

Recovery WORKS

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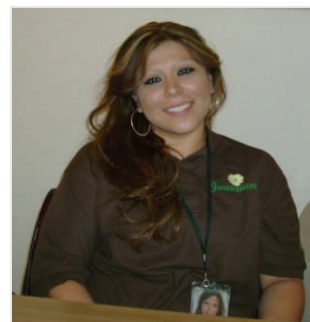
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Peer Success Story: Meet Kimberly

Prior to becoming involved with heavy drinking and drug use in 2006, I was a detention officer for seven years. In 2005, my boyfriend committed suicide and I found myself drinking heavily and eventually started using drugs on a weekly basis which led to daily use. I was so involved with using that I could no longer take care of my kids and gave them to my mom as I was basically walking and living on the streets. I had lost my 5-bedroom home and everything else.

I was in jail for 29 days after the house I was staying at was raided. I was informed by my probation officer that I had a choice of rehab or jail. I chose rehab. I was referred to the Transitional Living Center (TLC) and met with Anabel who smiled at me when she approached and showed me care. Anabel told me she would do anything in her power to help me succeed. Her care helped me to believe that I could change. I completed an

intake on February 27th and by March 1st I had a placement in the TLC Home. I stayed at TLC for 13 months where I learned, again, to take care of myself and my responsibilities such as balancing a checkbook, paying bills, etc. I was receiving counseling services and attending Parenting classes with the Community Intervention Associate (CIA) until I gained employment with TLC as a Peer Support Specialist. My Drug Court terms ended on July 16, 2010, however, I plan on getting back on AHCCCS and entering



(Continued on page 2)

Arizona's SOCPR Featured in Florida

The College of Behavioral and Community Sciences at Louis de la Parte Florida Mental Health Institute recently featured Arizona in its Child & Family Studies Quarterly newsletter. Some highlights from the article include information on the development of a statewide [Theory of Change](#) for behavioral health services for children in Arizona as well as the implementation of the System of Care Practice Review (SOCPR). The [full article](#) is available at www.cfs.fmhi.usf.edu.

**October 3-9, 2010 is
 Mental Health Awareness Week!**

Collaboration between the Veteran's Administration and Crossroads

The buzz word in the non-profit world these days is “collaboration”. Yet true collaboration eludes so many organizations because of the innate fear of loss of control. Two organizations have overcome these fears to have a long and beneficial partnership together: the Veteran's Administration (VA) and Crossroads, Inc.

Crossroads is a state-licensed transitional living center for men and women in recovery. In Phoenix and surrounding areas, the VA operates its many-faceted health care operations from the Carl T. Hayden Veteran's Memorial Hospital. Along with being a full-service hospital, the VA also operates a mental health care unit which offers veterans services for PTSD, general mental health issues, and substance abuse. It is well documented that the veteran population suffers from a high occurrence of mental health issues, and substance abuse goes hand in hand with many of these issues. Twenty years ago the VA made a decision to allow some veterans who were attempting to remain clean and sober to check into to Crossroads. It was initially a kind of experiment to see if veterans would do better when placed in a structured environment. The experiment was a success, and veterans have been coming to Crossroads for all these years.

Like the VA, Crossroads has been a center for recovery in the Phoenix area for a long time. Crossroads is celebrating its 50th year of business in 2010. Originally opened as a 20-bed half-way house in 1960, Crossroads has grown to six facilities, and now houses 200 men and women in recovery from drugs and alcohol. Crossroads uses the 12-steps of recovery as the centerpiece of its program.

In early 2006, the VA made a decision to expand their program. In May and June of 2006, the VA and Crossroads worked together to get this program up and running at a Crossroads facility, specifically Crossroads West, located at 7323 North 35th Avenue. The VA calls this program the Substance Abuse Residential Rehabilitation Program, or SARRTP. The program placed the first resident on August 15, 2006. The VA literature describes how the program works:

The program is very intensive. You are expected to participate in treatment groups Monday through Friday for a minimum of six hours and a minimum of four hours on Saturday and Sunday. Most of the groups occur on site at Crossroads, however the Veterans do travel in to the VA Hospital a few times each week for treatment programming. Groups focus on substance abuse education and relapse prevention, some are process oriented (allowing you to speak about underlying issues and process feelings/thoughts), and some are Recreation Therapy (exercise, crafts, life skills). In addition, you will receive individual counseling each week.

