



# THE NARBHA companion

spring 2009

**NARBHA**

Northern Arizona Regional Behavioral Health Authority

1300 S. Yale Street

Flagstaff, AZ 86001

(928)774-7128 Office

(800)640-2123 Member Services

(877)756-4090 Crisis Line

[www.narbha.org](http://www.narbha.org)

[www.narbha.networkofcare.org](http://www.narbha.networkofcare.org)

**Welcome!**

NARBHA, in collaboration with peers, consumers, and family members, is bringing you the *NARBHA Companion*, a resource for information, news, and special features about your behavioral health care system. Throughout the year, NARBHA will make the *Companion* available on the NARBHA website ([www.narbha.org](http://www.narbha.org)) and at all NARBHA provider agency locations.

Contributions for stories and ideas for the *Companion* may be made by emailing [communications@narbha.org](mailto:communications@narbha.org) or contacting NARBHA's Communication Manager at (928)774-7128.

**NARBHA is Bringing More Providers to Northern Arizona**

NARBHA is working with two providers as a result of a Request for Information (RFI) conducted in late 2008, to expand member choices for behavioral health services. Over 100 provider organizations were considered and eight were reviewed in great detail. A Review Team to evaluate the proposals was made up of 50% consumers or family members and with geographic representation of the geographic service area (GSA).

NARBHA is negotiating with two providers:

- Southwest Behavioral Health Services
  - Adult & Children's Services in Mohave County
  - Adult Services in Prescott & Flagstaff
- Child & Family Support Services
  - Children's Services in Flagstaff & Prescott

Northern Arizona Regional Behavioral Health Authority (NARBHA) has contracted with Community Bridges Arizona to assume the operation of the Winslow and Holbrook Substance Abuse Stabilization Centers. *Loma Puh Ta' Vi*, or "A Beautiful Pathway" as the facilities are known, were opened in June 2008 by Na'Nizhoozhi Center, INC. (NCI), a nationally recognized provider out of Gallup, New Mexico. NCI was chosen by NARBHA to run

the two facilities based on years of experience in working with persons with substance abuse issues.

**Community Reinvestment Program**

NARBHA is providing a half million dollars to Northern Arizona through the Community Reinvestment Program. The Community Reinvestment Program was launched in June 2008 with NARBHA requesting proposals from programs and agencies looking to provide funding for worthwhile projects and programs related to behavioral health. NARBHA has announced a \$500,000 investment into the behavioral health community through program and capital support of 25 behavioral health proposals. NARBHA received 47 proposals during its submission period and narrowed the recipients down to twenty-five.

In addition to the monetary awards and as part of the Community Reinvestment Program, NARBHA donated 60 computers to behavioral health providers to provide Internet access for consumers, including: The Guidance Center (Flagstaff); Community Counseling Centers (Winslow & Holbrook); Little Colorado Behavioral Health Services (Springerville & St. John's); Verde Valley Guidance Center (Cottonwood/ Camp Verde); AzPire House (Flagstaff); NAZCARE (six recovery and two housing locations throughout northern Arizona); Devereux Residential Treatment Center (Scottsdale); and Amity Foundation (Tucson).



Dr. Vicente, Medical Director of the Hopi Healthcare Center, along with Miss Hopi Royalty 2009 Kiara Shanice Pahovama and her First Attendant Jody Timms at the MBRACE Life Prayer Tree dedication at Hopi Healthcare Center in March.



