Way To Go, Leslie and Russ!

Leslie:
I moved to Arizona in 1967. Moving 2,000 miles away from Florida and culture shock—may have triggered schizophrenia in my teen years. Clearly, something was wrong! As a college freshman, I flunked classes and got a scholarship! Mom took classes at A.S.U. to find information to help me recover. I traveled to Canada and was diagnosed by Dr. Hoffer as having mild schizophrenia. He said the longer you have the disease, the longer the recovery. I continued through setbacks, medications and therapy problems, sometimes fighting the doctors, and worked volunteer and fast food jobs. Three years ago, after a surgery, I quit working and stayed on a budget. My Magellan case worker got me into PSA Art Awakenings. Hands-on art work in different media, and creating something tangible, was a great experience. People bought my paintings! Wow! Making something someone wanted to buy! Time flew by and I graduated from the

Continued on page 7 – “Leslie”

Russ:
My name is Russ Wickerham. I am writing this to say that Recovery IS possible. Mental Illness became a part of my life when I was a teenager. Psychiatrists and medications didn’t help me. I started using drugs as a way to escape from the daily horror of my symptoms. I became a drug addict. To get drugs I had to steal which led me to prison. After years of drug addiction and the pain of mental illness, I said “No more.” I took control of my life. I entered a drug rehabilitation program—I have been sober for 2 years. I next entered into the PSA Behavioral Health Program to address my mental illness symptoms. At PSA I discovered Recovery and Recovery Support Services. My destiny was

Continued on page 5 – “Russ”

Note from DBHS’ Deputy Director

It is with great energy and enthusiasm that I welcome you to explore the “new look” of Recovery WORKS! While we will continue to highlight and share with you inspiring recovery success stories, behavioral health news and resources, and information from our community, we have added several exciting new features. Our “Healthy Living” section will provide valuable information and helpful tips for enjoying a healthy lifestyle, as well as share the latest news about Arizona’s efforts to better integrate physical health and behavioral health (see the “Recovery Through Whole Health” article). You will also find a new section called “Dimensions of Wellness,” based on SAMHSA’s 10 x 10 Wellness Campaign and it’s Eight Dimension of Wellness, which will support our “Recovery Through Whole Health” goal. Each issue will explore one dimension and provide you with ideas or resources to help address that particular dimension of wellness in your life. As we approach our third year anniversary of Recovery WORKS, I hope you continue to find inspiration, encouragement, and practical knowledge through this publication. Here’s to your good health!

P.S. To view all past issues of Recovery WORKS, click here.

--Laura Nelson

The Behavioral Health 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.

DBHS manages Arizona’s publicly-funded, statewide behavioral health system. Learn more at www.azdhs.gov/bhs.
Arizona State Hospital Welcomes Community Tour Groups

The Arizona State Hospital (ASH) provides the opportunity for concerned citizens, health care professionals, interns or students, legislative or law enforcement committees or groups to tour areas of the hospital.

A tour of the hospital grounds may include a pre-tour presentation or discussion and a tour of the exterior grounds only (not entering buildings and treatment areas), dependent on the group, the group’s professional discipline, and the purpose of the tour.

Hospital tours must be pre-arranged by appointment. Tours are conducted on the first and third Wednesday of the month. A minimum of two weeks advance notice is required. A Tour Request Form must be completed and returned to the Hospital.

ASH provides a welcoming environment and a full continuum of psychiatric and medical care. ASH staff is dedicated to promoting hope and wellness and ensure patients have an opportunity to participate in planning, delivering and evaluating the services they receive. Treatment is individualized with goals that focus on education about an illness, instilling hope and improving one’s overall quality of life. At ASH, they believe all individuals can live a life filled with meaning and purpose.

New Member for SAMHSA's National Advisory Council

Steven Green, Executive Director at Gila River Health Care (GRHC), was appointed by the U.S. Secretary of the Department of Health and Human Services, Kathleen Sebelius, to the Substance Abuse and Mental Health Services Administrator’s (SAMHSA) Center for Substance Abuse Prevention (CSAP) National Advisory Council. Mr. Green will serve a four-year term beginning January 2012.

