

Recovery WORKS

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

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



A Note about Community Resources from the Office of Individual and Family Affairs

- The Recovery WORKS Editorial Board**
- Paige Finley, Psycho-social Rehabilitation bureau chief
 - Sarah Henley, communications director
 - Bré Thomas, senior projects advisor

As a result of budget cuts, many members in our community will lose a lot of their behavioral health benefits. For them, this means that the basic community supports that offered a sense of belonging and hope are no longer available. They will no longer be able to go to their clinics or providers to attend support groups or network with friends, or have access to their case managers. This is a huge loss for those who depend on these supports on their road to recovery.

powerful way to gain respect from others.

Know that you are not alone! Communities across the state are recognizing the needs of our non-Title 19 peers and are working to fill in the gaps that are so important to our recovery. Each Regional Behavioral Health Authority (RHBA) is in the process of developing unique resources to assist individuals and family members. These resource guides will be continually updated online and are available on the comprehensive, single source of community resources now on our Updates Web site under "[Community Resources](#)."

Being familiar with the resources within your community is very important. Resource organizations provide a variety of assistance and supports to people living and working in the community, as well as opportunities for community members to volunteer their time and skills, and to make financial donations when possible. We encourage you to explore the resources in your community for assistance that you may need and for ways you can help.

To get started, learn more about these organizations by

connecting with the RBHAs and T/RBHAs as they have a wealth of resource information on their Web sites, including links to a variety of community resources for people in the regions they serve. We have also asked each RBHA to provide us a single document where you can find links to all the community resources they are aware of for their regions. Again, you can find these links in our [DBHS Updates Web site](#).

There is also an organization called [Community Information and Referral](#) whose Web site contains the largest database of community resources in Arizona. It is very easy to search online by county, city or specific need.

By going to www.arizonaselfhelp.org, you can find out if you or your family is eligible and even fill out online applications for 31 different health and human services programs like AHCCCS, food stamps, housing, utility expenses, Head Start and employment services.

For mental health information and local support groups, you can contact or search online for [NAMI Arizona](#), [Mental Health America of Arizona](#)

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We as a community, which includes peers and family members, must join hands and face the challenges that are ahead. Those of us in recovery know that one of the most empowering things we can do is to reach out and help others. That is part of the recovery process. Now is the time for us to do just that. We need to reach out to others who sit at home and watch TV all day. We can call them on the phone, offer to join them for coffee and just be a much-needed friend.

For those affected by the budget cuts, recovery does not have to stop! Remember, recovery is not a linear process. It is your choice as to how you will cope with the challenges you face. And reaching out to others is a

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Update on Three Key Service Areas (cont.)

and [Depression and Bipolar Support Alliance of Arizona](#).

Lastly, you can also find a great deal of physical and behavioral health information, including sliding fee scale providers, on the [Arizona Department of Health Services Web site](#).

Please remember, we must all do our part. We must meet this challenge so that those who follow us will have the opportunity to live, work and socialize in the community of their choice.

If you have any questions about the non-Title 19 Seriously Mentally Ill (SMI) benefit changes, how to use these community resources, or about the Office of

Individual and Family Affairs, please feel free to contact us at oifa@azdhs.gov.

Thank you,
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Success Story: When Labels Hurt – Fighting Stigma

When I was first told that I had a mental illness, my first reaction was one of repulsion. Surely the therapist was wrong. Yeah, I felt depressed but there wasn't anything that bad wrong with me. My only interaction with mental illness was from TV. You know the scene where you see the "crazy person", the "psycho" sitting in some institution, sitting in the corner rocking back and forth. I wasn't like that and so my first step towards living with a mental illness was one of denial. I now look back and recognize where my twisted perceptions came from – not from truth, but from a lack of information and stigma.

Stigma was a new concept for me. I'd been labeled all my life but didn't realize just how painful it was and how hurtful it was to my recovery until I was diagnosed. The word stigma means a mark of disgrace or shame.