## **NARBHA's Telemedicine receives Honorable Mention by National Council**

NARBHA's Telemedicine Program received an Honorable Mention by the National Council for Community Behavioral Healthcare as a *Program of Significance*. NARBHA was recognized "for their very *GREEN, environmentally conscious, innovative telemedicine program.*"

Since the establishment of NARBHA's telemedicine network more than 11 years ago, NARBHA has assisted and collaborated with other agencies statewide to create a strong, viable, highly utilized network that:

- provides easily accessible psychiatric care to patients in remote areas
- allows case management and face-to-face psychiatric consultations without travel
- has accommodated more than 39,000 clinical sessions.
- has been recognized as a national leader in telemedicine
- has been recognized for carbon emissions savings
  - From July 1, 2007 to June 30, 2008, the NARBHA telemedicine network saved over 87,485 miles of driving and over 1500 hours of drive time by 14 psychiatric providers.
  - This saved 31.4 tons of CO2 from being added to earth's atmosphere.
  - This doesn't include all the staff who save countless hours of drive time throughout the 62,000 miles of Northern Arizona by using the telemedicine network for meetings.



NARBHA staff members traveled to Hopi Healthcare Center in March to participate along with Hopi Tribal members in the dedication of the 2008 MBRACE Life Prayer Tree for the Center's sponsorship and participation in the MBRACE Life Summit in September 2008.

## **Mind, Body, Spirit Conference**

NARBHA is a major sponsor of the upcoming ***Mind, Body, Spirit: Nurturing Families Conference 2009***. The two-day conference will be held April 30–May 1, 2009 at the High Country Conference Center in Flagstaff. Other major sponsors include: NAHEC, Verde Valley Guidance Clinic, Inc., and the Flagstaff Medical Center Foundation.

### **Keynote Speakers include:**

#### **1. Matthew A. Johnson, Psy.D., MSW**

"The Philosophical Underpinnings of an Effective Parenting Program: No More Flying By the Seat of Your Pants" and "Positive Parenting with a Plan (Grades K - 12) F.A.M.I.L.Y Rules"

#### **2. Elizabeth Jackson, MS, RD. (Ellyn Satter Consultant)**

"Nurturing Eating Competence to Prevent Eating Disorders and Obesity" and "Nurturing Eating Competence: Ask the Feeding and Eating Expert"

#### **3. Victor c. Strasburger, MD**

"Adolescents & the Media" and "Q & A: Protecting Kids from Harmful Media"

For more information, contact: Sandra Thomas, Program Coordinator, **Northern Arizona AREA Health Education Center, E-mail: [sthomas@northcountrychc.org](mailto:sthomas@northcountrychc.org)**  
Telephone: 928-774-1368 or cell: 928 310-6789

## **2009 Member Handbooks**

The 2009 Edition of the NARBHA Member Handbook is now available! Pick up your copy today at your local provider agency or go to [www.narbha.org](http://www.narbha.org) for an online version. The NARBHA Member Handbook is available online in English, Spanish, and Large Print.



### **NAMI Walks 2009 comes to Northern Arizona**

While the National Alliance for Mental Illness (NAMI) begins its flagship awareness and fundraising campaign, *The 2009 NAMI Walks for the Mind of America*, in Tucson on Saturday 3/28, and Tempe on Sunday 3/29, the NAMI affiliates of Northern Arizona and NARBHA are planning to host a NAMI Walk in Flagstaff. The 2-mile WALK will be held on October 10, 2009 at Buffalo Park. If you are interested in participating as a walker or volunteer, please contact Carrie Beaver, Walk Manager, at [carrieb101@gmail.com](mailto:carrieb101@gmail.com) or (928) 606-4859. If you are interested in sponsorship opportunities, please contact Christina Mencuccini at [christina.mencuccini@narbha.org](mailto:christina.mencuccini@narbha.org) or (928)774-7128.

### **Out of the Box Award**

**NARBHA and MIKID** are pleased to announce the "Out of the Box" award for the outstanding Child Family Team (CFT) for the month of February ~ Facilitator Juliana Mannell Stevens and Gary Dunaway FIS. This is truly an acknowledgment of the hard work and dedication to team practice that exists in our region. This team was selected by family representatives who decided that this team exemplified the "true CFT practice" and was able to develop a plan which met the needs of the family.

