Way to go Mark!

Now that I’m finally standing on the pinnacle of my recovery, I look back on the past 12 years since my mental illness started, and realize that there were two key events that would forever change my life. They would later be called “blessings in disguise,” one of my dad’s hallmark statements. Thanks to my Theatre degree, I am also able to look back and realize that those 12 years played out like that of a structured dramatic play.

The start of my play was put into motion by the first life changing event. The setting was July of 2001 in Phoenix. While driving to work one night, a drunk pedestrian appeared out of nowhere and walked in front of my car. My fate and that of the man collided and something more than my car crashed. The man’s life ended and my new altered life began. My mental illness was born at that very moment of impact, weighed an infinite amount of pounds, and would require care for the rest of its life.

The middle of my self-named play was the next 10 years that followed. They were mostly filled with a series of man vs. himself conflicts. The year and a half that I’ve been at the clinic so far has served as the resolution to this long dragged out play of mine.

I’ve been serving as Chairman of the CHOICES Enclave Clinic Advisory Council for the past year now, and have been recognized with two awards of achievement. For me personally, these awards signify achievement in overcoming my own mind. I am also a presenter for NAMI’s In Our Own Voice program. I get the unique opportunity to share my story of living with a mental illness and how it has been both the worst and greatest thing that has ever happened to me. I’m happy to announce that the curtains for my next play will rise in January when I begin training to become a peer support specialist, a role I first learned about when I arrived at my clinic. As I stand on this pinnacle of recovery, I have finally found myself again and re-discovered my purpose in life. As a future peer support specialist, it will be my goal to help others write a happy ending to their own play.

Alcohol-free Holiday Celebrations

Happy Holidays! During this time of joyful celebrations, your friends from Recovery WORKS would like to challenge you to celebrate the holidays alcohol free. We’ll be printing your success stories in our next issue. Please email us your story to DBHSCommunications@azdhs.gov, and include any pictures if you wish. Here is a handout with some tips you can use to say no to alcohol. Here are some tips to help you lead an alcohol-free party:

1. Make it about your guests and your time together! You can do this by encouraging fun conversations and group activities.
2. Play a variety of games that do not focus on alcohol.
3. Include activities that encourage movement and interaction such as dancing.
4. Offer a variety of non-alcoholic beverages.
5. Have a contest for sharing non-alcoholic drink recipes!
6. Avoid too much of salty foods that make people overly thirsty.

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.
We Need You!

The Arizona Behavioral Health Planning Council, the ADHS/DBHS Office of Individual & Family Affairs’ (OIFA) Advisory Council, and the Arizona Peer and Family Coalition need a few good men, women, and youth to become members and be involved to continue to improve Arizona’s behavioral health system. These organizations are recruiting peers and family members with mental health and substance abuse experiences, who want to make a difference. For more information please contact: rocka@azdhs.gov or the Coalition’s Chair, Vicki Johnson, at vlj30@cox.net. Membership in these organizations is comprised of peers and family members, advocates, and behavioral health professionals committed to change and inclusion. There are exciting times ahead for Arizona’s system, and we encourage you to take part!

Congratulations Mountain Health & Wellness—our Newest FQHC!

Mountain Health & Wellness (MH&W), a provider in our public behavioral health system of care, has received Federally Qualified Health Center (FQHC) status. This is a very competitive grant award process across the entire nation – congratulations MH&W!

As an FQHC, MH&W will now be able to expand their services in ways they weren’t able to do in the past, particularly responding to the health needs of many severely underserved individuals in rural Arizona. For more than 25 years, MH&W has been providing an array of mental health services in Pinal County. Over the past two to three years they have expanded services not only offering comprehensive behavioral health care, but also including primary care and wellness services utilizing an integrated care approach. They are now able to serve people in Pinal, Maricopa, La Paz, and Yuma Counties. Read the HRSA Press Release.

Connecting Health to Culture

As part of NARBHA’s cultural competency program, staff and providers participate in culturally rich programs to broaden their capacity to appreciate different worldviews. This helps create safe environments where members receive culturally and linguistically appropriate care.

During November’s Native American Heritage Month, NARBHA’s cultural competency staff hosted a variety of programs to honor its 11 tribal neighbors and learn about the cultures that influence their health. One of them is the Native American Heritage Day on November 20th, when representatives from several tribes helped enrich the staff’s appreciation for the dance, food, arts and crafts, and music of their cultures. Performances included Apache Crown Dancers, Supai bird song, and an early morning building purification and blessing ceremony. Northern Arizona University professor Bob Lomadafkie (Hopi) gave a presentation on historical trauma, and Karen Medville, PhD, (Cherokee) presented a talk on integrated teaching, traditional teachings and culture integrated with western behavioral health practices.

