Way to go Deborah!

A Year of Transformation

Acceptance and transformation is not easy and mine began in August 2011. I resigned my position in higher education, one of the wisest, healthiest decisions of my 60 years. Professionally, physically, spiritually and mentally I am managing life around my serious mental illness of 30 years. I connected with an exceptional physician and in fall 2012 culminated in completing a vocational rehabilitation program in respite care guided by a wonderful counselor.

Marching forward in recovery and leadership, I was seated on NAZCARE, Inc. Board of Directors; received a scholarship to SAMHSA’s “Alternatives 2012” conference in Portland, Oregon, and backpacked the Grand Canyon. Embracing my passion and recovery, I accepted these challenges without a doubt and empowered and enriched my life.

My current goal is progression from local, state, to national advocate on behalf of others and to reduce stigma. Empowerment is within reach. Persistently putting one foot in front of the other and believing. Being human with unlimited potential is my ongoing grand adventure and transformation.

May is Mental Health Awareness Month!

Mental health is essential to everyone’s overall health and well-being. Did you know that one in four Americans will experience a mental health disorder in a given year regardless of age, gender, sexual orientation, race, ethnicity, religion, or economic status? This is also true for children; one in five children have an identified mental health need. In fact, half of all lifetime occurrences of mental illness begin by age 14. Anyone can be challenged with a mental illness. Prevention is an effective way to reduce the burden of mental health conditions. With effective services and supports, those individuals with mental health conditions can recover and lead full, productive lives. One way in which we can all contribute to the mental well-being of our loved ones is by educating others about mental health, about ways to prevent mental illness and ways to stop the stigma against those with a mental health challenge. Click here to learn more.

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/.
The Peer & Family Coalition is celebrating the success of H.B. 2066, “definitions; archaic language; removal”, which Governor Brewer signed into law on April 12. Good work, Coalition!

Soon, there will be a new Regional Behavioral Health Authority (RBHA) in Maricopa County, and the Coalition is actively involved in identifying potential members to serve on the RBHA’s Implementation Committee. Representatives that the RBHA is seeking include one family member, one non-Title XIX and one Title XIX adult with serious mental illness (SMI), one individual who is General Mental Health/Substance Abuse GMH/SA, and one transition-age youth. In addition, a call center staffed by peer and family members will be created to respond to questions about the new system. The Coalition is working to identify individuals for this task. The Coalition also wants to expand membership and is working on a plan to host meetings through a videoconferencing system. This will enable individuals with Internet access from across the state to participate. Please contact Vicki Johnson, Chair, at vlj30@cox.net for membership information.

The Pulse AZ Radio show is partnering with KTAR – News/Talk 92.3 FM, to present an in-depth look at the community, politics, stories and current events that impact individuals living with mental illness or other disabilities. Show host Elizabeth Singleton will join co-host Bruce St. James from 4-5 p.m. Saturdays beginning May 4.

Mental health is a very relevant topic these days and on many different levels; from our homes, the community, hospitals, and the government. Discussions are planned to discover the truth about the realities surrounding mental health, so informed decisions can be made.

Thank you to everyone who helped make our Sixth MY Fest in Arizona such a tremendous success. Over 80 MY LIFE youth and 120 volunteers hosted approximately 9,000 attendees and 77 exhibitor organizations. This event was a glowing example of the work Magellan has done for the Arizona community. It was an amazing experience to witness the growth in the members of MY LIFE who worked hard to benefit other youth and the community.

This MY Fest also marked the five year anniversary of MY LIFE, which breaks down the stigma associated with mental health, substance abuse, foster care, suicide and bullying issues, all while providing hope and resources for youth and families who are facing these challenges. MY LIFE/MY Fest was featured in the Arizona Republic, on NBC 12 News and on five different valley radio stations. Watch the 12 News clip of MY LIFE.

