

Recovery WORKS

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

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



DBHS Wins Suicide Prevention Grant

Arizona's Department of Health Services' Division of Behavioral Health Services (ADHS/DBHS) is pleased to announce that it has been selected as a recipient of a \$1.5 million Garrett Lee Smith (GLS) grant awarded by the Substance Abuse and Mental Health Services Administration (SAMHSA) to enhance services in suicide prevention among young people throughout Arizona.

The grant will be administered by the DBHS Office of Prevention over three years at \$500,000 per year, and will help fund suicide pre-

vention efforts towards youth. These efforts will include activities such as gatekeeper training in prevention programs such as Applied Suicide Intervention Skills Training (ASIST) and Question, Persuade and Refer (QPR). Additionally, training will be provided for educators, juvenile corrections and behavioral health providers on cultural competency and bullying that include Webinars on topics such as referrals to treatment, and conducting parent education classes. Further, a pilot program to test emergency room intervention in a

Maricopa County hospital will be established as will youth leadership programs focused on peer education.

This is the second time that ADHS/DBHS has been awarded the GLS grant. In 2005, the Department received a \$1.2 million dollar capacity building grant and used these funds in southern Arizona to build the prevention capacity of those communities, as well as in tribal communities to address the problem of suicide using evidence based practices.

Since then, suicide preven-

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The Recovery WORKS Editorial Board

- Paige Finley, Psycho-social Rehabilitation bureau chief
- Mike Fronske, assistant director
- Sarah Henley, communications director
- Bré Thomas, senior projects advisor

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Success Story: Monique Roybal

My name is Monique Roybal, and I am in recovery from drugs, alcohol and bipolar disorder. When I was thinking about what I wanted to say about what "Success" meant to me, I thought about what I considered "Success" to be in the different stages of my life.

Four years ago, I was living on the streets in Las Vegas, Nevada, sometimes in motels, and involved in illegal activities to get drugs. At that time, "Success" meant having a place to party, having the drugs to party with, and surviving another night in Sin City.

I finally hit my bottom on June 22, 2005, and decided that I was done living the way I was. I wanted help and managed to get accepted into the Salvation Army Women's Inpatient Treatment Program in Las Vegas. At that time, "Success" meant getting into a treatment program that women sometimes waited months to get into. I got in within a week.

My next "Success" was graduating the program five months later and moving to Tucson to be near my family, including a son I had abandoned years before.

I attempted to find employment here in Tucson, but I couldn't find anyone to hire an ex-felon and a person recovering from drug addiction without any recent job experience. Then I walked into the downtown offices of CODAC Behavioral Health Services. Within a month's time, I was interviewed and offered a position as a Community Support Specialist (CSS).

As a CSS, I worked with members that had substance use disorders and mental illnesses. I used my life experience to develop a rapport with members and en-

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DBHS Wins Suicide Prevention Grant (continued)

tion programming has been adapted by all of the Regional Behavioral Health Authorities across the State in various ways.

In addition, the Tohono O'odham Nation, Gila River Indian Community and White Mountain Apache Tribes each received their own SAMHSA

suicide prevention grants and have been doing significant work in Arizona: suicide rates among Native Americans recently have been brought down to historically low levels.

Overall suicide prevention efforts have made great strides since re-

ceiving initial funding. According to data from ADHS Vital Statistics, the age-adjusted suicide rate decreased by 13.0 percent from 15.4 suicides per 100,000 residents of the state in 2007 to 13.4 in 2008, resulting in the lowest suicide rate since 1990.

Success Story (continued)

couraged them to work on their own recovery. Three months after I began working at CODAC, my supervisor suggested I apply to attend the Recovery Support Specialist (RSS) Institute (run by Community Partnership of Southern Arizona and the University of Arizona's RISE program). I didn't know what that was, but I found out soon enough, in November 2006! I learned additional

tools that helped me become a better CSS, and I learned more about myself, too.

Three years later, I continue working at CODAC and am now a supervisor of five staff, three of which also graduated from the RSS Institute. My oldest son now lives with me. I have a great relationship with the rest of my family, own a car, and live in a

house. I see my youngest son who lives in New Mexico every three months. I have been clean from alcohol and drugs almost four years and am stable on medication for my bipolar disorder. I have also earned trust and respect that I never thought would be possible.

Program Highlight: COPE's RISE Equipment Recycling Center

Incorporated in 1974, [COPE Community Services, Inc.](#) (COPE) is a private, non-profit managed behavioral health and community service corporation serving more than 7,000 clients annually.

A program under COPE, RISE, Inc. was established as a special type of non-profit corporation with a "community development" mission, a defined geographic service area and special requirements for its board of directors.

