September is National Recovery Month

Recovery Month is an annual observance celebrated each September since 1989. This year’s theme is "Join the Voices for Recovery: Recovery Benefits Everyone."

Recovery Month highlights the benefits of treatment and recovery for not only the individual, but for their family, friends, workplace, and society as a whole. By spreading the word that prevention works, treatment is effective, and people can and do recover from these conditions.

(Continued on page 2)
Arizona Peer and Family Coalition Update

It is hard to believe that it has been more than a year since the Coalition adopted its By-Laws and formally elected its officers. The Coalition will be electing more peers and family members at the next meeting to increase its Board of Directors to 25 members, as outlined in the By-Laws. Board members serve two year terms and are responsible for electing the officers of the Coalition. The August meeting was devoted to refining the By-Laws and election procedures, in order encourage more of members to assume active roles in the Coalition.

The Coalition usually meets on the second Tuesday of each month in Phoenix. The next meeting is scheduled for September 13th at MIKID, 2642 East Thomas Road, Phoenix. There will be a video connection available for that meeting. The meetings are open to the public and there is no membership requirement to attend. Persons from outside Phoenix can usually attend by phone if service is available. For more information about the Arizona Peer and Family Coalition and meeting locations, contact Don VandenBrul by e-mail at info@azpfc.org or by telephone at (480) 213-6257. Look for the Coalition on the Internet at www.azpfc.org or on Facebook by searching for Arizona Peer and Family Coalition.

Peer Success Story—continued from page 1

So I decided to give her a chance and really work with her on my recovery. I was still using, but I was also participating in treatment to keep everyone off my back and keep everyone happy. But I realized I wasn't keeping MYSELF happy. I was 47 by the time I decided to get my life back in order. I started attending groups more often and actually taking them seriously. I was involved in the Peer Support group where I was actively helping other people in their recovery. I even graduated from programs, started attending NA and AA where I received my three-year sobriety chip. Then in September 2010 I relapsed. I remember thinking “here we go again.” Everything I had worked hard for seemed to be going down the drain. I felt myself lying and deceiving the people I loved again, and most important, lying to my mother again. When I told my mother I had relapsed, she basically told me to choose a life of drugs or her. That day, I chose the most important things to me: I chose my mother. I chose sobriety, and I chose recovery.

So I have been sober since last year and started attending groups and counseling again. I began working with the PIR Rehab Specialist and now work at Marc Center three days a week. I am able to live on my own, in my own place, pay my own rent and use my money on things that I need. I use the support of my mother, family, my best friend and my case manager Meredith to help guide me through my recovery. Even though situations come up, I am able to use the tools taught to me by my support team to cope. I can see the rewards of recovery and sobriety because I have lived it. I also feel that I have found the Lord. I realize that He was always around me, but I didn’t have the mindset to realize it back then. Now I am living proof that recovery exists. I hope the story of my journey helps you on your journey of recovery.

Recovery WORKS

(Recovery Month—continued from page #1)

discrimination associated with substance use and mental disorders and treatment services can be eliminated. Recovery Month can help people understand the importance of supporting:

• Individuals in long-term recovery;
• Those in need of treatment;
• Those who work within the treatment field; and
• Treatment and recovery support services.

Because mental health is part of your overall health and wellness, this year, as part of National Recovery Month, SAMHSA will launch the first National Wellness Week from September 19-25, 2011 to promote the many ways wellness can improve quality of life and increase life expectancy for people with mental health and substance use disorders.

Join ADHS/DBHS and the Arizona Stigma Reduction Committee, along with T/RBHAs and local behavioral health partnering organizations to celebrate recovery and wellness during September. Several events will take place this month – check out the statewide online calendar. Additionally, ADHS/DBHS invites you to show your support by participating in the Line Dance for Wellness on September 23rd at 10:10 am. All details are available at www.azdhs.gov/bhs/.

