Way to go Lou Anne Shea!

"Go To Groups - Pay Attention - Encourage In Every Way"

I grew up as a Hoosier - Bloomington, Indiana. I had fun but life soon became chaotic. Back in 1972 my family moved to Tucson and then Phoenix the next year. My father was a minister. As for me, I was a different kind of person and not in a good way. For that I was hospitalized - I was a danger without my medications.

Mental illness and its effects took a toll on my family and me. I always had negative thoughts and life was lonely. Today I have found that CHEEERS is a great place to be with people in the community. It offers a place where it is easy to share my thoughts and feelings. Although I still face fears, and despite my symptoms I am getting better at doing what I want. I make the most out of CHEEERS and enjoy their “Out and About” trips. I also see a real difference in my life when I take my medications.

I always wanted to be a missionary and think I am a helpful person. In fact, I enjoy volunteering and like to help in the store and talk to people. If I had the opportunity for a real job, I would make a great people greeter for a store. My family is very supportive and my daughter encourages me to be positive. I would love to have them here forever.

International Survivors of Suicide Day 2012

The third Saturday in November was designated as National Survivors of Suicide Day by United States Senate resolution in 1999 through the efforts of Senator Harry Reid of Nevada, who lost his father to suicide. Throughout the nation and locally you may see organized events to provide an opportunity for the survivor community to come together for support, healing, information and empowerment. Suicide knows no geographic or national boundaries, therefore this day has now become more commonly known as International Survivors of Suicide Day. Read 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/.
**New Administrator at NARBHA**

Michele Ralston is NARBHA’s new Individual & Family Affairs Administrator. A native Arizonan and Arizona State University graduate, Michele worked in direct service and administration for the Arizona Department of Corrections until retirement.

After moving to Arizona’s White Mountains, Michele served as a volunteer instructor at Rainbow Treatment Center in Whiteriver, Arizona, for seven years. She has been in recovery for 27 years and is delighted to bring her skills and experience to this position. “I believe that when I planted the seeds of recovery, wellness began to sprout and grow. Today, I strongly advocate for quality recovery and wellness.”

**Court Improvement Program Gathers Key Collaborators on Children’s Issues**

More than 200 people gathered at the JW Marriott Desert Ridge on Sep. 28 for a day-long training entitled “An Interconnected Journey: The Impact of Many Systems on One Child”.

Those in attendance included judges, attorneys, staff from Child Protective Services, Administrative Office of the Court, Division of Behavioral Health Services, Regional Behavioral Health Authorities and Court volunteers. Attendees were seated as multidisciplinary groups, with representatives from each of the agency areas. Monique Marrow, Ph.D, led an exercise designed to help participants understand the trauma of one young man’s life while also working through the administrative/systemic challenges associated with working with children that are involved in the child welfare and juvenile justice systems. The groups brainstormed and problem solved a case scenario in stages in order to more clearly discover the young man’s history of trauma and how it was playing out.

At lunch, the keynote by Jerry Tello, “Closing the Circle: Working Together to Heal Our Children” was a powerful story of both intergenerational strength and trauma, again bringing home the message of the importance of taking time to engage and understand the people that come in contact with the system. The afternoon session, led by Bill Bott from the Change and Innovation Company, asked the same groups to brainstorm ways to improve the systems represented in order to bring them together and work more effectively. Recommendations and remarks from the afternoon session were compiled and will be used for the Court Improvement Program who was the primary sponsor of the conference.

**Hundreds Attend CPSA’s Annual Community Mental Health Arts Show**

More than 350 people enjoyed Community Partnership of Southern Arizona’s (CPSA) 13th Annual Community Mental Health Arts Show, held October 2nd – 4th, 2012, to celebrate National Mental Illness Awareness Week. The three-day show is the only one in the state to feature works by local artists who are receiving behavioral health services or who work in the CPSA care system. A total of 289 works of art by 130 artists were displayed this year, in categories such as collage, mixed media, photography, sculpture and creative writing. An independent panel of judges from the Tucson arts community evaluated the works based on the age or experience level of the artists. Guillermo Aguirre’s sculpture “My Ex-Mother in-Law” was judged “Best of Show.” Two artists were recognized for their works that graced promotional posters:

- Karina Godoy, for the 2012 Recovery Poster to promote art and recovery; and
- Doreen Scherf, for the 2012 Arts Show poster.

