

Recovery WORKS

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

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



The DBHS Quarterly Health Initiative

Health is a dynamic state of being. In behavioral health, we have long ignored physical health. Holistic treatment requires integration of physical health with behavioral health in order to improve the general health of an individual. As a result, each quarter, ADHS/DBHS will partner with the Tribal and Regional Behavioral Health

Authorities (T/RBHAs) to introduce particular medical topics which impact consumers receiving behavioral health services.

Our first topic is "Obesity" which affects 31% of Americans. Obesity is associated with diabetes, heart disease, cerebrovascular accidents, hypertension and some

forms of cancer. We are hoping the first initiative will motivate individuals to seek consultation with medical and behavioral providers or simply to make changes in their lifestyle. [Check out Health Kit information for both recipients and providers.](#)

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

Inside this issue:

October a Busy Month for Behavioral Health	2
ASU Releases Report on Behavioral Health Care	2
Arizona Behavioral Health	2
"Minds on the Edge" Screenings Hosted by Dr. Nelson	2
RBHA Spotlight—NARBHA	3
Event Recaps	4
Events & Happenings	5

Success Story: John Frazier, Triple R Behavioral Health, Apache Junction Clubhouse

My diagnosis is Schizophrenia, paranoid type. I'm not the worst case of that mental illness ever recorded, but I have been hospitalized three times, been delusional and suffered low cognitive function.

I have been a member of the Triple R Apache Junction Clubhouse since 2005. I have had much support from members and staff. It provides a psychological environment nurturing my positive self image and providing self confidence. The Clubhouse also gave me tools that were an essential ele-

ment in my writing and publishing mystery novellas.

Along with my support from the Clubhouse, I also get support from my Nurse Practitioner and family members which have made it possible for me to write and publish two books. My latest can be found on Amazon.com/books under 'Chances by Basil Brylcreem.' Basil is the pen name I use for my detective novellas.

I have found certain aspects of treatment to be especially effective. I take Abilify which

is an anti-psychotic wonder drug. I exercise which helps my positive self image and attitude. I also take vitamin B12 which helps my anxiety and stability.

This is not to say that I do not have serious problems. I do. My anxiety interferes with my life constantly and I have certain amount of low level delusional thought.

The clubhouse, a caring psychiatrist, exercise, Abilify and vitamins; my recipe for a significant degree of recovery.

SUBSCRIBE TO RECOVERY WORKS!

Last month's Success Story profile, Monique Roybal, was just named to CPSA's Board of Directors. Congratulations, Monique!

October a Busy Month for Behavioral Health

Last month saw a lot happening in Arizona's behavioral health world:

- Per the Governor's request, on October 19th, ADHS submitted a proposal outlining what cuts

would be made if an [additional 15% budget cut was taken](#).

- Later in the month, the Governor submitted her [report to the Court](#)

for the Arnold vs. Sarn lawsuit with a recommendation on structural reforms to the system.

ASU Releases Report on Behavioral Health Care

This week, a report prepared jointly by ASU's Center for Applied Behavior Health Policy and Morrison Institute for Public Policy was released. The report – "[Arizona's Public Behavioral Health System: Critical Issues for Critical Times](#)" – summarizes a discussion among policy experts held at the July Summer Institute conference hosted annually by CABHP. It offers insights into key system strengths, vulnerabilities, and potential solutions. The report notes that Arizona's billion-dollar public

behavioral health system, which serves 150,000 ill residents and their families, is inadequately staffed and struggling under budget cuts and the demands of a 28-year-old class-action law suit.

Among the findings of the report:

- 35% of Arizona adults with serious mental illness do not qualify for AHCCCS/Medicaid, primarily because they are working poor and uninsured, and thus are at risk for inadequate treatment

- Funds for housing and food to support patients' recovery are essential, yet are not provided to even patients covered by AHCCCS/Medicaid because they are not considered "medically necessary"

- Budget pressures put Arizonans at risk through cuts to crisis services, which not only avert suicides and drug overdoses, but provide vital assistance to local hospitals and local law enforcement officials.

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 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. 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.

