Happy Mental Illness Awareness Week!

Governor Janet Brewer has proclaimed the week of October 2nd – 8th, 2011, as Mental Illness Awareness Week <link to proclamation once available>. In 1990, the U.S. Congress established the first week of October as Mental Illness Awareness Week (MIAW) in recognition of NAMI's efforts to raise mental illness awareness. Since 1990, mental health advocates across the country have joined together during the first full week of October in sponsoring many kinds of activities. Check out one of these events near you.

Things you can do in October to help raise awareness of Mental Illness:

- Learn what to do when you're concerned about someone's mental health.
- Learn how to provide Mental Health First Aid.
- Choose your words carefully — language matters!
- Check your mental health: take a mental health screening.
- Learn about STIGMA and how to fight it!
- Take care of your mental health just as you do your physical health.
Arizona Peer and Family Coalition Update

Hot off the press, the newly ratified Arizona Peer and Family Coalition By-Laws were put to the test at the September 13th, 2011 meeting where the first ever elections for new General Members and additions to the Board of Directors were held. “Founding/Charter” members of the Coalition voted in nine new General Members. These members subsequently participated in voting in an additional five new Board Members. The Board then quickly went into “Executive Session” to nominate new officers and formally sign the By-Laws for 501c (3) Non-Profit Corporate filing.

The By-Laws clarify that the Arizona Peer and Family Coalition Meetings (where the bulk of Coalition activity takes place) are open to all to participate, but general and board membership voting rights are reserved for General Members who have participated in at least three meetings in the prior six months and completed a formal application. The General Member designation is new to the By-Laws and did produce some confusion at first, until it was clarified that there were no “members” prior to this first vote other than the original founding board. The Executive Committee has requested those original founding board members complete and return the general membership application as an affirmation of commitment to the Coalition’s core purpose, to capture relevant demographic info, and to facilitate membership rolls reporting.

The Coalition is actively seeking new General Members that support its cause and encourage those interested to attend the upcoming meetings in October, November, and December. Anyone interested should complete an application to qualify for the twice-yearly election, the next one scheduled is in the January 2012 general meeting. Coalition Meetings are currently scheduled the second Tuesday of each month, from 3-4:30 pm, at MIKID at 2642 East Thomas Rd., Phoenix AZ.

With new officer elections underway, and on behalf of the Arizona Peer and Family Coalition statewide affiliation, the Coalition salutes the Inaugural Board and the first officers of the Coalition: Don VandenBrul – President; James Russo – Vice President; Vicki Johnson – Secretary; and Bill Kennard - Treasurer.

Arizona Peer and Family Coalition’s Purpose:

- To increase public support for the awareness of mental health issues in the general community that reduces stigma, promotes the value of human worth, and generates community acceptance of persons diagnosed with mental illness.
- To recognize and celebrate both the uniqueness and talents of persons with mental illness through noting individual accomplishments and contributions to the community.
- To publicly recognize the contributions of individuals, families, and organizations within the community who have accomplished, implemented, and or promoted the betterment of persons with mental illness.
- To inform the public and policy makers of the problems and needs of persons with mental illness, and promote and conduct public education program.
- To enable persons with mental illness to transform and improve the Arizona Behavioral Health System.

Let’s Celebrate Women’s Health this October…and get screened!

Did you know that in Arizona, about 3,400 women are diagnosed with breast cancer every year? Men can get breast cancer too; about 40 men are diagnosed each year in Arizona. All women are at some risk of developing breast cancer. Another cancer to watch for is cervical cancer... Cervical cancer is one of the most common types of cancer affecting the female reproductive organs. In Arizona, about 215 women are diagnosed with cervical cancer every year – and this number is growing. Learn more about these topics and what you can do today to prevent or treat the illness if you have it. Early detection may save your life!

Questions you can ask your behavioral health or medical provider:

- How, when and where can you get your breast or cervical health screening?
- What options do you have for counseling and support services during and after treatment?