A work titled “Respect,” by Whole Health CODAC’s Pain Management Group, will be used for the 2013 Arts Show advertising poster. The annual event was put together by CPSA, PSA Art Awakenings staff and local artists. In the photo: CPSA staff members Melina Perez-McKenna, Suzanne Hodges, Cyndi Deines and Vanessa Seaney at the event’s reception.
Five Tips for Coping with Stress this Holiday Season

1. **Reach out.** If you feel lonely or isolated, seek out community, religious or other social events. They can offer support and companionship.

2. **Set aside differences.** Try to accept family members and friends as they are, even if they don't live up to all of your expectations.

3. **Stick to a budget.** Before you go gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Don’t try to buy happiness with an avalanche of gifts. Try these alternatives: donate to a charity in someone’s name, give homemade gifts or start a family gift exchange.

4. **Plan ahead.** Set aside specific days for shopping, baking, visiting friends and other activities. Plan your menus and then make your shopping list. That'll help prevent last-minute scrambling to buy forgotten ingredients. And make sure to line up help for party prep and cleanup.

5. **Don’t abandon healthy habits.** Overindulgence only adds to your stress and guilt. Have a healthy snack before holiday parties so that you don’t go overboard on sweets, cheese or drinks. Continue to get plenty of sleep and physical activity...and remember to also relax! Find something that reduces stress by clearing your mind, slowing your breathing and restoring inner calm.

Seek professional help if you need it — you are NOT Alone! Read more from Mayo Clinic’s [tips to prevent holiday stress and depression](https://www.mayoclinic.org).

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**When to suspect Tuberculosis (TB)?**

While the rates of TB have dramatically decreased in the United States, TB still exists. In 2011, TB rates in Arizona remained higher than the national average (4.0 compared to 3.4 cases per 100,000). TB should be suspected in persons who have the following symptoms:

- Unexplained weight loss
- Loss of appetite
- Night sweats
- Fever
- Fatigue

Learn more symptoms of TB, what to watch for and what to ask your doctor during your next visit: [download educational handouts](https://www.cdc.gov).

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**Cold...Flu...Should I Use Antibiotics?**

The Centers for Disease Control & Prevention ([CDC](https://www.cdc.gov)) call it one of the world’s most pressing public health problems. “Antibiotic Resistance” describes the phenomena when bacteria become resistant to the drugs that fight them. When these bacteria become resistant to drugs, there are few options left to treat patients. The bacteria are passed on from person to person making the problem important on an individual and societal level. Part of the problem stems from the lack of consumer knowledge about when to use antibiotics. Here are **three key facts that will protect you and your family:**

1. **Antibiotics are used to fight bacteria.**
2. **Antibiotics will NOT cure or treat most colds or flu, many types of sore throats, some types of earaches, or runny noses.**
3. **Antibiotics aren’t made to fight viruses. Taking an antibiotic when you have one of the problems above will not cure the infection, prevent the illness from spreading to others OR help you to feel better. Sometimes you might feel better after taking an antibiotic but it doesn’t necessarily mean the antibiotic is working. You could be getting better as the result of your body fighting a virus on its own at the same time you happened to be taking an antibiotic.**

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**Healthy Recipe**

"Hudson Valley" Sweet Potato Puree - This is a delicious alternative to the sugar loaded casseroles served during the holidays.

- 4 oz butter
- 2 lbs sweet potato peeled, diced, boiled
- 2 red apples peeled, cored, diced
- 2 bananas peeled, diced
- 4 oz orange juice
- 4 oz cream or half and half
- 1/2 cup pecans toasted, chopped

In large pot melt butter, add potatoes, apples, and banana and sauté lightly. Add orange juice and reduce, add cream and simmer, stirring occasionally until apples and bananas are soft enough to mash. Use a potato masher or electric immersion blender, whip or paddle to puree. Garnish with pecans.

**Per Serving:** calories 251, total fat 17.3 g, cholesterol 39.1 mg, sodium 21.7 mg, potassium 417.1mg, total carbohydrates 24.2 g, dietary fiber 3.5 g, sugars 12.8g, protein 22 g.

