Did you know that persons with serious behavioral health diagnoses are twice as likely to get diabetes?

Learn about the importance of screening for prediabetes, diabetes, proper nutrition and lifestyle 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 (PAFCO) met Tuesday, October 11th at MIKID. Agenda items included an operational discussion regarding ground rules, meeting etiquette, and meeting times. More in-depth reports were presented by the PAFCO Elections Conference attendees, regarding nonprofit political activity restrictions and opportunities; and the Leadership Training Committee reported on completion of the curriculum and readiness to begin training future healthcare leaders.

Additionally, an initial strategic planning document was shared at the meeting, and contained goals, Coalition committees, and identified opportunities for the Coalition to actively pursue in the coming year. Members also shared their ideas, provided feedback and identified participants ready to take action. The Coalition discussed Plaintiff’s Attorney Anne Ronan’s upcoming appearance at the November 10th meeting, and Arizona Department of Health Services’ Director Will Humble’s presentation for the upcoming January 8, 2012 meeting. All were encouraged to get the word out to ensure a strong attendance at both events.

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, November 8, 2011,** 3:00 p.m. to 4:30 p.m. at MIKID, 2642 East Thomas Road, Phoenix;
- **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.

Conference News...

Roberta L. Howard, Chief Executive Officer, presented at this year’s National Case Managers Association Conference in Omaha, NE about NAZCARE’s Integrated Wellness Curriculum which illustrates the coordination of care in Northern Arizona to promote recovery among consumers. Case managers understood the objectives of a peer delivered Integrated Wellness curricula: Wellness Plans, Peer Whole Health, SMART, and Brilliant Health and Recovery Support Services that teaches a person to self-manage one’s recovery, and helps case managers do their job with better outcomes. It revealed that peer services and groups were not competition nor in conflict with clinical services. Roberta also presented her research-based, Peer Employment Training curriculum available through NAZCARE, a national leader. She addressed the issues and questions around training, coaching, supervision and certification of Peer and Recovery Support Specialists, and specifically addressed the use of certified peers to deliver services that transform a clinical system of care into a recovery oriented system of care, and reduce the burden on the behavioral health care system. Attendees were amazed to hear of the progressive recovery programs in Arizona and the support provided by NARHBA and ADHS/DBHS.

On September 30, 2011, a committed group of partners, including Native Health, the Inter-tribal Council of Arizona, Chicanos por la Causa, ASU’s Southwest Interdisciplinary Research Center, TERROS and others planned and executed an amazing event, the Native American LGBTQ Health Symposium. The Symposium boasted a broad array of topics and speakers. Speakers represented Arizona, New Mexico and Washington State. Topics included hormone therapy, bullying, “coming out”, and other Indian LGBTQ health issues. Trudie Jackson, a Navajo and LGBTQ advocate, led the group in creating an event focused on the health needs of Native American people. As a result of her advocacy with the Native American Recognition Days (NARD) committee, the Health Symposium was designated as an official kick-off event for the two month long NARD days in Arizona.

The Health Symposium offered exhibitor tables, HIV and STD testing, and food and drawings for wonderful gifts for the guests. Symposium members also decided it was important to honor two of their own for advocacy and lifetime achievement with awards. Substance abuse, obesity, diabetes, HIV and other sexually transmitted diseases, “coming out”, and homelessness are just a few of the issues Native American LGBTQ people face. This event was an outstanding testimony to the commitment of community members and their partners to address these issues by bravely sharing their stories and support each other on their path to living open, healthy lives.
Use of Touch Screens in Behavioral Health Services

In the fall of 2009, Apache Behavioral Health Services (ABHS) undertook a project to develop two Touch Screen applications to be used by their clients for information pertaining to behavioral health services provided at ABHS (in Apache and English), along with documentaries on prevention of drug abuse, suicide, domestic violence and educational DVDs on drug use and abuse from Cambridge University.

Three touch screen devices have been placed in the reception area of Indian Health Services’ Emergency Room, ABHS main office and ABHS’ Children’s Clinic, and are received with great enthusiasm by those visiting their facilities. Several elderly clients indicated this was the first time they were able to go to one location and find information in their native language about what services were available to them. Touch screens offer several advantages, the primary is a keyless way clients can interface with the screens that are designed to inform and educate. Also, clients cannot only see with their eyes, they can hear the information being read to them in their own language.