There is a psychiatrist, physician assistant, and nurse assigned to the SARRTP. You are provided 24 hour supervision by VA Rehab Technicians and Licensed Practical Nurses (LPN)s, and have Peer Support Techs available to you to assist you in your recovery. You will be given weekly reading and writing assignments. For more detailed information visit <http://www.thecrossroadsinc.org/>.

Today the SARRTP has been an integral part of Crossroads West for over four years. Hundreds have gone through the program, and many lives have been changed, and much has been learned. The VA will eventually move this program to their campus, as soon as a new building can be built. This is projected to happen sometime in the next few years. Until then, this unique and successful collaboration will continue to help many veterans navigate through substance abuse and related issues and will continue to be a model of how diverse organizations can work together to achieve goals. (Read about a successful graduate of the program on pg. 5)

New Tribal Resource Available Now!

The [Tribal Involuntary Commitment webpage](http://www.azdhs.gov/bhs/TribalCtInvCommitment.htm) has been updated and now includes two instructional videos, the first video is a series of questions and answers on the Tribal Involuntary Commitment process and the second video explains ARS 12-136, the “bridge” between the Tribes and the State in recognizing court orders. Both were created here at ADHS/DBHS and can be found at <http://www.azdhs.gov/bhs/TribalCtInvCommitment.htm>.

(Peer Success Story continued from page 1)

into substance abuse services through the Arizona Counseling Treatment Services (ACTS) to help maintain my recovery. The services and care I have received has helped me so much that I would recommend to anyone to seek help. I have my youngest son back with me and I have been clean and sober for sixteen months.

Upcoming Events ...

The Arizona Suicide Prevention Coalition is hosting its third annual suicide prevention conference for professionals, survivors, and advocates on October 21st and 22nd at the Black Canyon Conference Center. The conference will feature notable national experts, including Frank Campbell, Ph.D., LCSW, C.T.; Alan L. Berman Ph.D., ABPP; as well as our very own Laura Nelson, M.D. and Rodgers Wilson, M.D. A variety of topics ranging from Healing Sudden and Traumatic Loss to Peer Role in Suicide Prevention will be covered. There is special pricing for survivors of suicide on Day 2 of the conference. Please see <http://www.azspc.org> for more information or call 602-418-5771.

CODAC Celebrates Whole Health

Join CODAC Behavioral Health Services, Inc. and El Rio Community Health Center to celebrate Whole Health

Southern Arizona's comprehensive integrated mental health & primary care clinic

Tuesday, October 5, 2010

10:00 - 11:00 am

CODAC's East Site

4901 E. Fifth Street

Tucson, AZ 85711

[on Fifth St. east of Swan Rd.]

Please RSVP to ahowell@codac.org

DBHS Quarterly Health Initiative on Breast/Cervical Cancer Begins...

On **October 7, 2010** DBHS will hold a webinar on the topic of "Breast/Cervical Cancer & Mental Health" for all RBHA providers. In this webinar, Dr. Francisco Garcia will give an overview of breast and cervical cancer, how it affects mental health patients, options for screening and treatment, and how to address this topic with patients. Webinar information is available at the [QHI website](#).

The ADHS/DBHS Quarterly Health Initiative (QHI) is an effort to improve the overall health of people who receive behavioral health services by providing education on the health topics that affect them the most. A new "QHI Kit" is introduced each quarter and it includes a Consumer Handout, a Provider Handout and a Webinar for Providers. The materials for providers include information on how to address the particular health topic with your clients and how to bill for this service. The latest QHI kit materials are now available online as well.