In 1975, Eleanor and Si Schorr’s child was diagnosed with a mental illness, and this began their campaign to increase public understanding and awareness of serious mental illness. They established an endowment called the Schorr Family Award for Distinguished Contribution in Furthering Public Understanding of Mental Illness in 1995 and have recognized 14 mental health professionals.

The Schorr Family Award presented its 15th award on April 4 to the Honorable Ron Barber, United States Congressman representing Arizona’s Eighth Congressional district, for his contributions in fighting the stigma people face when they or their family members have a mental illness. Representative Barber had a 32-year career with the Department of Economic Security’s Division of Developmental Disabilities (DES/DDD) working to ensure that people with disabilities could transition back into their community and recover.

Mr. Barber was at the “Congress on Your Corner” event in Tucson on January 8, 2011 when a gunman opened fire, killing six people and wounding thirteen, including Representative Gabrielle Giffords and Mr. Barber. Shortly after, the Barber family established The Fund for Civility, Respect and Understanding. Mr. Barber was sworn in to service on June 2012 to succeed Ms. Giffords in the House of Representatives. In January 2013, he was sworn in for his first full term in Congress.
Get Moving During National Physical Fitness and Sports Month

Our growing waistlines are a growing health problem. More than a third of American adults are obese. Obesity-related medical conditions such as high blood pressure and diabetes cost our nation nearly $150 billion every year.

Battling the bulge requires good eating habits and at least 30 minutes of physical activity a day for adults and 60 minutes for children.

Here are some ways for your family to get moving in May – after all, it is National Physical Fitness and Sports Month.

- Make walking the dog a family affair. This low-impact aerobic exercise is good for your heart, lungs, muscles and bones. And Spot will love you for it.
- Sneak in some exercise when going to the mall by parking at the farthest end of the lot.
- Take the stairs instead of the elevator. A 150-pound person will burn about seven calories per minute walking up the stairs, as opposed to one calorie per minute when taking the elevator.
- Get a green thumb. Activities such as mowing the lawn, raking and gardening for 30 minutes burn nearly 200 calories.
- TV time doesn’t have to be inactive. Fill commercial breaks by doing push-ups, crunches, jumping jacks and other floor exercises.

Tobacco: Just Say No

Cigarette smokers, on average, die about 13 years earlier than nonsmokers. Smoking causes an estimated 443,000 deaths in the United States each year and nearly 6 million deaths worldwide. Smoking has long been associated with lung cancer, the leading cause of cancer death, but it also increases your risk of cancers in other organs.

If you smoke, you’re two to four times more likely to suffer a heart attack than a nonsmoker. And even smokeless tobacco – chew, dip, snuff – contains 28 cancer-causing agents and causes oral and pancreatic cancer.

If you don’t smoke, don’t start. If you do smoke, there is no better time to quit than May 31 – the day the World Health Organization and partners everywhere mark World No Tobacco Day, highlighting the health risks associated with tobacco use.

Smokers wanting to crush the butt will find help at the Arizona Smokers’ Helpline (ASHLine). The ASHLine offers free telephone and Web-based counseling. An ASHLine quit coach – many of whom are former smokers – acts as a personal trainer for quitting tobacco. A quit coach will help you set goals, work toward a quit date, and provide support. Just like a personal trainer, a quit coach will work with you one-on-one to keep you on track and help you make adjustments along the way.

Contact the ASHLine at 1-800-55-66-222.

Healthy Recipe: Rice and Bean Bake

Ingredients:
- Nonstick cooking spray
- 1 can (14 ounces) tomatoes with green chilies
- 2-3 tablespoons chopped jalapeño peppers
- 1 cup fat free sour cream
- 4 cups cooked brown rice
- 1 can (15 ounce) beans, drained and rinsed
- 6 ounces reduced fat cheddar cheese, grated

Directions:
- Preheat oven to 350ºF. Lightly coat 2-quart baking dish with non-stick cooking spray.
- In small bowl, combine tomatoes, jalapeños and sour cream. Set aside.
- Mix cooked brown rice and beans.
- Layer half of rice and beans, half of tomato-sour-cream mixture, and half of cheese. Repeat layers.
- Bake for 35-40 minutes or until cheese is lightly browned and casserole is bubbly.

