Way to go Jill!

The Mental Health Guild featured Jill as the keynote speaker to share her personal story at its February 10th meeting. Jill started out with the fact that one in four people will experience mental illness in a given year, and she added that Arizona has one of the best mental health and crisis systems in the United States. Jill added that support groups are important in people’s recovery journey and that one doesn’t have to be Title XIX or be diagnosed with a Serious Mental Illness (SMI) to be able to participate or join them.

Jill Hogan is a long-time advocate for Arizona’s public behavioral health system; she is a former facilitator for the New Dawn support group, which empowers individuals who are facing challenges from a very dreaded and lonely disease: mental illness. The Mental Health Guild just recently agreed to sponsor the New Dawn group and this is one of twelve free support groups that the Guild sponsors. Jill thanked the Guild for their financial support of New Dawn.

In 2013, Jill was also successful in an advocacy campaign during the Arizona Legislative session to change the definition of a mentally ill person that existed in Arizona’s State Statute. Jill provided testimony on behalf of the bill, H.B. 2066, to remove this archaic and stigmatizing language, and spoke of her life experience in dealing with mental illness.

Jill’s journey began at age 16 when she first attempted suicide; at age 21 she woke up at the Arizona State Hospital and was hospitalized nine times after that. Jill said she had experienced all types of treatments from electric convulsive therapy (ECT) to physical restraint. Jill also had a successful career, but when the mental illness episodes hit, she experienced frustration. However, her recovery has made her stronger, and support groups were very helpful to her particularly when others shared their experiences. Jill also talked about the important role family support has in a person’s recovery, although the family may not be supportive initially due to stigma and denial.

Today, Jill is successfully self-employed. She established a dog sitting business through the AHCCCS Freedom to Work program and has kept her benefits, which has enabled her to continue her advocacy work. Way to go, Jill!

Mental Health First Aid

The State of Arizona is offering Mental Health First Aid (MHFA) courses at no cost to Arizonans. If you are a parent or someone who works closely with youth, attending the Youth-MHFA course may be useful to you. In this course you will learn how to identify signs and symptoms of the most common mental and emotional disorders among youth. Most importantly, you’ll walk away with strategies and tools to provide aid to a young person who may be experiencing or developing a mental health crisis. Sign up for this course today!

Upcoming Youth-MHFA courses in Phoenix downtown (Capitol area) are listed here (http://bit.ly/1nqFbGJ).

All other MHFA courses throughout the State are listed at www.mentalhealthfirstaidaz.com.

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.
SAMHSA Fidelity Tools Training

The Division recently hosted the first SAMHSA Fidelity Tools training for behavioral health providers and stakeholders. Assertive community treatment (ACT) teams, supported employment, peer and family services and supportive housing were the four service categories discussed. The trainings explained how to properly implement the SAMHSA fidelity tool model throughout an organization. A SAMHSA “tool kit” was provided to each attendee with a clear step-by-step process of how the model should be utilized.

The Division will begin implementation of the model in July 2014. Once this model is rolled out, participating behavioral health contractors will be reviewed under the provisions of the model and “rated”. The Division will then share each report with each contractor under the fidelity review process and post the final reports online at the state’s behavioral health website.

Things to consider in preparation for review:

- The team of reviewers will be ready to implement this process July 1st, 2014
- Review dates will be set one month prior to the review
- The review process will take approximately two full days
- Consumer choice is a core element of permanent supportive housing
- Always document billable and non-billable hours
- Fidelity Tools recommend that if an organization has multiple housing programs with different operational procedures, each type of housing program is assessed separately to provide an accurate picture at the program level.

The full training will be available online and announced through the Behavioral Health blog when available. Sign up to be “auto” notified when this training is available and to receive other behavioral health news.

A New Resource for Families in Gila and Pinal Counties

Families in Gila and Pinal counties can now count on a new resource for support services! Family & Friends Together is the only family-run organization established in Arizona that is dedicated solely to improve the lives of family and friends by educating and supporting their understanding of mental health and addiction. The Division’s Office of Individual & Family Affairs and Cenpatico leadership are instrumental in moving adult family support forward from concept to reality and bringing this new organization to the Cenpatico region.

