

Recovery WORKS

Arizona Department of Health Services (ADHS)
Division of Behavioral Health Services (DBHS)

Acting Deputy Director Laura K. Nelson, M.D.



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The Children's System of Care Theory of Change

In our August edition, we shared with you some background on the Theory of Change Logic Model and how we are utilizing it to push for positive change and growth in our children's system.

The logic model ([available online](#)) encapsulates the Children's System of Care (CSOC) on a single page, with the goal of the CSOC being to focus children's behavioral health care on the child and family, who

direct their path of care with the individualized services and supports they need.

The logic model for the Arizona CSOC demonstrates a succinct picture of:

- ◆ The population we serve,
- ◆ The goals and outcomes we have established, and
- ◆ The strategies and associated infrastructure in place to achieve these goals and outcomes.

The logic model also captures what we are building

and reminds us to keep our identified outcomes and goals in mind at all times.

DBHS would like to share this model and its many benefits with your group to further affect change. If you would like a DBHS representative to present and discuss the Theory of Change Logic Model, please contact [Sarah Henley](#).

Success Story: Michael Kolinsky

Michael Kolinsky was born in Texas and raised in Spain. Throughout his childhood, he traveled all over the world. Upon returning to the United States, he began to suffer mental health problems. He spent his teenage and early adulthood years living in group homes and in and out of psychiatric hospitals.

Last year, however, Michael revealed a wonderful talent in an Excel Group talent show – his ability to play the piano. He felt inspired, but at the same time was timid and had a hard time coping with changes. "I was panicking," Michael said. "I did not know what to do until my therapist helped me out. She helped me to build the courage to come out of my shell."



Michael Kolinsky smiles with his favorite instrument to recovery: a piano.

Michael's therapist then took him to the Yuma Historic Museum, where he was able to play the piano. It was the perfect fit for Michael, and now playing the piano is a key part of his therapy.

Since the mid-December 2009, Michael has been a volunteer as a pianist at the Yuma Historic Museum. "I feel I'm giving something back to the community and it

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“Minds on the Edge” Screening Hosted by Dr. Nelson and ASU

Acting Deputy Director Laura K. Nelson, M.D. will host another [screening of the program “Minds on the Edge” and panel discussion](#) at the ASU Downtown campus on Tuesday, February 9th from 12 to 1:30 p.m. at the Innovations Auditorium (500 N. Third Street, Nursing and Health Innovations, Building 2).

This session’s panel will include Vicki Staples, M.Ed., CABHP’s Associate Director for Clinical Initiatives; Karen Franklin, parent and co-author of *Addicted Like Me*; and Nick Margiotta, Phoenix Police Department’s Crisis Intervention Training Program.

Strategic Response to Ending Homelessness: DBHS Housing Partnership with Valley of the Sun United Way

Homelessness affects thousands of individuals in Maricopa County. According to the 2009 point in time count, approximately 8,000 people experienced homelessness in Maricopa County. While many individuals are homeless for only a short period of time, approximately 17 percent of the homeless population is considered “chronically homeless.”

Chronically homeless individuals have been continuously homeless for at least 12 months and may have a significant disability, such as mental illness. These chronically homeless individuals consume over half the resources for shelter and other support services, making accessing services difficult for those who only need short-term assistance to get back on their feet.

With the proper support, individuals experiencing long-term homelessness can move off the streets and become contributing members of the community. DBHS is dedicated to providing supportive housing to individuals experiencing mental illness as one valued way to promote recovery. Currently, Magellan provides support services and/or rent subsidy for almost 3,000 supportive housing

units (not including their eviction prevention and move-in assistance program which helps approximately 200 individuals annually).

In an effort to assist in expanding housing options to this population and to address the problem of chronic homelessness from a community perspective, the Valley of the Sun United Way (VSUW) has launched an Ending Homelessness initiative and developed an Ending Homelessness Advisory Board with the following goals:

- Establish 1,000 units of supportive housing by 2020, with an interim goal of 250 by 2012;
- Develop a sustainable, regional housing fund with dedicated funding sources by 2016 to support capital, operations and services for the 1,000 units;
- Support a network of providers to deliver services; and
- Reduce homelessness in Maricopa County 75 percent by 2020.