Servings:
- Makes 8 servings

Source: Champions for Change
Music is Therapeutic – Music Heals

The April Mental Health Guild’s meeting featured a presentation from Kristin Frey, who uses music therapy in her work at the Arizona State Veteran Home. Music therapy was first used in conjunction with occupational and physical therapy for veterans returning from World War II. Music invokes cognitive, emotional, and psychological change, as well as social change.

Kristin is the granddaughter of a World War II veteran and a Korean War veteran, and she used various musical instruments in her presentation to demonstrate the therapeutic qualities of music and also shared stories of how music positively changed the lives of the people she works with. The Mental Health Guild was established in 1964 as a non-profit, all volunteer organization dedicated to improving the lives of persons with Serious Mental Illness (SMI) in Maricopa County. The Guild provides financial and volunteer support for educational, treatment, and outreach programs. For membership information, please call at 602-977-1240.

Children’s Mental Health Awareness Week

The National Mental Health Association declared May as Mental Health Month in 1949. In 1991, a group of parents, professionals and other stakeholders created Children’s Mental Health Awareness Week, and in 2004 the first full week of May was designated as National Children’s Mental Health Awareness Week. In 2006, National Children’s Mental Health Awareness Day was launched to occur during Children’s Mental Health Awareness Week. The Annual Green Ribbon Campaign soon followed with the green ribbon as a key symbol in social marketing and promotion of awareness, as green signifies new life, new growth and new beginnings.

The theme for this year’s Children’s Mental Health Awareness Week (May 5-11, 2013) is “Out of the Shadows: Exposing Stigma!” National Children’s Mental Health Awareness Day is Thursday, May 9, 2013. For more information regarding upcoming events and activities for Children’s Mental Health Awareness week, contact Dianne Warren at the Family Involvement Center at 602-412-4067 or for STATEWIDE events visit ADHS’ online calendar.

Mental Health Empowerment with Real Power!

Acting class? Yoga? Urban survival? And what exactly is a Monday Night Trade Market? Organized by Visions of Hope AZ, the Market is an inventive example of practicing recovery-focused learning and community involvement through a music filled atmosphere resembling a flea market without money. Many exciting activities and learning experiences are offered to persons with SMI in Maricopa County, as Visions of Hope AZ serves both AHCCCS and non-AHCCCS members.

Visions of Hope Arizona is a peer run outpatient organization with locations in Phoenix and Scottsdale whose licensing allows their use of both clinical and non-clinical services with adults and families in mental health recovery. For more information, tours, or referrals, visit www.hopeaz.org or contact:

Administrative Offices: 602-404-1555
Scottsdale Center: 480-994-4866
Phoenix Center: 602-944-2880

Kickball Tournament of Champions Celebrates 9th Event

In April 2009, an innovative approach to behavioral health took place at Daley Park in Tempe when the first Tournament of Champions Kickball Challenge was held. Each year since then, the barriers come down and the spirit of recovery flourishes as service recipients, families, and service providers join together for a day of fun, food and friendship.

Over 200 people participated in this year’s event on April 12, where nine peer run organizations and providers came together in the spirit of fun and some competitiveness.

There were plenty of trophies and prizes and activities to go around, as well as wonderful food. The winners were: 1st place, CHOICES; 2nd place, Jewish Family & Children’s Services, and Partners in Recovery came in 3rd.
Resume Mistakes to Avoid

You never get a second chance at a first impression. An employer’s first impression of you will be based on a 15-second scan of your resume. The first step to landing that new job is avoiding these common resume mistakes:

- **Typos and grammatical goofs.** A single misspelling or typo, punctuation mistake or grammatical error can direct your resume to the trash can. Print your resume and carefully proofread it. Print to proof. Mistakes seem to pop out when on the page. Then have two other people proof it.