CPSA Arts Show features works by system members and staff

Community Partnership of Southern Arizona's (CPSA) **11th Annual Community Mental Health Arts Show**, an annual exhibit celebrating recovery through art, will be held October 5-7 in Tucson.

The arts show was established as an opportunity for children and adults receiving behavioral health services and staff in the system of care to showcase their talents, as well as a way to build understanding and address the stigma associated with mental illness and substance abuse. Visual arts, poetry and more are featured in the show, which has grown to include some 350 entries in 11 categories.

The Community Mental Health Arts Show will be held at CPSA's Plaza Arboleda, 2502 N. Dodge Blvd., and will open with a public reception from 5:00 p.m. to 6:30 p.m. Tuesday, October 5. Exhibit hours are 11 a.m. to 7 p.m. Tuesday-Wednesday, October 5-6, and 11 a.m. to 5 p.m. Thursday, October 7. The show is free and open to the public.

News from the Arizona Peer and Family Coalition

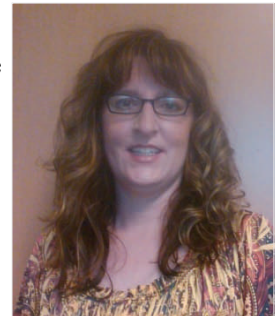
On August 31st the Arizona Peer and Family Coalition elected Board members and adopted bylaws. The election results are as follows:

| | |
|------------------------|-----------------------|
| President: | Don Vanderbrul |
| Vice President: | James Russo |
| Secretary: | Vicki Johnson |
| Treasurer: | Bill Kennard |

The Office of Individual and Family Affairs (OIFA) manager at DBHS will serve on the executive board as a liaison between ADHS and the Coalition. The coalition also established a committee to discern ways to partner on the SAMSHA contract just awarded to Recovery Empowerment Network (REN). Additionally, the coalition is organizing a statewide competition for the design of a logo. Currently, the coalition has \$200 set aside to be given as an award to the winner of this competition. In addition to creating a logo, this effort will also help get some simple messages out to the community about the coalition. Please contact Don VanderBrul at info@azpfc.org for more information regarding competition guidelines and submission instructions. Lastly, a new website is being developed for the coalition. Stay tuned for more updates.

Meet the newest addition to the OIFA Team!

Lisa Cornwall-Lisook from OIFA at ADHS/DBHS: Lisa is a long time resident of Phoenix with an Associate's Degree in Advanced Behavioral Health Science. She currently holds a seat on the Board of Directors of NAMI's South East Valley Affiliate, and has worked tirelessly to carry a Peer voice in her pursuit to help others achieve community integration and combat stigma. As both a Peer and Family Member, she has spent years navigating the mental health system. Her own struggles and triumphs have left her with a fierce passion to connect with others and focus a spotlight in the direction of the needs of our more marginalized populations that might otherwise go undetected. She hopes that her experience and perspective will assist in paving the way to building better bridges of understanding between our system and clients, resulting in the development, implementation and delivery of programs that better serve our diverse SMI community.



The Bridge Subsidy Program: A Housing Program for Adults with Serious Mental Illnesses

The Arizona Department of Housing (ADOH) recently awarded The Arizona Department of Health Services/Division of Behavioral Health Services (ADHS/DBHS) an additional \$2 million in rent subsidy for the Bridge Subsidy Program to increase the number of housing vouchers for adults with serious mental illnesses.

In June 2008, the ADHS/DBHS and the ADOH jointly created a housing initiative to expand the supply of Permanent Supportive Housing in Arizona for individuals with serious mental illness enrolled in the public behavioral health system. The ADOH provided \$3.6 million in initial funding for the project and the ADHS/DBHS agreed to administer the program that would support 91 tenants with monthly rent subsidy. The vouchers were equally allocated across the state with the RBHAs ensuring tenants receive case management, medications, employment, vocational training, and supportive services, for successful community living.