Mr. Green is a Licensed Clinical Social Worker who has over 25 years of public and private behavioral health administrative experience. For the past ten years he has served the Gila River Indian Community in his current role. Under his leadership he has helped to transform their program into a comprehensive community based system of care. Some key accomplishments from Mr. Green include:

- Developed under-utilized program and significantly improved services and financial performance.
- Increased program enrollment from 450 clients (2001) to 1900 clients (2011).
- Substantially reduced suicide rate, achieved 55 consecutive months without a program enrollee suicide.
- Acquired Tribe’s Behavioral Health outpatient program, increased productivity by 30% in the second year (2009).
- Acquired Tribe’s detoxification unit, substance abuse residential program and substance abuse outpatient programs, creating a seamless community-based system of care.

In this important post, Mr. Green will not only be representing the tribes but will be a voice for Arizona’s concerns as well. Congratulations and thank you!

Crisis Intervention Team Training for Law Enforcement

Community Partnership of Southern Arizona (CPSA), the RBHA for Pima County, recently joined the Tucson Police Department in presenting Crisis Intervention Team (CIT) training to about 50 law enforcement officers across Southern Arizona.

CIT training provides information, techniques and practice on how to intervene in a crisis situation, and across the country has resulted in an overall improvement in safety for everyone involved in such situations.

Budget issues had forced the police department to end its CIT trainings, until CPSA stepped in to help revive them three years ago.

CPSA and the police department now offer CIT trainings twice a year, ensuring another 100 officers annually are prepared to address possible mental health crises. The trainings are open to any criminal justice agency in Southern Arizona and are in high demand.

The Pima County Sheriff’s Department and Southern Arizona Mental Health Corp. (SAMHC) also are training sponsors.

In 2012, CPSA and Tucson Police Department will begin offering advanced CIT courses, focusing on interventions with specific groups such as youth and adults affected by trauma.
Accomplishing Your New Year’s Resolutions

There are many free resources available to help ensure success.

Whether your resolution is about shaping up or losing weight, quit drinking or drinking less alcohol, quit smoking or spending less time with TV or computer, one sure way to stay on top of it is by getting help. You don’t have to go at it alone!

Having a plan and someone to cheer you on and hold you accountable are the keys to making your resolution work. Support is what has helped thousands of Arizonans quit using tobacco. The Arizona Smokers’ Helpline, for example, is one of the most successful programs in the country. If people need a supportive voice, the hotline provides coaching by phone (800-55-66-222). For those who are more word, text or email-based, there’s online support. There’s even a new iPhone app to give would-be quitters the help they need, as well as a Facebook page. Plus, the staff at ASHLIne can tell you about nicotine replacement therapies, and may be able to help you get a free patch or prescription.

When it comes to shaping up or losing weight, you can easily find help through web-based resources like Eatwellbewell.org which is full of ideas on how to be active with your family and make good choices about the foods you eat. Myplate.gov discusses the importance of balancing your diet. Azdhs.gov’s Healthy Living section has other tips as well, like how farmer’s markets can help you find fresh fruits and vegetables.

If your goal is to stop drinking or reduce your consumption of alcohol in 2012, check out this fact sheet with helpful information about alcohol use. People also can access substance abuse programs across the state by calling 1-800-662-HELP (4357).

You are more likely to accomplish your goals this year if you stay focused and get help!

Heart Warming Oatmeal with Fruit and Nuts

Eat this dish in the morning and you will get healthy whole grain, fruit, and nuts all in one power-packed and delicious treat!

Ingredients

- 3/4 cup pink grapefruit juice
- 3/4 cup water
- 1/4 teaspoon ground cinnamon
- 1/8 teaspoon salt
- 2/3 cup old fashioned oats
- 1 tablespoon and 1 teaspoon brown sugar, firmly packed
- 2 seedless oranges, sectioned, chopped
- 4 dates (2 tablespoons), chopped
- 1 tablespoon almonds, silvered

Directions

1. In a medium saucepan, combine grapefruit juice, water, cinnamon, and salt and bring to a boil.
2. Stir in the oats and reduce the heat to medium-low.
3. Cook for 5 minutes, stirring occasionally.
4. Remove from heat, cover, and let stand for 8 minutes (or until desired consistency is reached)
5. Stir in brown sugar and spoon oatmeal into bowls
6. Top each with oranges, dates, and almonds.