It's the labeling of someone because of who they are or what "condition" they may have. Stigma places a line down the center of a group and claims an "us" and "them". Don't get me wrong, labels can be extremely useful. For example, by receiving a diagnosis, it can help the person learn more about themselves and seek help. But when that label is turned against the person and is used to discriminate, more harm is done and stigma is created. Instead of seeking help, the person faces numerous outcomes that can range from refusing to seek help, denying anything is wrong, rejection by family and friends to possible physical violence or harassment. Stigma stunts recovery.

So what can you do if you ever have to deal with stigma? One thing I've learned is that you have the choice about how open you are about your diagnosis and symptoms. You don't have to tell every-

body but those who you trust and know will provide you with strong, solid support. For some people, keeping it private helps. It's all up to you. Not everyone will understand but it's important to remember that no matter what people might say – you are not your illness. You are a person with a variety of thoughts and feelings. You are not depression, bipolar or schizophrenia. You are someone who has a condition, a very treatable condition and one that you can manage. Don't let the fear of what other people may say or think stop you from seeking help. You are not alone.

*Belinda Boring
Gila Valle ORE Program Coordinator
Southeastern Arizona Consumer-
Run Services, Inc.*

Schedule an *Arizona Dialogue* in Your Community!

Arizona Dialogues provides an opportunity for diverse groups of people to come together to discuss the important issue of stigma that affects mental health/substance use services, treatments, policies and programs. *Discussing these important issues, our roles in them and our feelings about how they affect us leads, to each individual gaining a clearer understanding of other's perspectives and experiences.* It very often results in the forming of collaborative partnerships among the participants aimed at solving problems and breaking through barriers. Trained facilitators lead the group.

Arizona Dialogues has been conducted successfully around the state with many combinations of people, including psychiatrists and peers; police, court staff, peers and family members; and peers and family members.

To schedule an *Arizona Dialogue* or a presentation, please contact Cynthia Henry at 602-364-1015, 1-877-464-1015 or at henryc@azdhs.gov.

Work Incentive Coordinator Now at DBHS

Ali DeLaTrinidad, DBHS Community Outreach and Training Coordinator, received a provisional certification as a Certified Work Incentive Coordinator (CWIC) from the Work Incentive Planning and Assistance (WIPA) Center at Virginia Commonwealth University. The university provides national training on “Promoting Employment of Social Security Administration (SSA) Disability Beneficiaries.” The WIPA is an integral part of the SSA’s strategy to promote employment among SSA beneficiaries,

reduce dependence on SSA and SSDI cash benefits, and reduce overpayments and other post entitlement problems experienced by beneficiaries engaged in employment.

The primary objective of the WIPA initiative is to assist SSA beneficiaries with transitioning from dependence on public benefits to paid employment and greater economic self-sufficiency. As a community partner for the WIPA, Ms. DeLaTrinidad’s provisional certification will assist beneficiaries in understand-

ing the potential impact of certain employment outcomes on their benefits. These efforts will assist in overcoming this major barrier to increasing employment rates.

Ms. DeLaTrinidad is already scheduled to provide work incentive trainings in Tucson, Yuma and Nogales. She is looking forward to providing trainings and technical assistance statewide. For more information, please contact your local RBHA.

Magellan Resource Fairs

Funding cuts to the statewide behavioral healthcare system go into effect July 1st. To help prepare those in Maricopa County, Magellan of Arizona and their provider partners are working to safely and responsibly transition impacted recipients to a greatly reduced health benefit and connect them to community-based resources. To facilitate this, Magellan has hosted four resource fairs in recent weeks, with the fifth and final one being held this Thursday, June 10th from 4 to 7 p.m. at the [South Mountain Community Center](#). Magellan’s goal is to connect people to resources that are important to their well being that also are close to where they live and work. This is why the fairs have been held in areas where the highest concentration of impacted individuals live. [Learn more about the resource fairs here.](#)

Recent Visit by NASMHPD and SAMHSA

In late April, DBHS welcomed guests Dr. Robert Glover, Executive Director of the National Association of State Mental Health Program Directors (NASMHPD) and Rear Admiral Eric Broderick, D.D.S., M.P.H., who currently serves as Acting Administrator of Substance Abuse and Mental Health Services Administration (SAMHSA). During this visit, Dr. Laura Nelson, Dr. Rodgers Wilson, Paige Finley and Claudia Sloan provided Dr. Glover and RADM Broderick an overview of DBHS’ whole health program initiatives. The team also visited Southwest Network’s Highland Clinic and Recovery Innovations of Arizona’s Wellness City since these clinics are currently integrating whole health practices into their services.