Events this month where you can learn more, find supports, and/or show your support:

October 9: Komen Race for the Cure
October 29: Making Strides Against Breast Cancer
News from the ADHS/DBHS Office of Individual and Family Affairs

OIFA would like to make you aware of this upcoming training:

“Reclaiming Our Community’s Power”

with national keynote speaker Lindsay Hodel,
Nonprofit Vote Director of Training and Partnerships

Wednesday, October 5, 2011 from 8:30 am to 3:00 pm at the DISABILITY EMPOWERMENT CENTER
5025 E. Washington Street, Phoenix, AZ  85034.  Please note that seating is limited.

The goals of the conference are to inspire 501 (c) 3 non-profits and other community groups, agencies and related businesses to effectively influence the 2012 election through nonpartisan community engagement, to provide practical tools and actions, and to empower the people they serve to be full participants in election activities and outcomes.  On-line registration is available.

Peer-Run Organizations Profiles:

NAZCARE

NAZCARE is a non-profit, peer-run organization providing mental, co-occurring and substance use issues to promote recovery. Each year NAZCARE holds a luncheon in "Recognition of Recovery" in September to bring the recovery community together to honor those in recovery, those who work in recovery, and those who support recovery.

This year NAZCARE honored 65 people very deserving of recognition and rarely recognized at the September 10th event held at the Jim Thorpe Community Center in Flagstaff. Roberta Howard, NAZCARE's Chief Executive Officer, was the Master of Ceremonies for the event. This event connects the people in the recovery world to each other, shines a light on their contributions and casts an elegant aurora around recovery.

NAZCARE recognizes the efforts from volunteers, consumers, staff, board members, community partners who generously give, providers at guidance clinics and consumer run agencies, Arizona Department of Housing, Arizona Department of Health Services, Division of Behavioral Health Services, and the University of Arizona College of Public Health, who contribute many hours as well as their compassion. “It is an honor to be a part of the recovery movement and to proudly serve the recovery community,” said Roberta Howard, CEO at NAZCARE.

A list of all honored will be in the next issue of NAZCARE's Recovery Alert newsletter. Please contact Roberta Howard directly if you would like a copy of the newsletter.

The Arizona Stigma Reduction Committee (ASRC)

The DBHS Arizona Stigma Reduction Committee has just conducted 21 Arizona Dialogues around the state, including one in Spanish, American Sign Language, and one with teens. More Dialogues are expected to be conducted during 2012. Twenty statewide presentations designed to raise awareness about behavioral health, increase community inclusion, and reduce stigma were also conducted. Thank you to all participants!

On other news, the ASRC began rolling out committees to the different GSA’s and celebrated the formation of the first committee in Pima County. Committees will be established in all of the GSA’s by the end of September 2012.

The Committee's web page was refreshed with new information and a web page was also established containing great information regarding how to fight stigma. Please take some time and explore the website - you will also find a request form on both pages to request an Arizona Dialogue or Presentation. Please contact Anne Rock at rocka@azdhs.gov or by telephone at 602-364-4558 if you are interested in being a committee member, or to inquire about the Arizona Dialogues or presentations.
October is National **Bullying Prevention Month**

**Bullying Rapidly on the Increase**

School violence has decreased by 4%, but bullying has increased 5% according to the US Dept. of Health and Human Services, Health Resources and Services Administration. “There are 160,000 children staying home from school each day in this country for fear of bullying,” Julie Hertzog states (Director of the National Bullying Center for PACER). “Who is going to help those children feel safe at school? We need organizations and people to plan events and activities that educate communities about this issue.”

In early 2000, PACER noted that calls from parents of children with disabilities about bullying situations were increasing. The stories were heartbreaking, and parents said they did not know what to do, what their rights were or what steps to take.