Makes two servings

Nutrition Information Per Serving

- Calories, 290; carbohydrates, 60 g; protein, 7 g; total fat, 4 g; saturated fat, 0 g; trans fat, 0 g; cholesterol, 0 mg; dietary fiber, 7 g; total sugars, 30 g; sodium, 150 mg; calcium, 100 mg; folate, 50 mcg; iron, 2 mg; percent of calories from fat, 12%

Recipe courtesy of Produce for Better Health Foundation.

Healthy Weight

Achieving or maintaining a weight that is healthy for your body can help you improve mental health and relieve symptoms of other illnesses. Do you know if you have a healthy weight? Learn what’s the right weight for your body, proper nutrition and lifestyle changes to get fit. The current Quarterly Health Initiative has educational handouts for members now available online!
Laughter – The Best Medicine

Laugh more to live longer!

Laughter has a lot to do with human relationships. We laugh to put people at ease, to show approval, to flirt, to contribute to the energy of an event or a moment, to tell people we are not dangerous, to show others we “get it.” We often laugh out of nervousness.

Lee Berk, M.P.H., Dr.P.H., a Loma Linda University professor, has spent years examining laughter's benefits on the immune system. Recently, he followed two groups of cardiac disease patients through a year-long rehabilitation program. Both randomly assigned groups received standard therapy, but one also viewed daily, self-selected humor for 30 minutes. Berk's findings, appearing in the journal Alternative Therapies in Health and Medicine, showed that when patients experienced “eustress” or mirthful laughter, disease-related symptoms such as arrhythmias occurred at lesser intervals.

Taking it a step further, Berk then evaluated 52 male medical students to determine humor’s effect on healthy immune systems. The students’ stress levels, measured by T-cell activity in the blood (which increases to jump-start the body’s immune system), were significantly lower after watching a humorous video.

Still, studies continue to support laughter’s physiological benefits. A recent letter in the Journal of the American Medical Association by Hajime Kimata, M.D., Ph.D., of Japan, related his findings that allergy patients who watched Modern Times, a Charlie Chaplin film, experienced reduced swelling of skin welts.

The extent of laughter’s healing potential is still unclear, but researchers have yet to find any harmful side effects. So taking time to chuckle each day may keep us laughing a little longer.

PSA Celebrates 40 Years of Service

On December 1, PSA Behavioral Health Agency (PSA) celebrated 40 years of service with music, refreshments, tours and remarks by former and current CEOs Joe Mann and Sara Marriott, respectively; Gayna Rowe, Board President, behavioral health dignitaries Charles Arnold, Mental Health Lawyer, and Emily Jenkins, CEO, Arizona Council of Human Services Providers; Karen Puthoff, PSA Art Awakenings President; Charlotte Webb, PSA Director of Recovery Services, and Russ Wickerham, PSA Fundraiser.

Over the past 40 years, PSA has grown from a small agency serving the elderly to a staff of nearly 150 and a budget of $11 million, focusing on providing services to multiple communities. PSA promotes hope, recovery, diversity, and wellness through innovative programs, affordable housing, and peer directed treatment for children and adults with behavioral health issues. Special recognition of PSA’s service was also received from the Governor’s Office and the Arizona House of Representatives.

To learn about PSA Art Awakenings and the services and resources they offer, please visit www.artawakenings.org.
Mental Health First Aid Arizona: 
*Educating Arizonans About Mental Illness*

Since January 8, 2011, more than 1,000 Arizonans from all walks of life have learned how to identify signs of possible mental illness and connect people with professional help through training in Mental Health First Aid (MHFA). These trainings resulted from a partnership between the Arizona Department of Health Services/Division of Behavioral Health Services (ADHS/DBHS), the National Council for Community Behavioral Healthcare, and Arizona’s Tribal and Regional Behavioral Health Authorities (T/RBHAs), Community Partnership of Southern Arizona (CPSA), Magellan Health Services of Arizona, Northern Arizona Regional Behavioral Health Authority (NARBHA), Cenpatico, and Gila River Indian Community. These organizations swiftly trained a group of instructors who began offering the training statewide, including rural areas, in March 2011.

MHFA trainings are planned to continue in 2012 and the training schedule is available online.

Mental illness is a public health issue that must be recognized and treated, just like any other medical condition, like high blood pressure or diabetes. Family, friends, neighbors, classmates, colleagues, and others can play a vital role in promoting good behavioral health, recognizing signs and symptoms of possible mental illness, and helping others get treatment. The earlier any illness is identified and treated, the better the outcome will be.

