Way to go Lupe Silva!

Hello, my name is Lupe Silva. I am a 35 year old mother of four children; one biological child, and three step children.

About nine years ago, I married a man who had two children with behavioral health needs. I was unaware and uneducated about the different needs and kinds of behavioral issues that would arise later on.

I always had good paying jobs but I did not have a high school diploma or GED and no other kind of education, and was totally blind to what mental illness was and its implications to our family.

In 2004 I had a Bell's palsy attack (my second one) and had speech impairment with memory black outs. I was also studying for my GED at the same time, but I was not able to take it and had to start over. In May 2005 I earned my GED and began classes in behavioral health studies at South Mountain Community College. My boys needed my help and I did not know where to go or who to call. I started my journey in behavioral health which gave me direction on where I needed to be.

In the beginning of 2012 I received my third Bell’s palsy attack and began another struggle, but here I am today, and being able to be an intern at ADHS/DBHS has been a big inspiration to me. By the end of this summer I will be receiving my Associates degree in Behavioral Health. So my journey with my children has new beginnings and hope.

Monsoon and Mosquitoes: Protect Yourself

The Arizona monsoon usually brings much needed rain to the state. But that rain can leave behind puddles and pools that are perfect for mosquito breeding. ADHS wants everyone to protect themselves and their families from mosquito bites. Mosquitoes can carry the West Nile Virus, which can be fatal to people and animals. ADHS is already investigating a few possible cases of West Nile Virus this year, but has not confirmed them. Last season, Arizona had 69 reported cases of West Nile Virus – the second highest number of cases in the US. The year before, Arizona was the highest in the nation with 166 cases.

The best way to protect yourself from mosquito-borne illnesses is by reducing the number of mosquitoes around your neighborhood and by taking personal precautions to avoid mosquito bites. Eliminate standing water where mosquitoes can breed. Check for and eliminate items outside the home that may collect water, such as cans, bottles, jars, buckets, old tires, drums and other containers. Change water in flower vases, bird baths and animal watering pans at least twice a week. Make sure doors and windows have tight-fitting screens. Repair or replace screens that have tears or holes in them. Wear lightweight clothing that covers the arms and legs. Use insect repellent to avoid being bitten by mosquitoes anytime you go outside. This is particularly important for the elderly and small children. 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/.
Recovery A-Palooza Picnics
Celebrate Mental Health

The Living Center and Turtle Bay Café sponsored the first of three Recovery-A-Palooza picnic events in Nogales on May 18th, in Yuma on May 24th, and in Casa Grande on May 25th.

The Events were part of the Mental Health Awareness month to shed light to the struggles and stigma suffered by our brothers, sisters, husbands, wives, sons, daughters, and friends. These events were designed to bring together the community and bolster awareness and the idea that if one does not have mental health, one cannot be truly healthy.

There was classic picnic fare like BBQ, burgers, sack races, water balloon wars, music from a DJ, piñatas and football. The children were entertained by a clown who painted their faces and led them in songs throughout the day. Highlights of the picnics include: friends surprising each other with their expert dance moves, a visit from the Mayor of Yuma, laughing and enjoying each other’s company! It was encouraging to see the communities pull together for these three fun-filled events! Read more details and view pictures from these events at the DBHS BLOG.

Community Partnership of Southern Arizona (CPSA), the RBHA for Pima County, has been named a finalist for a 2012 PR News Platinum PR Award in the category of crisis management. The selection recognizes CPSA’s outreach to support and educate the community about mental illness after the January 8, 2011, shootings.

CPSA was charged with leading the response to the community’s emotional needs resulting from the tragedy. This recognition is for CPSA’s work with news media and local organizations to inform the community about trauma reactions and resources; organize forums for learning and discussion about mental illness; and promote the Mental Health First Aid statewide training initiative.

The Platinum PR Awards salute the year’s most outstanding communications initiatives and programs. Finalists are recognized as setting industry standards for excellence in public relations. The awards will be presented September 14th in New York City.

13th Annual Summer Institute: Mission Wellness

This year’s annual event was held July 17th – 21st in beautiful Sedona and included a wealth of local and nationally renowned experts in the behavioral health field. Participants from all over Arizona networked and learned about tools and technologies to advance the field’s work. Some of the topics featured in this year’s Institute included: behavioral health and primary care integration, collaboration and interagency coordination, administration and leadership, health care service integration, clinical practice improvement, and cultural competence, among others.

