

Recovery WORKS

July 2016

Addiction and Mental Illness: Raising Awareness of Dual Diagnosis

By Sheri George

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According to the World Health Organization, by 2020 mental and substance use disorders will surpass all physical diseases as a major cause of disability worldwide. It is estimated that 42.7 percent of adults, ages 26-49, with a substance use disorder have a co-occurring mental illness. This is often referred to as “Dual Diagnosis”.

My son Jay had a history of diagnosed psychological problems. He turned to illegal substances to cope. Jay used drugs to take away the “misery, sadness, and voices” he heard in his head. In his own words, “I was hit with uncontrollable thoughts and feelings I could only make go away with drugs.” Jay identified his mental illness as the core reason which led to his escalating use of crystal meth. He voluntarily presented for a substance abuse treatment program. His mental illness was not addressed.

Jay committed suicide leaving behind his daughter, an excellent job, and his first quarter of college where he achieved a 4.0 while working full time.



It is critical that substance abuse prevention agencies stress the connection between addiction and mental health. Currently this rarely happens. Treatment providers must ensure that both diseases are addressed to attain the most successful outcomes. Not only is it the right thing to do, it is a public safety and health concern.

For more information, please visit www.facebook.com/stvcoalition.

Dawn Masters – AZPIRE Wellness Center’s Peer Support Navigator



When I first entered AZPIRE, I was filled with barely controlled rage and doubts as to the benefits which could be gained by a group setting. The term “Peer Run” was foreign to me, there was nothing

of that kind back in West Virginia where I lived. I had extreme rage issues and used that rage, as well as a propensity for violence, as a shield so that no one would want to get close-physically or emotionally.

Having been raised in a physically, psychologically

and sexually abusive home made me doubt the motives of others, especially if they said they wanted to help. For the first couple of weeks I sat in the training room at the old location with my back to a wall and a straight line-of-sight to the entrance, ready to attack anyone who seemed a threat (later I found out that these and other things were symptoms of a new diagnosis-PTSD). During these weeks I listened to the groups being held; I was flabbergasted when there was no backstabbing, no gossiping, no manipulating or other malicious actions by either members or staff.

This was a first! AZPIRE was a place where people actually, truly cared about others and had

Editorial Board

- Kathy Bashor
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Family Involvement Center Expanding Reach Statewide

Family Involvement Center is expanding our statewide presence through the Statewide Family Network project, launched in October. The project aims to develop programs and resources as well as a support network of parents, caregivers, youth and young adults statewide who will have opportunities to:



- Provide support to one another
- Participate in state planning and policy boards
- Take advantage of distance learning opportunities

These opportunities will serve to improve the lives of underserved populations including families living in rural parts of the state, tribal nations, veterans, members of the LGBTQ

community, transition age youth (ages 14 to 21), those in recovery, as well as minority populations. This month, our outreach included a parent training on the topic of integrated health, by Rita Aitken, Office of Children with Special Health Care Needs (OCSHCN).

We would like to thank our family members and system partners: MIKID; AHCCCS; Regional Behavioral Health Authorities; the Offices of Individual & Family Affairs; provider agencies, and especially our newly-formed Statewide Family Leadership Team!

For more information or to get involved in our statewide efforts, please contact Denise Baker, Parent and Project Director, at 602-412-4069 or visit www.familyinvolvementcenter.org



Crisis And Warm Line Resources

24-Hour Crisis Hotlines – National

1-800-273-TALK (8255)

National Suicide Prevention Lifeline

Suicide/Crisis Hotlines by County

Maricopa County served by Mercy Maricopa Integrated Care

1-800-631-1314 or 602-222-9444

Cochise, Graham, Greenlee, La Paz, Pima, Pinal, Santa Cruz and Yuma Counties served by Cenpatco Integrated Care

1-866-495-6735

Apache, Coconino, Gila, Mohave, Navajo and Yavapai Counties served by Health Choice Integrated Care

1-877-756-4090

Gila River and Ak-Chin Indian Communities served by EMPACT:

1-800-259-3449

Timothy Jeffries, Director D.E.S.

Tom Betlach, Director, AHCCCS

F O R I M M E D I A T E R E L E A S E

May 18, 2016

**KidsCare Accepting Applications July 26
Coverage Effective September 1, 2016**

PHOENIX – Governor Doug Ducey signed SB 1457*, restoring KidsCare coverage to children in households between 133% and 200% of the Federal Poverty Limit (FPL). KidsCare is Arizona’s version of the federally created Children’s Health Insurance Program (CHIP). KidsCare enrollment was frozen in January 2010, one of several measures taken to address the budget crisis during the Great Recession.