Early this year, DBHS began an effort to build peer-based whole health programs with funding from SAMHSA’s Transformation Transfer Initiative (TTI) grant. This initiative is being piloted in Pima and Maricopa counties. Participants in the pilots learn to exercise, eat healthy, reduce

stress, quit smoking, and many other helpful skills to improve their recovery and lives through a whole health approach. Their improvement is being monitored, with some of them already showing significant weight loss and improved moods, have quit smoking, etc.

At Southwest Network’s Highland Clinic – one of the TTI grant pilot programs – the team sat with a wellness group facilitated by peer and family mentors. In the group, participants set healthy lifestyle and weight loss goals for themselves, took baseline measurements with a nurse, and talked about the things that provide encouragement and support to obtain their goals. There was much discussion around the value of surrounding yourself with others who are working on similar goals and the use of potential community resources such as fitness centers. After sitting in the group, the team was able to meet with staff at the Highland Clinic and the Recovery and Resiliency Director of Magellan to hear about their biggest successes

as well as their struggles with barriers related to implementing successful whole health programs within the system.

At Wellness City, the team participated in a program orientation for individuals considering becoming “citizens.” They learned about the opportunities Wellness City provides to engage its citizens in the development and decision making process of what the program offers and how it is run. They also learned about the variety of activities and classes for citizens, including physical fitness, yoga, healthy eating, social events in the communities, Wellness Recovery Action Planning, art classes and activities, etc. The team was warmly welcomed by current citizens and program leaders within Wellness City. The experience was positive, energizing, and spoke to the value of treating an individual as a whole and unique person, providing them opportunities to express themselves while improving their all around health and wellness!

Upcoming Quarterly Health Initiative Webinar for Behavioral Health Providers

During the first quarter of Fiscal Year 2011 (July 1 – September 30, 2010), the ADHS/DBHS Quarterly Health Initiative (QHI) will address prostate cancer. A new QHI kit will be available by July 1st on [the QHI Web site](#). The QHI Webinar for providers will be Thursday, July 1st at 9:00 a.m. Behavioral health providers will learn about prostate cancer, how it affects mental health patients, options for screening and treatment, and most importantly, how to address this topic with patients. The Webinar will be led by Dr. David Miller, Associate Professor of Social Work at the Mandel School of Applied Social Sciences at Case Western Reserve University. Dr. Miller's research includes health behaviors and practices of African American men, psychosocial distress of individuals diagnosed with and treated for cancer, and the impact of chronic stress on urban adolescents and young adults. More information will be posted at the QHI Web site above or you can use this link to join the Webinar the day of the event: <https://azdhs.ilinc.com/join/cytvhpc>.

A Day to Celebrate Wholeness and Joy

CPSA and the University of Arizona (UofA) Recovery thru Integration, Support and Empowerment (RISE) division hosted an open house on May 18th to celebrate the success of Camp Wellness, a program partly funded by DBHS through SAMHSA's Transformation Transfer Initiative (TTI) grant.

Camp Wellness is an eight-week program designed to assist individuals in reaching whole health goals by gaining the skills, knowledge and support needed to lead healthy lifestyles. The camp offers hands-on activities and classes in:

- Food and nutrition
- Cooking skills
- Physical fitness
- Mindfulness
- Stress management

- Tobacco-free lifestyles, and
- Other health education topics

Individuals from throughout the community joined together at the open house to celebrate the success of the first two graduating classes and to support the existence of this strengths-based, recovery-oriented program. Guest speakers included Neal Cash, president/CEO of CPSA; Dr. Tamsen Bassford, chair of the UofA Department of Family and Community Medicine; Paige Finley, bureau chief of Adult System of Care at DBHS; and Dori Hutchinson, director of Services at Boston University's Center for Psychiatric Rehabilitation.

