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](http://www.azdhs.gov/bhs/).

Way to go Jessie

My two-year-old niece had her black dress packed for my funeral. My pregnant sister and her family had plane tickets to come say goodbye as I lie in a coma on a ventilator. After their visit, the plug would be pulled. The day before the plane arrived, my fingers wiggled.

I experienced episodes of mania and depression for months leading up to this scene. I believed I was a burden and that I had no purpose. Swallowing pills, I hoped never to wake again.

When I opened my eyes, I felt relieved to be alive. My family had gotten into my Facebook account and contacted all my friends. Prayer vigils were arranged across the country. I received nearly 50 cards from loved ones telling me that they had been praying for me. The weight of the shame lifted off me knowing that people loved me in spite of my illness and my attempt. Never again will I doubt the power of prayer.

My family arranged for me to go from the hospital to a 30-day intensive, inpatient treatment center for mood disorders. (Continued on Page 2)

From this Year’s Summer Institute

The Division of Behavioral Health Services (DBHS) partnered with the Arizona State University (ASU) Center for Applied Behavioral Health Policy (CABHP) to conduct a town hall last month with attendees of the 14th annual Summer Institute. The topic was behavioral and primary care integration and design elements for the next request for proposals (RFPs) for the 14 Arizona counties other than Maricopa County. The town hall was moderated by Dr. Michael S. Shafer, Professor at the ASU School of Social Work and Director for CABHP. Representatives from DBHS participated, including Cory Nelson, Deputy Director, Victoria Navarra, Program Administrator for the Office of Health Care Development, and Kristin Frounfelker, Assistant Deputy Director who also represented AHCCCS during this forum. More than 330 people participated in this two-way conversation to obtain recommendations from the audience, including providers from both public and private entities, Regional Behavioral Health Authority and Tribal Regional Behavioral Health Authority representatives; city, state and county leadership; members and family members; educational institutions’ representatives; jails/corrections representatives, and many others. This was only one of many upcoming opportunities to provide input – visit frequently (or subscribe to) our blog to find out future opportunities.

The Division also offered several presentations and workshops at the Summer Institute. Claudia Sloan, PIO for the Division, showcased Mental Health First Aid Arizona, providing an overview of the program and a mini version of a MHFA course led by Steve Nagle from CPSA, who was recently certified as the first MHFA master instructor in Arizona. Diana Kramer, Cultural Competency and Workforce Development Manager, and RJ Shannon, HIV/AIDS Minority Liaison & Community Engagement Coordinator, presented The Intertwoven World: Reframing How We Address Social Determinants of Health in an Integrated World, during which they discussed the social determinants of health including culture and diversity that must be concerned when planning for integration. Don Erickson and Teresita Oaks from the Office of Health Care Development, and Kathy Bashor who leads the Office of Individual and Family Affairs, presented The Arizona Integrated Health Model of Care: Improving Health Outcomes for All members Served in our Behavioral Health System, which discussed Arizona’s approach to integrated health.

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Pinata Art is Displayed at the Earthheart Celebration

Donald, Master Salsa Maker and Accordionist

Earthheart Park and Community Garden

The Mountain Health & Wellness (MHW) Plaza Campus in Apache Junction hosted a number of community activities this spring at its Earthheart Park and Community Garden (EHP). After a planting frenzy in March by community gardeners, the park was the site of the City of Apache Junction’s Earth Day Celebration on April 12th. The Garden came alive as about 300 people enjoyed music, great food and activities for youth and families. The celebration ended with the release of 30,000 lady bugs in the raised garden beds at EHP.

The Second Annual Salsa Fiesta, a cultural wellness event, was held May 4th with about 300 people in attendance. This year’s event included its traditional salsa making and piñata making contest, a farmer’s market and vendors selling art work and products for home and gardens. There was musical entertainment, dancers and Latino comedian Roberto Rodriguez, who was the featured guest artist for the event. There was also non-stop piñata breaking and face painting for the young people that attended. MHW staff thanks this year’s event sponsors: Cenpatico, Magellan, Independent News, Funny 97.3 FM, Los Gringos Locos and Frontier Ace Hardware.

Rob Evans, past chief executive officer of MHW, had envisioned these types of community events for EHP. For this reason the MHW Board of Directors dedicated EHP to Rob’s memory after his death in January. On April 26th, a special commemorative event at EHP was dedicated to Rob as a special place in Apache Junction where the community can come together to celebrate health and happiness.