Applications for KidsCare will be accepted beginning July 26, 2016 for coverage that will begin September 1, 2016. Applications received before July 26 will be denied until the recently signed legislation becomes effective, which also allows time for needed changes within the State’s eligibility system, Health-e-Arizona Plus (HEAplus), in order to accept the KidsCare applications.

“We applaud the Legislature and Governor Ducey’s commitment to health care coverage for working families,” said AHCCCS Director Tom Betlach. “We are grateful to our partners at the Department of Economic Security (DES) who are ready to take applications and the AHCCCS contracted health plans that stand at the ready to meet the health care needs of children in the KidsCare program.”

“On behalf of the Arizona Department of Economic Security, I’d like to thank Governor Ducey and members of the Legislature for the restoration of KidsCare,” said DES Director Tim Jeffries. “This program will further the DES mission of helping Arizona’s most vulnerable. We look forward to working with our state agency colleagues at AHCCCS on the successful reimplementing of this program.”

Parents insuring their children in KidsCare pay a monthly premium depending on their household income. Monthly premiums can range from \$10 for one child in a household at the lower income range up to \$70 for multiple children in households at the upper income range. The annual family income for a household of four at 133% FPL is \$32,319 and at 200% FPL is \$48,600.

AHCCCS estimates approximately 30,000 Arizona children may enroll in KidsCare coverage. KidsCare offers the full array of AHCCCS benefits. Families will have their eligibility conducted by the Department of Economic Security as part of a holistic eligibility determination. Eligible children will receive their coverage through health plans contracted with the AHCCCS Administration.

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For more information, contact the AHCCCS press office at (602) 417-4534 or go to the AHCCCS website for information on the KidsCare program at:

<https://www.azahcccs.gov/Members/GetCovered/Categories/KidsCare.html>.

To apply for KidsCare, on or after July 26, 2016, go to the HEAplus website at:

<https://www.healtharizonaplus.gov/Default/Default.aspx>.

***Erratum** in original release published May 17, 2016 gave bill number as SB 1475; the correct bill number is 1457.

Newsorthy Developments: Fixing Stigma-Sepsis

Mental/behavioral health conditions (MBHC's) are difficult enough without stigma. Stigma adds an unnecessary, potentially life-threatening burden. Best-practice in MBHC treatment requires heightened symptom awareness, preventative planning, and an extra-resilient spirit when experiencing/overcoming sickness. Not unlike physical fitness and overall wellbeing, mental wellness requires strong personal commitment. However, successfully managing MBHC's is hard to accomplish and requires constant intentionality. But with appropriate, continuous care, MBHC's are mostly controllable and shouldn't be destabilizing or scary.

Many think a 'disordered diagnosis' will result in predetermined, negative judgments against them— concerns that often manifest through self-shame and treatment avoidance (Ashwood et al., 2016). Consequently, stigma diminishes quality of life, limits performance/achievement, and reinforces health inequalities. Within healthcare systems, stigma suppresses access to care, resource allocation, and limits funding parity by diminishing patient/provider/community engagement.

Evidence supports stigma reduction/prevention efforts to improve self-management, treatment utilization, and other indicators of productivity/functioning (Ashwood et al., 2016). Likewise, great potential exists to further decrease pre-diagnostic criteria, onset, and/or escalation of MBHC's with comorbid physical health problems. Indeed, stigma reduction campaigns present multi-level benefits for individuals, families, healthcare organizations, and broad social systems.

References: Ashwood, J. S., Briscoe, B., Collins, R. L., Wong, E. C., Eberhart, N. K., Cerully, J. L., ... Burnam, M. A. (2016). Investment in Social Marketing Campaign to Reduce Stigma and Discrimination Associated with Mental Illness Yields Positive Economic Benefits to California. Retrieved from http://lahealthaction.org/library/RAND_RR1491.pdf

New Behavioral Health Hospital Opens in Avondale



Over three hundred people attended a special ceremony on May 9 for the new 56,000

square foot, 72-bed hospital located on the northeast corner of McDowell Road and 107th Avenue – in Avondale.



