Way to go Valerie!

I was referred to Horizon Human Services by CPS in 2005. I was abusing drugs and was blind to having an addiction. My kids were removed from my care by CPS. I was physical in body but my spirit was dead.

CPS told me they were going to sever my parental rights if I didn’t do anything. I put myself in Good Samaritan after I nearly killed myself. After being released, I completed my intake at Horizon’s. At first I didn’t say much; then as I related to others, I started participating. I managed to remain clean and sober for 14 months, but then relapsed. I then went back to counseling and got deep into the trenches of my life. I soon realized that I needed more support. I started hitting the 12-step community up like I hit my addiction putting my all into it! I was able to build a solid foundation and now have acquired 19 months of sobriety.

Thanks to all the individuals who have helped me. I have my life back! I am able to be a mother to my children who are now 11 and 6. I am attending Central Arizona College full time, working towards an associate’s degree. I work full time and stay active in the Young People’s of Alcoholics Anonymous. I am able today to give back to others what has been given to me. I now know that I can do anything I put my mind to.

Valerie Madrid is now a Recovery and Support Services Trainer.

April is Alcohol Awareness Month

This year, the Centers for Disease Control & Prevention (CDC) is drawing attention to the risks to women from binge drinking, a dangerous behavior that leads to many health and social problems for women, particularly if they are pregnant or may become pregnant. For example, binge drinking increases the risk for breast cancer, heart disease, and stroke, all of which are leading causes of death in women. But how do you know if you are binge drinking?

Having 4 or more drinks during a single occasion is known as “Binge Drinking”. It is defined as a pattern of drinking that brings a person’s blood alcohol concentration (BAC) to 0.08% or above. This usually means about 4 drinks for women. What is “a drink”? How do you know if you’re drinking too much? Find out in the Alcohol Awareness Factsheet.
News from APFC

The Arizona Peer & Family Coalition (APFC) has a Training Subcommittee that is partnering with Magellan to facilitate trainings to empower peer and family members, and prepare them for participation on various community and Regional Behavioral Health Authority (RBHA) level committees. The next training will be held in April. The trainings are available to all community members. Visit Facebook page to learn more.

Discussion is also underway regarding the development of a Training Consortium and Academy. The Academy will train and credential peers and family members for behavioral health related professions beyond the traditional roles of peer and family support. The goal of the Academy is to eventually create a peer and family led workforce built on recovery and resiliency.

The Arnold vs. Sarn Subcommittee received positive feedback from the Plaintiff’s counsel regarding the Coalition’s position paper recently presented to the court. To further the goal of ensuring a united peer and family voice in the process, the Coalition has recommended that the DBHS Arnold vs. Sarn Systems Transformation Committee be reinstated. This Committee was behind the Raise Your Voice initiative, was a peer and family driven initiative.

Dr. Laura Nelson, ADHS/DBHS Deputy Director, will meet with the Coalition on April 10th at ADHS, 150 North 18th Avenue, Phoenix. Discussion items include integrated health care; the Arnold Transformation workgroup; and the sustainability of peer and family run organizations.

State Hospital Celebrates Arizona’s Centennial in Style

The patients at the State Hospital observed the Arizona Centennial celebration with historical informational sessions, trivia, food, refreshments and dance. Patients from the forensic units presented an Arizona timeline representing the last 100 years, enjoyed a western dance event and participated in musical jeopardy featuring songs that referenced Arizona all while enjoying great refreshments and Navajo fry bread.

Patients on the civil campus enjoyed a combined event celebrating the Arizona Centennial and Valentine’s Day. The gymnasium halls were filled with Arizona Trivia questions while patients enjoyed birthday games featuring state trivia, party hats and the completion of a jigsaw puzzle featuring the state. The event was capped off with Valentine’s games and a dance.

Lost in Woonsocket Aired at Super Soul Sunday

The powerful documentary “Lost in Woonsocket” aired on the Oprah Winfrey Network (OWN) on “Super Soul Sunday” (the last Sunday in February). In this film, two alcoholics who have been missing for years are discovered living together in the back woods of Woonsocket, Rhode Island. A series of profound coincidences lead to miraculous reunions with their families and a chance at treatment, recovery and redemption. The real challenge, however, is yet to come: what happens when only one of the men is able to remain sober?