Good News for People Experiencing Tough Times

The Recovery Response Center just completed an amazing makeover! You are all invited to come out for a visit and even stay for a healthy lunch. You might be thinking, “Hmmm, isn’t this a crisis facility? Here’s where you have to see it to believe it – the facility in no way resembles a crisis service as we have known them in the past.

Recovery Innovations, formerly META Services, opened the Psychiatric Urgent Care Center in Peoria in 1996. Then in the late 1990s Recovery Innovations began to view its work from a new perspective, seeing it through the lenses of resilience and recovery. This means that the philosophical underpinnings of every aspect of every program relies on inspiring people to do their best instead of forcing them to do what we may think is best for them. There are three distinct programs in the Recovery Response Center and all three programs offer recovery opportunities with an integrated staff of peers and professionals. The kitchen -- “The Goodness Café”-- is designed to prepare healthy food that makes healthy eating enjoyable. Thanks to Magellan and all those who contributed to creating this beautiful “healing space.”

The center’s mission is to create opportunities and environments that empower people to recover, to succeed in accomplishing their goals, and to reconnect to themselves, others, and meaning and purpose in life. For more information on Recovery Innovations, please visit their website at www.recoveryinnovations.org

Mental Health First Aid USA: 
*Reaching American Indian & Alaskan Native Groups*

More than 850 individuals who identify as American Indian/Alaskan Native (AI/AN) have completed the Mental Health First Aid USA course in 32 states and the District of Columbia. States that remain particularly active with presenting Mental Health First Aid to AI/AN populations include: New Mexico, Alaska, Arizona, Oklahoma, and California. Of particular note:

- In New Mexico, 17.6% of individuals trained in Mental Health First Aid identify as AI/AN
- In Alaska, 13.5% of individuals trained in Mental Health First Aid identify as AI/AN
- In Arizona, 6.7% of individuals trained in Mental Health First Aid identify as AI/AN
- In Oklahoma, 5.7% of individuals trained in Mental Health First Aid identify as AI/AN

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Wellness incorporates the mental, emotional, physical, occupational, intellectual, social, environmental and spiritual aspects of a person’s life. Each aspect of wellness can affect your overall health and quality of life. This is especially important for people with mental and substance use disorders because wellness directly relates to the quality and longevity of your life.

**Intellectual Dimension of Wellness:**
Focus on recognizing creative abilities and finding ways to expand your knowledge and skills. Below is a sample of ideas or resources to help you invigorate your intellectual dimension of wellness.

**Thinking of Going Back to College?**

Maricopa Community Colleges are committed to providing a fully integrated and accessible campus environment for students with disabilities. Students with disabilities are encouraged to contact the Disability Services Office at one of the 10 community colleges throughout the district at the beginning of the admission process to discuss service needs.

Each campus has its own disability office and provides support services which may include: academic and career advising, registration, financial aid application assistance, and educational plans for Vocational Rehabilitation and Veterans Administration.

Students requesting accommodations must provide documentation for the academic aids. Some academic aids provided by the Disability Office, are: readers, note takers, testing accommodations (including proctors, scribes), sign language interpreters and assistance with adapted computer programs. A reasonable amount of time is needed to provide services. Every attempt will be made to provide services in a timely manner to students who qualify under the Americans with Disabilities Act and Section 504 of the Rehabilitation Act of 1973. Students must self identify to the Disability Office, register and provide required documentation of their disability. Reasonable accommodations can be provided to qualified students on an individual basis, after a review of supporting documentation, course selection and individual assessment. Disability staff may also provide academic advisement and registration for newly enrolled and others who many need extra support. Other services such as counseling and tutoring are available to all registered students, and special services are also available for Veterans and adult re-entry students.

**AZ Education System**

Education is the largest system serving children and can be confusing to navigate for everyone including behavioral health staff implementing the Arizona Vision and 12 Principles. Joint planning between schools and behavioral health begins with a shared understanding of the structure, culture, and requirements of Arizona’s education system.