Way to go Jessie (continued from Page 1)

My body healed and I was able to get stabilized on medication. After 30-days, my treatment team felt I needed aftercare, so I moved on to a three-month program that emphasized twelve-step recovery.

Back at my parents’ home for a few weeks, struggling and trying to find a group home, a fire was lit under me. I thought to myself, I can work. I am capable of more. I applied for a few jobs and two days later went to see my medical doctor. She told me I was stable but I lacked purpose. She recommended I go through training to work with other people with Serious Mental Illness and gave me a flyer advertising open jobs for Peer Support Specialists.

Today, I have been working as a certified Peer Support Specialist for nearly a year. I also speak for NAMI, In Our Own Voice, sharing my experience, strength, and hope with a variety of audiences. My faith in a Higher Power is stronger than it ever has been before.

For almost a year, I have been working a twelve-step recovery program that has taught me a new way to be in relationship in the world with myself, others, and a Higher Power. It all started with a prayer.

CPSA’s YES Teen Institute Celebrates 10th Anniversary

YES Teen Institute founded and now funded by Community Partnership of Southern Arizona celebrated its 10th anniversary in July. The dynamic youth-leadership program hosted about 100 teens from 10 area high schools for a week of self-discovery and learning at the University of Arizona.

Teen Institute is based on a community-mobilization model of preventing substance use. The program helps youth discover wisdom and resilience. It also prepares them to lead, organize their peers and address issues of concern in their schools with ongoing support from YES staff.

The institute is largely run by youth mentors who completed a previous institute. They plan the event, facilitate learning groups, lead activities and carry out a variety of other duties. This year, more than 20 youth mentors loaned their energy and talents to the institute. Three former youth mentors, who participated in earlier institutes and continued their involvement through the years, now are paid staff members for the event. “We see a lot of programs that make a difference for one or two years and then go away,” says Darren Allison, a former youth mentor who is now on the staff. “Making a difference for 10 years is quite an accomplishment.”

Vanessa Seaney, CPSA’s chief operating officer, attended the closing ceremony and received a plaque recognizing CPSA’s support of the YES program.

Some of the Youth Mentors from this year’s YES Teen Institute.

Jeff Dozoretz (left) presenting a plaque to Vanessa Seaney. Also shown are Diana Jimenez-Young and Michael Pensak.
Tornadoes are unlikely in Arizona – hurricanes even less so. But that doesn’t mean you don’t have to be ready for a disaster. Everyone should prepare to take care of their household for at least 72 hours by putting together an emergency kit that would help keep you safe and comfortable.

You can learn what to pack at [www.Ready.gov](http://www.Ready.gov). A few of the items every kit should include:

- Water – one gallon per person per day.
- Non-perishable food to last three days.
- Battery-powered or hand-crank radio.
- Flashlight
- Extra batteries
- First aid kit

If you have a serious medical condition or a condition that limits your mobility or function, you should take extra steps. Pack the kit in a duffel bag, backpack or plastic tote box so that you can take it with you if you have to go to an emergency shelter. Some additional things to consider:

- If you take daily medicine, be sure you have what you need to make it on your own for at least a week. Keep a copy of your prescriptions.
- If you use eyeglasses, hearing aids and hearing aid batteries, wheelchair batteries or oxygen, be sure you always have extra batteries and supplies in your kit.
- Wear medical alert tags or bracelets in case you’re unable to describe your circumstances in an emergency.
- Include your service animal’s needs in your plans and preparation.

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**August: National Immunization Awareness Month**

August means it’s almost time to go back to school. August is also National Immunization Awareness Month to remind parents that many children need to get vaccinated against infectious diseases such as measles and diphtheria before starting class.

The start of going to school – whether it is kindergarten or first grade – also signals the time for the last round of many childhood vaccinations. Children ages 4-6 are due for several immunizations:

- **DTaP**, which protects against diphtheria, whooping cough and tetanus;
- **IPV**, which protects against polio;
- **MMR**, which protects against measles, mumps and rubella;
- **Varicella**, which protects against chickenpox.

A federal program called **Vaccines for Children** provides free vaccines to eligible children, including those without health insurance coverage, all those who are enrolled in Medicaid and American Indians.