- **Too much of the wrong information.** A resume isn’t the place to list your hobbies or club memberships. Don’t say you’re a member of a gun club unless you’re applying for a job at a shooting range. Don’t list personal information such as marital status, number of children, names of pets, height and weight.

- **Forgetting key words.** Much of the sorting of resumes—particularly those submitted online—is done by computer programs that search for key words. Carefully study the job description—and the job descriptions of similar postings—to learn the key words being used. Sprinkle your resume with the appropriate key words.

- **Silly email contact.** Be sure to use a professional sounding email address. Instead of DbacksFan@email.com go with something more like FirstnameLastname@email.com.

Job Interview is a Test, So Study

A great resume isn’t enough to get you a job. A great resume gets you an interview and that is your chance to convince the employer you’re the best person for the job. Improve your odds by keeping these job interview tips in mind.

- **Do your homework.** Learn as much as you can about the company, the people who work there and the position for which you are applying before the interview. Check the company’s website and do an internet search for news articles about the company. Do you know anyone that already works there? Check professional social media sites such as LinkedIn to see if you have any connections.

- **Dress for success.** Doing your homework should give you an idea of the corporate culture and dress code. Dress one notch above what people there typically wear to work.

- **Be prepared.** Prepare—and rehearse—answers to commonly asked questions such as “tell me about yourself,” or “why did you leave your last job.” Write several success stories so that you’re ready to answer questions such as “tell us a time about when...” or “give us examples of a time when...”
Upcoming Events

**Town Hall Meeting “Journeys of Peers and Families”**

The Pima County Peer and Family Support Coalition is sponsoring a town hall meeting 6-8 p.m. on May 16. “Journeys of Peers and Families” will be held at Community Partnership of Southern Arizona (CPSA), Plaza Arboleda, 2502 North Dodge Boulevard, Tucson. The focus of the meeting is to promote a bright future for our youth currently receiving behavioral health services, by gathering information and learning the perspective of youth, families, and peers. Light refreshments will be served.

For information and to RSVP, please call 520-770-1197.

**CPSA Recovery and Wellness Community Forum**

In partnership with other agencies, CPSA is proud to present the 13th Annual Recovery and Wellness Community Forum. This year’s event focuses on the Community Mental Health Act of 1963, passed by President John F. Kennedy. The forum includes information, resources and activities that benefit the behavioral health community. The event is free and open to the public, and will be held 8 am to 3:30 p.m. May 9 at the Inn Suites Hotel Tucson City Center, 475 North Granada, Tucson. Please call 520-318-6994 or email I&FA@cpsaArizona.org for registration information.

**Too Many Treasures? Join the Hoarding Support Group**

The Area Agency on Aging, Region One (Phoenix), is starting a hoarding support group, which will meet each Monday, May 6 through August 19, at the main office located at 1366 East Thomas Road, Room 304, Phoenix. Space is limited, so please call the 24-hour Senior Help Line for more information, 602-264-4357 (HELP).

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**The DBHS’ Blog Connection**

**“Water Drive for Arizona’s Homeless”**

The summer heat is just around the corner! Every year ADHS holds its annual agency-wide water drive challenge to benefit the homeless, elderly and others at risk for heat-related deaths & illneses. This year is no different and the Division of Behavioral Health Services is challenging all of its employees, partners, community partners and contractors to participate in this important cause!

The Division of Behavioral Health Services’ WATER CHALLENGE will go from May 1– May 31, 2013.

To participate, view [full blog post](#).

Note: you can subscribe to receive blog updates directly to your email! To subscribe, [click here](#).

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**To submit an article:** email your article to DBHSCommunications@azdhs.gov no later than the 15th of each month for publication the following month, pending on space available. Maximum length is 200 words, must be in an editable word document and picture(s) included within the document. By submitting an article you authorize the Editorial Board to edit as appropriate. Bylines or independent writers’ names are not included in the publication, instead you can include a link to your website or resources within the article. Thank you!