“For better or worse, behavioral health is certainly an aspect and definitely needed in our community,” said John Safin, President & CEO of the Southwest Valley Chamber of Commerce. Safin thanked the hospital operator for establishing themselves in the west valley and commended them for their willingness to care for those in need.

After a celebratory speech and photos, guests were guided on informative tours. In addition to administrative offices, patient exam rooms and a pharmacy, the facility includes double occupancy patient suites, lounge areas, a fitness room, a full kitchen and dining room, activity rooms for group, art and music therapy, and outdoor patios.



Jokake Construction coordinated design services with utility providers and was instrumental in assisting the Owner with the City plan review and permitting processes, in addition to

complete design assistance and construction services on the \$11.4 million, 7+ acre hospital. This project is the first of many new behavioral health clinics in the works for the company.

Above and Beyond February and March Winners

The AHCCCS Office of Individual and Family Affairs recognize case managers who go “Above and Beyond” for the people they serve.

The winner for February is James Downey from Terros Enclave Clinic in Tempe, AZ. Jim has been a case manager for 8 years and has worked at the Enclave Clinic since August 2012.

When asked what drew him to case management, Jim said, “I got out of school and was introduced to the fast-pace, diversity of tasks and energetic employees of an outpatient clinic. I was home. I like to multitask, help people and the challenge of meeting many types of deadlines.”

Allison Sawyer, Clinical Recovery Coordinator at Terros, stated, “I have worked with Jim as his supervisor for about 3 months now, and so far he has been great to work with. He treats his clients and his teammates with respect, ensures that their needs are met, and is always looking for new resources to assist them. He is always willing to jump in to take care of clients’ needs and cares for their well-being. He has excellent follow through and we are fortunate to have him on our team. “

The winner for March is Sam Davidson from Pathways in Yuma, Arizona. Sam has been working as a case manager for 10 years and has been with Pathways for the past 5 years. When I asked Sam why he became a case manager he stated, “I worked as the Grievance and Appeals Coordinator for the RBHA from 1999 to 2005 and the contract was awarded to Cenpatico at the end of the fiscal year. From July 2005 to July 2006 I taught professional intervention classes. In 2006, I entered the area of case management as it was most needed in our community. Working with children and watching their process as they move toward their goals and success is what I like most about being a case manager.”

Tina Rube, Director of Outpatient Services, commented that “Sam is an asset to this agency. He has a remarkable ability to connect with children of all ages and to help them accept accountability while building strong rapport with both the children and families. He is a team player and always available to assist his coworkers and team members. He was very deserving of this award.”



James Downey pictured with Susan Junck, AHCCCS Office of Individual and Family Affairs, Kathy Bashor, Bureau Chief AHCCCS Office of Individual and Family Affairs and Yisel Sanchez, AHCCCS Human Rights Committee Coordinator.



Sam Davidson pictured with Tony Smith, Director of the Office of Individual and Family Affairs at Cenpatico Integrated Care and Wayne Kissel, Peer and Family Advisor for Cenpatico Integrate Care.

Upcoming Events For Recovery Works

Arizona Center for Disability Law

Tuesday, July 19th, 9:00 am to 12:00 pm
5025 E. Washington Street, Phoenix
Free Public Forum and Fair Housing Training
To register online, go to:
julyphxpublicforumfairhousing.eventbrite.com
Or

1001 N. Alvernon Way, Tucson
Thursday, July 21st, 9:00 am to 12:00 pm
To register online, go to:
julytucsonpublicforumfairhousing.eventbrite.com

Youth Creating Change from Family Involvement Center

**Second Wednesday of each month,
5:30-7:30 pm**

For young adults ages 12-17 focused on developing
leadership skills.

Family Involvement Center

5333 North 7th St., Ste. A-100, Phoenix 85014

For more information contact the Parent Assistance Center, 602-
288-0155, pac@familyinvolvementcenter.org

17th Annual Summer Institute

July 19-22, 2016

Hilton Sedona Resort

For information or to register, visit

cabph.asu.edu/summer-institute

22nd Arizona Child Abuse Prevention Conference

Tuesday July 19 and Wednesday July 20, 8am-5pm

Glendale Renaissance,

9495 W. Coyotes Blvd., Glendale AZ 85305

For information on this event, please visit www.pcaaz.org

Tucson Career Fair

July 20, 2016, from 11:00am to 2:00pm

Hilton Tucson

7600 East Broadway, Tucson, AZ 85710

Mission Foster Open Gym

Sunday July 24th, 4:00pm-5:30pm

USA Youth Fitness,

1530 S. Gilbert Rd. AZ 85296

Cost: 1\$/child (includes snack and drink)

Pre-registration is required to ensure a spot.

