Way to go Shanna!

I was born into a well-to-do family with a ton of love and support from my mother, but with a traveling father who had an alcohol problem. I had two brothers, one older and one younger. They were killed in a car accident when I was 15 and that is the first time I dabbled in drugs.

I went on to continue my education and became a court reporter. I continued to do drugs, but it was only recreational. During the high stress of my job as a court reporter and my young age, I began doing cocaine more and more and eventually smoking it with my dealer, whom I married. For the next 16 years, my life was hell, in and out of jail, extreme weight loss and in violent, unsafe situations. I lost my job as a court reporter. By the time I was “done,” I had two felonies under my belt and weighed 85 pounds.

While in jail that last time, I prayed that I would do whatever God wanted me to do, even have a jailhouse ministry if that is what He wanted, if He would just help me get clean. That was my starting point. When I got out of jail, I went to a 90-day inpatient rehab program, then went to a women’s discipleship home for a year, where I became housemother. I became very involved with the church and began teaching women’s Bible studies and teaching Sunday school. I eventually became an ordained pastor with a specialty in teaching.

Three years into my recovery, I began sponsoring women and going back to the rehab center I graduated from and doing volunteer Bible studies. I learned about becoming a Recovery Support Specialist and applied for the RSS Institute. I was so excited that I could make a career of doing what I loved, helping people reach their goals of sobriety and stability. I didn’t get accepted the first time I applied, but I was not going to give up on this. I got a job at the rehab center, re-applied to the Institute, this time was accepted.

Six months into my job at the rehab facility, I was offered an opportunity to work with adults with a serious mental illness at Marana Health Center. Although I never had a problem with mental health issues, what I found was that recovery and the steps to get there are the same whether it is in addiction or mental health issues. I love what I do, helping people in recovery, and it helps me in my own recovery. I am a role model to many people and this helps keep me pushing forward. I have recently been promoted to RSS Trainer/Supervisor at my job and it is quite an honor! One thing I know for sure, if I know nothing else….Recovery Works!!!

Join the Voices for Recovery: Recovery Benefits Everyone!

September is National Recovery Month, a great opportunity to learn about behavioral health and help spread the word that prevention works, treatment is effective, and people recover. You can help people with a mental health or substance abuse challenge get encouraged to find the treatment and recovery support services they need by doing simple things as described in this handout. You will find more information about Recovery Month inside this issue.

Recovery WORKS goes quarterly!

Please note that this is the last monthly issue of Recovery WORKS. This newsletter will become a quarterly newsletter. It is our goal to continue to bring you stories of success, inspiration, encouragement – as well as practical information that you can use in your journey to wellness. The next issue of Recovery WORKS will be available the first Friday in December, and subsequently at the end of each quarter in 2014. Thank you so much for being a loyal reader to Recovery WORKS!

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/.
Happy Recovery Month!

The facts make it clear: treatment of mental illness and substance abuse disorders works. More than 70% of those with mental illness see significant reduction in symptoms and improved quality of life with treatment and recovery services. Research shows that treatment helps those addicted to drugs stop using, avoid relapse and rebuild their lives.

But the facts also make it clear there is a serious gap between the need and availability of treatment. Nearly 46 million people had mental illness in 2001, but 14 million of them got no treatment for their illness, according to National Survey on Drug Use and Health, an annual survey released by the Substance Abuse and Mental Health Services Administration (SAMHSA). Of the more than 20 million people with substance dependence or abuse, fewer than 4 million received treatment for a substance use disorder.

Each September is declared National Recovery Month in an effort to spotlight behavioral health issues and to celebrate people in recovery and to recognize the contributions of treatment and service providers. The 2013 theme, “Join the Voices for Recovery: Together on Pathways to Wellness” represents the many ways that people can prevent behavioral health issues, seek treatment, and sustain recovery as part of a commitment to living a mentally, physically, emotionally, and spiritually healthy life.

View Governor’s Proclamation; View the Statewide online calendar for Recovery Month Events; View Fact Sheet about Recovery Month (en espanol)

Suicide Prevention Week: “Challenging our Assumptions and Moving Forward Together”

This year, National Suicide Prevention Week will be September 8th through 14th. Focus is on military service members. Data shows that military service members and Veterans are particularly at risk of suicide. There are 625,000 military service members, Veterans, and their families - approximately one out of every ten Arizonans has served or is serving in the military! With this in mind, ADHS/DBHS recently built a website to provide easy access to mental health resources for service members, Veterans and military families.

