Way to go Hubert!

Hubert is a peer enrolled in Cenpatico’s Business Coach Program through his provider and has received assistance to publish his book of poetry. He has a talent to create and recite poetry.

Most of his poetry is regarding his recovery and has much meaning to him as well as others who may be going through what he had experienced before treatment and while he was in recovery. All of his works are original and lively. His poetry has reached many people in recovery and was written from an intensely personal perspective.

At the beginning, he had a collection of poetry that he had in his mind but needed to write down to share with others. We [Staff at the Business Coach Program] were able to compile his work into a book format and with the help of Cenpatico, published 200 copies of Chapbooks. Chapbooks are small softbound poetry collections. For publishing this collection, Cenpatico was provided 100 copies of the softbound book and Hubert kept 100 Copies. A few copies for himself and close family members, and the remaining copies he sold to Parole Officers, Judges & Behavioral Health Providers and at a local book store. He held a book signing event at a local bookstore.

He has entered his poetry in contests and received honorable mentions. His poetry was published in the local Sunday newspaper for 9 weeks! His poetry speaks on its own.

This gentleman is still a peer member. He has successfully found a full time job and continues to write poetry. His main focus is his family and providing for his family by being gainfully employed, yet he plans to continue to write and share his poetry to help others in their recovery.

Click here to view a video online with one of his poems “I too had dreams.”

Healthy Weight in 2013

Happy New Year! Every year we make great goals and resolutions but often have too many to actually take action on any of them! The health section in this issue will focus on one of the most common New Year’s resolutions, though one of the toughest to accomplish: healthy weight. If you're looking for motivation and/or tips to help you achieve your weight goals in 2013, check out the “healthy living” section. A healthy weight will help you improve your overall health, including your self-esteem and mental health. Learn what a healthy weight is for you and some of the steps to achieve it. ...To your good health.

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.
Arizona Peer and Family Coalition Update

The Coalition met in January at the Disability Empowerment Center and continued its work to change the definition of “mentally ill person” as defined in Arizona State Statute. Jill Hogan and Krista Long, members of the Coalition’s Advocacy Committee, met with key legislators in the Arizona House of Representatives to begin discussions on developing a bill to remove the language from State Statute. Representatives Heather Carter and Kate Brophy McGee sponsored the bill, known as HB 2066: “definitions; archaic language; removal”. A hearing was held in the House Health Committee on January 23rd and passed out of Committee, which is a huge positive step for the community!

Jill Hogan, a peer and long-time mental health advocate, and Krista Long, family member, spoke of the stigma associated with mental illness and how stigma restricts people from seeking treatment. They also shared their personal stories and life experiences as a peer in recovery and a family member of a child with mental illness.

The Coalition is also developing a packet of materials that will be available when crisis like Sandy Hook occur, and will submit a series of articles regarding Peer and Family delivered services that are evidence-based practices in upcoming editions of Recovery Works.

New Peer and Family Coalition in Pima County

The Pima County Peer & Family Support Coalition was originally created through a unique collaboration among HOPE, Inc., MIKID, and Child & Family Support Services of Tucson. This collaboration came about as an attempt to bridge the gap between the children’s behavioral health system of care and the adult system of care, primarily around transitioning youth and families. Focus groups were held with providers, stakeholders, peers and family members to find out specific areas of need or concern that exist within our public behavioral health system. The first official kick-off event was held January 16th at HOPE, Inc. in Tucson. The coalition’s focus for this event was to increase community involvement in advancing the coalition’s specific goals identified on the strategic plan. This continues to be a unique opportunity to really make a difference in the public behavioral health system!

Meetings will be held at HOPE, Inc. 1200 N. Country Club on the second Thursday of the month. For further information, contact: Tonya at 520-770-1197.

CPSA Partners in Pilot Training for Military Specific MHFA

Community Partnership of Southern Arizona (CPSA) has joined other organizations that interact with veterans, service members and their families, to pilot a new, military/veteran-focused version of Mental Health First Aid (MHFA).

The training, one of the first in the nation, was held January 17-18th at CPSA’s Training Center in Tucson, led by trainers from the Arizona National Guard Total Force Team and the Arizona Coalition for Military Families. “This is a great complement to CPSA’s initiative for veterans and their families,” said Neal Cash, CPSA’s President/CEO, “and it’s a special honor that CPSA was chosen to be a part of this pilot.”

“With the high rates of suicide among people serving in the armed forces, it’s vitally important to train their peers, friends and family members about warning signs and how to link them with help,” he added. “The help’s out there, but the stigma of getting it is even higher for military members than for the general public.”