PACER decided to take action. The first step was to launch the curriculum “Is Your Child a Target of Bullying? Intervention Strategies for Parents of Children with Disabilities” in 2003, which was distributed nationally. PACER continued to develop written information about bullying prevention for children with disabilities. In 2005, PACER received their first grant to develop bullying prevention resources. At that time, it was decided that it was important that the resources be designed for all children, including those with disabilities, which led to the development of [pacerkidsagainstbullying.org](http://pacerkidsagainstbullying.org), which is a website with a cast of 12 characters, several of which have disabilities.

The demand for resources continued to grow, and PACER responded to that need by developing more resources, offering free information and creating awareness campaigns. Today, in 2011, PACER continues to offer free resources to students, schools, parents, and the community, through three websites: [PACER.org/Bullying](http://PACER.org/Bullying), designed to provide free resources to schools and communities, [PACERTeensAgainstBullying.org](http://PACERTeensAgainstBullying.org), designed to educate middle and high school students, and with [PACERKidsAgainstBullying.org](http://PACERKidsAgainstBullying.org).

PACER is also the founder of National Bullying Prevention Month in October. What started as a week in 2006 and has continued to grow and evolve into a nationally renowned event.

**UNITY DAY**

Pilot Parents of Southern Arizona is promoting UNITY DAY on October 12, 2011.

**UNITY DAY will be a National day of Orange.** This is a day to make the public aware “that bullying is here, but can be stopped by you and me!”

**What are your true colors when it comes to bullying?** If you care about students who are bullied and want bullying to end, make your color ORANGE on Unity Day, Wednesday, Oct. 12. That’s the day everyone can link together—in schools, communities and online—and send one large, ORANGE message of support to students who have experienced bullying.

Contact Pilot Parents (520.324.3150) to find out what you can do on UNITY DAY.

**Emerging Trends from Youth’s TIC Dialog**

The Family Involvement Center's "Youth Creating Change" hosted a Trauma Informed Care (TIC) Dialogue on September 8th in Phoenix. Twenty five people attended, including twenty youth, three support staff, and two interns. The facilitators opened the TIC Dialogue by asking the participants about the types of trauma they have experienced and several common trends were identified.

Some of the common trends were:

1. the environment needs to feel secure and inviting for youth;
2. communication, both verbal and nonverbal, is important;
3. individuals have a choice to share their trauma;
4. to take an individualized approach, get to know them (the youth);
5. hear what they (the youth) have to say without reacting to what they say;
6. Importance of informed decision making and awareness of choices youth have.

Youth also learned that individual trauma can be a result of systemic trauma; some of the places where they had experienced trauma were with the family, at school, in foster care and group homes, contact with juvenile justice, and medical doctors' offices.

The most interesting finding from the dialogue was that the question “what happened to you?” actually carried a value judgment for the youth present at the Dialogue. This is a question that has been described as “freeing” for many adults and yet has actually become part of the trauma story for many youth. The youth wanted more TIC Dialogues in the future around topics like foster care, emancipation, education, and juvenile justice.
**What is the Arizona Living Well Institute?**

The Arizona Living Well Institute is a statewide collaborative of individuals, businesses, and organizations committed to developing an efficient and effective system of delivering the Healthy Living Chronic Disease Self Management Program (CDSMP) Workshops throughout Arizona by centralizing leader training, coordinating the delivery of self-management workshops, as well as managing and reporting outcomes data. The Institute was launched with grant funds from St. Luke’s Health Initiatives and the Arizona Department of Health Services (ADHS) through a grant from the Administration on Aging.

**Currently at the Institute:**

The Institute is currently partnered with the Arizona Living Well Program at ADHS to train leaders and deliver the “Healthy Living: Self-Management of Chronic Conditions Program” throughout Arizona. Healthy Living is a six-week workshop developed by Stanford University to help participants learn to self-manage their ongoing health conditions. The Institute will be working to connect individuals in the community who are interested in the Healthy Living Workshops with those who are delivering the workshops. The Institute is working to coordinate the efforts of Arizona communities to help improve the lives of adults living with chronic health conditions. Check the [website](#) frequently for dates and locations of Healthy Living Training Events and Workshops in your area.