Additionally, the Division has several collaborative efforts to “move forward together”, with the military population in Arizona, as is this year’s Suicide Prevention Week theme.

One of these collaborative efforts is an ongoing partnership with the Veterans Administration regarding suicide prevention. The Division also partnered with Army OneSource to provide online trainings regarding military culture to over 230 providers in their system. Another important collaboration was this year’s 4th Annual Military Symposium (which the Division co-sponsored), with over 300 attendees from across the state gathering to develop strategies for more effectively serving Arizona service members, Veterans and their families.

Hundreds of military families have already benefitted from the Family of Heroes online training offered by the Division for free to Arizonaans, and this resource will also be made available in the coming year at www.familyofheroes.com. Lastly, ADHS/DBHS supports this year’s annual military immersion training, a great way for civilians with no military background to better understand military culture and the experiences of service members and their families. For additional details and to register, go to http://acmf-mit-2013.eventbrite.com.

A Day at the Community Garden

The Division’s OIFA staff conducted an informal site visit to the Northern Arizona Regional Behavioral Health Authority (NARBHA) in early August to meet with the new NARBHA Recovery Programs Administrator, Bob Ingram, and learn about the programs and activities they had to offer.

As part of NARBHA’s Community Investment Project, The Guidance Center’s (TGC) Community Garden was created to provide vocational rehabilitation services, meaningful activities and increased community involvement for non-Title XIX adults with serious mental illness. Everyone has a voice and say in the Garden’s operation, from the design and types of classes offered, to the type of produce grown. It is also ADA compliant and everyone can participate in Garden activities. The best part is that with integrated care, health promotion activities are offered, which include cooking classes, eating healthy, and the importance of exercise.

In keeping with the spirit of collaboration, TGC is building relationships within its own agency and with the larger community. For example, TGC’s Alcohol Stabilization Unit has been doing watering duties on evenings and weekends, and their Child and Family Services Unit bring their children to the Garden for summer activities. AzPire, Flagstaff’s peer run organization, has been involved in the Project since its inception, with its members being actively involved in all aspects of Garden activities.
**Senior Citizens and HIV/AIDS**

Healthy aging includes continuing to be sexually active. That means older Arizonans may be at risk for HIV/AIDS – no matter what their age.

People over 50 make up about 17% of new cases of HIV/AIDS.

While older people have many of the same risk factors as younger people, many believe they no longer have to practice safer sex. Health care professionals may think older patients don’t need education about HIV/AIDS prevention. Doctors may miss a diagnosis of HIV/AIDS because some of the symptoms – fatigue, weight loss, mental confusion – mimic those of normal aging.

September is Healthy Aging Month and a good time to review HIV/AIDS prevention tips here.

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**National Food Safety Month**

Food poisoning sends more than 100,000 Americans to the hospital each year and about 3,000 people die of illnesses associated with food poisoning. You can protect your family from food poisoning by careful handling of food. September is National Food Safety Education month, but these tips are good to follow all year round:

**Clean**
- Wash your hands with warm water and soap for at least 20 seconds before and after handling food.
- Wash cutting boards, dishes, utensils, and counter tops with hot soapy water after preparing each food item.

**Separate**
- Use separate cutting boards for fresh produce and for raw meat, poultry and seafood.
- Keep raw meat, poultry, seafood and eggs from other foods separate in your grocery shopping cart, grocery bags and refrigerator.

**Cook**
- Use a food thermometer to measure the internal temperature of cooked meat and chicken poultry to make sure that the food is cooked properly. Chicken, for example, should be cooked to internal temperature of 165°F.
- Cook eggs until the yolk and white are firm. Don’t use recipes in which eggs remain raw or only partially cooked.

**Chill**
- Don’t let raw meat, poultry, eggs, cooked food or cut fresh fruits or vegetables sit at room temperature more than two hours before putting them in the refrigerator or freezer.
- Don’t marinate food on the counter. Always marinate food in the refrigerator.
- There are three safe ways to defrost food: in the refrigerator, in cold water, and in the microwave.