In 2008, Pima Computer Recycling (PCR), a subsidiary of COPE, merged with RISE. Recently re-named [RISE Equipment Recycling Center](#), the facility recycles and refurbishes computers and other elec-

tronic items, employing two full-time staff members who are in recovery. Weekly pick-ups from the Los Reales landfill, coupled with corporate and individual donations, keep unwanted electronic equipment from becoming e-waste and creating pollution.

RISE's retail store and donation center located at 1134 S. Park Ave. in Tucson, has useable refurbished computers and other electronic items available. Refurbished computers also are donated or sold at a reduced price to non-profit organizations and their clients as well as to low-income families and individuals. Microsoft® Authorized Refurbisher (MAR) standards are used when refurbishing computers. Most computers are installed with Windows®

2000 Pro or Windows XP PRO and Office Suite, Standard Edition.

RISE also provides computer training classes that prepare individuals to enter the job market with basic computer knowledge and hands-on experience. The training center offers a volunteer training program that accepts individuals interested in acquiring pre-employment skills, typically two to four clients at a time. Participants are engaged in the program from one to four weeks and work with staff members to learn various skills including work ethics, appropriate use of time, understanding responsibilities associated with employment and appropriate work place behavior, as well as obtaining hands-on experience with a variety of tasks.

Reports Sent to AHCCCS

On September 15th, the Bureau of Quality Management Operations (BQMO) submitted [the FY2010 Quality Management and the FY2010 Medical Management/Utilization Management Plans](#) to AHCCCS.

The New Quarterly Health Initiative!

DBHS just launched its *first* Quarterly Health Initiative which addresses mental health and obesity. [Click here to get more information for recipients and providers.](#)

New Recovery-Focused Rehabilitative Services and Codes

There are many ways to promote recovery and community participation through the provision of rehabilitation services, as outlined in the ADHS/DBHS Covered Behavioral Health Services Guide.

[This new tool](#) can provide you with some non-traditional examples of creative and recovery-oriented ways to provide rehabilitation services.

Always remember that services **must** be clearly documented and explain how they relate to an individual's Individual Service Plan and progress towards recovery goals.

AZ Stigma Reduction Committee Launches Speaker's Bureau

The Arizona Stigma Reduction Committee (ASRC) strives to help communities provide a welcoming environment and reduce stigma for individuals receiving behavioral health services. Stigma refers to the negative attitudes (prejudices) and negative behaviors (discrimination) toward people with substance use and mental health disorders. One way the ASRC is helping to fight the stigma associated with these disorders and substance use is through community education provided by its Speaker's Bureau.

The purpose of the Speaker's Bureau is to share real life testimonies from individuals in recovery and professionals who have worked together on the recovery journey. Together and individually, they present moving, interesting and factual information about behavioral health disorders, substance use, the face of the mental health system today and the recovery movement.

The ASRC Speaker's Bureau is presenting "A Mental Health Challenge: Stigma" on October 16th at 2pm at

the ASU School of Music Therapy at 40 East Gammage Parkway (on Mill just north of 10th Street), room number W218 in Tempe.

For more information on the ASRC's Speaker's Bureau presentations and Arizona Dialogues, contact [Matt Kennedy](#) or [Ali DeLaTrinidad](#).

Arizona Stigma Reduction Committee Logo Contest

The Arizona Stigma Reduction Committee (ASRC) needs a logo, and anyone around the state interested in designing a logo for the committee is invited to participate in the Logo Contest.

All artwork must be submitted by 5pm Friday, October 9, 2009.

[Click here for more information about the contest and the committee.](#)

Arizona Behavioral Health Planning Council Vacancies

[The Arizona Behavioral Health Planning Council](#) has 30 members from all areas of the state. Recruitment efforts are conducted regularly as member terms are three years. The Council currently has three vacancies and is actively recruiting for consumers and/or family members, one each in the Tucson area, in the Yuma/southwest Arizona area and in the Phoenix metropolitan area. The

Council also wants to hear from individuals in other rural areas of Arizona and welcomes letters from those interested in membership.

The Planning Council is a mechanism to meaningfully involve concerned individuals in planning and evaluating a state's mental health service system. The Council meets ten 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.

