Way to go Hunt Family!

When my family was referred to Child & Family Support Services in 2008, we were in chaos; we were at the bottom. Both my physical and mental health was failing. My youngest son was raging most of the day and his siblings were taking the brunt of his aggression. I didn’t know if I could parent my kids any longer.

The direct supports helped me see the skills I had in myself. It also helped me to teach my kids new skills while learning how to take care for me at the same time. I was scared to transition out of direct support services; but my connections with other parents had led to a sustainable support system for me and my family. My kids have formed meaningful relationships with each other and they are all able to support their brother on a day-to-day basis.

Now the kids are on sports teams at school where they are breaking school records. The older siblings have coached their brother’s football and basketball teams, and I am coaching his soccer team. My oldest daughter graduated high school and is working a full-time job that she loves. I am currently involved in many family involvement projects in the behavioral health system, and I am on my way back to school to get a degree in social work.

During the time we had direct supports in our life, we went from not being able to watch a TV show together to now looking forward to our first-ever family vacation in San Diego, CA this June. I can’t wait to see what the future holds!

Preparing for Arizona’s Summer Heat

Arizona’s summer heat can really take a toll on everyone. Protect yourself from extreme heat by avoiding strenuous activity on hot days and limiting your outdoor activities to the coolest part of the day – between 4:00 am – 7:00 am. Wear lightweight, light-colored clothing and drink plenty of water every day. You can also set up a buddy system where relatives, neighbors, or friends check on each other’s well-being. Find out more tips to protect yourself or your loved ones from the heat through this printable brochure: http://www.azdhs.gov/phs/oeh/pdf/heat_brochure.pdf.
Reducing Underage Drinking and Marijuana Use

The ADHS/DBHS Office of Prevention recently conducted a three-day strategic planning session in Phoenix to address underage drinking and marijuana abuse prevention. Coalitions and other partners around the state assisted DBHS in the development of priorities and strategies. Attendees also learned what works, and what the current trends are in consumption, consequences, and contextual factors for underage drinking from guest speaker’s Dr. David Jernigan, from Johns Hopkins Bloomberg School of Public Health, and Shana Malone from the Arizona Criminal Justice Commission.

Strategies discussed include decreasing youths’ access to alcohol; enforcement of underage drinking laws; and decreasing youths’ positive attitudes toward alcohol.

Day 2 featured guest speaker Don Maestas from the SAMHSA Center for Applied Prevention Technologies, who provided a regional and national perspective of marijuana prevention; and Deborah Cox from the Tanner Community Development Corporation, who spoke of best prevention practices from a Maricopa County Coalition perspective. Additional strategies that the attendees identified included a youth driven awareness campaign directed to parents, increasing community perception of harm, and the creation of a youth-led statewide marijuana coalition.

There will be follow-up forums, and the work is just beginning! Stay tuned at the ADHS/DBHS website for details on this over the next few weeks.

Magellan Brings Trauma Informed Care Technical Assistance

Magellan recently submitted a request to the National Association of State Mental Health Program Directors (NASMHPD) for technical assistance to the RBHA’s children’s residential treatment centers. The training goals include minimizing the use of restraint and seclusion, reducing lengths of stay, improving the integration of residential and community based services, and supporting strength-based, flexible, individualized, trauma informed and consumer driven services. The Building Bridges Initiative (BBI) will be used as a framework for supporting more positive outcomes for youth and families served in residential programs, and promoting consumer and family driven practices.

A kick-off event was held in November 2011, and introduced the BBI framework for moving toward family-driven and youth-guided care to key leadership and clinical staff, as well as family and youth representatives, and stakeholders. The technical assistance being requested from NASMHPD will assist Magellan in ‘bringing the message’ of trauma informed care to a broad group of staff and support the programs in developing action plans. Magellan plans to conduct a series of one day training programs targeting sensory modulation approaches, best practices in family driven care, best practice in youth-guided care and moving from control to collaboration. The training will include all levels, including: support, clinical and leadership staff.

Café 54 Supports Chef for “Iron Chef”

Café 54 Chef Bruce Bowden is in the running to be picked to complete in this year’s Iron Chef Tucson competition. He has to be voted in via an online voting process.

Show support for Cafe 54 Bistro and Catering’s amazing program for helping those challenged with mental illness and vote for Cafe 54’s Chef Bruce Bowden to compete in this year’s Tucson Iron Chef!