Serves 15

Source: ADHS/Bureau of Nutrition and Physical Activity
8th Annual NAMI Walk

After months of planning and the due diligence of the committee members, the annual NAMI Walk once again was a success—several hundred individuals came on a beautiful sunny late-morning and walked together with their families and pets to support people affected by mental illness. The ADHS Stigma Stompers were there and active, this year’s captains were Tracy Young from the Office of Individual & Family Affairs and Yisel Sanchez from Office of Human Rights. Through this public display of support, NAMI and partners work to change communities’ perception and understanding of mental illness, and to advocate that help is available to those in need. Bruce St. James, KTAR radio personality, was the honorary chairman for the event. View PICTURES

Earthheart Park and Garden to Open Soon

Mountain Health and Wellness (MHW) is an integrated health care organization in Apache Junction, and they walk their talk! On November 2, 2012, the Earthheart Park and Garden (EHP) will celebrate the grand opening of its Garden to friends, neighbors, and most importantly, their service recipients. Last year, Cenpatico, the Pinal County Regional Behavioral Health Authority, provided $32,000 in funding to begin developing the four acre, wellness-based community park and garden area. In addition, MHW raised over $100,000 through grants and private donations to provide some unique health promotion features, such as a ¼ mile wellness walk compliant with the Americans with Disabilities Act (ADA), labyrinth and meditation pockets (little private areas in the garden where one can quietly contemplate life and meditate), as well as a community kitchen and performance stage. The Garden features 23 ADA compliant raised garden beds and a citrus and fruit tree orchard.

The Garden will promote a safer, healthier, and happier community by providing MHW service recipients and Apache Junction residents a place to meet, socialize, and share knowledge about gardening and food production. Way to go, Mountain Health and Wellness!

League of Peers Annual Gathering

The annual Gathering of Peers was held on Sep. 29 at Thorpe Park in Flagstaff. Peer support staff members from all over the state were present. Kathy Bashor, Manager of the ADHS/DBHS Office of Individual and Family Affairs, was invited and discussed with the League the new peer support certification process. They discussed the requirements for certifying peer supports and the League of Peer’s recommendations for reasonable accommodations at the certification tests. The event, which was co-hosted by NAZCARE, provided an ideal opportunity for peer supports to network with each other. The next gathering may be in the Phoenix area to include even more individuals working in peer support.

The T.I.M.E. is Now

The 19th Annual Statewide Homelessness conference was held in Phoenix Oct. 16-17. This year’s theme was “The T.I.M.E. is Now”, which stands for Transformation, Integration, Momentum and Empowerment. On day 1, the morning keynote speaker was Tonier “Neen” Cain, who is a homeless survivor, advocate and educator, and who has also healed and reclaimed her life from poverty and addiction. Today, she works for the National Center for Trauma-Informed Care dedicating her life to being a voice for those still lost and still silent, she travels the country to give speeches and work one-on-one with women in prisons and hospitals. Neen continues to transform her own life while helping others to embrace her motto “Where There’s Breath, There’s Hope.”

Day 1’s luncheon keynote speaker was Dr. Sam Tsemberis, Chief Executive Officer and Founder of Pathways to Housing. Dr. Tsemberis founded his organization on the belief that housing is a basic right for all. His model, “Housing First” has been implemented in hundreds of communities across the United States and Canada. Day 2 featured Kathleen Guarino as the luncheon keynote speaker. Ms. Guarino shared information about the “T3” model, and its role in Trauma Informed Care. T3 stands for Think, Teach and Transform: “Think creatively about solutions to complex problems, Teach best practices through interactive experiential learning, and Transform how people work with people”.

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**Creating Your Pleasant and Stimulating Environment**

Most people spend eight hours or more in the work place therefore your work environment should be pleasant, stimulating, peaceful, comfortable, etc...whatever supports you to be at your best and most productive. Here are a few ways to improve your work environment (some of these can be done at home too!):

1. **Remove clutter from your cubicle or office** (clutter causes feelings of stress and make it hard for you to focus). Invest time in organizing items into files or folders and putting away anything that you’re not using.

2. **After your work space has been de-cluttered, bring familiar, meaningful items or decorations from home.** These will increase your sense of belonging.