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**New Quarterly Health Initiative:**

For the quarter beginning October 1, 2011, the DBHS Quarterly Health initiative is promoting the topic of **Diabetes and Pre-Diabetes**. Persons with serious behavioral health diagnoses are twice as likely to get diabetes. Anyone with pre-diabetes also has more chances of developing type 2 diabetes, heart disease and stroke.

Learn about the importance of screening for pre-diabetes, diabetes, proper nutrition and life style changes to reduce risks, and much more. Educational handouts for members and providers are now available online! Providers are encouraged to place these informational handouts in areas visible to their members and to encourage questions and conversations with members about this important topic.

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**Did you know there is a Substance Treatment, Education and Prevention Partnership in Mohave?**

The Mohave Substance Treatment, Education and Prevention Partnership (MSTEPP) is a coalition whose mission is to decrease substance abuse, and ensure adequate and accessible substance abuse treatment services in Mohave County.

MSTEPP’s goals are to:

- Facilitate and promote the development of adequate and appropriate substance abuse treatment and after-care options for Mohave County, and
- Identify and secure sustainable funding for substance abuse treatment and after-care programs and/or facilities in Mohave County.

Whereas most, if not all, substance abuse coalitions in Arizona are education and prevention focused, MSTEPP is dedicated to treatment. MSTEPP was formed because community leaders, law enforcement, medical providers and regular folks all came together in 2007 and recognized that the great distances Mohave County residents must travel to receive chemical dependency (CD) residential treatment was severely impacting community members’ health. Mohave County residents must travel farther than any other Arizona residents to get these services and it ultimately results in fewer residents receiving residential treatment than any other county in Arizona. Additionally, as the recession continues to hit families harder each year and with cuts in publically funded services, the need for the community to come together to take care of its citizens in need was heightened. Everyone is invited to attend MSTEPP’s board meetings in person or via telemed (all meetings are done via videoconferencing since membership is spread out across the county). The meetings are held on the 3rd Tuesday of each month at 4:00 p.m. For further information, please contact the Chair, Laura Jackson, at 928-380-1500.
Halloween Safety for Kids & Teens

Kids love Halloween! They get to dress up on fun or scary customs, play jokes on their friends, and get free candy...seems like the perfect holiday. Holidays like these make the most precious memories that children will have for life.

Some basic things to keep the children safe during Halloween include teaching them how to cross the street, and not to talk to or go with strangers. However, adults know how exciting Halloween can be and that excitement can make everyone forget some basic measures of safety.

Below are some tips for your children and youth to be safe on Halloween night.

Some of these ideas are called "common sense" ideas, which means that they are things that you should know and use every day in life. You are never too young or too old to learn!

Happy and Safe “Trick-or-Treat-ing”

Don’t go into a stranger's house or even ring his/her door for treats unless your parents are with you and say that it’s okay.

Always make sure that an adult person you know and trust is within sight when you go out trick-or-treating.

Be careful when you cross a street. Make sure to look in both directions and make sure that there are no cars coming. If you have a little brother or sister with you, take his/her hand and help him/her get across the street. If the street has a stop light, wait until the cross walk light tells you that it’s okay to cross, but still check before you cross, look both ways.

If you are a teenager and going out with friends, make sure that your parents know where you are going and who you are going with. This may seem like “a pain” to you but they are your parents and they love you. They just want you to be safe.

If you can drive and are taking a bunch of friends to a party, make sure that you have enough gas to get there. You don’t want to run out of gas on a dark street, all alone, like a bad horror movie!

If you parents give you a curfew, be home on time. It builds trust between you and them and they are doing it for your own safety. If you are going to be late, call them and let them know.

Vandalism is never cool! Throwing eggs at cars and houses is not cool. Someone has to clean it up and it could be you or someone you love. You can also be arrested and punished as a juvenile. It’s never the right thing to do.

