



The NARBHA companion

Fall 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

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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A Year of Looking Back and Moving Forward

2009 will be remembered as a year of milestones as NARBHA increases its network of providers and services throughout northern Arizona and NARBHA providers celebrate anniversaries and expansion of facilities.

The Guidance Center (TGC) in Flagstaff celebrated its 40th Anniversary in May remembering its roots in a small downtown office in Flagstaff with only three employees. Today, TGC serves nearly 5000 clients in Flagstaff, Williams, and the Supai village.

Little Colorado Behavioral Health Centers will mark its 40th year of service to the communities of St. Johns and Springerville in October. Once known as Apache County Guidance Clinic, LCBHC has been serving the northeastern part of the state since 1969.

West Yavapai Guidance Clinic opened their new Windhaven Psychiatric Hospital, a 16-bed licensed hospital with Joint Commission accreditation located in Prescott Valley. Community Counseling Centers opened its new Winslow outpatient behavioral health facility in 2009 to expand its location for members seeking services.

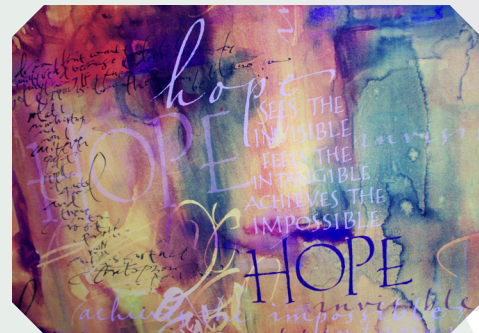


Verde Valley Guidance Clinic remodeled their Camp Verde office in order to expand clinical services across the continuum of behavioral health care and gained attention for its integration of psychiatric care, primary care, and pharmacy services at the Cottonwood campus. Recognized by the Cottonwood Chamber of Commerce for its unique contribution to the community, the Clinic

received the Chamber's quarterly beautification award for the new Ike Olson Building, which houses the integrated care facility along with the information technology, quality improvement, and chemical dependency outpatient treatment departments.



NARBHA contracted with three new providers in 2009 to expand services throughout northern Arizona as well. Community Bridges was contracted by NARBHA as a new Responsible Agency to operate the Winslow and Holbrook Stabilization Centers. Child & Family Support Services, Inc. opened offices in Flagstaff and Prescott Valley to provide services to children and their families. Southwest Behavioral Health Services (SBHS) also opened in Bullhead City to provide services to adults and children in Mohave County. SBHS will also be opening offices in the Flagstaff and Prescott areas where it will serve as a Responsible Agency for adults



NARBHA continues to seek opportunities to provide a variety of choices to its members throughout northern Arizona. If you would prefer a different provider in your area, please contact NARBHA Member Services at 1-800-640-2123 to discuss your options.



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Connect2Help Circle ... Building caring communities one person at a time

A single mother with limited disability income now has school and winter clothing for her two sons, and no longer feels alone in Flagstaff. She and her boys have a sense of belonging to their community and the family is eager to assist others with needs.

A family with many struggles is leaving transitional housing and through Connect2Help Circle, has received a refrigerator for their new rental, decreasing the family's financial burden and increasing chances for a stable, successful change.

A student with disabilities has been given representation, counseling, and advocacy support to address her concerns and promote a sense of empowerment.

C2HC is a simple, but powerful way to connect people in need with those who can voluntarily help meet the need. It's one of those projects that makes us wonder, "Why didn't we think of this before?"

Funded by NARBHA's prevention program and implemented by Southwest Institute for Families and Children, C2HC has met 62% of registered needs in Lake Havasu City, Flagstaff and a few other locations from January 2008 through June 2009. Plans are underway to expand to other northern Arizona communities.

The web-based tool uses community resources that include individuals and goods, provides opportunities for meaningful community-wide participation, and reduces barriers experienced by people with significant challenges. All persons in need are welcome to access C2HC, including those with developmental, physical and behavioral challenges. Many individuals who have been helped by C2HC have come "full circle" and are helping others in need.

Volunteering as a helper couldn't be easier. The only commitment is to read emails of registered needs, respond if you can assist, and delete if not!

To register as a helper, register a need, or for

more information, please visit www.swiftresource.com, or contact Beya Thayer at c2hc@swift-resource.com. *Contributed by Beya Thayer, C2HC Project Coordinator*

Art & Recovery in Page

Community Behavioral Health Services (CBHS) member Roy "Boomer" Gillis, diagnosed with a serious mental illness (SMI), worked with a Peer Support Specialist and the City of Page to design a mural representing CBHS as a crucial part of the community. The abstract mural design, representing the unending flow of emotions and behaviors of mental illness, and the hope for recovery, is within the boundaries Page City Park. Gillis is diagnosed with major depression, has been a successful artist for over forty years, and has learned many ways, including art, to cope with having an SMI.