SAVE THE DATE: Sep. 23, 2011 :: Recovery Month Facts :: Recovery Month Videos :: Proclamation

(Recovery Month—continued from page 1)

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Recovery WORKS

News from the ADHS/DBHS Office of Individual and Family Affairs

OIFA offices are spreading across the state! One of them is the Community Partnership of Southern Arizona’s new Individual and Family Affairs Team (I&FA) which is now off to a rousing start. Since December, I&FA has worked with members and families to create and present a training called “For Members, By Members, Covered Services”; organized the 12th annual Recovery & Wellness Community Forum; and formed a Regional Stigma Reduction Committee, the first in the state. Member and family voice has been an important part of CPSA’s operations since its founding in Tucson 16 years ago. CPSA provided funding to establish and maintain peer- and family-run organizations in its service area, and continues to contract with them directly. This ensures these services are an integral part of the system and of member care.

For many years, CPSA’s “Long Rangers” community council organized major annual events, such as the recovery forum and the Mental Health Arts Show, featuring works by members and others in the care system. CPSA’s Adult Community Council has continued those activities. The I&FA team is expanding on those efforts while ensuring that member and family voices help shape decisions throughout the care system. Members and families participate in activities such as dialogues, focus groups, work groups, committees and councils. The new Covered Services training was developed by a work group of members and family members, and facilitated by work group members. This training will be offered on a regular basis. I&FA held an Arizona Dialogue on Stigma on April 28th, and invited a local youth council to help develop trainings by youth for youth, such as sessions on the Child and Family Team (CFT) process, the transition to adulthood and how to actively participate in service planning. The I&FA team holds weekly orientation trainings for members and families wishing to participate in CPSA’s care system. For more information, call CPSA I&FA at (520) 318-6994 or e-mail IFA@cpsa-rbha.org.

Peer-Run Organizations Profiles:

The Family Involvement Center (FIC) is a family-directed non-profit organization that works to assist and support families/caregivers and help policy makers, agencies and providers transform systems, to ensure that children and youth with emotional, behavioral, or mental health challenges succeed in school, live with their families, avoid delinquency, and become productive youth and adults.

The approach of the Family Involvement Center is to provide an atmosphere that establishes authentic connections utilizing parent to parent support that:

- Build trust;
- Instills hope;
- Inspire families on their journey to self-sufficiency;
- Cultivate meaningful relationships with families & system stakeholders;
- Develop an informal network of natural supports by connecting parents to parents and youth to youth within their local communities.

One example of FIC’s work is “Youth Creating Change”, a group for and about young people, ages 13-18, focused on developing communication, problem-solving, and leadership skills. To learn more or to attend this group’s monthly meeting please contact the Parent Assistance Line (PAL) 602-288-0155, pal@familyinvolvementcenter.org. The next meeting is on 9/8/2011 at 5:30 p.m., at 1430 East Indian School Road, Suite 110, Phoenix, Arizona 85014.

The Arizona Stigma Reduction Committee (ASRC)

When you think about the people you know and love, would you want them to be discriminated against simply because they have a mental illness or substance use disorder? Of course not! The ASRC invites you to stand with them for inclusion and non-discrimination of persons with mental illness or substance use disorders.

A great place to start is by joining in meetings or scheduling and attending an Arizona Dialogue or presentation. To learn more contact Cynthia Henry, ASRC Coordinator, visit the website or simply learn ways in which you can fight stigma.
Teen WRAP

Mentally Ill Kids In Distress (MIKID), an Arizona family run organization, has recently initiated a new program to provide WRAP (Wellness Recovery Action Plan) training for older teens. WRAP is a program in which participants identify internal and external resources for facilitating recovery and then use these tools to create their own, individualized plan for successful living (Copeland, 1997). Individuals create wellness tools to maintain wellness, identify “early warning signs” of when things may be breaking down, and develop a crisis plan and post crisis plan for getting back on the road to recovery (Cook, 2011). SAMHSA recently deemed WRAP an evidence-based practice.