EVENTS & HAPPENINGS

UPCOMING EVENTS

- ⇒ [CPSA Art Show for Mental Illness Awareness Week](#) – October 6-8 in Tucson
- ⇒ [Northern Arizona NAMI Walk](#) – October 10th in Flagstaff
- ⇒ [NAMI Statewide Training Calendar](#)
- ⇒ [Mental Health America of Arizona's List of Peer Support Groups in the Valley Area](#)

Magellan of Arizona to Host Employment Fair for People with Disabilities

Magellan of Arizona, in partnership with Gateway Community College, is hosting an employment fair for Maricopa County residents living with disabilities. The fair will be Friday, October 9th from 10 a.m. to 2 p.m. at Gateway Community College. This

free event will feature Arizona employers looking to diversify their employee base by hiring people with disabilities.

The fair will give people with disabilities the opportunity to enhance their

interview skills, receive resume assistance and directly access employers currently looking to fill positions within their organizations. For more information about the employment fair, [click here](#) or contact [Ann MacNeil](#) at (602) 797-8276.

The Latest RBHA Newsletters

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](#)

It's Back! The Magellan Computer Giveaway

Magellan has started its third annual Computer Program, which provides Magellan service recipients and their families with a unique, influential recovery tool - a computer! ALL qualified service recipients and family members involved in their recovery are encouraged to apply.

This year, Magellan will give away 250 computers to service recipients and family members involved in their recovery, as well as 50 to peer/family run and provider agencies. That's 300 free computers! **The deadline for applications is Friday, November 6, 2009, at 5 p.m.** Links to the applications are below:

[Individual \(English\)](#)

[Individual \(Spanish\)](#)

[Provider Agency](#)

EVENT RECAPS

RSS Institute Graduation

Community Partnership of Southern Arizona (CPSA) celebrated its Fifth Annual Recovery Support Specialist Certification ceremony by certifying its largest group to date: 37 new Certified Recovery Support Specialists (CRSSes) were honored on September 1st at CPSA's Training Center in Tucson.

"This is what it's all about," said Neal Cash, CPSA's President/Chief Executive Officer. "It's reaffirming that the system of care can transform itself. These CRSSes and the perspective they bring to the behavioral health system are transformative."

The group members completed the requirements of CPSA's Recovery Support Specialist Workforce Development Project to obtain certification, which include:

- 60 hours of classroom work;
- At least 16 hours of practicum;
- At least 120 hours work experience; and
- A satisfactory evaluation from their supervisors.



From left, Dr. Beth Stoneking from RISE, Dan Steffy of CPSA, Paige Finley of DBHS and Beverly McGuffin of RISE at CPSA's Fifth Annual Recovery Support Specialist Certification Ceremony in Tucson.

CRSSes work in the behavioral health system of care, with many now employed as supervisors and in other high-level positions. The newly-certified specialists bring the total to 149 CRSSes in the five Southern Arizona counties served by CPSA.

Family, co-workers and friends gathered at the ceremony to support the new Certified Recovery Support Specialists. One after another, the newly minted CRSSes accepted their certificates from Mr. Cash and spoke of how the opportunity galvanized their own recovery.

"I can use what I've been through to give back to a community from which I took so much," said one new CRSS. "My darkest days could actually help somebody else."

The Recovery Support Specialist Workforce Development Project is a partnership between CPSA and the University of Arizona's Recovery thru Integration, Support & Empowerment (RISE).

Rural Health Conference - Michael Fronske and two members of the Arizona Behavioral Health Planning Council recently attended the "State's Transformation Efforts: A Rural Perspective" Conference held in Salt Lake City. The two planning council members were Gita Enders a recovery specialist from Cottonwood, and Sandy Ortiz from Sierra Vista. The conference was an opportunity for members of the planning councils from western rural and frontier states to discuss the unique challenges they have in implementing recovery transformation initiatives in the rural and frontier areas of their states. Subjects discussed were increased use in telemedicine and how to more effectively use data in moving forward transformation policy.

The Art of Recovery Expo

Thanks to everyone who made the 5th annual Art of Recovery Expo such a spectacular success. More people were in attendance this year than ever before and the positive energy was contagious.

Keynote speaker, Christopher Kennedy Lawford shared his personal journey into recovery and stands beside all of us whose goal it is to make a difference in the recovery and behavioral health community. As

always he spoke from the heart and asked the audience to get involved in bringing awareness to their lawmakers letting them know addiction is treatable and it needs the same attention as other life threatening diseases. Lawford was also on hand to sign copies of his books *Moments of Clarity* and *Healing Hepatitis C*.

The day was filled with free workshops, educational DVD viewings and information booths from leading

treatment facilities, counselors and State agencies. A new addition to the event was the "Mind in Spirit Labyrinth Walk." Set aside in a quiet corner, attendees were able to spend time walking the beautiful labyrinth that was provided by Dr. Kayla Gayle of Mind in Spirit.

The 5th Annual Art of Recovery celebrates National Recovery Month in Arizona each September.