(Parents must stay for the duration of the event)

missionfoster.com/event/open-gym/

Community Time Exchange Potluck Social

Tuesday July 26th, 5:30-7:30pm

Family Involvement Center

5333 N 7th Street, A-100, Phoenix 85014

To register, contact the Parent Assistance Center, 602-288-0155

Mental Health First Aid

Tuesday July 26, 2016 from 8:00am to 5:00pm

Community Partners Inc.

Plaza Arboleda Conference Center

2502 N. Dodge Blvd., Suite 130, Tucson AZ 85716

NAMI Family to Family

Starting August and September 2016

NAMI Valley of the Sun

12 week free course for family, partner, friends and significant
others of adults living with mental illness

For more information or to register for upcoming classes, contact:

Debbie Martinez, 602-759-8177

Phoenix Career Fair and Job Fair

August 4, 2016, 11:30am to 2:00pm

Phoenix Airport Marriott Hotel

1101 North 44th Street, Phoenix, AZ 85008

Diversity Career Group Career Fairs

Meet, sit down and interview with Fortune 500 employers at The
Phoenix Premiere Sales & Professional Career Fair.

Professional Dress (suit & tie or business suit)

Bring plenty of resumes.

Navigating the Systems for Family's with Special Needs Children- Flagstaff

Saturday, August 6, 2016 from 10:00am to 3:00pm

Northern Arizona University College of Education
S. San Francisco St., Room 201, Flagstaff 86001
This Informative Training Will Provide Participants with the Knowledge They Need to: Gain a greater understanding of their child's special needs, including co-morbid conditions; Learn how to navigate DDD/ALTCS/AHCCCS/Insurance; Seek support from the states behavioral health system;

Let it Roll Bowling with the Mental Health Awareness Coalition

Thursday August 18th, 10:30 am to 1:30 pm

8925 N. 12th Street, Phoenix 85020
Cost is \$14.99 plus tax per person
(cost includes pizza, popcorn, soda, and unlimited bowling for 3 hours)

RSVP at www.eventbrite.com

For additional questions, please email CABHP@asu.edu

De Familia a Familia

25 de Agosto a las 6pm (cada Jueves)

National Alliance on Mental Illness
5025 E. Washington St. Phoenix AZ 85034

De Familia a Familia de NAMI es un programa educativo de

12 sesiones gratuitas para familiares, parejas, amigos, y seres queridos de adultos que viven con una enfermedad mental.

Para mas informacion, llame a Lupe Quezada al 4 80-206-9382 o qtquezada@msn.com

Educator Arts Day: Arts Integrated Learning & Cultural Resource Fair

Saturday, August 27, 2016 from 8:30am to 4:30pm

Phoenix Art Museum
1625 N. Central Ave., Phoenix 85004
Pre-registration is required. Free when you register by August 20th. Late Registration, if available, \$35, Space is limited. Register early for your best selection of workshop sessions.

Celebrating Flagstaff's Nonprofit Organizations

Monday September 19, 2016 from 10:00am to 12:00pm

High Country Conference Center
201 West Butler Ave., Flagstaff AZ 86001

12th Annual NAMI Valley Walk

October 15, 2016

17th Avenue and Jefferson
Register now and start building your teams.
For more information visit <http://nami.org>

NAMI Basics

Starting August and September 2016

NAMI Valley of the Sun
6 week free course for parents and other family caregivers of children and adolescents with emotional and behavioral difficulties.

For more information or to register for upcoming classes, contact: Ariyanna Norman, 602-759-8182.

Submit an Article

To submit an article: email your article to RecoveryWorks@azahcccs.gov for publication the nearest quarterly issue, pending on space available. Maximum length is 200 words, must be in an editable word document and picture(s) included within the document. Please include a signed copy of the [release form](#). By submitting an article you authorize the Editorial Board to edit as appropriate. Bylines or independent writers' names are not included in the publication, instead you can include a link to your website or resources within the article. Thank you!

MONTHLY SUPPORT GROUPS

Nationwide Support Group

For parents who have a mental illness

Saturdays, 1 -2 pm Pacific Time

Wednesdays, 4-5 pm Pacific Time

No registration required

To participate, call:

1 (888) 601-3515 (toll free) or online

www.uberconference.com/childandfamily

Fathers Support Group

Free from Father Matters

Every Thursday, 5:30 to 7:00 pm

Father Matters introduces a support group that focuses on the challenges of fatherhood.