Each month, family representatives will select from the nominations submitted to **MIKID**, one team as an example of excellent practice. Each team will receive a \$20 gift card from Safeway, a certificate, and acknowledgement on the **NARBHA** web site for their accomplishment. To receive an electronic nomination form, please email [communications@narbha.org](mailto:communications@narbha.org) or go to the NARBHA website at [www.narbha.org](http://www.narbha.org).

### **PEERing toward the Future**

The first Northern Arizona Graduation of the Peer Employment Training by Recovery Innovations has now made its mark in the history books. Eighteen graduates calling their group the "Pathfinders", now are trained to provide Peer and Family Support.

Two of the graduates are from the Hopi Tribe, Charles and Timothy. They were encouraged by their director, Dr. Robert Robin to participate in the training even though it took them away from their work at the Hopi Health Care Center. A sacrifice for the staff but a gain for the future of those they serve in behavioral health. Both have come from humble beginnings and challenges they have turned into strengths which has given them a journey in life that they now have made into a better career. Both are proud to be role models for their community.

Peer Support is the giving and receiving of help with respect and mutuality, understanding through the personal experience of having "been there," and sharing personal experiences of hope and recovery. It is encouraging each person's uniqueness and strengths, and sometimes holding the hope for those who are unable to see hope within themselves.

Hope is the beginning. It's a thought that things can get better and a feeling of courage with a spark of new energy. Hope creates a "turning point", a vision of a better future where there are "no limits." Choice can be risky; people have the right to learn from experience. Sharing risk helps people make new choices and then own that choice.

Empowerment is when one finds their voice and resistance is the beginning of getting power back. Resistance fosters Resilience and by learned experience they have the ability to keep on going as they use the tools of recovery that have used before. The future is here and the Peers are making a difference.



## NARBHA Network of Care

Northern Arizona Regional Behavioral Health Authority (NARBHA) launched a new website in 2008 and the results show this powerful information tool has attracted up to 167,000 visitors per month. Built with the behavioral healthcare consumer in mind, NARBHA's Network of Care for Mental/Behavioral Health ([www.narbha.networkofcare.org](http://www.narbha.networkofcare.org)) is an interactive, consumer-friendly and consumer-driven website of information for individuals, families, advocates, and agencies concerned with mental and emotional wellness. This online community provides over 2000 resources of critical information, communication, and advocacy tools which allow for ease of navigation through the system of behavioral health services throughout Arizona. The website is available to everyone by going to [www.narbha.networkofcare.org](http://www.narbha.networkofcare.org). Highlights of NARBHA's Network of Care include:

- Many of the resources offered on NARBHA's Network of Care are translated into 15 different languages, including American Sign Language (ASL), making it available to diverse populations.
- A **Community Calendar** updated daily, offers information about upcoming statewide events and training for health, mental health, and community health topics.
- The **Services** section identifies NARBHA's five-county provider network and statewide provider resources, including providers\* profile and contact information.
- The **Library** section is bursting with interactive tools including: a database of mental and physical health information; articles; a physical health symptom checker to help identify various conditions; a database of thousands of medications that explains reasons for being prescribed, things to know when taking certain medications, and possible side effects; and numerous interactive resources on mental and physical health conditions.
- The **Legislate** section allows a user to: look up legislative bills concerning mental health, insurance, advocacy and other related issues; contact local, state, and

federal government officials, view the legislative calendar, and register to vote.

- The **Links** section directs consumers to related resources, information, and websites.
- The **Insurance** section provides consumer education on the differences and availability of medical insurance coverage.
- The **Support & Advocacy** section refers consumers and family members to programs and services that complement medical care.
- The **My Folder/ Wrap** section is password protected and allows users a personal folder in which to store information that may include: personal medical information, emergency information, articles of interest, links, and a WRAP care plan.

## The Companion

If you have any ideas, suggestions, or feedback about the NARBHA Companion or the NARBHA website, please email [communications@narbha.org](mailto:communications@narbha.org) or call the NARBHA Communication Manager at (928)774-7128.

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