This initiative provides ADHS/DBHS consumers with rent subsidy, until they access Section 8, while paying only 30% of their adjusted income towards monthly rent. By contracting with Public Housing Authorities (PHAs) the program's goal is to transition tenants off the Bridge Subsidy Tenant-based Rental Assistance Program onto the federal Section 8 HCV program within five years.

This initiative, a tenant-based rental assistance program with basic policies similar to the federal Section 8 Housing Choice Voucher (HCV) program, has been a great success. Also, this is based on a philosophy that supports consumer choice and empowerment, rights and responsibilities of tenancy, housing choice with appropriate, accessible, and available services that meet each consumer's changing needs. For more information, please contact your RBHA's housing director listed below:

Magellan – Stephanie Knox – 800-564-5465
 Cenpatico – Cheryl Fanning – 866-496-6738
 CPSA – Barbara Montrose – 520-784-5323
 NARBHA – Jessa Mack – 928-774-7128

Whole Health TTI Summit Recap

On September 15, 2010 DBHS held its first whole health summit in Tucson (hosted by University of Arizona Recovery, Integration, Support & Empowerment (UA RISE) Health and Wellness Center – a.k.a. Camp Wellness). This summit marks the culmination of the whole health pilot programs funded by the second round of the Transformation Transfer Initiative (TTI) grants from [NASMHPD](#) and [SAMHSA](#). Reports from the first round can be found [here](#). Arizona's efforts were led by Claudia Sloan and Paige Finley; the two programs participating under this pilot are "Camp Wellness" from Tucson and "For the Health of It" from Maricopa County.

The summit was attended by whole health program participants from Maricopa and Pima counties (peers a.k.a. "students" and "alumni", peer health mentors, program staff, and DBHS/CPSA/Magellan staff overseeing the TTI pilots). Special guests were Mr. David Miller from NASMHPD and DBHS Chief Medical Officer, Dr. Rodgers Wilson. The key note speaker was Ms. Elizabeth Hudson (prior TTI-grant recipient from Wisconsin) who gave an overview and workshop of trauma informed care and Mr. Stephen Michael from the Arizona Smoker's Helpline. Marnie Lamm, M.D. and Katherine Aparicio, M.D. from Tucson also presented on alternative medicine.

Individuals who participated in the Whole Health TTI Summit felt the program helped them become committed to Recovery and offered tools to actively participate in the process. As one participant responded, "The program has helped me recognize the importance of maintaining a balance in life. There are many different pieces, like socialization, stress management and exercise. It was wonderful to try out different, well researched health programs, as you never know what will work for you."

The summit wrapped up with round table discussions where all participants shared recommendations and their experiences with the program. They also discussed their plans to maintain healthy lifestyles moving forward. Ms. Yvonne Fortier closed the summit with Native American chants of gratitude and blessings. Special thanks to Magellan, CPSA, Camp Wellness and the following DBHS staff: Ann Rock, Ali de la Trinidad, Kathy Bashor, Nitika Singh, Stephanie Uetrecht, Tracy Young, Adam Robson and Marilyn Bland; for their contributions during the planning and execution of this successful event.



From left to right: Stephen Michael, Claudia Sloan, Elizabeth Hudson, David Miller

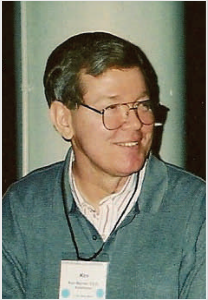


From left to right: Paige Finley, Dr. Beth Stoneking, Dr. Nitika Singh, Claudia Sloan, Beverly McGuffin

VA Graduate Successfully Completes Crossroads Program

Hi my name is Armand Christian and I'm a very grateful recovering addict. To get this started I was doing meth for 32 years and I ended up living in back of a dumpster. During those times my drugs were the most important thing in my life. I used to lie, cheat, steal and manipulate anybody including family to get my drugs. My parents died, the last one was in 2004 and when she died I lost my enablers and life really got rough. By the time 7/23/2007 came around I was living behind a dumpster. I was sick and tired and I knew I needed help so I went to building 4 at the Veteran's Hospital. I have been sober since then and life is doing great. It took a little while of therapy to get this way. Building 4 sent me to The CASS Homeless Shelter. Then I went to Crossroads where I started the SARRTP Program and let me tell you they taught me some things about myself, I didn't realize and even know how to cope and use the tools they taught me. I have been clean and sober for a little over 3 years now, got my own place, working steady, driving legally with my own car and am a productive part of society. Thanks again for the SARRTP Program. Thank you very much and God Bless. –*Armand Christian*