"I cannot say that I know the positive or the negative, nor do I really care. The amazing thing is that I never lose faith", writes Roy "Boomer" Gillis not only about his art, but about the mural he painted near Page's City Park. Boomer wants to acknowledge, via the mural supported by the City and CBHS, how much he values the Arizona mental health system, especially CBHS and NARBHA. He believes that through the assistance of the agencies and various services, he is able to continue to be of an art-mind while coping with major clinical depression. He writes, "So many times we think in terms of the glorious verdicts of our thoughts. How good it would be if we thought of the work and energy needed to accomplish these great wonderings of our minds". *Contributed by Roy "Boomer" Gillis and Beth Mader from CBHS.*



Roy "Boomer" Gillis standing in front of his mural.



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I am life. I am...2009 MBRACE Life Summit

The Native American Suicide Prevention and Awareness Coalition's efforts regarding the reduction of suicide in Indian Country are: the MBRACE Life Summit, which brings people together to develop strategies that build capacity at the community level to reduce suicide by identifying natural assets and resources; and Applied Suicide Intervention Skills Training (ASIST) trainings, which teach the skills necessary to competently and confidently intervene with a youth at risk of suicide, thereby building suicide-safer communities.

NASPAC was created in 2004 in response to a disproportionately high rate of suicide among Native Americans – then 250% higher than the overall population for those ages 15-24, according to the Centers for Disease Control and Prevention. Youth, elders, community leaders, practitioners and professionals joined forces to establish a common ground and encourage interaction, constructive discussion, and exchange to develop and implement strategies that are most likely to succeed in tribal communities.

So far, the Coalition has brought the ASIST training to four tribal communities in northern Arizona and impacted over a thousand people at the past MBRACE Life Summits. Ten of Arizona's twenty-four tribes reside in northern Arizona (Apache, Coconino, Mohave, Navajo, and Yavapai County), and we have already received support or participation from the Hualapai, San Juan Southern Paiute, Kaibab Band of Paiute, Navajo, Hopi, Fort Mojave, and Yavapai-Apache Nations.

We are honored that the Yavapai-Apache Nation is hosting this year's MBRACE Life Summit. In addition to the 2009 Summit, we propose to sponsor five ASIST trainings. For fiscal year 2009-2010, our goal is to bring ASIST trainings to the Havasupai, Window Rock, Whiteriver, Fort Mojave, and Kaibab Band of Paiute communities. During the five years that the Coalition has been working to reduce suicide, the suicide rate among Native Americans has decreased in Arizona ...but our work is not done.

The 2009 MBRACE Life Summit will be held on September 25-26, 2009 at The Lodge at Cliff Castle in Camp Verde, AZ. For more information on the event and registration, please visit www.mbracelife.org



The Treatment of Extreme Trauma: A Unique Training Conference Opportunity

The Treatment of Extreme Trauma sponsored by The Hopi Foundation will be held at the High Country Conference Center October 2-3, 2009. The conference has been designed to impart specialized knowledge and practical, applied skill sets to service providers, clinicians, counselors, and others working with persons impacted by severe trauma. Two concurrent training tracks will address the treatment of two population groups affected by trauma:

- Native American War Veterans
- Survivors of Torture

For more information on this conference, go to www.barbarachesteraward.org

Check out these other Upcoming Events...

West Yavapai Guidance Clinic's Tailgaitin' Bash - September 12th (www.wygc.org)

The Guidance Center's 2nd Annual Poker Run - September 19th (www.tgcaz.org)





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Pictured left to right: Hope Mackin & her service dog Tommy; Sam & DJ Carpenter and their service dogs, Sugar and Spice.

Recovery is Hope

Recovery is hope...

Now there is a new hope for me!

Recovery is a choice...

A choice I can make to be free!

Recovery is Empowerment...

True power over my life!

Recovery is my Environment...

Who I choose to surround me!

Recovery is my spirit...

Is my love, my respect, my faith, my dreams!

My recovery depends on all these...

But most important, it is from and for me!

My recovery is a Reality.

Rynn Cluff 6/25/09

~ Recent graduate of the Recovery Innovations of Arizona (RIAZ) Peer Support Training & Addiction Recovery Working with "Older" Adults Program

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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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NARBHA raised over \$1500 for the American Cancer Society's Climb for Cancer Walk - a 7-mile, 2000-foot elevation walk up Snowbowl Road in Flagstaff.

You can now follow NARBHA on:

