



The **NARBHA** companion

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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

www.narbha.networkofcare.org

NARBHA is the Regional Behavioral Health Authority for Coconino, Navajo, Yavapai, Apache and Mohave counties.

Funds for services are provided through a contract with the Arizona Department of Health Services/Division of Behavioral Health Services and AHCCCS



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Expanding Choice

NARBHA is proud to announce more choices for behavioral health services in Coconino, Mohave, and Yavapai counties.

Children and Family Support Services now serves children and families at its offices in Prescott, Prescott Valley, Kingman, and Flagstaff.

Southwest Behavioral Health Services (SBHS) now serves children and adults in Bullhead City, and adults only in Flagstaff, and Prescott. Southwest Behavioral Health Services held its Open House in Flagstaff on October 14, 2009.

NARBHA continues to seek opportunities to provide a variety of choices to its members throughout northern Arizona. If you are interested in switching providers, please contact a NARBHA Member Representative at 1-800-640-2123 (for hearing impaired, please use TTY services at 711 or 1-800-367-8939).

My Recovery Perspective

All consumers need opportunities and choices to reach their fullest potential. We have the right to be involved in society. We wish to become partners in creating and evaluating mental health services. We believe that services need to be consumer-driven and run. When recovery principles lead to positive outcomes, providers begin to use recovery based language in their policies. The process for planning and supporting the consumer's services build upon the consumer's capacity to engage in activities that promote community life. Recovery principles honor the consumer's preferences, choices, and abilities. Your mental health treatment can be consumer-driven. Recovery is a process of personal change in developing a life of purpose, hope, and contribution. The emphasis is on abilities and potentials. Recovery includes positive expectations for all consumers. Learning self-responsibility is a major element to recovery.

Kenneth M. Werner

Consumer & Family Assistant CPT, NARBHA

NAMI Walk Recap

NARBHA sponsored the First Northern Arizona NAMI Walk in Flagstaff on Saturday, October 10, 2009. Nearly 500 participants came out to walk the 2-mile trail at Buffalo Park to raise awareness for mental illness. The NARBHA team raised a total of \$3,870.16 beyond the initial sponsorship of the event. The Northern Arizona NAMI Walk raised a total of \$36,000 for mental illness and recovery programs.

Mohave Mental Health Clinic, The Guidance Center, Child & Family Support Services, Verde Valley Guidance Clinic, West Yavapai Guidance Clinic all participated with teams.



Members of The Guidance Center Team in the NAMI Walk. Go to NARBHA's Facebook page to view all of the pictures from the NAMI Walk.

MBRACE Life Recap

People from all over Arizona, representing more than ten tribes, joined together for the 2009 MBRACE Life Summit at the Lodge at Cliff Castle on September 25-26, which was graciously hosted by the Yavapai-Apache Nation. This year's Summit featured keynote speakers John Hawk-Cocke and Donald Warne, with break-out sessions covering a range of topics, including gang activity, LGBTQ issues, combining traditional ceremonies with conventional treatment, suicide safety planning, native identity, healing herbs, and a QPR gatekeeper training.



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This year's theme was "I am life. I am ...", which was created to inspire participants to connect with how they feel and embrace their life for what it is. Participants throughout the lifespan took time to share their sentiments on a display that started out blank and went home filled with color, emotions, poems, and drawings, from quips of life is good, be beautiful, Blessed by my creator, to very honest, hopeful notions hoping this hurt deep inside will finally go away, to more eloquent reflections on what it means to truly embrace life:

Drugs can close curtains to a nice and cool day. But life can reopen curtains to a good family, a good job, and a good education. But the magic word is "life."

Life is a rainbow, you have to be every color to get to the end.

Annual Dinner

NARBHA held its Annual Dinner in September to recognize programs and individuals who have dedicated resources to supporting mental illness treatment and recovery.

- 2009 Consumer Satisfaction Survey Participation Plaque – Little Colorado Behavioral Health Centers, Community Behavioral Health services, and Community Counseling Centers



- Longevity Awards – 14 people received awards for 15 years or more of service
- Leta Glancy/ Cecil Lockhart Smith Board Award – Jennifer Dufresne
- Mickey Hawley Program Award - NAZCARE

Jennifer Dufresne, NARBHA Board of Directors, wins the Leta Glancy/ Cecil Lockhart Smith Award

Do you have a specialized need? We're here to help!

If you need help with behavioral health services, finding a program or service, or getting special attention, such as language, culture, or gender-specific help, let us know! You can email us at SpecialNeeds@narbha.org or call a NARBHA Member Representative at 1-800-640-2123 (for hearing impaired, please use TTY services at 711 or 1-800-367-8939).

Member Services can help you: learn how to become a member, learn about available

Services, find a provider in your area, find language interpreter and translator services, get answers to your questions, make a complaint, or give positive feedback about services.

These inquiries will be tracked in our Specialized Needs Database with information from Member Representatives, Committees, Providers, and the general public on specialized needs that members may have so that the network can be expanded and enhanced.

Get Involved!