You can vote online at http://www.ironcheftucson.com/polls/
Protecting and Caring for Your Skin

Your skin is a living organ, in fact, the largest organ in our body! It’s an important and often overlooked part of your overall health. It constantly regenerates itself, but it can get “sick” too. The biggest threat is skin cancer - the most common form of cancer in the United States. According to the CDC, 59,695 people in the United States were diagnosed with melanomas of the skin, including 38,484 men and 25,211 women. 8,623 people in the United States died from melanomas of the skin, including 5,672 men and 2,951 women. Prevent skin cancer by protecting your skin from ultraviolet (UV) rays (these are an invisible kind of radiation that comes from the sun, tanning beds, and sunlamps and after too much exposure can change skin texture, cause the skin to age prematurely, and can lead to skin cancer.)

- Seek shade, especially during midday hours.
- Wear clothing to protect exposed skin.
- Wear a hat with a wide brim to shade the face, head, ears, and neck.
- Wear sunglasses that wrap around and block as close to 100% of both UVA and UVB rays as possible.
- Use sunscreen with sun protective factor (SPF) 15 or higher, and both UVA and UVB protection.
- Avoid indoor tanning.

An easy to read Tips Sheet is available [here](#). Or you can download the ADHS/DBHS Summer Heat Brochure.

Additional tips for taking care of your skin include:

- Get enough sleep (experts recommend 7 - 8 hours per night). This allows your skin to regenerate, rejuvenate and heal naturally.
- Eat plenty of whole fresh foods – they provide nourishment to your skin.
- Avoid or reduce the use of harsh soap on your skin. They dry out your skin. Try natural oat, nut, milk or lotion-based cleansers and natural or mild moisturizers.

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**Healthy Recipe**

**Pasta with Fresh Tomatoes and Spinach**

4 ounces pasta
2 teaspoons olive oil
1 garlic clove, peeled and minced
4 ounces fresh baby spinach
2 medium plum tomatoes, seeded and chopped
1/8 teaspoon Italian seasoning

**Directions:**
1. Wash your hands.
2. Cook pasta according to package directions.
3. Meanwhile, heat oil in a large skillet over medium-high heat.
4. Add garlic and spinach, sauté until spinach begins to wilt, about 2 minutes.
5. Add tomatoes and seasoning, sauté 2 to 3 minutes. Set aside, off heat.
6. Drain pasta and return to pot.
7. Add spinach mixture to pot and toss to coat.

**Active time:** 15 minutes
**Total time:** 15 minutes
**Servings:** 2

**Approximate values per serving:** 282 calories, 6 g fat, 10 g protein, 47 g carbohydrates, 4 g fiber, 51 mg sodium, 19 percent calories from fat.

Source: the [Arizona Republic](#)

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**DBHS Quarterly Health Initiative (QHI): “Arthritis and Chronic Pain”**

Everyone is affected by arthritis and chronic pain; although, more common among adults 65 or older. Arthritis, often accompanied by chronic pain, is the nation’s most common cause of disability; nearly 21 million U.S. adults report activity limitations because of arthritis each year. By maintaining a healthy weight, you can protect your joints. This quarter’s QHI discusses the topic of Arthritis and Chronic Pain. [Click here to learn more and to view the educational handouts.](#)
More than 250 people gathered on May 2nd for the 12th Annual Recovery & Wellness Community Forum, sponsored by the Community Partnership of Southern Arizona (CPSA), to hear keynote speaker Dr. Peter Likins and others talk about meeting life’s challenges and the effects of trauma.

The forum is an important opportunity for Pima County’s behavioral health community to come together for learning, sharing and connecting. This year’s forum focused on Trauma-Informed Care (TIC), acknowledging how traumatic experiences affect perceptions, emotions and behaviors impacting mental illness and substance use disorders.

Neal Cash, CPSA’s President and CEO, welcomed attendees and stressed CPSA’s commitment to Trauma-Informed Care. Breakout sessions focused on a variety of trauma-related topics. Forum participants included more than half of CPSA members’ and their families who attended a variety of wellness activities and participated in the resource fair with more than 50 social-service agencies. The event was organized by CPSA’s Individual & Family Affairs’ team with assistance from many partnering agencies.