Earlier in the month, Uqualla (James), a Havasupai Medicine Man, blessed NARBHA’s staff meeting, and Patrick Boone, a Navajo Medicine Man, also performed an early morning purification ceremony at The Guidance Center. NARBHA also offered two staff “Lunch n’ Learns” that featured documentaries about Native American culture. Finally, NARBHA and Responsible Agency (RA) staff joined Native Americans across the country for “Rock Your Mocs” day. For more details about these events click here.

New Comprehensive Service Provider (CSP)

HOPE, Inc. (Helping Ourselves Pursue Enrichment), a peer run organization that works with individuals in Tucson to recover from their mental illness and experience a successful re-entry into the community, will become a CSP. It will also have the distinction of being the first peer-run organization to become a CSP in the CPSA network. With this change in operations, HOPE, Inc., will begin to serve all populations (children and adults) and will be licensed to provide covered behavioral health services effective January 2014.

New Warm Line

(Northern Arizona Consumers Advancing Recovery by Empowerment), NAZCARE is expanding across the state. NAZCARE is a quality recovery organization located in Northern Arizona whose mission is to enhance wellness, promote recovery, reduce stigma and reach out to consumers. One of the expansion areas includes the Cenpatico Geographic Service Areas (GSAs). Cenpatico recently awarded NAZCARE funding to staff a statewide Warm Line, which will operate from 5:30 p.m. to 11:00 p.m. The Warm Line will be available seven days a week, is available to all individuals in Arizona and can be reached at 1-888-404-5539.
Healthy Holiday Eating

The holiday season is here again: Very nice elaborate meals, decadent desserts, and seasonal favorites are a sure sight at many holiday parties and family gatherings. While it is possible to overindulge at these festive affairs, keeping a few tips in mind makes it easier to continue eating healthy over the holidays.

First, if the party is in the evening, make sure to eat as you normally would throughout the day. This will keep you from arriving hungry and will allow you to settle into the party without focusing on food first. Most parties are buffet-style and offer multiple entrees and side dishes. Take a moment to see which foods you really want to try, and which you could skip altogether. If you’ve been asked to bring a dish to share, consider a fruit and vegetable recipe. Not only do fruits and vegetables have fiber that helps you feel full, but they add a pop of color and make a beautiful display on a table. To round out a healthy holiday, keep the party moving after dinner. Take a walk with friends, or rearrange some furniture to create a makeshift dance floor.

Most of all remember that these celebrations are about spending time with each other and making memories. Enjoy the party and remember that every day is a new day to continue building healthy eating habits for a healthy body and a healthy mind.

For healthy recipes, visit www.eatwellbewell.org.

HIV/AIDS and Mental Health

This quarter’s health initiative focuses on HIV/AIDS. Did you know that more than 14,000 people in Arizona are living with HIV/AIDS? Depression is one of the most common mental health conditions associated with HIV/AIDS.

Click here to download the printable handout for information and helpful resources. It also provides you with questions that you can ask your doctor at your next visit.

Wash Your Hands - Keeps Flu and Other Viruses Away!

1. Wash hands with soap and water
2. Rub for 30 seconds
3. Rinse and dry thoroughly

Cooking Safely During the Holidays

The winter holidays are a perfect time for families and friends to get together and visit with each other over a nice meal. When doing so, it is important to remember to practice safe food handling. Bacteria and pathogens can quickly multiply and cause foodborne illness when food safety is not a priority.

To reduce the risk of foodborne illness during the winter holiday months, please follow the basic food safety tips below:

1. Clean – Wash your hands and food contact surfaces often. Use soap and water for at least 20 seconds before and after handling food.
2. Thaw – Thaw raw meats (including turkeys) in the refrigerator or under cold running water.
3. Separate – Don’t cross-contaminate. Wash or change your cutting boards between preparing different types of raw meats and between preparing raw meats and ready-to-eat foods.
4. Cook – Cook foods to the proper temperature. Turkey and stuffing must be cooked to 165°F for at least 15 seconds. When in doubt about what temperature to cook your food to, cook it to 165°F for at least 15 seconds.
5. Hold – Keep hot foods hot (130°F or above) and cold foods cold (41°F or below). When unable to hold food hot or cold, discard any food left out for more than four hours.
7. Reheat – Reheat leftovers to 165°F for at least 15 seconds.

Healthy Recipe
Cranberry Orange Snack Mix

5 cups whole grain cereal squares
1/2 cup sliced almonds
2 Tablespoons melted butter
2 Tablespoons brown sugar
2 Tablespoons thawed orange juice concentrate
1/2 cup dried cranberries or raisins

Directions:
1. Heat oven to 300°F.
2. Mix cereal and almonds.
3. In a microwavable bowl, mix butter, brown sugar, and juice concentrate and microwave on HIGH for 30 seconds.
4. Pour over cereal mixture, stirring until evenly coated.
5. Pour into ungreased roasting pan.
6. Bake uncovered 30 minutes stirring after 15 minutes.
7. Stir in cranberries and cool completely.
8. Store in an airtight container.