Find information on [where to go for immunizations here](#).

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**Healthy Recipe**

**Peach Cooler**

**Ingredients:**
- 2 cups fat-free milk
- 1 cup drained canned sliced peaches in light syrup or juice
- 1/2 teaspoon lemon juice
- 1/2 teaspoon nutmeg

**Directions:**
1. Put milk, peaches and lemon juice in a blender.
2. Blend well.
3. Sprinkle with nutmeg.
4. Serve cold.

**Servings:**
Makes 2 servings (1 cup per serving)

**Nutrition Information Per Serving**
- Calories 160; carbohydrate 32 gm; protein 10 gm; total fat 0 gm; saturated fat 0 gm; trans fat 0 gm; cholesterol 5 mg; fiber 2 gm; total sugars 29 gm; sodium 135 mg; calcium 254 mg; folate 4.30 mcg; iron 0.50 mg; percent calories from fat 0%.

Source: [eatwellbewell.org](http://eatwellbewell.org)
District Nine Coalition: “Collaborating not Competing”

A meeting in San Francisco last summer may help shape peer and substance abuse services in Arizona.

Dawn McReynolds, director of operations for the Women in New Recovery program in Mesa, and Kathy Bashor, manager of the ADHS/DBHS Office of Individual and Family Affairs met during a Substance Abuse and Mental Health Services Administration conference last August. After a long conversation, the two realized the importance of creating a statewide coalition of peer and substance abuse service providers to foster a regular exchange of information. And if it worked on a statewide level, the next step would be to introduce it nationwide.

Discussions with others in the behavioral health and substance abuse system led to the creation of the D9 Coalition, named for the federal SAMHSA District 9 that includes Arizona. The D9 Coalition is looking to create a pilot project for stimulating dialogue between the substance abuse and serious mental illness peer services fields.

NAZCARE Recognized for Cultural Achievements at 2013 Summer Institute Gala

Roberta L. Howard, chief executive officer for Northern Arizona Consumers Advancing Recovery by Empowerment (NAZCARE), accepted the 2013 Cultural Heritage Award presented by Arizona State University Behavioral Health Leadership at the 2013 Summer Institute Gala Event.

The award was presented for the achievements of the tribal workforce and recovery program developed by NAZCARE. The program, adopted by White Mountain Apache Behavioral Health in September 2012, trains peers to deliver services in a clinical setting and within the community. Peers from the White Mountain Apache Community completed the training and were hired to provide services that are culturally sensitive and specific to the members of the White Mountain Apache Tribe.

The program provides jobs in health care services and these jobs are sustainable through billable peer services.

STAND – Helping Families and Friends Stand by Individuals with SMI

Sticking Together and Never Doubting (STAND), a program of Recovery Innovations Arizona (RIAZ), provides recovery oriented information to family members and friends of those with serious mental illness to increase their awareness and prepare them to better support their loved ones.

STAND offers tools to provide care and support during the difficult times that people with mental health challenges experience. The Circle of Hope support group helps meet the needs of family members and friends through sharing their personal stories of recovery and resiliency.

However, RIAZ found that they weren’t reaching those who most needed this service, so the group was moved into the community at local crisis centers in Maricopa County. RIAZ also placed peer support specialists at the Psychiatric Annex in Phoenix and the Desert Vista Hospital in Mesa.

The support groups meet twice a week. For more information, please contact RIAZ at 866-481-5362 or 602-650-1212.
Stay Sharp!

There is a strong link between mind and body. Medical issues such as obesity and diabetes increase your risk of Alzheimer’s disease. Physically active people tend to maintain better memory than inactive people. A good rule of thumb: Anything that is good for your heart is also good for your brain.

Here are some other tips to boost your brain health:

- **Keep fit.** Regular exercise – about 2 ½ hours a week – may be the single best thing you can do to stay mentally sharp. Exercise helps maintain the hippocampus, the part of your brain involved with memory formation.
- **Keep learning.** Lifelong learning stimulates the brain to make more connections. More connections mean a more resilient brain. Learn new skills. If you routinely do crossword puzzles, try Sudoku.
- **Spice things up.** Herbs and spices such as black pepper, cinnamon, oregano and basil are high in brain boosting antioxidants. Turmeric, common in curry dishes, may help prevent Alzheimer’s disease.
- **Be sociable.** Social interaction – volunteering, tutoring school children, regularly lunching with friends – helps maintain mental skills and memory. Social support also helps reduce stress, which contributes to memory problems.
- **Take your vitamins.** A deficiency in certain vitamins – B-12, for example – can affect brain health.