One-on-one support is delivered by Family Support Navigators who bring their personal recovery experience to assist the member. Community education opportunities are also used to assist enrolled members and their family members who are picked as their primary, natural supports.

Member’s natural supports and service providers are encouraged to have a conversation about the importance of adult family support services, by focusing on the needs of these supports. “We believe that strengthening the resiliency, wellness, understanding of the process of recovery and the behavioral health system for primary supporters allows them to be stronger and more informed supports to the person in recovery which brings a greater balance to their personal relationship,” explained Cynthia Fullen, Executive Director. For more information, visit their website at www.familyandfriendstogether.org or call 1-800-594-1936.

Crisis Response Network’s Eligibility & Care Services Program Open

Crisis Response Network (CRN), Inc., recently held an open house to introduce its Eligibility and Care Services program, located at 1275 West Washington Street in Tempe. Guests were provided a personalized tour to share the experience of individuals who navigate through the SMI eligibility and determination process.

CRN operates the largest crisis response network in the United States, and provides a full array of telephone and other crisis services to individuals and families who may be experiencing a behavioral health emergency. These services are available 24 hours a day, 365 days a year. CRN is the product of four founding partners: TERROS, Southwest Behavioral Health Services, La Frontera-EMPACT, and ComTrans, all with extensive experience and history in providing behavioral health crisis services. Together these agencies developed a new way to directly respond to individuals in crisis.

“Inspiring Hope During Life’s Most Challenging Times” is their mission statement, and its staff and leadership team are committed to assisting people in resolving their immediate crisis and in providing the resources to help them reclaim their lives. For more information, visit their website at www.crisisnetwork.org , or call 1-800-631-1314.
Sleep Hygiene and Mental Health

Did you know 75% of people who say anxiety and stress interrupt their sleep also say their sleep problems increase their anxiety and stress? Not getting enough rest can cause our bodies to take on more stress which can increase anxiety. Below are tips that might help you get a better night’s rest which will make for a better day!

• Go to bed and get up at the same time every day. Even on weekends!
• Dim the lights one hour prior to your bedtime
• Keep the bedroom dark and cool while sleeping
• Don’t go to bed hungry or too full
• Limit or avoid caffeine, alcohol, and nicotine. These all can disrupt sleep.
• The light emitted by electronics can suppress production of melatonin, a hormone that supports sleep.
• Exercise regularly, but not close to bedtime.
• Manage stress so the brain is calm before sleep.
• Use the bedroom only for sleep and sex.

For more tips on Sleep view the current Quarterly Health Initiative on Sleep Hygiene

Healthy Recipe

Smoky Maple-Mustard Salmon

This recipe can aid in a restful sleep because fish, especially salmon, boast vitamin B6 which is needed to make melatonin (a sleep-inducing hormone triggered by darkness).

Ingredients:
3 tablespoons whole-grain or Dijon mustard
1 tablespoon pure maple syrup
1/4 teaspoon smoked paprika, or ground chipotle pepper (see Notes)
1/4 teaspoon freshly ground pepper
1/8 teaspoon salt
4 4-ounce skinless center-cut wild-caught salmon fillets (see Notes)

Instructions:
1. Preheat oven to 450°F. Line a baking sheet with foil and coat with cooking spray.
2. Combine mustard, maple syrup, paprika (or chipotle), pepper and salt in a small bowl. Place salmon fillets on the prepared baking sheet.
3. Spread the mustard mixture evenly on the salmon. Roast until just cooked through, 8 to 12 minutes.

Prep: 5 minutes | Total Time: 15 minutes
Makes: 4 servings
Nutritional Information: Calories 148; Fat 4 g; Saturated fat 1 g; Mono Fat 2 g; Cholesterol 53 g; Carbohydrates 4 g; Dietary fiber 0 g; Protein 23 g; Sodium 276 g.