Servings: Makes 10 servings, 1/2 cup each

Nutrition Information Per Serving:
Calories, 192; carbohydrate, 35 g; protein, 4 g; total fat 5 g; saturated fat, 2 g; trans-fat, 0 g; cholesterol, 6 mg; fiber, 4 g; total sugars, 11 g; sodium, 282 mg; calcium, 75 mg; folate, 256 mcg; iron, 9 mg; percent calories from fat, 23%.

Source: eatwellbewell.org
365 Days for Volunteering and Compassion

Anyone could be in need of help - a relative; a good friend; a sibling; a person who faces the daily battle of addictions or other life trials; someone with mental illness who is not yet on the road to recovery. Let’s not forget the innocent animals that are born to no home and are left to be a stray. Most shelters and charities receive plenty of help during the holidays. The truth is, this is a 365 day challenge. There are so many charities, community service and volunteer programs in Arizona seeking individuals with heart, a smile and the desire to make a difference ALL YEAR ROUND! When there are no holidays, there is still the need for volunteers. Please email ofa@azdhs.gov what your community or organization is currently doing and what your organization’s needs are for volunteers. They will help spread the word and assist in getting more community members involved. Here are some current volunteer opportunities:

- ADHS/DBHS Office of Individual and Family Affairs
- Arizona State Employee Charitable Campaign
- I Can AZ Positive Youth Volunteer Program
- Volunteer at Pathway Homes Embrace Recovery
- Arizona Humane Society Volunteers
- NAMI AZ Volunteer Opportunities
- St. Mary’s Food Bank
- Child Crisis Center
- Magellan of AZ Youth Involvement

Building an Environment for Trauma Sensitive Treatment

The Division’s Trauma Informed Care Task Force recently presented a day-long training by esteemed Professor Dr. Bob Rhoton from Owatta University. There were over 90 attendees from all areas of the state. Participants included probation officers, therapists, administrators, peer and family support specialists, and other behavioral health professionals. Dr. Rhoton talked about traumagenic family dynamics, understanding trauma, and impact of developmental trauma of the individual as well as the family.

What is “traumagenic”? This term is a label for a type of environment that can create trauma stress reactions and lead to “traumagenesis”, which is an origination of symptomatic behaviors and biological alterations that increase the risk to health, emotional, and psychological development. In more simple terms, the environment activates real physical, emotional, and psychological change that become enduring characteristics in the individual.

Past trauma or loss can lead to ongoing behaviors or symptoms. Parents and others surrounding a person who has experienced trauma can help the person feel more safe and successful, often only need some guidance on how to do it, what to say/when, things to be mindful of, etc... – this what trauma informed care is about. The group also worked through two actual scenarios of individuals who had experienced severe traumatic events. This exercise helped understand how through establishing a trusting relationship with the individual we are able to look at a case in a different light which often leads to more positive outcomes for the person. Dr. Rhoton said “When judgement begins, healing ends”. Due to the high demand, we will host this training again in January 2014. More information will be on our events calendar soon and also on our Behavioral Health Blog.

Miss Arizona International’s Commitment to Reduce Stigma

In 2006, Kayla Downs was crowned Miss Arizona United States, and then went on to win the title of Miss United States 2006. She spent the year touring the country visiting military bases thanking the nation’s military for their service. She is now the current Miss Arizona International and has chosen the cause of the importance of mental health. She is a graduate student at Grand Canyon University pursuing her Master’s degree in Professional Counseling. She obtained her B.S. in Psychology from GCU in 2010.

Almost two years ago Kayla was diagnosed with Major Depression and Severe Anxiety, which she says was the best day of her life as she finally had answers. As a result of the struggle she faced before getting diagnosed, she knew immediately she wanted to help others in this same struggle. She is now the Chair of the Arizona Stigma Reduction Committee and travels throughout the state sharing her story hoping to encourage others. When asked what she is most proud of, Kayla responds that she is proud that “I gave up the facade that I was always happy, I was perfectly healthy, and gave up caring what other people thought of me. I am proud that I gathered all the strength in me and drove to my first psychiatrist appointment and was totally open and honest when I got there. Had I not made this first step I would not be where I am today.”
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 financial dimension of wellness: satisfaction with current and future financial situations.

Budgeting for the Holidays

It’s the time of year for overspending. Here are some holiday shopping tips:

1. Create a list of those who you want to buy gifts for, how much to spend on each person and what to give them.
2. Review last year’s holiday spending. Think about where you can cut back.
3. Create a budget early and stick to it. Include non-gift expenses; wrapping supplies, decorations, postage, etc.
4. Pay by cash or debit card to avoid finance charges from credit cards.
5. Review the features and options available on products such as cell phones to avoid costly recommendations by salespeople.
6. Compare prices as the cost of an item can vary by 50% or more in the same area.
7. Shop online to take advantage of free shipping and promotional codes to save 10%-30% off your order.
8. Ask about free gift wrapping to save time and money.
9. Consider extended warranties carefully. They duplicate the product’s existing warranty or are equivalent to the cost of a repair.
10. Track your spending and save your receipts so you don’t exceed your budget.

Creative Giving Within Budget

GET WELL KIT

Here is what is in the kit:

- Large mug | $store
- Honey bottle | $store
- Fresh lemon | Grocery store, $.40 each
- Chapstick brand lip balm | $1.00+
- Tissues | About $2
- Burt’s Bees Honey & Lemon Throat Drops | About $2
- Optional – Clear Cellophane Basket Gift Bag $ store (shrink wrap)
- Free printable gift tag (download found online or create your own)
- Twine/ribbon - $ store
- Scissors

S’MORE SQUARES IN A JAR

1 sleeve graham crackers; reduced to crumbs*
1/3 cup brown sugar
1 cup milk chocolate chips
1 1/2 cup mini marshmallows

*One sleeve of graham crackers is equal to 1 1/3 cup crumbs
Layer in order given in a 1 quart canning jar. Attach to Jar: S'Mores Squares
Empty contents of jar into a bowl. Melt 1/2 cup butter, add 1 teaspoon vanilla. Pour over dry ingredients, mixing well.
Pat into a greased 9’ square pan. Bake at 350o for 15 minutes.
Makes 9 to 12 bars.

SHADOW SILHOUETTE DRAWING

A silhouette is a drawing of an object that shows the object’s outline, but none of its features. Silhouette portraits were very popular in the 19th century and were made by cutting the outline of a person’s profile from thick black paper.

The origin of the silhouette lies in the traditional, pre-photography practice of tracing shadows on paper or even walls in order to draw objects more accurately.

While the practice is no longer common, anyone can make silhouettes from shadows with light and some paper.
**Upcoming Events**

**SafeTalk: Suicide Alertness for Everyone**
(by Magellan)
Learn how to provide practical help to persons with thoughts of suicide. To enroll you will need an Achieve account to register online at [https://magellan.learn.com/az](https://magellan.learn.com/az). Enter as a Visitor and use link at right to request an account. Once your password is emailed to you, login and search “safeTALK” to locate the course and enroll.

**Mental Health First Aid Arizona**
When: ongoing – [click here to see when the next class is!](http://www.mentalhealthfirstaidaz.com)
Where: throughout the State of Arizona, it could be in your own community.
Just as CPR training helps you assist someone following a heart attack, Mental Health First Aid training helps you assist someone experiencing a mental health crisis, such as contemplating suicide. Trainees are taught how to apply a five-step strategy in a variety of situations, such as helping someone through a panic attack or assisting someone who has overdosed. Visit [www.mentalhealthfirstaidaz.com](http://www.mentalhealthfirstaidaz.com) or call 1-855-331-6432 to learn more.

**5th Annual FESTIVAL OF TREES**
When: Sat., Dec 7, 6pm – 10pm
Where: Herberger Theatre, 222 E Monroe St., Phoenix, AZ
Enjoy a festive night of celebration! Sponsored by the Greater Phoenix Gay and Lesbian Chamber of Commerce (GPGLCC), this is the event of the year where you will have the opportunity to win a decorated tree or wreath delivered to your door. All funds raised benefit PSA Art Awakenings, a non-profit arts program for adults and youth with behavioral health challenges. We utilize the power of creative arts to promote empowerment and recovery through creativity! Admission is $25 plus raffle tickets. Register before 11/28 and pay $20 for admission.
[www.ArtAwakenings.org/FestivalofTrees](http://www.ArtAwakenings.org/FestivalofTrees)

**The DBHS’ Blog**
Connection
Seeing the Need, People of Color Network, Cenpatico, and other organizations from our community are participating and promoting this year’s 9th Annual Stories of Healing and Hope Holiday-Home Makeover and Giveaway-throughout Arizona.

To participate you can [submit your Story of Healing and Hope for a chance to win](http://bhsblog.azdhs.gov)!

The purpose of this year’s campaign is to provide much needed services to deserving families throughout the holiday season. The campaign focuses on individuals who have overcome their challenges through their Stories of Healing and Hope.

View the [full blog post](http://bhsblog.azdhs.gov).

Visit the blog to view other stories at [http://bhsblog.azdhs.gov](http://bhsblog.azdhs.gov). Hint: you can subscribe to receive the information as soon as posted!

**To submit an article:** email your article to [DBHSCommunications@azdhs.gov](mailto:DBHSCommunications@azdhs.gov) for publication, 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!