The speakers shared thoughts and reflections on the history of the mental health system and the continuing jour-

ney of the system's recovery. They reflected on the importance of Camp Wellness as a response to NASMHPD's 2006 *Morbidity and Mortality in People with Serious Mental Illness Report*, which states that, "People with serious mental illness served by the public mental health system die, on average, 25 years earlier than the general population."

Dori Hutchinson shared reflections and photo journals from people in recovery on what it means to be whole and well. The value of seeing individuals as whole people and the ability to find and express joy was embraced in unique ways by each speaker. DBHS, CPSA and the UofA look forward to sharing more information about the ongoing success of this unique program!

"Role of the Helper" Training in Maricopa County

Magellan Health Services of Arizona has developed a training program to help family and friends of those challenged with mental illness better understand the needs of their loved ones, so they may help them on their recovery journey. Topics include: managing roles, mental illness and medication, wellness planning, and goal setting and resources. More information about the training program is available in [English](#) and [Spanish](#). Training dates and locations include:

Date/Time	Location
Monday evenings – 6 to 9 p.m. June 7, 14, 21 & 28	The Cottonwood Room 4129 E. Van Buren St.; Phoenix, AZ 85008
Wednesday mornings – 9 a.m. to 12 p.m. June 9, 16, 23 & 30	Osborn Clinic 3640 W. Osborn, Ste. 1; Phoenix, AZ 85019
Saturday mornings – 9:30 a.m. to 12:30 p.m. June 5, 12, 19 and 26	Magellan Learning Center 1225 E. Broadway, Ste. 190; Tempe, AZ 85282

Don't worry if you've missed a class or two! Feel free to enroll in a series anytime by visiting ACHIEVE at <https://magellan.learn.com/az>. If you experience technical difficulty with accessing the site, please contact the [Achieve help-desk](#) at (602)797-8210.

EVENTS & HAPPENINGS

UPCOMING EVENTS

⇒ **Bipolar Wellness Network Events in Maricopa County**

- ◆ June 16th (Wednesday) at 3pm – Dr. Christy Lopez, PhD. will present an interactive workshop on Understanding Mood Disorders and Recovery Techniques. Located at 3333 N. 7th Avenue, Phoenix. Across from Basha's at 7th Ave. & Osborn. Free and no registration required.
- ◆ June 22nd (Tuesday) at 2:30pm – Knowing your Rights, a session on appealing your SMI denial and general patient rights and self-advocacy skills will be presented by the Arizona Center for Disability Law and their attorney.
- ◆ June 29th (Tuesday) from 10am – 2pm, the “Freedom Self-Advocacy” curriculum from SAMHSA will be presented with an all-you-can-eat buffet lunch. Cost is \$25.00 and includes the meal at the Golden Corral located at 5679 W. Northern Ave., Glendale. Partial scholarships are available to peers. Please apply. Class size is limited and you must pre-register by June 25th.
- ◆ [Click here](#) to learn more about any of the events listed above.

⇒ **Family Involvement Center Calendar of June 2010 Events and Classes**

⇒ **Summer Institute 2010**

Arizona State University's College of Public Programs, Center for Applied Behavioral Health Policy and the Pacific Southwest Addiction Technology Transfer Center's (PSATTC) are hosting the [11th Annual Summer Institute](#) on July 20-23, 2010, at the Sedona Hilton Resort and Spa in Sedona. The event theme is *Key Components for Creating Comprehensive Systems of Care: Prevention to Recovery*. Registration is now open!

The Latest RBHA Information

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

- ◆ Cenpatico – [The Connection and Perspectives](#)
- ◆ 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!