3. **Add peaceful sounds (relaxing music, sounds of nature, or white noise) – just be conscious of your nearby neighbors and ensure your “Zen-like” music doesn’t disturb others.**

4. **Display humor in your cubicle or office walls where you can see it often** – it’s also nice if your co-workers can see it too – laughing is healthy and contagious! Examples are: funny posters, cartoon strips, a joke-a-day or a joke-a-week, and funny images. Be sensitive of the people around you to ensure that your humor doesn’t offend any person or group of people.

5. **Add motivational quotes around you – where you can see them often.** These will “pick you up” when you need it.

6. **Some workplaces permit live plants and dim lighting – these are “nice to have” but check with your facilities manager before you attempt to make any changes.** Artificial plants may be a good substitute.

**Healing, soothing, inspiring: Camp Wellness**

At [Camp Wellness](#), careful thought went towards creating a healing environment. First was the selection of a central location which is accessible by bus, foot, and bike, with structures to accommodate individuals with disabilities. Signs by the elevator gently suggest using the wide, open staircase, which camp participants identify as a marker of health and well-being.

The walls are painted in warm, healing colors. Removing a wall in the gym brought in natural light to inspire movement. The caramel meditation room is softly lighted to help quiet the mind, while a spacious room with mountain views brings perspective and balance.

Lastly, student artwork adds cultural flair and stimulation. These features work together to create an inviting atmosphere that soothes and inspires.

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**WARNING: Kindness is Contagious!**

...it starts with YOU! When you are kind to others, they are more likely to reciprocate and together we can all create better environments both at home and at work. Mark Twain summarized kindness when he said it is ‘the language which the deaf can hear and the blind can see’. There is even a national and a world kindness day and week! World Kindness Week is November 13 - 20, 2012. Here are some ideas to start you on the path to kindness:

1. Make a new friend during world kindness week – introduce yourself to someone at work or other activity.
2. Become a better friend – practice listening!
3. Hold the door open for others.
4. Share inspirational quotes.
5. Bring a healthy snack to work and share with your co-workers.
6. Give sincere praise and thank-you.
7. Compliment others – but you must really mean it!
8. Offer to help others, just don’t over-commit.

Click [here](#) for additional ideas you can use at home and with your children.
Family Involvement Center SibShops

When: Saturday, November 3, 2012, 10:00 a.m. – 2:00 p.m.
Where: Family Involvement Center, 1430 East Indian School Road, Phoenix AZ

The Family Involvement Center is pleased to announce SibShops, an exciting four week program for brothers and sisters of youth with physical, emotional, behavior and mental health needs. At SibShops, brothers and sisters will have an opportunity to connect with other youth of siblings with special needs, have fun and make new friends, share experiences of having a sibling with a disability, play games, have light refreshments, and participate in fun learning activities.

NAMI’s Peer to Peer Recovery Education Program

When: Tuesday, November 6, 2012, 6:00 p.m. – 8:00 p.m.
Where: Disability Empowerment Center, Class B, 5025 East Washington Street, Phoenix AZ 85034

This program offers great learning opportunities for peers. Classes are one day a week for six weeks. Registration is required as classes fill up quickly. To register, please contact Laura Shirling at 602-759-8177 or namimaricopaedu@gmail.com.

The DBHS’ Blog Connection

“Behavioral Health Overview – Part 2”

Managing contracts takes people with technical and clinical skill sets. At DBHS we employ people that understand the treatment aspects associated behavioral health care, primary medical care, accounting, fiscal principles, data management and insurance practices along with a lot of other technical experts. Our staff also needs to have legal expertise and knowledge of local, state and federal programs. To show how this all ties together let’s start with the money.

T/RBHAs (the managed care organizations) have three main funding sources for the provision of behavioral health services: • General Funds – The total amount is set by the Legislature. Before distributing this funding ADHS/DBHS examines historical spending by the T/ RBHAs and may request input from T/RBHAs, providers and members to appropriately allocate funding to each region. • Grant Funds – The total amount is set by the Federal Government for mental health and substance abuse services. ADHS/DBHS examines historical spending and requests input from T/RBHAs to appropriately allocate funding to each region. And... Read the full blog post...

Note: this is part of a series of blog posts providing an overview of Arizona’s behavioral health system including the contract management process, financing and other key components of the system. Visit the blog at http://bhsblog.azdhs.gov. Hint: you can subscribe to receive the information as soon as posted!