"Minds on the Edge" Screenings Hosted by Dr. Nelson

Acting Deputy Director Laura K. Nelson, M.D. will host two screenings of the program "Minds on the Edge" at the ASU Downtown campus. The first screening will be held on Monday, November 30th from 4 to 5:30 p.m. at the Innovations Auditorium (500 N. Third Street, Nursing and Health Innovations, Building 2). The second screening will be held on Wednesday, December 9th from 12 Noon to 1:30 p.m. in Room 128 (lecture hall) in the Cronkite Building.

RBHA SPOTLIGHT

Northern Arizona NAMI Walk

NARBHA both sponsored and provided organizational support to the First Northern Arizona NAMI Walk held on October 10th in Flagstaff. Nearly 500 participants came out to walk the two-mile trail at Buffalo Park to raise awareness for mental illness. The NARBHA team raised a total of \$3,870.16 beyond the initial sponsor-

ship of the event. The walk itself raised a total of \$36,000 for mental illness and recovery programs. Providers that also had teams were the Mohave Mental Health Clinic, The Guidance Center, Child & Family Support Services, Verde Valley Guidance Clinic, West Yavapai Guidance Clinic.



There was beautiful weather and scenery at the first Northern Arizona NAMI Walk.

NARBHA 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; of special note:

- o 35 years - Janet Langford – Assistant to the Medical Team, Verde Valley Guidance Clinic
- o 30 years - Mary Montes – Director of Human Resources – Community Counseling Centers
- o 25 years – Patrick Lomawaima

– Substance Abuse Counselor - Hopi Guidance Clinic

Leta Glancy/Cecil Lockhart Smith Board Award – Jennifer Dufresne

Mickey Hawley Program Award — NAZCARE

NARBHA Provides a Half Million Dollars to Northern Arizona through the Community Reinvestment Program

In 2009, through its Community Reinvestment Program, NARBHA is putting nearly \$500,000 back into the behavioral health community through program and capital support of over 25 behavioral health proposals.

The funds went to programs that support permanent and transitional housing, transportation/vehicles, education/training, computer equipment, outreach efforts, among several others.

Recipients included NAZCARE, Child and Family Support Services (CFSS), Arizona Children's Association, Flagstaff Shelter Services, NAMI, Community Behavioral Health Services (CBHS) and Community Counseling Centers.

In addition to the monetary awards, and as part of the Community Reinvestment Program, NARBHA donated 60 computers to behavioral health providers including:

- ◆ The Guidance Center (Flagstaff)
- ◆ Community Counseling Centers (Winslow and Holbrook)
- ◆ Little Colorado Behavioral Health Services (Springerville and St. John's)
- ◆ Verde Valley Guidance Center (Cottonwood/ Camp Verde)
- ◆ AzPire House (Flagstaff)
- ◆ NAZCARE (six recovery and two housing locations throughout northern Arizona)
- ◆ Devereux Residential Treatment Center (Scottsdale) and
- ◆ Amity Foundation (Tucson).

Behavioral Health Scholarships

Seven Behavioral Health Technicians in Northern Arizona received scholarships toward becoming Behavioral Health Professionals through NARBHA's Community Reinvestments funds. Nearly \$25,000 was awarded to increase the workforce in rural communities with credentialed, behavioral health professionals, as defined by the Arizona Board of Behavioral Health Examiners and the Office of Behavioral Health Licensure regulations for staff within licensed behavioral health facilities. Awards were provided to assist with expenses ranging from tuition fees to transportation costs associated with acquiring the education and credentials needed.

EVENT RECAPS

Hopi Foundation on the Treatment of Extreme Trauma

NARBHA was a major contributor and sponsor of the first conference offered through the Hopi Foundation on the Treatment of Extreme Trauma. Two tracks were offered: one on the treatment of torture survivors, and one on the treatment of trauma of Native American War Vet-

erans. The conference brought people from around the world, such as Honduras, Turkey, etc, and had over 300 participants.

NARBHA organized the Well-Being Center for participants and presenters due to the delicate nature of the

topics in the conference. The Well-Being Center also provided renewal to those that work in the field of human services. Zero Balancing therapy, light massage therapy and counseling services were offered both days.