Under the auspices of the Arizona Children’s Executive Committee (ACEC), the Training Subcommittee was tasked with developing a systematic process to ensure that Child and Family Teams (CFTs) statewide were collaborating with education in a meaningful way for children with behavioral health needs. The ACEC Training Subcommittee designed a manual for the purpose of educating the behavioral health system about educational processes and the role of educators on CFTs. Many individuals from behavioral health, education, child welfare, juvenile court, and family organizations contributed to the development of this instructional guide. The manual “Understanding Arizona’s Education System manual” provides information on the structure and culture of schools, federal and state requirements, goals, functions, and language used by the education system, as well as the enrollment process, intervention strategies, discipline process and transition points for children in school. Other sections address how behavioral health staff can facilitate school involvement in CFT practice. Brochures in English and Spanish entitled “What School Personnel can Expect When Invited to Join a Child and Family Team” can be used by behavioral health staff when engaging the participation of school personnel on CFTs.

**Continued from page 1 – “Russ”**

always left in my hands – I worked with a Recovery Support Specialist who was always there with options for me in my recovery Journey. I made the choices, set the time frames, and controlled my progress. Through personal dedication, the right choices, and Recovery Support Services, I reached a place where addiction and mental illness no longer ruled my life.

I am now living the life I was meant to live – a life without limits. I am working part-time as a Fundraiser and I facilitate a 12-Step Group. My next step? I plan on going to Culinary School to reach my ultimate goal of becoming a Pastry Chef. Thank you PSA for all you did with me and for me in my recovery journey.
**DB101**

As most of you read in the December issue of Recovery Works, Disability Benefits 101 (DB101) will soon be launched and ready for Arizonans to use.

DB101 is a “one stop” online portal where people with disabilities can directly access plain-language information about work and a range of benefits and health coverage programs. Within DB101, any person can input their information into the calculator and find out how gaining employment will affect their benefits. A great attribute of DB101 is the information requested which is absolutely not identifiable, meaning it does not ask for any names, social security numbers, addresses, or anything of the sort. One can also plug in multiple job scenarios and compare which may be best suitable for them.

At this time, DB101 is in the process of finalizing content articles and "bells and whistles" for the site and calculators. The DB101 Steering Committee will call one final meeting either in late January or early February to discuss outreach strategies, the train-the-trainer sessions and the evaluation design and plan. Shortly after that, DB101 will be launched!! Stay tuned.

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**Continued from page 1 – “Leslie”**

Time flew by and I graduated from the program and moved to Warehouse 1005 studio and gallery. I work part-time at Art Awakenings as a receptionist and continue selling my own paintings, crafts, and ceramics. Art Awakenings gave me a future and a nurturing environment where I could grow as a person and as an artist.

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**Upcoming Events**

**First National Eating Disorders Association Walk in Phoenix**

The Arizona Department of Health Services will be supporting the National Eating Disorders Association (NEDA) Walk event in Phoenix on February 26th. This is an integrated physical health and behavioral health activity. Learn more: ADHS - "Health At Every Size" Team :: Company page for ADHS

**NAMI Family to Family Education Program**

February 2 through April 19, 2012. Group sessions on Thursday evenings from 6-8:30 pm, Carl T. Hayden VAMC Building 21, Room 102. Family to Family Education Program is a free, 12-week course for family members, partners and friends of someone living with a mental illness. The course is taught by trained family members. All instruction and course materials are free to class participants. To register please call: 602-277-5551, Ext 6688.

**Mental Health First Aid Training**

February 6th, 8th & 10th, (Monday, Wednesday & Friday), 1-5 pm at the AZ State Laboratory at 250 North 17th Ave., Phoenix AZ 85007. Mental Health First Aid is a groundbreaking public education program that helps the public identify, understand, and respond to signs of mental illnesses and substance use disorders. This three-day training will present an overview of mental illness and substance use disorders in the U.S. and introduces participants to risk factors and warning signs of mental health problems, builds understanding of their impact, and overviews common treatments. To register please email uetrecs@azdhs.gov or call 602-364-4434.

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**DBHS’ Blog Connection**

**Arizona Takes on Prescription Drug Abuse**

At the January 5, 2012 Arizona Substance Abuse Partnership (ASAP) meeting, the scope and severity of the national and local prescription drug abuse problem was discussed in depth. Several presentations illustrated facts such as:

- 20% of active addicts primarily abuse pharmaceuticals
- Approximately 15% of narcotic prescriptions are fraudulent, and several others...To read the full blog, visit (and bookmark!): [http://bhsblog.azdhs.gov/](http://bhsblog.azdhs.gov/)

Through this blog, ADHS/DBHS shares 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" including the latest initiatives such as those around behavioral health and primary care integration.

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**Mental Health: Everyone Has It!**