The first MIKID Teen WRAP training was conducted in Flagstaff the week of August 8th. MIKID’s youth support staff recently received WRAP training from Visions of Hope. Not only did the team learn the tools needed to create an individualized WRAP; they were also trained to be facilitators. The presentation team is from different areas of Arizona, with the goal that the MIKID Teen WRAP facilitators will establish training groups across the state.

Teen WRAP training is interactive, fun, and full of real life application. This skills training will help teens identify what they know about themselves, how they feel during the good times and the difficult times, and how to use tools from their own WRAP toolbox to navigate challenges and maintain wellness. In order to help youth reach the road to recovery, youth need to have their voice heard loud and clear. WRAP gives youth the opportunity to do just that—an opportunity to identify their strengths and make their own plan to help them succeed. This workshop addresses key recovery concepts, including hope, personal responsibility, self advocacy, and support.

In Our Own Voice

In Our Own Voice (IOOV) is dedicated to the support, education, and growth of consumers as presenters. Who better to talk about coping with a mental illness than those in recovery? Audiences benefit from this type of presentation because it reveals personal experiences of recovery. Audience members learn, first hand, what it means to have a serious mental illness and how the recovery process works.

People who become In Our Own Voice presenters often find that it helps build self-esteem. Presenters may learn new coping strategies from one another and are given hope and strength by finding a community of peers. There are a myriad of ways consumers can grow as In Our Own Voice presenters. Every presenter is successful in unique ways. Recovery is a continuing process of growth.

The presentation is about how to achieve and then stay in recovery with a major mental illness. The personal and educational components of this program dispel many myths surrounding mental illness.

A study completed by Dr. Otto Wahl and Dr. Amy Wood of George Mason University concluded with evidence that there is a significant decrease in stigma against mental illness among audience members after seeing the presentation. An article about the study was published during the summer of 2006 in the Psychiatric Rehabilitation Journal. IOOV was created as part of NAMI’s initiative to involve consumers in education about serious mental illness. It seemed natural for people with mental illness to draw from the expertise of their lived experiences and to share these experiences with others. NAMI, a support, education, advocacy, and research organization, is dedicated to eradicating mental illness and improving the quality of life for persons affected by mental illness and their families. IOOV was introduced in 1996 as Living with Schizophrenia. The program gathered momentum quickly. As more people with a variety of illnesses participated, the program’s name was changed to In Our Own Voice.

Since then, approximately 2,000 presenters have been trained to conduct the IOOV presentation. As of the spring of 2007, the program is active in 38 states and over 200,000 audience members have been reached.
Did you know that medication may affect your dental health?

Certain medications may cause dry mouth which may lead to cavities, poor nutrition, speech and/or taste difficulties. For many people living with mental illness, dental health may be a low priority when other treatment and health issues must also be addressed.

Throughout this quarter, the DBHS Quarterly Health initiative is promoting the topic "Dental Health". Dental health is important because it contributes to general health and wellness, self-esteem and quality of life. Learn about the importance of dental care, what is proper dental care, and more.

Educational handouts for members and providers are 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.
New Crisis Response Center in Tucson

CPSA's Crisis Response Center and University Physicians Healthcare’s Behavioral Health Pavilion opened their doors to the public in mid August in Pima County’s Kino Campus. Together, they will provide coordinated services to persons experiencing a medical emergency or behavioral health crisis.

Both facilities were created through a partnership among Pima County, University Physicians Healthcare, Community Partnership of Southern Arizona (CPSA) and the University of Arizona College of Medicine. To view additional photos of the facilities visit an online photo gallery at the Arizona Daily Star's website.