There was a session regarding the roles of peers in integrated mental health and physical health services. Participants learned about NAZCARE’s Wellness program, which includes the components of SPICE: S = spiritual aspects (value & ethics); P = physical (fitness, nutrition, sleep); I = intellectual (quest for continual learning); C = community (family, fitness, environment); and E = emotional aspects (self esteem, positive outlook). SPICE is the key to life! Peers also deliver and model the Wellness program, support and hold each other accountable, and celebrate achievements!

The Institute's keynote speakers included Raul Almazar, R.N., who spoke of Trauma Informed Care as the "Great Uniter". Mr. Almazar, who presented at the February Trauma Informed Care Summit in Phoenix, was crucial in facilitating an organizational culture shift to create a person-centered, recovery enhancing, trauma-informed treatment environment in Illinois, where he was the Hospital Administrator at Elgin Mental Health Center.

There were so many workshops to choose from and valuable knowledge dispersed through the workshops – we look forward to the 14th summer institute next year!
Mountain Health & Wellness’ One Year Anniversary

In June, Mountain Health & Wellness (MHW) celebrated its 1-year anniversary providing integrated Primary Care services for Cenpatico’s enrolled individuals and members of surrounding communities. Twenty-two percent (22%) of those receiving integrated behavioral health and primary care services are adults with a Serious Mental Illness (SMI).

Notably their labor of love, which includes a state of the art electronic health records (EHR) system, has required significant financial and staff outlay. To eliminate system barriers, agency staff worked collaboratively with ADHS/DBHS and Arizona Health Care Cost Containment System (AHCCCS) by sharing a list of barriers to integrated services that they encountered during implementation.

Congratulations MHW - looking forward to seeing the progress of MHW’s over the next year!

Healthy Recipe
Stovetop Rosemary-Parmesan Popcorn
1/4 cup expeller-pressed canola oil
3/4 cup popping corn
1 tablespoon plus 2 teaspoons chopped rosemary
1/4 teaspoon garlic powder
1/4 teaspoon salt
1/4 teaspoon freshly ground black pepper
1/3 cup shaved and chopped Parmesan cheese

Directions:
1. Pour oil in a 2-gallon pot over medium heat.
2. When oil begins to shimmer, add kernels and vigorously shake pan back and forth to coat evenly.
3. Cover with a lid and listen for kernels to begin popping within a few minutes.
4. Continue to cook until popping slows to every 3 to 5 seconds.
5. Remove from heat, immediately sprinkle with rosemary, garlic powder, salt and pepper, and toss gently with a heatproof silicon spatula or wooden spoon.
6. Cool for 1 minute and stir in Parmesan. Serve immediately.

Servings: 4 servings, 3 cups each.
Per serving: 246 calories, 17 g total fat (2 g saturated fat, 0 trans fat), 277 mg sodium, 5 mg cholesterol, 19 g total carbohydrate, 3.5 g fiber, 6 g protein.
Source: the Arizona Republic

Whooping Cough in Arizona

Arizona is currently experiencing higher than normal numbers of pertussis, or whooping cough, an extremely contagious respiratory illness. For year-to-date 2012, Arizona has a total of 600 reported cases of pertussis. In 2011, there were 867 cases reported to the Arizona Department of Health Services. Arizona has seen a handful of clusters and outbreaks this year and also had an infant die of pertussis earlier this year. The best way to prevent pertussis and its spread is to receive appropriate vaccination (DTaP or Tdap).

Are Vaccines Safe?

Parents have to make many decisions about their children’s health. This includes decisions about childhood vaccines. Many parents worry about vaccine side effects. Sometimes they choose to delay vaccines or not to give them at all. Doctors and parents differ in their responses when they ask the question, “Are vaccines safe?”

When doctors say that vaccines are very safe, they have examined studies in hundreds of thousands of patients and know that serious vaccine reactions are not common. On the other hand, when a parent asks “Are vaccines safe?” the parent is really asking, “Is my child going to get sick after this vaccine?” It is important to remember that some children will get sick after vaccinations with an illness that has nothing to do with the vaccine. Regardless, childhood vaccines will not protect against all illnesses children are going to develop.

We are lucky to live in a time when vaccines can protect children against 15 serious diseases. Vaccines prevent infections and save lives. Vaccinating children protects the child and everyone in the community.

Did you know that one in five Arizonans develop skin cancer?