MBRACE Life Summit

People from all over Arizona representing more than 10 tribes joined together for the 2009 MBRACE Life Summit at the Lodge at Cliff Castle on September 25-26, hosted by the Yavapai-Apache Nation. This year's summit featured keynote speakers John Hawk Co-Cke with the Indian Health Care Resource Center's HIV-AIDS Prevention and Education Department, and Dr. Donald Warne, Executive Director of the Aberdeen Area Tribal Chair Men's Health Board, with break-out sessions covering a range of topics including: gang activity, LGBTQ issues, combining tradi-

tional ceremonies with conventional treatment, suicide safety planning, native identity, healing herbs and a Question, Persuade and Refer (QPR) gatekeeper training.

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 whatever it happened to be. 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.

Arizona at the CSAT Conference

The Center for Substance Abuse Treatment (CSAT) supported a team of five from Arizona to participate in the national conference "Strategic Planning for Providers to Improve Business Practices" held in Arlington, VA from October 21-23. The team was led by Michelle Skurka (ADHS/DBHS) and included John Hogeboom (Community Bridges), Gabriella Guerra (Magellan of Arizona), James Russo (North Phoenix Visions of Hope) and Michael Prudence (La Frontera).

The purpose of the conference was to create a forum for state, regional and provider organizations from around the country to discuss and share best practices and lessons learned around business management practices, performance management and health care reform. Highlights for the team were:

- ◆ John Hogeboom and Gabriella Guerra presented on "Marketing For A Special Role In Networks"
- ◆ James Russo was asked by the State of New Mexico to be a keynote speaker for an upcoming conference to discuss peer support
- ◆ Bringing back information to Arizona to share with other T/RBHAs and provider agencies about how to improve practices
- ◆ Realizing how well Arizona is doing in the areas of peer support and integration of mental health and substance abuse



From left to right: John Hogeboom, Gabriela Guerra, James Russo (seated), Michael Prudence and Michelle Skurka

EVENTS & HAPPENINGS

EXTENDED!!! The Arizona Stigma Reduction Committee Logo Contest

The Arizona Stigma Reduction Committee (ASRC) logo contest has been extended to December 31, 2009. Anyone around the state interested in designing a logo for the committee is invited to participate. **All artwork must be submitted by 5pm Thursday, December 31, 2009.** If you already submitted an entry, it does not need to be resubmitted. Also, submitted artwork must be original (i.e., contain no copyrighted material). [Click here for more information about the contest and the committee.](#)

Webinar: Intro to Shared Decision Making in Mental Health

Join the DBHS Office of Individual & Family Affairs for this SAMHSA-sponsored learning experience, "Introduction to Shared Decision Making in Mental Health: Creating Dialogue, Promoting Choice, Supporting Recovery." It will be held

Thursday, November 12th from Noon to 1:30 p.m. at DBHS (150 N. 18th Ave., Phoenix) in conference room 285B. This Webinar features well-known presenters Pat Deegan and Laurie Curtis. Afterward, we'll have a lively discussion. Everyone is wel-

come – Bring your lunch!

If you can't join us, you can [register for this Webinar](#) from your home or office computer – or be a host in your community. Use Conference Number 9091473 and Passcode 7011561.

UPCOMING EVENTS

- ⇒ [DBSA Yavapai County Schedule Changes Effective Immediately](#)
- ⇒ [NAMI Statewide Training Calendar](#)
- ⇒ [Mental Health America of Arizona's List of Peer Support Groups in the Valley Area](#)

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](#)

Event Recaps (cont.):

Record-breaking Attendance for CPSA's 10th Local Art Show

The 10th anniversary of Community Partnership of Southern Arizona's (CPSA) Community Mental Health Arts Show set records for attendance and for artist submissions.

An estimated 600-plus people attended the show, held October 6-8 at CPSA's Training Center in Tucson.

More than 450 works were submitted by 160 Southern Arizona artists, all associated with the CPSA system of care, in a variety of categories including visual arts and poetry.

CPSA's Long Range Public Education Coalition established the arts show 10 years ago as an opportunity

for children and adults receiving behavioral health services and system staff members to showcase their talents, as well as a way to build understanding and address the stigma associated with mental illness and substance abuse.