NARBHA encourages consumers, families, and advocates of behavioral health to get involved in the processes of providing feedback, decision-making, and awareness building. It is your involvement that encourages change in systems that affect everyone's wellness and care in mental health!

We are currently recruiting for the following committees:

- Cultural Awareness and Diversity Committee – ensures the integration of cultural and other diversity needs into behavioral health services in northern Arizona. If you are interested in attending, contact Sara Hodgson at Sara.Hodgson@narbha.org.
- Arizona Stigma Reduction Committee – works to build a greater sense of inclusion that supports people with mental health and substance use challenges within their own communities, and encourages them to seek and maintain treatment when



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it is needed. If you are interested in attending, contact Sarah Henley at LOWERYSA@azdhs.gov.

- Communities in Support of Wellness - peers and families from all over Arizona discuss issues from an agency, system and community stand point. This meeting helps to bring everyone to work together and discuss issues related to training, supervision and coordination of care. The consumer and family voice can be heard in this meeting. If you are interested in attending, contact Susa Kelley at Susa.Kelley@narbha.org.

- Northern Arizona Children's Council - supports partnerships among families and child-serving systems in northern Arizona in order to promote collaborative practice according to the Arizona Vision and 12 Principles. If you are interested in attending, contact Linh Renken at Linh.Renken@narbha.org.

New Peer Support Groups in Yavapai County

The Depression and Bipolar Support Alliance (DBSA) of Yavapai County recently announced new additions and changes to its schedule of peer support group meetings.

New Additions:

- Family and Friends Group in Black Canyon City every Wednesday at 2:00 p.m. at Albin's Civic Center
- Youth Peer Support Group (30 and under) every Wednesday at 6:30 p.m. at the Prescott Public Library "Bump" Room.
- LGBTQ Peer Support Group on the third Friday of each month at 2:00 p.m. at the Prescott Pride Center

Schedule Change

- Seniors Only Peer Support Group now meets weekly at 3:00 p.m. at Bradshaw Senior Community

The DBSA of Yavapai County is the leading patient-directed national organization focusing on the most prevalent mental illnesses; Major

Depression and Bipolar Disorder, and reaching nearly five million people through our activities.

The organization is committed to disseminating information that: is up-to-date, scientifically based, written in language we can all understand, and enabling more timely diagnosis.

The DBSA is dedicated to improving the lives of those dealing with mood disorders and ensuring that people living with mood disorders are treated equitably.

For more information, contact Henry Willey, Arizona State Chapter President at (928) 632-4727 or dbsayav@yahoo.com.



Coconino County Board Supervisor (District #4) Mandy Metzger, Flagstaff Mayor Sara Presler, Coconino County Intertribal Advisory Member Dexter Albert visit NARBHA staff to celebrate November as Native American Heritage Month as proclaimed by President Obama and locally by Coconino County and the City of Flagstaff.

Public invited to Behavioral Health Forums

COTTONWOOD -- The Verde Valley Guidance Clinic, in conjunction with five other local agencies and organizations, has announced a series of public information events designed to inform area residents about the availability of behavioral health services in the Verde Valley and Sedona.



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The first event of the series, titled Communities in Recovery, will begin at 6:30 p.m.

Wednesday, Dec. 9, in the Community Room at the Verde Valley Guidance Clinic's Cottonwood campus.

In addition to the Clinic, other participants are Recovery Innovations of Arizona, Mingus Center, NAZCARE, NAMI (National Alliance on Mental Illness) and the Rehabilitation Services Administration of the Arizona Department of Economic Security. A representative from each organization will take part in a panel discussion on the availability of services, eligibility requirements, and other information.

According to Richard Dehnert, Community Relations Coordinator for the Verde Valley Guidance Clinic, these discussions will be helpful to anyone seeking or receiving help for themselves or for family members and loved ones. "Many times I hear people say there is a lack of services for people seeking help with addictions, substance abuse disorders, mental illness and other behavioral health issues" he said. "This program will help people get the facts about the services available in our communities."

Future programs will address specific services and treatment modalities offered by the participating agencies and organizations. "We hope that by bringing all of these groups together, we can make navigating the system easier for consumers, their families, and friends, said Dehnert. "There are services available, and we hope to educate the public on how to access them. With the economy putting a strain on families and individuals and the Holidays upon us, we feel this is a good time to start this informational series." The subsequent programs, which will be held the second Wednesday of each month, will highlight the individual organizations, giving detailed information on the array of services, eligibility requirements, and other information which will help consumers and families make informed choices when seeking treatment and support.

The programs are open to the public and will each last about two hours, including time for questions from the audience. Light refreshments will be

served.

The Verde Valley Guidance Clinic Cottonwood Campus is at 8 E. Cottonwood St. The Community Room is in the Clinic's Building A. For more information, contact Richard Dehnert at 634-2236.

SOURCE: Verdenews.com 11/23/09

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

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Cover Credits: Flagstaff Mayor and Honorary Walk Chair Sara Presler, Community Outdoor Activist Jack Welch, and NAMI Walk Chari Carrie Beaver lead over 500 walkers on the first Northern Arizona NAMI Walk at Buffalo Park in Flagstaff. Photo taken by Katherine Heicksen.