Highlight ... New OIFA Administrator at NARBHA



Congratulations to Ken Warner on being hired as the Administrator of the OIFA at NARBHA! Ken is a long time consumer advocate who has been in recovery from mental illness for almost 25 years. The Greater Arizona contract requires each RBHA to hire an OIFA manager. NARBHA has responded by making an excellent choice in hiring Ken who, in his few short months, has already made a great impact on

Peers and Families. Prior to moving to Flagstaff, Arizona in April of 2009, Ken lived in Michigan for 15 years where he developed strong beginning ties with NAMI (National Alliance on Mental Illness) and partnered with that organization and the academic community in the development of services that supported students/consumers with mental illnesses.

Now, as the Individual & Family Affairs Administrator at NARBHA, he is responsible for helping transform the mental health system in Northern Arizona to a Recovery-Oriented

System of Care. He assists NARBHA in implementing Individual & Family Affairs goals and tasks established in the ADHS/DBHS Adult System of Care Plan. Ken serves on the NARBHA Leadership Council and NARBHA Internal Budget Committee, is a member of the Arizona Statewide Stigma Reduction Committee, and recently joined the Arizona Behavioral Health Coalition. Ken is organizing a workgroup at NARBHA to focus on Peer Specialist Employment Training & Supervisory Standards, and provides training to NARBHA staff, Responsible Agencies and Community Service Agencies on the ADHS/DBHS Nine Adult Principles of Recovery. Ken is implementing a Recovery-Oriented Systems Indicators (ROSI) measurement tool to obtain baseline recovery data throughout the NARBHA Adult System of Care Network.

We are very excited to welcome Ken into his new role as a member of the OIFA team! Ken can be reached at (928)-774-7128 or Kenneth.Werner@netsvcs.narbha.org. In future editions of Recovery Works we will highlight other RBHA OIFA managers.

Trauma Informed Care Planning Workshop

On Thursday, September 16th, DBHS held a planning workshop on Trauma Informed Care led by Ms. Elizabeth Hudson from the University of Wisconsin, Department of Psychiatry. Ms. Hudson serves as consultant to Wisconsin's Department of Health Services where she leads efforts to integrate trauma-informed care into a wide-range of Wisconsin's human service settings and has worked in the field of trauma prevention and treatment for 20 years as an advocate, clinician, supervisor, and administrator. The planning workshop was attended by a select group of behavioral health leadership and stakeholders, including peers and family members, to learn, share, and initiate the planning of a statewide effort to integrate trauma-informed care into behavioral health settings in Arizona. One of the next steps from this meeting will be to establish a task force composed of workshop participants. Stay tuned for more updates and upcoming opportunities to get involved in this exciting initiative.

Office of Individual and Family Affairs Luncheon

On September 23rd, the Office of Individual and Family Affairs (OIFA) hosted a luncheon to recognize and honor eight individuals for their service and commitment to various internal ADHS committees over the past several months. Those being honored included Trish Bleth, Dorothy Cruz, Dick Dunseath, John Hokanson, Suzanne Legander, Carol McDermott, Ann Rider, and Mary Robson. Beginning a few months ago, each of these community members were identified and volunteered to participate in working with core committees affecting the Non-Title XIX budget cuts. Kathy Bashor, OIFA Manager, stated, "We have been very pleased with the outcomes of these partnerships. We would like to thank ADHS and members of the community for making this program such a success." OIFA and DBHS look forward to continued collaborative success and even more community involvement in the future.



[Photo: Carol McDermott and Kathy Bashor]