends hate it. It’s a huge accomplishment to yourself when you take the first leap and move onto the next.

But when these disorders can seem like a real pain in the gluteus maximus, they have some really awesome rewards. It’s like saying, “I was really mean to you, so I brought you something to make up for it.” You seem a lot smarter than other people do, even if they deny it. I’ve known, if I counted right, 9 different people that I’ve gone to school with, and they’re geniuses. They have autism, dyslexia, ADHD, OCD, Aspergers, ADD and some of them have some really unspellable ones, even for me. They’re some of the smartest kids that I have EVER met. But when you have the disorder, you really can’t tell you have when you don’t remind yourself of it. You think you’re normal, that everyone else struggles with the same things that you do. You’re just like everyone else, one of the crowd. Which you’re not. Because you’ll always stick out, whether it’s for a good or bad reason. Believe me, being a boring old crowd member is just lame.

And that’s my look at mental/emotional disorders in a nutshell.
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 individuals also have made contributions to the scholarship fund. The donation is part of CPSA’s community reinvestment efforts, and also 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.

Community Prevention Council “Dump the Drugs”

The Community Prevention Council’s “Dump the Drugs” event continues to grow in popularity in Payson. It is very exciting to report that people have been lining up inside the Payson Senior Center for the event, in each of the past four months. They bring various containers – bags, boxes, or just plain prescription bottles – waiting for the assigned nurse to set up her table and accept the soon-to-be-disposed prescriptions and over-the-counter drugs in a safe and secure manner.

The first prescription drug dump event was challenging for the members of the Community Prevention Council to assemble and coordinate. Instructional information was scarce. Yet, the wonderful support of the Payson Chief of Police and Southwest Behavioral Health enabled us to organize a very successful inaugural “Dump the Drugs” event in January 2009. The Community Prevention Council presented their event, citing three significant community benefits:

1. Properly disposed-of drugs would not pollute our water or landfills as they do when we flush them or throw them in the trash.
2. The drugs would not be accessible to people with an addiction or drug dealers.
3. Disposing of old/unused prescriptions or OTC drugs would help to avoid accidents in which people take the wrong medications.

The Council was able to coordinate two events in 2009. The Chief of Police assisted in obtaining a DEA permit that the Payson Police Department maintains for these events. A police officer is present at all the events as well as a nurse that Southwest Behavioral Health makes available specifically for this purpose.

In January, 2010 the Council launched another highly successful “Dump the Drugs” event, with plans to organize at least three additional events throughout the year, and exceed their goal substantially. In May, they partnered with the Payson Senior Center to hold the second “drug dump” of 2010. Because the community responded so well and the Council received such strong feedback, they collaborated with the Police Department, Senior Center and Southwest Behavioral Health to make this a monthly event. A great deal of hard work by the Community Prevention Council members has resulted in this objective becoming a reality.

Every second Tuesday of the month, the Community Prevention Council sets up at the Senior Center on Main Street in Payson, AZ from 11:00 am to noon. Flyers are distributed at all the pharmacies and reminders are provided through the local newspaper and radio stations. This service is acknowledged by many as a great resource for the populations served in the Payson community. These efforts have led to the disposal of over 50 large, full, bio-hazard waste containers and eliminated unwanted drugs from over 500 residents in our community. Many of the participants discover large quantities of old prescription and over-the-counter drugs they have stored in their cupboards and closets at home— some prescription bottles had been filled over 30 years ago!

During Mental Health Awareness Month, go through your medications and dispose of all old and unused prescription and over-the-counter drugs now. Also, look for an event near you that offers to dump your drugs in a safe and secure way.
Coming Up...

The 11th Annual Recovery & Wellness Community Forum

Thursday, May 19th, 2011
Registration: 9:00 am—10:00 am
Forum: 10:00 am—4:00 pm
Holiday Inn—4550 S. Palo Verde Blvd ~ Tucson

For registration, visit http://w3.cpsa-rbha.org
Interactive Breakout Sessions on:
• Information about the system
• Information about community resources
• Opportunities for networking

Mental Health Phone Bank Volunteers Needed:

Tuesday, May 10th

Phone Bank Times: 5:30 pm – 10:00 pm
Parking & Dinner will be provided. Arrive at 5 pm.

This is the newest program in Eight’s ongoing Ask An Arizona Expert community engagement initiative explores the value of forgiveness and the positive impact it can have on people’s lives. The special will discuss the role of forgiveness in the prevention and healing of childhood trauma and provide useful information about community resources.

Viewers can call 1-888-329-7088 between 5:30pm and 10pm to ask an expert their specific questions.

Find out more: http://azpbs.org/strongkids

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. Note: This is the same as the AZ Happenings calendar.

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 May 20, 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).

The End.