Foods that Boost Your Brain Power

Everyone knows healthy eating habits benefit your body. But did you know some foods benefit your brain? The right foods reduce inflammation that is a cause of many health problems. Some foods may help hold off Alzheimer’s disease and other forms of dementia. And you’ll find they just plain taste good.

Some foods that will boost your brain power include:

- **Salmon.** This cold-water fish contains omega-3 fatty acids, including one called DHA. Brain cell membranes contain DHA. People with high levels of DHA in their blood had a much lower risk of Alzheimer’s, according to one study.
- **Broccoli.** Green vegetables such as broccoli and Brussels sprouts are filled with antioxidants such as vitamin C and powerful brain protectors called carotenoids. Other good choices include kale, bok choy and cauliflower.
- **Berries.** Strawberries, blackberries, blueberries and raspberries are all packed with antioxidants that boost the brain.
- **Milk.** Women with higher intake of vitamin D were less likely to suffer cognitive decline and impairment, according to two recent studies. Skim milk is an excellent source of vitamin D, as is yogurt, cheese and – hooray – ice cream.
- **Water.** The brain is about 75 percent water. Test subjects in one study who were well hydrated scored much better on tests than those who weren’t drinking enough water. Aim for six to eight glasses a day – more in hot weather or if you exercise.

Memory Loss May be Side Effect of Medications

If you have a hard time remembering the name of someone you just met or finding your car keys, the reasons may be found in your medicine cabinet. Memory impairment can be a side effect of many prescription medications.

Drugs used to treat anxiety and depression may impair your memory. Tricyclic antidepressants (TCAs) cause some degree of memory impairment in about a third of adults taking the medicine. A class of drugs called benzodiazepines used to treat anxiety may also cause memory loss. Statins used to treat high cholesterol may also cause memory issues, as can beta blockers used to treat high blood pressure.

It is important to talk to your doctor about possible side effects of any prescription medication. Your doctor can address your concerns and guide you on proper medication to meet your needs. He/she can also suggest ways to improve your memory to counter the side effects of your medication. Many other factors can affect your memory, including heavy cigarette smoking, stress, drug abuse, depression.
An Evening of Arts

When: 6:30 p.m., August 10
Where: 1242 E. Jackson Street, Phoenix

PSA Art Awakenings will host “An Evening of Art” – a fund-raising event featuring feature art and jewelry from talented artists, as well as prizes donated by local businesses. For more information, contact David.Reno@azpsa.org.

Advocacy Training Scheduled

When: September 21
Where: Arizona Foundation for Behavioral Health

The Arizona Foundation for Behavioral Health announces the next round of the Eric Gilbertson Advocacy Institute for Behavioral Health training designed for service recipients, consumers, and family members, board members, and people concerned about the quality of behavioral health care in Arizona. The Institute will provide skills to advocate for the needs and services of individuals served by the public behavioral health system and to communicate with those responsible for policies and laws governing our system. The application deadline is August 15, 2013. Please contact the Foundation by telephone, 602-712-9200, ext. 206; or by fax, 602-712-9222.

The DBHS’ Blog Connection

“World Hepatitis Day”

Viral Hepatitis is a group of diseases that can damage your liver. The most common and dangerous are Hepatitis B and C which can be transmitted sexually or through contaminated blood. Certain behaviors, like using shared toothbrushes, razors, needles, piercing, tattooing or drug ingestion equipment, may place you at higher risk to getting those infections. Common symptoms include yellow skin (jaundice), belly pain, depression, joint pain, discolored or clay colored bowel movements and dark urine. Getting tested is important as some people don’t have symptoms until they are ill. To learn more about hepatitis and what you can do to prevent or treat, view our Quarterly Health Initiative’s printable handout for consumers, for providers, or our webinar for providers.

Additionally, the Centers for Disease Control and Prevention (CDC) has launched an online risk assessment tool for hepatitis. It’s free, fast and you can get a personalized report right from your home computer or mobile device.

View the full blog post HERE that includes tips to prevent hepatitis.

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!