New Compeer Program at House of Light

House of Light is a new east valley non-profit agency in Maricopa County that serves adults aged 18-40 with serious mental illness. The first program the agency is launching is Compeer. Some of you may be familiar with this program, as it was active in the valley several years ago. Compeer is a volunteer program where individuals with a serious mental illness are matched to a volunteer-mentor in a supportive friendship. Compeer Buddies spend a minimum of one-hour per week together in all kinds of activities like bowling, miniature golf, walking, going to movies, or just hanging out. Compeer Buddies also gather monthly for a group social event.

To be eligible for the Compeer program, you must be between the ages of 18 and 40, have a serious mental illness, complete a self-referral form, and have a referral form completed by a member of your clinical team. If you have questions or want to become a Compeer volunteer-mentor, call 480-985-0101. Visit the House of Lights website at www.houseoflightaz.org for referral forms.

Mental Health First Aid

The ADHS/DBHS Mental Health First Aid (MHFA) Steering Committee has been hard at work. The recent meeting included great discussions and good questions…the momentum just keeps growing! Guests from the Arizona Coalition for Military Families (ACMF) were in attendance, and they discussed some exciting work they are involved with in regard to MHFA. They are working with the Western Interstate Commission for Higher Education (WICHE) to revise the MHFA curriculum to better meet the needs of military families and will be piloting this new curriculum in Kansas.

Also Nicola Winkel from NCMF (through WICHE) has offered grant funding to support MHFA instructors who will be providing the 12-hour MHFA training in rural parts of Arizona by the end of September. You can find all the latest updates on the MHFA website, including the training schedule and training goals.

ONERENCE NEWS

As a part of its ongoing efforts to advance the use of trauma-informed practices to prevent aversive interventions such as seclusion and restraint, the Substance Abuse and Mental Health Services Administration’s (SAMHSA) National Technical Assistance Center (NTAC) conducted a two-day regional training on Effective Use of Peer Programs to Prevent the Use of Seclusion and Restraints. The training was held on August 8th – 10th in Boston, Massachusetts. This is part of NTAC's promotion of Trauma Informed Practices and Alternatives to Seclusion and Restraint.

Peer voice, peer involvement and peer leadership are essential in transforming systems to be trauma-informed and less coercive. In its work with various states across human service systems, SAMHSA hears from organizations and institutions about the significant challenges they face in developing peer programs and in maximizing the effectiveness of their peer programs. The regional meeting brought together national peer leaders as well as organizations that have developed creative and effective peer programs. The meeting format included a combination of presentations from nationally known experts; opportunities for teams to engage in facilitated group planning; and the sharing of lessons learned between/across teams.
State Chatter...

One of Arizona’s peer mentors is also a local radio personality! Tazael Ben-Aton (Taz) is a regular on The PULSE-AZ Healthcare Radio Forum on AM station KFNX 1100 every Saturday from 10-11 a.m. A recent topic was Thought Disorders. Be sure to tune in!

Congratulations to Kathy Bashor for her role in contributing to a cutting edge research paper published in the August edition of the Community Mental Health Journal. The article is titled “Stigma in the Mental Health Workplace: Perceptions of Peer Employees and Clinicians”.

H2O — Magellan continues to collect water for distribution to the clinics. They have collected a total of 240 cases of water (that’s over 7,000 bottles) and the water drive goes through September. If you would like to get water for your clinics please contact Angie Verburg at 602-572-5952 or averburg@magellanhealth.com.

What is a lighthouse doing in the Arizona desert? The annual Lighthouse Award is bestowed by Cenpatico to its provider agencies that show exemplary support of peer and family support partners thereby lighting the way for others. This year the award was shared by Southwest Behavioral Health Services (SBH)-Payson GSA 4 and Arizona Counseling and Treatment-(ACT)Yuma GSA 2 SBH included all Family Support Partners in all quarterly meetings and educational opportunities and established a Lead Family Support Partner position. ACT created a new position, Peer & Family Support Coordinator, and promoted a Family Support Partner to fill it. Congratulations SBH and ACT for lighting the way by establishing the beginnings of a career ladder for peer and family support positions!