The VSUW has done an excellent job in rallying various community leaders to join the advisory board and work toward accomplishing

these goals. The initiative has already yielded a success. Through a partnership VSUW, Corporation for Supportive Housing, the City of Tempe, DBHS, Magellan and CHOICES, 35 rental subsidy vouchers for homeless individuals who are Title XIX-eligible and diagnosed with a serious mental illness (SMI) have been established (see the call out box below). Tenants will receive necessary support and rehabilitation services from a CHOICES Assertive Community Treatment (ACT) team. For additional information about this initiative, please contact [Amy Schwabender](#) with VSUW at (602) 631-4841.

Tempe Housing Program Featured on Local NPR

The City of Tempe’s housing program, as mentioned in the above article, was featured on the January 29th edition of [Here and Now](#) on Phoenix’s local NPR station, KJZZ 91.5 FM. Valley of the Sun United Way President and CEO Merl Waschler and Tempe City Councilman Corey Woods discussed a new pilot program to provide homes for people who are chronically homeless and have a serious mental illness.

Success Story (continued)

makes me feel better and proud of myself,” said Michael.

Michael’s dream is to have his art shown at the Yuma Historic Museum and to become a very successful

artist and musician. Since he has been receiving services at Superstition Mountain Mental Health Center in Yuma, he has met new friends and feels comfortable with the care he’s receiving. “They are friendly, empa-

thetic, and care for us,” Michael said. “It’s not just a job for the staff but the care they give to each of us. I never thought I would feel this great, but this is the gift that music and the Superstition Mountain Health Center has given me.”

Western States Decision Support Group Winter Meeting

DBHS hosted the winter meeting of the Western Interstate Commission on Higher Education's (WICHE) Western States Decision Support Group (WSDSG), a regional user group that enables interstate collaboration for improving data infrastructure and performance measurement in public mental health systems. Its primary focus is to develop performance indicators for public behavioral health to support quality improvement, policy formation and administration. States with representatives attending the meeting were California, Hawaii, Idaho, Montana, Nevada, New Mexico, North Dakota, South Dakota, Oregon, Utah and Washington.



Daniel Crough with DBHS explains how to add clients to a GIS map.

Arizona was given a full day to present on the amazing work being done throughout our state; topics included:

- Behavioral Health at a Glance (Melissa Thomas - DBHS)
- Data 101 (Diana Kramer, Emma Kibisu, Mike Sheldon - DBHS)
- Ensuring a Comprehensive System of Care (Justin Chase - DBHS)
- Magellan Dashboard (David Covington - Magellan)
- Geographic Information System (GIS) Mapping (Daniel Crough, Wes Kortuem – ADHS/DBHS)

- Consumer Involvement (Amy Sather, Cynthia Henry – DBHS; MY LIFE)

There was also an opportunity for round table discussions on data system additions or improvements, including electronic health records (EHRs), state issues regarding data reporting, and challenges facing states due to budget shortfalls. Attendees were impressed by the emphasis DBHS places on data collection, evaluation and outcome measurement.

Since DBHS served as the example at this meeting, we shared information other states hopefully will be able to use to better their behavioral health systems. Attendees were most interested in the Data 101 presentation, with many saying they had never seen anything like it and that they would like to implement a similar initiative in their states. There also was also a lot of interest in GIS mapping and how ADHS developed its system. Other states are researching the possibility of adding the feature to their systems.

You Can Earn Money Just by Filing Your Taxes... and It's Free!!!

Have your taxes done for free! Volunteer Income Tax Assistance (VITA) is a program that provides free tax preparation to benefit individuals with low to moderate income up to \$50,000, senior citizens, non-English speaking persons and individuals with disabilities.

Earned Income Tax Credit (EITC) - Are you between the age of 25 and 64? Did you earn less than \$48,279 in 2009 and have children at home or less than \$18,440 with no children at home? The Earned Income Tax Credit could pay you as much as \$5657. You may qualify for these special tax credits.

For more information and free tax preparation locations, contact [Community Information and Referral](#) at 1-800-352-3792.

Magellan Shared Governance Board New Meeting Schedule

Magellan of Arizona will now host its monthly [Shared Governance Board](#) from 5 to 7 p.m. the third Wednesday of each month at its Phoenix offices. Board meetings are open to the public and times are subject to change. The next meeting is scheduled for February 17th. The [2010 Shared Governance Board Formal Meeting Schedule](#) is now available.

Cenpatico Community Service Partnerships Improve Access to Community Services

Cenpatico of Arizona partnered with community agencies in Pinal, Gila, Yuma and LaPaz counties to develop a new online [Community Support and Resources search feature](#).

Cenpatico of Arizona actively networks with various community agencies to determine those that have funding for services that can be used

by participants in all stages of the recovery process. Information is collected and shared with case managers within the Cenpatico network to help match participants with appropriate services.