Other partners in presenting the training were the Western Interstate Commission for Higher Education, the Arizona National Guard and its “Be Resilient” Program and the Nation Guard Bureau’s Psychological Health Program.
Healthy Weight

Achieving or maintaining a weight that is healthy for your body can help you improve mental health and symptom relief from other illnesses. According to the Centers for Disease Control and Prevention, the key to achieving and maintaining a healthy weight is having a lifestyle that includes healthy eating, regular physical activity, and balancing the number of calories you consume with the number of calories your body uses. Staying in control of your weight contributes to good health now and as you age.

One way to know if your weight is in the healthy range is by calculating your body mass index, also known as BMI. This uses your weight and your height to provide a measure of your total body fat. Use the online tools to calculate your BMI or to calculate it for your children. If you would like a print-out version, check out the Division’s quarterly health initiative handout that includes steps for finding your BMI along with tips and additional resources.

To stay at a healthy weight, it’s worth doing a little planning now. If you’re at a healthy weight already, preventing weight gain is something worth working towards. Similarly, if you are overweight but aren’t ready to lose weight, preventing further weight gain is a worthy goal.

Healthy Chocolate: Dream or Reality? Can Chocolate be Good for Your Health?

Chocolate’s reputation is on the rise, as a growing number of studies suggest that it can be a heart-healthy choice. According to the Mayo Clinic, chocolate and its main ingredient, cocoa, appear to reduce risk factors for heart disease. Flavanols in cocoa beans have antioxidant effects that reduce cell damage implicated in heart disease. Flavanols are more prevalent in dark chocolate than in milk chocolate or white chocolate — they also help lower blood pressure and improve vascular function. In addition, some research has linked chocolate consumption to reduced risks of diabetes, stroke and heart attack. One caveat: the evidence for the health benefits of chocolate comes mostly from short-term and uncontrolled studies.

If you want to add chocolate to your diet, do so in moderation, since most commercial chocolate has ingredients that add fat, sugar and calories. Eating too much of it can contribute to weight gain. Dark chocolate with cocoa content of 65% or higher is preferable, and eating around 3 ounces a day has been shown in some studies to be healthy. This amount may contain up to 450 calories, so you may want to cut calories in other areas or step up the exercise to compensate.

Healthy Recipe

Prep: 10 minutes; Cook: 10 minutes; Total Time: 20 minutes

Ingredients:
- 2 servings of bow-tie pasta
- 3 tomato basil chicken sausages, sliced into 1/2 inch slices
- 1 tablespoon olive oil
- 1 cup leeks, sliced
- 1 red onion, cut into 1 inch pieces
- 1 clove garlic, minced
- 1 red, yellow, orange and green pepper, cut into 1 inch pieces
- 4 cups spinach
- Parmesan cheese

Instructions:
Prepare pasta as directed. Set aside.
Heat large pan over medium heat and spray with cooking spray. Add chicken sausages, cooking until lightly browned. Set aside.
Add olive oil to pan and when hot add leeks and onion, cooking for about 2 minutes. Add in peppers and cook an additional 2-3 minutes. Turn off heat.
Grate Parmesan over top if desired.
Makes 3 servings

Source: WebMD
Youth Practice Protocol Roll-Out

The Division is collaborating with the Regional Behavioral Health Authorities (RBHAs) around the state for a series of presentations on the Youth Practice Protocol published in July, 2012. The format has been designed to combine in two hour-long segments. These include information about the central tenets of the protocol combined with opportunities for the RBHAs and their local Youth and Family representatives to talk about significant developments and activities in support of Youth Involvement at the local level. In keeping with the spirit of Youth Involvement, the protocol section of the presentations has prominently featured youth leaders and representatives from family-run organizations. RBHA partners have been encouraged to include local youth representatives in their discussions of strengths and needs regarding youth involvement, and to provide opportunities for dialogue with youth and families during the presentations. To date, presentations have been done northern Arizona, Tucson, and Casa Grande. Others are being scheduled for Maricopa County, Yuma, Sierra Vista and with Pascua Yaqui Tribe.

Yuma Cemetery Volunteer Group

What started out as a personal hobby has turned into a wonderful volunteer project at the Old Yuma Cemetery. The Yuma Cemetery was established in 1895 and many of Yuma’s pioneers rest in this cemetery. It is owned by several different organizations, some of which are no longer in existence. The city of Yuma only maintains the roads, and over the years the cemetery has been neglected. Vandalism had knocked over headstones and there were trash and overgrown weeds.

Each Friday, Mountain Health and Wellness staff takes a group of six participants to the cemetery where all pitch in to pick up trash, pull weeds, and clean off headstones. They also purchase flowers at the 99 cent store and place them at some of the graves. This activity has brought so much joy to participants and they have shared that it provides them with a meaningful activity that makes them feel good. One participant shared that she looks forward to coming to the cemetery because it brings her peace and wishes she could come every day. Everyone in the group is passionate about preserving the memory of those that have died, no matter who they are, and they are proud to be a part of this project.