The July/August 2011 edition of Behavioral Healthcare Magazine has a great article Mobilizing in a Mental Health Crisis, by Neal Cash, Dr. Ed Gentile, and Vanessa Seaney from CPSA on the Tucson tragedy. In the article, they talk about the emergency response, the planning and partnering that was so important, and the recovery in the community. Great information for inclusion in disaster preparedness plans!

Special in Arizona… We're talking about Family Support Partners who recently received Cenpatico’s annual Starfish Award for excellence in both their supportive work with families and support of their co-workers. They are Sky Heffran from CIA-GSA 2, Barb Kern from SEABHS-GSA 3, and Adela Urbano from Providence-GSA 4. The starfish has been used for many years to represent safe travel over troubled waters and is also seen as an emblem of salvation during trying times. Congratulations Sky, Barb and Adela!

Talent Show at the State Hospital's Forensic Unit

Forensic Rehabilitation Therapy Services at the Arizona State Hospital recently presented a Talent Show at the Forensic Hospital's "Oasis" room, featuring both patients and staff that proved to be beyond groovy! The show was standing room only! With a 60s/70s era theme, the stage radiated of flower power embellished with peace signs, brightly colored flowers, and tie-dyed curtains. Patients rehearsed for several weeks leading up to the show, and the task skills crews from the Unit worked diligently on decorations to make the room come alive. The opening act featured a montage of 70s TV theme shows. Audience members got into the groove by shouting out the names of each show once recognized. The patient acts ranged from singing, dancing, poetry reading, a comedic puppet show, original raps and keyboard compositions. Eleven patients representative of each unit performed! Staff members from Rehab, Social Work, Nursing, and on unit lent their talents performing in a variety of acts as well, including vocal performances, a keyboard duet, a rap performance, and puppetry. The show ended with a rousing, “Let It Be,” featuring a patient from W3 who jammed on solo guitar. Everyone in the audience was invited to sing along. The Talent Show was truly enjoyed by staff and patients alike and built a sense of community among all who attended!
Coming Up...

The Tonto Church of Christ’s 4th Annual Community Fair
Saturday, November 12, 2011 from 10:00 am to 1:00 pm
1101 West Tonto Street, Phoenix, AZ 85007
There will be lunch, give away food boxes and clothing, as well as games for the youth. Additionally, There will be representatives with expertise in the areas of education, personal finance, responsible parenting, and health screenings, with the goal of meeting and educating the community in the surrounding “Hope-6 Project”. If you’d like to become a partner in this event, you can display your marketing materials and meet the community. For more information or to RSVP by September 17, 2011 please contact Rodney Staggers at 480 302-1980, or rdstag@msn.com.

Art of Recovery Expo
Arizona's largest recovery event in celebration of National Recovery Month.
Saturday, September 24, 2011 from 10:00 a.m. to 5:00 p.m.
Phoenix Convention Center
The Expo offers a positive atmosphere to help raise awareness about recovery from all types of addictions. Its mission is to provide prevention techniques, education, and treatment solutions for the health and wellness of Arizona's communities. Keynote Speaker, Grammy Award Winner, Paul Williams. This event is free and open to the public. Workshops throughout the day!

First Bikes Tour in Arizona to Raise Funds for Mental Illness
Cenpatico of Arizona, in partnership with NAMI (the National Alliance on Mental Illness) Arizona will hold the first NAMI Bikes Arizona Tour to raise funds for mental illness. The event is scheduled for Saturday, December 10, 2011, in Sierra Vista.

Funds raised from the event will be used to help NAMI fund innovative programs at the national, state and community level. Participants can choose to ride a Century, 67- or 35-mile route. For more information or to sign up, visit NAMI Bikes Arizona Tour.

ADHS/DBHS now has an online Statewide Events Calendar!
Find out information about 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 resilience 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 September 16, 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.

Mental Health: Everyone Has It!