Northern Arizona Behavioral Health Authority (NARBHA) brought this powerful film, cast and crew to northern Arizona in 2010 and it was life-changing for many Arizonans.

Normand, one of the main characters from the film, has recently moved to the west coast and is enjoying his new home and employment. Mark Draine, the other main character, is doing great – he never says it is easy, but continues to work hard through his recovery and is living in Rhode Island. Here’s a link to the trailer.
A Healthier America Begins Today!

Did you know that diseases such as heart disease, cancer and diabetes are responsible for millions of premature deaths each year? Many of these deaths could have been prevented through small changes.

This week, the American Public Health Association (APHA) is encouraging all Americans to work together to make small changes to their lives to help prevent chronic diseases and communicable diseases to create a healthier America. From April 2-8, APHA recognizes National Public Health Week, an opportunity to empower our families, friends, neighbors and, perhaps most importantly, ourselves to live healthier lives.

Join us in working to make Arizona a healthier place to live, work and raise a family. Take a moment and make just one positive change a day that will help you live a healthier life. These seemingly small actions can have a big impact when they’re spread throughout an entire family, community and nation. Increasing awareness on how to live longer is the first step in helping us create a healthier nation — but there is more you can do beyond taking these actions. Raise awareness of the importance of taking preventive measures within your community during National Public Health Week. Your community will be healthier and happier as a result.

Prevent Foodborne Illness

Properly washing food before cooking helps prevent the spread of bacteria or viruses and is an easy way for people to stay healthy. Each year, roughly one in six Americans (48 million people) gets sick, 128,000 are hospitalized, and 3,000 die of foodborne diseases. Reducing foodborne illness by 10% would keep about 5 million Americans from getting sick each year. Learn more and participate in National Public Health Week at http://www.nphw.org.

Beefy Corn and Black Bean Chili

This dish has the flavor and aroma of a chili that has simmered all day—and only you have to now it hasn’t. Dress it up with a dollop of sour cream and sliced green onions, and serve it with Cheesy Cheddar Corn Bread.

1 pound ground round
2 teaspoons salt-free chili powder blend (such as The Spice Hunter)
1 (14-ounce) package frozen seasoned corn and black beans (such as Pictsweet)
1 (14-ounce) can fat-free, less-sodium beef broth
1 (15-ounce) can seasoned tomato sauce for chili (such as Hunt’s Family Favorites)

Reduced-fat sour cream (optional)
Sliced green onions (optional)

Preparation
1. Combine beef and chili powder blend in a large Dutch oven. Cook 6 minutes over medium-high heat or until beef is browned, stirring to crumble. Drain and return to pan.
2. Stir in frozen corn mixture, broth, and tomato sauce; bring to a boil. Cover, reduce heat, and simmer 10 minutes. Uncover and simmer 5 minutes, stirring occasionally.
3. Ladle chili into bowls Top each serving with sour cream and onions, if desired.

Cook Time: 27 Minutes     Prep Time: 1 Minute
Yield: 6 servings (serving size: about 1 cup)

Nutritional Information
Amount per serving: calories: 193; calories from fat, 14%; fat, 3g; saturated fat, 1g; monounsaturated fat, 1g; polyunsaturated fat, 0.3g; protein, 20g; carbohydrate, 20g; fiber, 3.4g; cholesterol, 40mg; iron, 2mg; sodium, 825mg; calcium, 0.0mg

Cooking Light Fresh Food Fast, Oxmoor House 2009

New DBHS Quarterly Health Initiative Topic

Pain can affect everyone and the activities of daily living. Long term pain, also called chronic pain, is the most common of disabilities, with nearly 19 million Americans reporting activity limitations. Do you suffer from chronic pain or arthritis? The topics for the quarter beginning April 1 is Chronic Pain & Arthritis. Learn about symptoms, who is affected, and some life style changes and tips to help you. Educational handouts for members are now available online.
The Business Coach Program was developed to create a path to independence through entrepreneurship for Cenpatico Behavioral Health of Arizona participants. The program identifies the participant’s passions and taps into his/her strengths in order to start a revenue producing business and become part of the community.