For the quarter beginning July 1, 2012, the ADHS/DBHS quarterly health initiative topic is “Skin Cancer, Melanoma and Mental Health”. To learn about this topic, symptoms, tips for prevention and sun safety as well as questions to ask your primary care physician (PCP) or behavioral health provider, view or print the latest handout.
CPSA Opens Pima County’s First Housing Complex for Young Adults with SMI

For the first time, young adults in Pima County with serious mental illness (SMI) have a home that is made just for them: a new apartment complex sponsored by Community Partnership of Southern Arizona (CPSA) and partially funded by ADHS/DBHS.

Sonrisa Apartments feature 10 one-bedroom units, providing housing with supportive services for single adults, age 18 to 24 who have a serious mental illness and meet HUD income requirements. In development since 2008, Sonrisa is specifically designed to promote independence and prevent homelessness. “We believe housing is the foundation of recovery,” said Barbara Montrose, CPSA’s Director of Housing Services. “It’s hard to even think about recovering from mental illness when you’re not sure you’ll have a roof over your head.”

In addition to ADHS/DBHS, the new independent housing is funded by HUD 811 and the City of Tucson HUD HOME. CODAC Behavioral Health Services, La Frontera Center and Pantano Behavioral Health Services will provide services for Sonrisa tenants. Sonrisa is remarkable for its careful attention to the needs of future tenants. CPSA conducted focus groups with young adults to gather input on their needs, like extra electrical outlets and built-in furnishings and shelves; that was incorporated into the design. The complex, with a community center and common courtyards, also uses the latest in “green” technology and was awarded Leadership in Energy and Environmental Design (LEED) certification by the US Green Building Council.

First Annual Friends in Recovery Recognition and Awards Banquet

Honoring the lives of influential people who have contributed to our success is one of the greatest ways to say ‘thank you’. Banquets were held in Casa Grande on June 7th, in Nogales on June 14th and June 20th in Yuma to honor extraordinary people who are peer support, case managers, clinicians, parole and probation officers, and even judges. All three awards banquets were a success! Hosted by Friends in Recovery at The Living Center and Turtle Bay Café, Best of the Year awards were handed out in each agency for Peer Support, Case Manager, Clinician, Probation Officer, Parole Officer, and Judge.

There was also an award for Overall Best Peer Support, Case Manager, and Clinician. Best Support Partner of the Year was given to Erin Sullivan from Pinal Hispanic Council, Josh Canchola from Cortazon and Terry Boothby form Mountain Health and Wellness. Laughter, good food and memorable moments made these banquets successful! Congratulations to all! Read more details here!

Peer-Run Recovery Center Receives SAMHSA Grants

HOPE, Inc., a peer-run recovery center in Tucson, AZ, is the recipient of two awards from the Substance Abuse and Mental Health Services Administration (SAMHSA), both of which will assist HOPE to promote recovery-oriented, peer-driven, community-based initiatives. HOPE received one of eight nationwide State Peer Awards for Health Reform Education, which is a part of SAMHSA’s initiative, “Bringing Recovery Supports to Scale, Technical Assistance Center Strategy.” HOPE received $25,000 and extensive technical assistance through the grant to educate peers, service providers, and the community at-large on the impact that health care reform through the Patient Protection and Affordable Care Act will have in Arizona.

HOPE also applied for and was awarded an exciting training opportunity to promote Trauma Informed Responses in Pima County. Through community collaboration with several social service and criminal justice agencies expressing interest and commitment to participate, Pima County was selected to receive SAMHSA’s GAINS Center for Behavioral Health and Justice Transformation training on “How Being Trauma Informed Improves Criminal Justice System Responses.” Both of these grant awards are important to helping Arizonans become aware of systems changes and best practices for recovery-based social services.
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 spiritual dimension of wellness: Expanding our sense of purpose and meaning in life.

Spirituality Promotes Recovery through “the 12 Steps”

Many 12-Step programs and treatment programs put an emphasis on a holistic approach by integrating the mind, body and spirit. Recovery from substance abuse can begin with detoxification, followed by various types of treatment, but one underlying concept within the 12 step community is a focus on spirituality. The third step of Alcoholics Anonymous states, “Made a decision to turn our will and our lives over to the care of God as we understood him.” This indicates that some measure of spirituality can be essential for recovery from substance abuse and or alcoholism. Within the Big Book of Alcoholics Anonymous there is a whole chapter entitled “We Agnostics”. This chapter addresses and answers many questions that a person pondering whether or not they are an alcoholic may ask. The 12 steps of Alcoholics Anonymous suggest completing all 12 steps with a sponsor, someone who has already completed the 12 steps is an effective way to begin the recovery process from alcohol and drug addiction.

Four Steps to Enriching Your Spirit!