In addition to aiding in recovery, this activity helps participants practice important skills used in the workplace such as teamwork, communication, problem solving, project planning, task management, and organization, which makes this more of a health and wellness activity.

The Role of Peer and Family-Run Organizations in Arizona

Peer and Family-Run Organizations (PFROs) historically began as a group of volunteers who worked together to help each other in recovery. These organizations evolved over the years into “Community Service Agencies” (CSAs). The certification is done through the Division. The community based, non-hierarchical structure of a PFRO is an ideal setting for recovery concepts to be demonstrated – examples are community integration and other social skill-building and support services.

Peer and family support services have demonstrated their importance to recovery in the continuum of Arizona’s behavioral health services. Support workers in PFROs provide emotional support and share coping strategies to manage problems and promote personal growth and recovery. Peer and family support services are emerging as an evidence-based practice as they have been shown to reduce the overall need and usage of mental health services over time (Corrigan, 2002; Hardiman et al, 2005, and ADHS, 2011). Arizona’s peer and family support specialists also work in other settings including provider agencies, inpatient and outpatient settings, emergency rooms, and crisis centers.

PFROs provide crucial services beyond traditional mental health services. Provider agencies send referrals for their behavioral health recipients to the PFROs for many different services as they recognize and acknowledge the unique role and services that PFROs provide. Peer and family support specialists have lived experience and possess the knowledge and skills to work with individuals and families. Their services address not only behavioral needs but physical health needs; they teach skills in gaining or restoring relationships, conduct classes to further one’s education or vocational skills, assist improving living arrangements, and assist in gaining employment.
Did You Know How Much Physical Activity You Need?

Regular physical activity helps improve your overall health and fitness, and reduces your risk for many chronic diseases. Fitting regular exercise into your daily schedule may seem difficult at first, but in reality this can be very flexible and once you learn the basics it will be easier than you think. Below are links to online resources from the Centers for Disease Control and Prevention that show us a breakdown of physical activity requirements according to your age. A child will have different physical activity needs than a young adult or older adult. For example, children and adolescents are recommended to do 60 minutes (1 hour) or more of physical activity each day. But there is more to it than the duration. You have to consider the type of activity (i.e., aerobic versus strength training), the intensity of the activity, and the goals you’re trying to achieve with the activity.

For Children || For Adults || For Older Adults

Get Moving OUTDOORS!

Getting outside isn’t just a great way to get exercise, it’s also a lot of fun! Find affordable physical activities in your area that can help bring the whole family together and start enjoying the great outdoors. Learn more...

New iPhone App for Quitting Tobacco!

Quitting tobacco is tough, get on-the-go support right on your iPhone. Learn more and download here.
Upcoming Events

Birth to Five Parenting Series

Mondays, February 4, 11, 18 and 25, 2013, 10:00 a.m. – 12:00 p.m.

Family Involvement Center, 1430 East Indian School Road, Suite 110, Phoenix, AZ, 85014

Assist your child in developing and learning as they grow from birth to age five: Stages of Development and Learning Bonding and Attachment; How infants and small children express themselves. Open to all parents and caregivers raising children ages birth to five years. Spanish interpretation and limited child care is available. Registration is required, please contact: Parent Assistance Center (PAC) 602-288-0155 or pac@familyinvolvementcenter.org.

Mental Health Awareness Coalition Meetings

Meetings are every second Wednesday of the month at 11:30 a.m., at ABC, 1406 North 2nd Street, Phoenix AZ 85004.

Coalition members are all volunteers and include persons living with mental health challenges, family members, advocates and wide variety of professionals within the behavioral health field. The Mental Health Awareness Coalition was formed in 1995 initially as The Mental Illness Candlelight Vigil. The Coalition has continued the annual tradition now known as the Candlelight Celebration. This event honors family, friends, community members and national leaders who have been challenged by mental health disorders. These individuals have enriched lives and society through their love, friendship, work, art, research, and community activism.

The Coalition focuses on educating the public, raising awareness about the importance of good mental health, advocating for recovery through improved treatments and reducing stigma currently associated with behavioral health and addiction disorders.

The DBHS’ Blog Connection

“Prescription Drug Misuse Remains High in Arizona”

According to a recent report from the Substance Abuse and Mental Health Services Administration (SAMHSA), prescription drug misuse is second only to marijuana as the nation’s most prevalent illicit drug problem, with approximately 22 million persons nationwide initiating nonmedical pain reliever use since 2002. The report also shows variations in use by state, with combined 2010 and 2011 data indicating that rates of past year misuse among those aged 12 or older ranged from 3.6 percent in Iowa to 6.4 percent in Oregon. Arizona is one of ten states with the highest rates of nonmedical use of prescription pain relievers.

Read the full blog post...

Visit the blog at 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 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!

Mental Health: Everyone Has It!