Hurting animals is never acceptable behavior! Some people use Halloween as an excuse to hurt animals. Not only is it illegal in most places but it’s often punishable by law— don’t hurt a helpless living thing.

Have fun but remember to keep it safe! Your parents will trust you for many Halloweens to come. Showing them how responsible you can be will give you a feeling of pride and make them see just how adult you really are.
Visions of Hope has graduated over 16 people from their Peer Support training program in the past few months and most of them already had jobs lined up at the time of their graduation.

Millie Lozano, Administrative Assistant in the DBHS Office of the Assistant Director, was named DBHS’ Employee of the Month in September. Millie was recognized for her dedication, humor and for often going above and beyond in assisting others.

Michele Peavy, Office of Human Rights Advocate located in Flagstaff, who was nominated as the September Employee of the Month at NARBHA. Michelle is known in northern Arizona for "out of the box" thinking.

Congratulations!

Welcome Gita Enders who has joined Visions of Hope as their Peer Support Trainer. Gita has most recently worked as a Peer Support Specialist for the Verde Valley Guidance Clinic in Cottonwood, Arizona, and is the current Chair of the Arizona Behavioral Health Planning Council's Community Advisory Committee.

The new Forensic Facility at the Arizona State Hospital is having its Open House and ribbon cutting ceremony on Wednesday, October 5, 2011 from 10:00-12:00. The Master of Ceremony will be Cory Nelson, CEO. Speakers include Don Hughes, Health Policy Advisor at the Governor's Office; Susan Gerard, Former ADHS Director; Sue Gilbertson, Consumer Advocate Member; Sonya Serda, Patient Rights Ombudsman at the Hospital; Will Humble, ADHS Director and Dr. Laura Nelson, ADHS/DBHS Deputy Director. There is a facilities tour after the presentation. There has been an enormous amount of work and planning behind the scenes to facilitate a smooth transition for staff and patients to this new facility in the coming weeks. Congratulations to everyone involved!

Did you know that Arizona has trained over 700 people in Mental Health First Aid (MHFA) since the public trainings began in April 2011? Way to go MHF-Aiders! These trainings include 104 family members and peers that have received behavioral health services within the past 12 months.

Trainings are still being held, view the schedule of classes online!

Additionally, Magellan of AZ, as part of their Recovery Month efforts, trained 144 people in MHFA just in September!

“Calling” for Peer Support Specialists!

The Warm Line is seeking Call Specialists — the warm line is a telephone service that offers non-crisis support to all callers. They talk with people who are feeling sad, distressed, hopeless, angry, frustrated, confused, lost, worthless, lonely, broken-hearted, frightened, & all other feelings people experience. They offer non-judgmental, non-clinical, unbiased support, empathy, and hope. The position is part-time and need be available from 4:00pm -12:00am and must be currently certified as Peer Support Specialist. To learn more about the full requirements and job description contact sally.sirey@hopeaz.org.
Coming Up...

16th Annual Candlelight Celebration

Thursday, October 6, 2011 from 6:00PM – 8:00PM
Event will be held at CHEEERS on 1950 W. Heatherbrae Dr., Phoenix, AZ

This event is hosted by the Mental Health Awareness Coalition, in partnership with Arizona Behavioral Health Corporation, Magellan Health Services of Arizona, NAMI Arizona, and CHEEERS. The focus of this year’s celebration is “HOPE IN OUR COMMUNITY.” There will be several guest speakers sharing their personal journeys.

ADHS/DBHS Has a New Blog!

Visit (and bookmark!): http://bhsblog.azdhs.gov/

Through this blog, ADHS/DBHS will share some of the latest local and national news in the behavioral health field, stories of recovery from mental health or substance abuse challenges, and local behavioral health “happenings.”

You will also find information about ADHS/DBHS initiatives, accomplishments, educational materials and much more!

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 October 21, 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).