Source: WebMD

Helmet Safety

I’m going to have helmet hair. It’s hot and uncomfortable. I’ll be really careful, so I don’t need one. These are some excuses people give for not wearing a helmet while biking, riding a motorcycle, skiing and other outdoor activities. However, there are no valid excuses for not wearing a helmet! Studies have shown that wearing a helmet can reduce the risk of traumatic brain injuries and death by reducing the impact to your head during a fall or collision.

Choose the right helmet for what you’re doing. Although some helmets can be worn for multiple activities, make sure to check the manufacturer’s instructions in case your helmet is specific to just one activity or sport.

Enforce a helmet rule with your kids. Although it may be challenging to make sure kids always wear a helmet, it’s up to parents to not only make sure they have the right kind of helmet, but also to be consistent and firm about making sure they wear it. Parents should lead by example and always wear a helmet!

Make sure your helmet fits. A properly-fitting helmet should feel comfortable yet snug. It should sit evenly on your head and not move in any direction (back to front or side to side). Finally, it should have a secure buckle to keep it from moving or falling off.

Helmets aren’t forever. Some helmets are manufactured to withstand one impact, while others are made to withstand multiple impacts. Bicycle helmets are designed to protect against only one severe impact, so even if it doesn’t look damaged after a crash, you must replace it.
Coping Skills to Deal with Life Changes

Aurora Behavioral Health System’s “Decades” program offers specialized treatment for adults 60 years of age and older in its inpatient and outpatient services, which are designed to treat a variety of issues common to this population. Kat Pollard, Community Relations and Marketing Coordinator for Aurora, was invited to the February Mental Health Guild meeting to talk about coping skills to deal with the challenges we all face when getting older. Older adults often have several chronic health conditions and often take multiple medications for those conditions, and can respond differently to medications and treatments than younger persons; Aurora’s staff have specialized training in geriatrics and recognize the unique needs of older adults.

The “Decades” program is an integrated treatment model, which combines psychiatry, medications, and non-medication treatment for each individual. It also uses a multidisciplinary team approach, which includes physicians, psychiatrists, social workers, counselors, nurses, etc. A team approach is the most effective method of delivering quality care. Aurora also utilizes the family and natural support systems in the individual’s treatment plan.

For more information regarding the “Decades” program, contact Aurora’s 24/7 Patient Services Helpline at 480-345-5420 or www.auroraarizona.com or telephone: 480-345-5420.

Compassion Fatigue: Traumagenics at Work

The term “traumagenic” is a label for a type of environment that can create trauma stress reactions and lead to “traumagenesis”, which is an origination of symptomatic behaviors and biological alterations that increase the risk to health, emotional, and psychological development. In more simple terms, the environment activates real physical, emotional, and psychological change that become enduring characteristics in the individual.

Recently, the Division hosted a training provided by Dr. Robert Rhoton from the Arizona Trauma Institute and Ottawa University, that focused on how stress in our job can turn into compassion fatigue. The concept of compassion fatigue has recently emerged in professional literature - it is the cost of caring for and about people who are traumatized. Individuals who work with people who are suffering often are not only exposed to the “usual” stress from the workplace but also deal with the emotional and personal feelings of the people who they are trying to help. In a way, this is the compassion consuming component of working in human services. There are some simple techniques that if done correctly can help you relieve stress in a snap.

These include:

1) Allow your body to completely relax and become “limp as a noodle” for two minutes. Simply sit in a chair and let every muscle in your body become relaxed. Don’t worry about how others will look at you while doing this!

2) Whistle an up-beat tune as you walk from place to place.

3) Don’t bond with friends or co-workers around negativity, if you feel like complaining to someone bring a plan of action of how to fix the situation.

Utilizing these simple concepts will hopefully help you in reducing anxiety and tension in your home and/or work environment. A person’s recovery journey is impacted by the environment surrounding him or her. Stress and tension can make your recovery journey longer unnecessarily.
Wellness means overall well-being. In each issue of Recovery WORKS we incorporate each of the Eight Dimensions of Wellness: 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. This month’s focus is on the environmental dimension of wellness: having good health by occupying pleasant, stimulating environments that support your well-being.