The Arizona Behavioral Health Planning Council met in Cottonwood in May to learn about the Clinic’s “A Woman’s World” program, which serves women with co-occurring disorders in the Northern Arizona Behavioral Health Authority (NARBHA) region. Women who are designated as having a serious mental illness and also suffer from addiction to drugs and alcohol are treated in an integrated (mental health and physical health) care setting. The program uses the American Society for Addiction Medicine (ASAM) criteria to determine eligibility as well as the financial eligibility requirements.

Patty May, Crisis Coordinator and Residential Program Manager, told the Council members that the Clinic saw the need for physical health care when the first client of the program had both a serious heart problem and Hepatitis C. This was the impetus to implement integrated care at the Clinic. The medical facility, located on Verde Valley Guidance Clinic premises, makes coordinating care easier. A whole person approach is used, where women are safe to deal with their traumatic life experiences and learn to accept themselves and others while in recovery. Another unique aspect of the program is that children can visit their moms whenever they want as the program is not licensed for them to be together in the unit while the mom is in treatment.
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 financial dimension of wellness: satisfaction with current and future financial situations.

**Tips to Get Money Smart**

- **Rebuild your emergency fund** - Many people had to raid their emergency fund during the economic downturn. You could use your refund to start rebuilding that fund, which can help you avoid landing in credit-card debt if you have an emergency.
- **Reduce debt** - Using your refund to pay off a balance with an 18% interest rate is like earning 18% on your investments -- an incredibly valuable use of the money.
- **Save for kids' college** - It's always hard to juggle saving for college and retirement. Here's an opportunity to use your extra money to contribute to a 529 account.
- **Invest in your home** - Your refund won't be enough to redo your kitchen or bathroom, but it can pay for some smaller home improvements. Use the extra cash to add a backsplash, paint a room or cabinets, replace your bathroom sink, swap out your faucets, organize a closet, install a programmable thermostat, or spruce up your yard.
- **Give to others** - If you have your financial bases covered, consider using your refund to make a charitable contribution to help others in need. You'll feel good -- and you'll be rewarded for your good deed when you file your tax return in 2013 (charitable contributions are deductible if you itemize).

Remember, a tax refund should not be viewed as a ‘windfall’. The government is simply returning YOUR money to you. Spend or invest it wisely.

**Money Smarts**

HOPE’s Nueva Luz Recovery, Wellness, and Reintegration Center offer groups and activities to assist members in developing financial literacy. Group topics include: simple budgeting, reading a bank ledger, and prioritizing purchases. Groups may also include pre-vocational skills like how to read a pay stub, open a bank account, and a plan to return to work while receiving public benefits.

The Nueva Luz Center also operates a token economy using “Nueva Loot,” which members receive for participating in groups. “Nueva Loot” may be deposited in the “Bank” and is used by members to purchase meals, attend special outings, participate in Nueva Luz Auctions of household items, and purchase sanitary items.
Upcoming Events

“safeTALK”
Monday June 4th from 1:00pm – 4:30pm
Presented by Heather Brown, Prevention Coordinator, Magellan Health Services. safeTALK teaches participants to recognize and engage persons who might be having thoughts of suicide and to connect them with community resources trained in suicide intervention. safeTALK stresses safety while challenging taboos that inhibit open talk about suicide. Space is limited so register online through the ACHIEVE website.

David’s Hope Meeting
6/28/2012 6:30-8:00PM at the Disability Empowerment Center Classroom B 5025 E. Washington St. Phoenix 85034
David’s Hope is a volunteer run, non-profit agency dedicated to improving mental health treatment for individuals involved in the criminal justice system. Meetings are open to anyone who is interested in the impact that our criminal justice system has on those living with a mental illness.

One Flew over the Cuckoo’s Nest
May 25th - June 10th
Northern Arizona Regional Behavioral Health Authority (NARBHA) has teamed up with Theatrikos Theatre Company for this production - a satirical tragedy about the life in mental institutions in the 1960’s. The story illustrates mental illness with a warm human face looking for understanding and acceptance. Making this connection for the Arts and Mental Health communities is an exceptionally significant leap in stigma reduction. Learn more.

The DBHS’ Blog Connection

The Path to Recovery: Strategies for Arizona’s Community-Based Behavioral Health System for Individuals with Serious Mental Illness. The presentation slides from these recent behavioral health stakeholders meetings which were hosted at ADHS/DBHS, are now available online at the DBHS Blog and at the DBHS homepage, under News & Publications.

Mental Health: Everyone Has It!