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**Is Childhood Obesity Decreasing?**

A study conducted from 2008 to 2011 shows that obesity trends leveled for Arizona preschoolers². This may be linked to programs like Michelle Obama’s “Let’s Move!” campaign, Arizona’s “Empower program,” which promotes healthy eating, the alignment of WIC with the Dietary Guidelines for Americans, and more women breastfeeding. The best influence on children is seeing healthy lifestyle choices in the home. Here are some ways of promoting healthful living:

- Keep a garden. Just growing a few crops in containers or a small raised bed connects children to their food source, gives them something to cultivate and saves money on groceries.
- Encourage your kids to help with food preparation. It connects them further to the food they eat. It is also another opportunity to bond with your children and teach them a useful skill.
- Take daily walks or play with your kids. This promotes daily movement and bonding.

² Cronkite News. Study: Childhood obesity in Arizona levels off, as national rate falls (http://cronkitenewsonline.com/2013/08/study-childhood-obesity-in-arizona-levels-off-as-national-rate-falls/)

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**Healthy Recipe**

**Beet and Ginger Kvass: Treat Your Liver Good!**

**Ingredients:**
- 1 1/2 large organic beets, peeled and chopped up coarsely
- 1 tablespoon chopped fresh ginger
- 1/4 cup whey (a by-product of yogurt cheese or kefir milk)
- 1/2 teaspoon salt
- Filtered water
- Mineral water (Don’t use tap water if it is chlorinated because chlorine will inhibit the fermentation process)

**Directions:**
1. Place beets, ginger, whey and salt in a 1 quart glass container. Add filtered water to fill the container. Stir well and cover securely.
2. Keep at room temperature for 1-2 days before transferring to refrigerator.
3. Can be drank immediately, 4 ounces am and pm.
4. When most of the liquid has been drunk, fill up the container with filtered or spring water and keep at room temperature another one or two days. The resulting brew will be slightly less strong than the first. After the second brew, discard the beets.
5. You can reserve some of the liquid and use this as your inoculate instead of the whey.
6. Addition of honey water sparkling water may help it go down better for you!

Source: Food.com
Aurora Behavioral Health Care—Comprehensive Treatment for Quality Care

Life can be overwhelming and people sometimes need help coping with their problems. Through compassionate care and clinical excellence, Aurora Behavioral Health System is dedicated to serving the behavioral health needs of Arizonans. As the state’s largest freestanding psychiatric hospital system, Aurora is committed to the wellness of individuals, their families and the community through prevention, intervention and treatment. Aurora offers a full spectrum of inpatient and outpatient services.

Aurora also offers free trainings to the community on a variety of behavioral health topics. Aurora recently hosted training on integrated health care and its impact on the behavioral health system at its Glendale campus. It is well known that individuals with mental illness and substance abuse disorders are statistically more likely to die much earlier than the average person, and these deaths are from diabetes, cardiovascular disease and other illnesses.

Ryan McKenzie, Director of Nursing for the Remuda Ranch Center for Eating Disorders, led the training and identified what integrated care meant, the rationale for providing integrated care, different approaches to care, various state and national activities, and what integrated care means to you. The training was well attended and everyone enjoyed the complimentary luncheon. For more information on upcoming Aurora training events, please visit their website at www.aurorabehavioral.com, or contact Erin Boyd, Director of Business Development and Marketing at erin.boyd@aurorabehavioral.com

S.T.A.R. Holds Young Adult Program Orientation

The Stand Together and Recover (STAR) Center helps many individuals living with a mental illness. STAR is peer-run, meaning the employees are now, or have been in the past, service recipients of mental health services or family members of service recipients. This background provides the organization with a unique perspective on the people they serve.

STAR recently hosted a Young Adult Program Orientation to the Adult System of Care for youth who will be transitioning to the adult behavioral health system at their Mesa and Avondale locations. Peers in the 18-25 year range and family members were also invited. During the event, individuals learned about the array of services in the adult system, potential needs of educating the adult case manager about the Individual Education Plan (IEP) and what their service rights are through age 22. The program also offered suggestions on parenting while moving the adult child into independence. Attendees also learned about available resources, and how health care reform will positively impact them in January 2014. The events were held at the STAR location in Mesa on August 15th and in Avondale on August 22nd. Food and entertainment was provided as well as tours of STAR facilities.