CPSA Helps Middle-School-ers Learn About Mental Illness

It’s not every day a class full of middle school students asks to learn more about mental illness. So, when Community Partnership of Southern Arizona received about 30 letters from Carson Middle School students asking for that very thing, they were happy to oblige. Vanessa Seaney, CPSA’s Chief Clinical Officer, recruited Health Mentors Paige and David from CPSA’s Camp Wellness integrated health program to help her make the presentation. They spoke to Glenn Dobins’ Gifted and Talented Education (GATE) class on September 30 at the school in southeast Tucson. As a result, the students are looking into creating a community-service project of outreach to people who are homeless and who might have a mental illness.

The students requested the presentation to supplement their readings and research about factors that may lead to mental illness, asking for information on how to get help for and how they could support a person with a mental illness. Ms. Seaney provided ideas of how to help someone, talked about careers in behavioral health care, and discussed a variety of myths and facts about mental illness. “Many of us are touched by mental illness, but that doesn’t mean you can’t get better or there’s no hope for you,” she told the class.

Paige and David led the students in some physical activities and shared information about their personal recovery journeys and the strategies they use to manage their symptoms. The students also were given brochures and other materials about CPSA and its services, including the Community-Wide Crisis Line.

Services in Supported Housing

The Arizona Behavioral Health Corporation and Marc Center’s Hope Team were recently cited in the Services in Supported Housing (SSH) Annual Report to Congress. The purpose of the SAMHSA Grant is to provide housing and reduce barriers to accessing effective programs that sustain recovery for individuals with mental and substance use disorders who are homeless. The SSH program is an important national demonstration of how housing and services can be effectively provided to people who have experienced chronic homelessness and who have multiple needs in ways that respect their dignity, honor choice, support recovery and community inclusion.

The Hope Team adapted the use of Critical Time Intervention (CTI) case management to include trained peer support staff who have experienced homelessness, received mental health services and work as CTI Recovery Coaches. Recovery Coaches encourage each person to complete a Self-Directed Wellness and Recovery Plan. The most effective approach includes an attitude of respectful persistence, meeting the person’s real and immediate needs, and helping the person address difficulties one step at a time. The team has found offering access to resources is necessary, but not sufficient. It also requires services provided match the person’s needs and desires and connecting participants with community partners such as Magellan are vital components of recovery. Social connectedness emerges as a more dominate need for many consumers once other aspects of their lives stabilize.
Recovery WORKS

CPSA receives grant for Mental Health First Aid training

Community Partnership of Southern Arizona (CPSA), the Regional Behavioral Health Authority for Pima County, has been awarded a grant by the National Council for Community Behavioral Healthcare to expand its Mental Health First Aid trainings. CPSA is one of 18 organizations nationwide to receive the Council’s Community Implementation Challenge Grant, which will allow CPSA to train more community members of any background on what to do when someone shows signs of mental illness or a mental-health crisis. CPSA has underwritten all costs for the trainings to reach as many community members as possible. The $4,000 grant will allow CPSA to train at least 100 more people in Pima County, at no cost to them. This year, CPSA has trained almost 600 community members in MHFA. Since the January 8th tragedy, the MHFA trainings have been in high demand, filling up within days of their announcement. Schedule of classes statewide is available online.

CPSA’s 12th Mental Health Arts Show a Success

The 12th annual Mental Health Arts Show was held October 4th-6th. It was sponsored by Community Partnership of Southern Arizona (CPSA) at CPSA’s Training Center in Tucson. The arts show was established by a CPSA community council so children and adults in the system could showcase their talents and to decrease stigma associated with mental illness. More than 140 artists receiving services or working in the public behavioral health system in Pima County participated and featured 322 artworks in a variety of media. Raymond Mattias Sr.’s sculpture “Harvest Tradition Passing On” was selected as Best in Show. The sculpture shows two Tohono O’odham women harvesting saguaro fruit. Two other artworks were chosen for use in posters to be displayed by CPSA, its providers and other organizations – one promoting art and recovery, and another to publicize the 2012 Mental Health Arts Show.

CPSA’s next recovery poster will feature “A New Day” by Sonja Harkins, one of 322 artworks in the show.