The Business Coach Program Approach:
• Participants are excited about their futures - hearing what they can do versus what they may have been told in the past
• Setting goals and objectives
• Providing customized support to assist the person in moving forward with business ownership
• Focus on the talents and interests of the individual and identifying personal assets
• The participant becomes an equal with other business people in their community
• A business plan developing as a living document as the participant works through their process
• Identifying needed training and financing

Over 200 individuals have participated in the program; some are continuing their journey to entrepreneurship and many have completed their journey and are making a profit. Success stories will be shared in future Recovery Works newsletters.

S.T.A.R. Stand Together And Recover Centers, Inc. was one of over 130 participants who attended a Trauma Informed Care (TIC) training through the ASU Center for Applied Behavioral Health, Substance Abuse and Mental Health Administration (SAMHSA), National Association of State Mental Health Program Directors (NASMHPD), and ADHS/DBHS in February 2012. S.T.A.R. found it to be a significant learning opportunity.

It is estimated 51% to 98% of those diagnosed with a Serious Mental Illness (SMI) experience trauma. That means most of S.T.A.R.’s members have experienced interpersonal violence including sexual abuse, physical abuse, severe neglect, loss, and/or the witnessing of violence, terrorism and disasters. S.T.A.R. employees understand and strongly feel that they are in a unique position to provide compassion and comfort to their members living with trauma.

Joann Hurley, staff member at S.T.A.R, attended TIC training and shared the information with S.T.A.R. management. Now S.T.A.R. is sharing the information with line staff and membership. In the near future, staff and members will take online training classes about how to serve their members using the Trauma Informed Care approach. “Thank you for this valuable training” – S.T.A.R.

In April 2009, an innovative approach to Behavioral Health took place at Daley Park in Tempe Arizona. Approximately 350 people participated in the First Tournament of Champions Kickball Challenge. On that day, the barriers came down and the spirit of recovery flourished as Service Recipients, Families, and Service Providers joined together for a day of fun, food and friendship. This is was a healthy way for all to engage with one another and bring a humanistic approach to services. The collaboration between all the organizations can be a miracle in its self, but when it all comes down to it, health and happiness is all our focus.

The 7th biannual event was held in March, 2012. Many people from different walks of life joined together and experienced fun, laughter and sharing. Tournament winners are: 1st place - Visions of Hope, 2nd place - STAR & 3rd place - Marc Center.

Sponsors and teams who participated were: CHEERS, Marc Center, Jewish Family and Children Services, Visions of Hope, Partners in Recovery, Recovery Innovations of Arizona, Mountain Health & Wellness and S.T.A.R. (who also provided the excellent food) and support from Magellan.

Our esteemed Umpires where: Ann Ronan, Attorney, Arizona Center for Law in the Public Interest, Mary Robson, Ombudsman Magellan, Merrick Morgan, CFO Magellan, Maryjo Whitefield, Clinical Director JFCS, Paul Fabiano, Provider Relations Liaison Magellan, John Moore, CFO Marc Center, Stacy Garner, COO PIR, and Steve Hilger, Director Marc Center.
Wellness means overall well-being. In each issue of Recovery WORKS we will 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 social dimension of wellness: developing a sense of connection, belonging, and a well-developed support system.

Recovery and Social Contacts

Most recovery programs want people to have the best chance at reclaiming a full life. But what helps people get there?

One crucial element is social interaction and connectedness. Without someone to talk to, to share with, to support, to learn with, most people will feel isolated and alone. A typical life on disability often means public transportation, frequently without nearby family or friends. Funds don’t often stretch to include social outings such as movies, meals or festivals. What do we do all day without the context of work or family? It’s too easy to simply sink into hopelessness and despair.

Peer-run programs provide an avenue for people to meet friends, find support, connect with others, and exercise their gifts and talents. Peer support is a normalizing of experience and a model of hope for recovery. The Recovery Empowerment Network (REN) understands this model and provides a variety of activities to members such as baseball games, festivals, art exhibits, hockey games, out-of-town events, and more. REN also offers a variety of wellness classes including tai chi’, mindful meditation, and chair massage. If you’re looking to increase your social experiences, your nearest peer-run program may have something for you. Check out ADHS/DBHS community resources online to look up peer-runs and many other resources.