Spring Cleaning

Spring cleaning is an annual ritual for many people. Often used to rejuvenate and refresh our home and mind. Having a clear mind allows you to be more focused on the things that really matter to you! While cleaning may seem as a job or chore, you’ll be surprised by the benefits you quickly see and feel. If the idea of cleaning is overwhelming try to take on one thing at a time.

Here is how you can tackle spring cleaning to achieve a clear mind and house:

- Try to create a cleaning schedule; make sure this schedule is reasonable and fits well with your daily routines.
- Don’t try to clean everything in one day! This can get you overwhelmed and can make cleaning harder than it has to be.
- Make a “to do” list for each day, a little cleaning each day can go a long way! Just like exercising, set aside time just for cleaning, that way it will never seem to pile up on you. A cleaning list for a one bedroom apartment compared to a four bedroom house will look much different. Be reasonable, yet still meet the needs of your household.
- Daily speed cleaning is for anyone who can’t seem to function with a messy house!
- If daily cleaning is not your thing, may be set aside one full day for cleaning in your week. That way you have a mental note that on the scheduled day things will be taken care of.
- Prepare for your work week: the day before your week is going to start, have your laundry done, your common areas cleaned and have everything prepared for your week, such as lunch and grab-and-go breakfast items.

Having a clean home and being prepared for your daily activities may free up your mind to focus on the more important things in your life. You will also find yourself with lower stress levels, which means better mental health.

7 Reasons to Clear your Clutter

1) You can sell your home for more money by do-it-yourself improvements

2) You can decrease stress

A Huffington Post survey found that 84% of recently stressed-out Americans said they worried that their homes weren’t clean or organized enough.

3) You can clear your mind

Researchers at Princeton University's Neuroscience Institute discovered that when your environment is cluttered, “the chaos restricts your ability to focus. The clutter also limits your brain's ability to process information,” according to Unclutterer.com.

4) You can turn back the hands of time by not looking for lost or misplaced items

5) You can breathe easier since junk tends to gather dust

6) You can find more time for fun by eliminating 40% of housework

7) You can improve your friendships
Upcoming Events

“Help Me I’m Breaking While I’m Trying to Fix Others!”

When: Monday, March 24th, 2014, 6:00p.m-7:00p.m.
Where: Marc Center located at 924 North Country Club Drive, Building #1, Mesa, Arizona

Marc Community Services is providing a free women’s only group starting March 24th to learn techniques in recognizing destructive selflessness. This is a four week course and will be held from 6:00 p.m. to 7:00 p.m. at the Marc Center located at 924 North Country Club Drive, Building #1, Mesa. For more information, contact Marc Center at 480-414-9501, or Dawn McReynolds at dmreynolds@a2zpossibilities.com.

10th Annual Cesar A. Chavez Behavioral Health Conference!

When: Thursday, March 27th, 2014, 8:30a.m-4:30p.m.
Where: ASU West 4701 W. Thunderbird Rd., Glendale Arizona

Save the Date for the 10th Annual Cesar A. Chavez Behavioral Health Conference! Please contact The ASU Center for Applied Behavioral Health Policy at their website: www.cabhp.asu.edu/events to register and for more information.

The DBHS’ Blog Connection

Greater Arizona RFP – Tribal Consultation

[Recently ADHS] had the opportunity to meet with individuals representing the behavioral health interests of tribal members both on and off the reservations. We had a great discussion about opportunities to improve service delivery to members as we prepare for the Greater Arizona RFP. These discussions allow us to really examine how we best utilize our resources, coordinate care and improve outcomes for tribal members no matter where they seek health care services. One common theme that resounded throughout the meeting was the need to improve coordination between RBHA’s, T/RBHA’s, 638 providers, IHS facilities and other health care providers and health plans that all serve members. This area will receive additional focus as we consider what the Greater Arizona RFP will ultimately look like. Read the full blog post here.

To read related blog posts search the blog by the Tag “Greater AZ RFP”

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