Additional community partnership initiatives include Cenpatico's volunteer program, where they actively

assist community agencies in finding volunteers through an employment vendor, [Linkages](#). If a community agency needs volunteers, the agency can fill out a volunteer request form and fax it to Linkages. Linkages adds its volunteer needs onto a Web site and Cenpatico participants are matched with appropriate opportunities.

Three Arizona Providers to Receive National Awards

At the [National Council for Community Behavioral Healthcare 2010 Awards of Excellence](#), which will be held in Orlando, FL on March 16th, three Arizona providers will be honored. The providers and their programs being recognized are:

- NARBHA will be recognized for "Excellence in Health IT" for its NARBHAnet Telemedicine Network.
- Southwest Behavioral Health Ser-

vices will be recognized as an "Excellence in Risk Management Program of Significance: for their work managing risk from a strengths-based perspective."

-- The CPSA Criminal Justice Team will be recognized as a "Program of Significance" during the National Council for Community Behavioral Healthcare's 2010 national conference.

In addition to this award, CPSA's Criminal Justice Team has won a [CMHS National GAINS Center 2010 Impact Award](#) in the category for "a program doing outstanding work in criminal justice and mental health services for adults." Their accomplishments will be recognized during a ceremony at the upcoming GAINS conference this March in Florida.

Arizona Behavioral Health Planning Council Vacancies

The Arizona Behavioral Health Planning Council currently has five vacancies and is actively recruiting for consumers and/or family members, two in the Tucson area, one in the Yuma/southwest Arizona area and two in the Phoenix metropolitan area. Member terms are three years. The Council meets 10 times a year in various parts of the state. ADHS/DBHS reimburses members' expenses associated with travel, including hotel, meals, and mileage. Please contact Recovery Coordinator [Anne Rock](#) (602-542-1161) if you have questions about the Council, are interested in becoming a member or wish to nominate an individual for membership.

CPSA is Going Green!

With the commencement of CPSA's "Green Team" in 2009, it has embraced environmental responsibility as a corporate value. In just a short time, CPSA has adopted many environmentally friendly business practices and developed innovative, eco-friendly policies.

CPSA is encouraging its partners in the communities to share in its mission to strive for environmental leadership.

Learn more about the efforts CPSA [has taken to protect the environment](#).

Recovery and Employment Featured in the *Arizona Daily Sun*: Back on their feet

[This article](#) by Larry Hendricks focuses on Carolyn Stokes and how job skills training and employment are playing vital roles in her recovery.

DBSA Announces New State Chapter President

The Depression and Bipolar Support Alliance (DBSA) has announced the election of their new state chapter president: Regina Koch-Mart of Tucson. Regina replaces Henry Willey, who started the DBSA Arizona chapter last June.

EVENTS & HAPPENINGS

NAMI WALKS around the State

NAMI WALKS Southern Arizona will be Saturday, March 27th with registration beginning at 7:30am and the Walk starting at 9:00am at Sam Lena Park in Tucson.

NAMI WALKS Valley of the Sun will be Sunday, March 28th with registration beginning at 12:00pm and the Walk starting at 1:00pm at Tempe Town Lake Park.

For more information or to register for either of these walks, visit www.namiaz.org.

UPCOMING EVENTS

- ⇒ 2/10 – [MY LIFE Youth Day at the Capitol](#)
- ⇒ 2/12 – [Behavioral Health and Older Adults Conference](#) – Tucson
- ⇒ 3/12 – [Education and Resource Mini Conference for Parents, Kinship Caregivers and Others](#)

The Latest RBHA Information

Find out the latest goings on in behavioral health around the state from the four RBHAs:

- ◆ Cenpatico – [The Connection](#)
- ◆ CPSA – [The CPSA Report](#) — [The Wellness Messenger](#)
- ◆ Magellan – [The M](#)
- ◆ NARBHA – [The Companion](#)

Also, be sure to check out the Facebook and Twitter pages of [Cenpatico](#) and [NARBHA](#), which you can find on their Web sites!

NIDA 2010 Blending Conference

The National Institute on Drug Abuse (NIDA) will host the [8th Blending Conference](#) in partnership with the University of New Mexico, the University of Arizona, and the University of California, San Francisco on April 22-23, 2010, in Albuquerque, New Mexico. The *Blending Addiction Science and Practice: Evidence-Based Treatment and Prevention in Diverse Populations and Settings* conference presents innovative, science-based approaches that have been proven to be effective in the prevention and treatment of drug abuse and addiction.