Cenpatico Holds Trauma Informed Care Dialogues

ADHS/DBHS and Cenpatico are working to complete a series of Arizona Dialogues focused on Trauma Informed Care (TIC). A Needs Assessment is also part of this work. TIC Dialogues have offered an avenue in which peer and family members can become active participants in system transformation by sharing their experiences and speaking about the needs of the community regarding Trauma Informed Care. Cenpatico has convened six TIC Dialogues to date. These were held in Apache Junction, Benson, Casa Grande, Nogales, Sierra Vista, and Yuma, and have two more Dialogues planned in Tempe and Payson. Trauma-informed care is an approach to engage people with a history of trauma that recognizes the presence of trauma symptoms and acknowledges the role trauma has played in their lives. TIC Dialogues will provide the behavioral health system valuable information about the needs and assets in the community and will help in formulating an implementation plan for the coming years.

It is Cenpatico’s hope that the TIC Dialogues and Needs Assessments have stimulated a dialogue between the different stakeholders, including provider agencies, peers and family members, to help move Arizona’s system of care further in the direction of a trauma-informed system of care. The results from these TIC Dialogues will be shared with individual provider agencies, peers, family members and the community to help them work together to develop policies and guidelines for future programs.

Doreen Scherf’s multi-media work, “Recovery,” will be featured on the poster promoting CPSA’s 2012 Mental Health Arts Show.
State Chatter...

Arizona Joins SAMHSA’s Voices for Recovery: Recovery Benefits Everyone!

This past September ADHS/DBHS and many organizations throughout the state observed and celebrated Recovery Month. Governor Janet Brewer proclaimed September to be Arizona Recovery Month.

As part of this celebration, several hundred Arizonans danced along with thousands of people across the nation during the Line Dance for Wellness and Recovery which took place on September 23 at 10:10 am on the dot!

Dancers were located in several sites in Phoenix and in Tucson and were linked through their hearts and dedication to recovery. The six sites were: the State Capitol, Partners in Recovery (Metro & East Valley Campus), Marc Center (East & West Villages) all in Phoenix; and Reid Park (organized by HOPE, Inc, Raise Your Voice, and CPSA) in Tucson.

All dancers and visitors in at the State Capitol's site had an opportunity to learn about the 10x10 Wellness Campaign and its Eight Dimensions of Wellness by visiting the booths from ADHS/DBHS, ADHS Physical Activity and Nutrition Program, ADHS Diabetes Program, Magellan of AZ, NAMI, Family Involvement Center, Visions of Hope, Native American Connections, PSA-Art Awakenings, Linkages, MIKID, Mountain Health and Wellness, and The Living Center—which by the way, brought along many “friends” from the Turtle Bay Cafes located in Southern Arizona! The interactive displays focused primarily on the importance of overall health and well-being, professional treatment for those with substance use and mental disorders, and how recovery positively impacts our society. The 10x10 Wellness Campaign promotes the importance of addressing all parts of a person’s life in hopes of increasing life expectancy for persons with mental and substance use disorders by 10 years in 10 years.

These events were part of a national initiative sponsored by the Substance Abuse and Mental Health Services Administration’s (SAMHSA) Center for Substance Abuse Treatment (CSAT), within the U.S. Department of Health and Human Services (HHS). As part of National Recovery Month, SAMHSA launched the first National Wellness Week from September 19-25, 2011.

The observance of National Recovery Month: Prevention Works, Treatment is Effective, People Recover (Recovery Month), which takes place each September, raises awareness of substance use and mental disorders, celebrates individuals in long-term recovery, and acknowledges the work of treatment and recovery service providers. Recovery Month spreads the message that behavioral health is an essential part of health and one’s overall wellness, prevention works, treatment is effective, and people can and do recover from substance use and mental disorders.
Colon Cancer Alliance’s Undy 5000

November 19th is the date for this year’s Undy 5000. This is an event to promote colorectal cancer awareness.

The Undy 5000 was created by the Colon Cancer Alliance (CCA) in 2008. It is a family-friendly 5K run/walk that is unique because participants are encouraged to run in their boxers to bring attention to the area affected by colon cancer. We have found that by getting people talking about this disease, we can save lives!

Learn more details about the event or view a video from a past Undy 5000.

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 November 18, 2011 to OIFA@azdhs.gov. 200 words maximum, 2 photos maximum (must provide ADHS/DBHS publishing rights).