Arizona Recovery Story Project Kicks Off

An effort to publish a history of a book on the birth and evolution of the recovery movement in Arizona, by identifying key concepts, challenges, and themes got started Aug. 8 when 40 individuals representing all facets of the public behavioral health system came together at the Arizona State Laboratory’s Igloo. Pat Benchik, ADHS/DBHS Assistant Director, provided the opening remarks and welcomed all to the event.

Christy Dye, President and Chief Executive Officer of Partners in Recovery, and Dr. Michael Franzcak, Chief Operating Officer for Behavioral Health Services of the Marc Center facilitated the group. The group identified events, milestones, individuals, and other memories through Post-it notes and attached these to a timeline that spanned more than 65 years. It was a remarkable meeting, with many individuals sharing their own memories and unique perspective of the events and important people that made their mark in the system.

The group identified major themes by decade and challenges/opportunities which will begin the development of the book. Their work is just starting and the Recovery Works newsletter will keep everyone posted on the project’s progress.
The “4 R’s” for Managing Stress

Oftentimes it can feel like we are powerless to avoid being swallowed by stress. Of course, we do have some control over how we respond to stressors, and the following “4 R’s” can help:

1. **Reorganize**: Reorganizing your habits is necessary to find the exercise and dietary practices that provide more energy and help you avoid stress in the first place.

2. **Rethink**: Sometimes we recognize potential stressors from past experiences and allow them to ruin a new experience (for example, starting a new relationship but experiencing images of past failed relationships, self-doubt and negative scripts). Be aware of your thoughts and work hard to change negative scripts when faced with new situations.

3. **Reduce**: Often the sheer volume of things we’re involved in make us stressed, so don’t be afraid to cut things out. Make sure you continually ask yourself whether you’re involved with things that agree with your goals and give your life meaning.

4. **Relax**: Practice proven relaxation techniques, such as deep breathing, engaging in a hobby or writing.
Upcoming Events

Mental Health Awareness with the Arizona Diamondbacks

When: 5:10 p.m., Sept. 14
Where: Chase Field, Phoenix

The Mental Health Awareness Coalition (MHAC) and other Arizona organizations will celebrate Hispanic Heritage Day and award its MHAC Fall scholarship. The Diamondbacks will be playing the Colorado Rockies. For more information, contact MHAC at info@azmhac.org

Art of Recovery Expo 2013

When: 10 a.m. – 5 p.m., Sept. 21
Where: Phoenix Convention Center, Hall G, South Building

Keynote speakers include Dr. Brenda Combs, who will share her life story of inspiration and perseverance. In addition, Dr. Mel Pohl, a Board Certified Family Practitioner, Vice President of Medical Affairs and the Medical Director of Las Vegas Recovery Center will also share his work with pain and addiction. The Art of Recovery is a free one-day event offering educational workshops, resources and solutions, and is part of the celebration of National Recovery Month. For more information, please click on the following link: http://www.artofrecoveryexpo.com/

The Mental Health Awareness Coalition’s 18th Annual Mental Health Candlelight Celebration

When: Oct. 23
Where: Arizona State University Civic Space Park, downtown Phoenix

The program will recognize the courage, inspiration, and contributions made by members of Maricopa County’s behavioral health community. The Coalition’s mission is to educate the public regarding understanding, awareness and acceptance of mental health issues in the general community, while working to reduce stigma and discrimination associated with mental health in adults and children. For more information, please click on the following link: http://azmhac.org/upcoming_events

2013 NAMIWalk Valley Walk

When: 8:30 a.m., Oct. 19
Where: State Capitol, Phoenix

NAMI is the nation’s largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI advocates for access to services, treatment, supports and research and is steadfast in its commitment to raise awareness and build a community of hope for all of those in need. For more information about this event, please contact: Gloria Abril, Volunteer Walk Manager, at info@namivalleywalk.org

The DBHS’ Blog Connection

“Maricopa County RBHA Update”

The protest is scheduled for hearing in front of an Administrative Law Judge from 9/18-9/26. Once the hearing is complete the judge will provide a recommendation to the Department of Administration who makes the final decision. Regardless of that decision one thing is for certain, there will be a RBHA in Maricopa County. Why would I state something so obvious? Because at the end of the day people make systems successful. Regardless of the prevailing party in the protest we need great people to deliver the service. Read the full blog post...

Note: you can subscribe to receive the information as soon as posted in this blog – RFP updates, contract updates, member services updates, member news, community news about mental health, etc...! To get all these blog posts by email click here.

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!