Everyone should have an opportunity for a full social life.

Real-life social experiences help CODAC youth transition to adulthood

From its inception in 2009, the Young Adult Team at CODAC Behavioral Health Services in Tucson has understood that healthy social relationships and activities are a key element in helping young adults move successfully into adulthood. All CODAC’s Young Adult programming has a social component, with 90 percent of group activities offered in the community, it is a realistic setting for learning social skills.

“The groups are fun!” says Melissa, a 20-year-old CODAC member. The activity calendar changes every month depending on participants’ interests and events in the community. For example, in March the young adults participated in the Tucson NAMI Walk and Phoenix MyFest, and volunteered at Ben’s Bells and the Therapeutic Ranch for Animals and Kids.

Other group activities include visiting local museums, hiking, going to the library, participating in writing workshops at local bookstores, attending university events, bowling and playing sports in the park. “Before, I would just isolate myself, which made things a lot worse,” Melissa says. “Since coming to groups at CODAC, my mood is elevated and I have been happier.”
Upcoming Events

12th Annual Recovery & Wellness Community Forum
Wednesday, May 2, 2012, 8 am – 4 pm
Hotel Tucson City Center Inn Suites
475 North Granada Ave., Tucson (near I-10 & Granada)

The event focuses on trauma informed care, a philosophy that recognizes how traumatic experiences can contribute to a person’s illness and recovery. Keynote speaker is Dr. Peter Likins, author and past president of the University of Arizona. Dr. Likins will share his story of raising adopted children and how his family met the challenges raising an inter-racial family, mental illness and other life challenges. Includes a resource fair, educational workshops, entertainment, and raffle prizes. A continental breakfast, lunch and snack are provided. This is hosted by Community Partnership of Southern Arizona (CPSA) and partner agencies. For information contact CPSA Individual & Family Affairs at 520 318-6994 or email I&FA@cpsa-rbha.org. Event is FREE and open to the public.

TEEN JOB FAIR for Individuals 14 - 21 years of age
Thursday, April 12, 2012, 3 pm – 6 pm
Flagstaff- Coconino Community College
CCC Lone Tree Commons

Summer jobs, internships, on-site Interviews, volunteer opportunities, career exploration and door prizes. Ride the bus for free. For information contact Sonia Gonzalez at 928.226.4337. Courses are taught by trained family members. All instruction and course materials are free to class participants. To register please call: 602-277-5551, Ext 6688.

Ride the Rail!
Wednesday, April 25th, 11 am–3 pm Steele Indian School Park to Van Buren

Ride the rail to distribute fliers about upcoming events for Children’s Mental Health Awareness in May. Limited number of FREE rail passes available. For information contact Dianne Warren at 602-412-4095 or dianne@familyinvolvementcenter.org. This is open to the public.

The DBHS’ Blog Connection

ADHS/DBHS Deputy Director, Dr. Laura Nelson, who also serves as NASMHPD Board President, recently participated in a panel presentation in D.C. along with Mark Stringer (NASADAD Board President), Sheriff Brian Gootkin from the state of Montana, Mark Pearlmutter MD (representing the American College of Emergency Physicians), and Lindsey Glass (peer in recovery and co-founder of Reach Out Recovery). The topic of this presentation was “State Budget Crisis and Treatment Gaps: Impact on Public Substance Abuse and Mental Health Treatment Systems.”

This presentation was part of a congressional staff briefing in the Rayburn House Office Building in Washington, D.C. This was the first ever briefing jointly sponsored by the National Association of State Mental Health Program Directors (NASMHPD) and the National Association of State Alcohol/Substance Abuse Directors (NASADAD).

The main messages for the briefing were to (a) encourage increased funding for the CMHS and SAPT federal block grants and to (b) continue to support and fund SAMHSA’s many other valuable programs. Read this full blog post here.

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.

Mental Health: Everyone Has It!