1. Clarity of Vision
Imagine yourself experiencing what you really want: perhaps more fulfillment in an important relationship? A vocation that is true to you? Peace of mind, effective communications with co-workers, healthier patterns of eating, sleeping or exercise? Make a vision board with pictures of what you would like to create in your life.

2. Definiteness of Purpose
Ask yourself the question: Why? Why is your vision important and meaningful for you? How will it be serving you or others? Knowing your purpose will help to keep you on track amid all the distractions that life can throw your way.

3. Steadiness of Faith
Act as if the purpose were being fulfilled; you are already enjoying living in the vision. Acting "as if" gives a way to overcome doubt. You may find yourself drawing on your reserves of courage, and in the process experience greater vitality and freedom than you have ever known.

4. Depth of Your Gratitude
Being grateful is a "good thing". How can you make being grateful a way of being? Try writing down on paper each evening at least five gratitude statements. Being grateful for what you have seems to attract more to be grateful for.

Be grateful even when things do not go your way because it provides an opportunity to assume that everything is working out for the best. Gratitude is a great attitude.

Yoga for your Body, Mind and Spirit

Yoga is another form of physical activity. It brings together physical and mental disciplines to achieve body strength and peacefulness of body, mind and spirit. In general, yoga can help:
- Improve flexibility and posture
- Reduce stiffness, tension, pain, and fatigue
- Improve muscle tone and strength
- Manage chronic health conditions such as cancer, depression, anxiety, insomnia, stress, and others
- Lose weight

Yoga is generally considered safe for people of all abilities. There are many styles and levels to choose from. However, as with any physical activity, people should be advised to start gently and slowly and to consult with their primary care physician. Those with balance problems, uncontrolled high blood pressure, eye conditions like glaucoma, severe osteoporosis, pregnancy, and artificial joints should take extra caution when practicing yoga as some stretches or poses may be more challenging to them.
Upcoming Events

Respect is Free

ADHS/DBHS announced its first annual Arizona Peer and Family Driven Conference. Peers and Family Members Joining Together to Promote Diversity and Build Community on August 14-15, 2012, at the Franciscan Renewal Center located at 5802 E. Lincoln Drive Scottsdale, AZ 85253. View the flyer:  [English](#) | [Spanish](#).

44th Annual Southwestern School for Behavioral Health Studies

Arizona’s largest and oldest Mental/Behavioral Health Conference will be held at the Loews Ventana Canyon Resort in Tucson, Arizona. The theme for this 5-day Conference (August 19-23, 2012) is “Embracing Recovery and Wellness” and features nationally known speakers and faculty, addressing a wide range of topics and issues relevant to behavioral/mental health, child welfare, addictions, and prevention. View the [flyer](#).

Your Input is Valuable

Positions are open on the ADHS/DBHS Office of Individual and Family Affairs (OIFA) Advisory Council! The OIFA Advisory Council helps to ensure that individuals, family members and youth are equal partners at all levels in initiating and sustaining improvements in Arizona’s behavioral health system. Peers, family members, friends of those with mental illness, or behavioral health professionals with a passion for the cause may apply to be a member by emailing [Tracy Young](#). Applicants must have telephone availability and access to email/Internet for communications. Commitment time is about four hours a month and most communication is via telephone conferencing.

The DBHS’ Blog Connection

Farewell to Dr. Laura K. Nelson, ADHS/DBHS Deputy Director and ADHS Chief Medical Officer.

Dr. Nelson announced her departure from ADHS/DBHS. August 24, 2012 will be her last day in her current role. Under Dr. Nelson’s leadership, ADHS/DBHS shifted to focus on the core principles of Recovery and adopted outcome-based performance measures to monitor and to improve the performance of Arizona’s behavioral health system, resulting in real and measurable improvements in people’s lives. Efforts at the Arizona State Hospital also focused on improving the quality of care for members and families, incorporating a Culture of Care that improves our performance every day.

Dr. Nelson is well recognized throughout the entire behavioral health system as a dynamic and competent leader. She has developed a solid national reputation, most recently receiving the President’s Award from the National Association of State Alcohol and Drug Abuse Directors. “We will surely miss her leadership, energy, and compassion,” said Will Humble, ADHS Director.

Director Humble added “We’ll continue with our mission. Anytime an organization loses leadership as strong as Laura it’s a challenge...but it can also be an opportunity for growth.”

Click [here to read a message from Dr. Nelson in our Blog](#) regarding her departure.

Dr. Nelson has been an incredible supporter of Recovery WORKS since it was first created – the Recovery WORKS editorial team will miss her and wishes for her the very best!