For men only. No child care provided

3146 E. Wier Ave., Suite 28, Phoenix 85040

inside the Brooks School

To register call (602) 774-3298

www.fathermatters.org

GRACE Support Group

Grandparents and Relatives as Caregivers Empowered

First Tuesday of each month 9 to 11am

Family Involvement Center

5333 N 7th Street, A-100, Phoenix 85014

Are you raising or helping to raise a child who is part of your extended family? Join others like you. You can share experiences, make lifelong connections, and find the network of support you have been looking for.

For more information, contact the Parent Assistance Center, 602-

288-0155, pac@familyinvolvementcenter.org

Grupo De Apoyo Para Padres en Espanol

Parent support group, Spanish Speaking

Segundo Martes de cada mes (second Tuesday of each month),

5:30 a 7:30 pm

5333 North 7th Street, Suite A-100 Phoenix 85014

Unase a otros padres que hablan espanol y que estan criando ninos con necesidades de salud mental y del comportamiento.

Para registrarse o para mas informacion sobre temas mensuales, favor de llamar al Centro de Asistencia para Padres (PAC), pac@familyinvolvementcenter.org

New Horizon Peer Support Group

Tuesday 4-6pm

Yarnell Community Presbyterian Church

16455 Table Top Way, Yarnell AZ 85362.

From Highway 89, go east on Table Top Way half a block to Community Presbyterian Church

Group focuses on Anxiety Depression Bipolar

Talking About Recovery is a Great Place to Start

By Hoa Mai



It can be devastating and scary when our loved one faces a serious life challenge. Due to the many stigmas, labels, misunderstandings, and discriminations attached, it can be even more devastating and scary when it is "serious mental illness".

When my loved one received a diagnosis of "bipolar disorder," it was a shocker for the whole family. There were no words to describe the fear that consumed us. Even though I have been working in the mental health system as a provider for many years, I froze up, it hit way too close to home. As a family member, I did not have the

right language to understand this "bipolar disorder" diagnosis. "It couldn't be! What were we going to do? How are we going to make it through? What would our friends, neighbors, and relatives think of us?" We were stigmatized against ourselves, isolated, ashamed, and lost. We avoided talking about it. We were in denial. Avoiding talking about it didn't help much. In fact, our silence made it worse by delaying seeking help, hoping it would go away.

I have learned throughout the years that mental illness is a family affair. Our family came together to talk about it, openly acknowledging this is something we needed to face head-on and not push it inside the closet. We understood that in order to help our loved one, we needed to be encouraging, positive,

continued on next page

Talking About Recovery Continued

hopeful, and giving them our fullest support by reaching out, seeking help, and advocating for the best care. We needed to learn everything about “bipolar disorder”, its “ups and downs,” and treatment options. We leaned on each other for strengths. We needed to be strong and informed. We needed to be on top of our game.

Throughout this journey, our family realized that we shouldn't be ashamed and we must muster up the courage to say the words out loud “Bipolar, Schizophrenia, Major Depression”. They are not shameful words! Our family now believes people can recover from mental illness. It is hard work that involves the whole family. It takes a lot of elbow grease and sweat. Providing the right family support is a key in helping a loved one recover. We can start with using language: that lifts spirit and does not kill it; that honors experience and does not degrade

it; that infuses hope and does not destroy it; that creates opportunity and does not limit it.

Recovery is a fact of life. Life challenges are inevitable; none of us can escape from them. We all experience life challenges in one form or another, such as medical, mental, relational, different forms of losses and etc...And many people have achieved recovery. In this way, we are the evidence of recovery. For those who are still finding ways to achieve recovery, know that it is a journey, you are not alone. We believe and hold the hope that you will be successful. We are rooting for you. We challenge each person to no longer whisper the words “mental illness” out of shame, but fearlessly speak the words out loud to raise HOPE, to end shame, discrimination, misunderstanding, and stigmas, and to declare that RECOVERY IS POSSIBLE, IT IS REAL, BELIEVE IT!

Dawn Masters Continued

no ulterior motives-only a desire to give and receive support and help. I eventually moved into the group room and began participating in the groups, astounded to learn that there were skills one could use to put mental health problems in perspective to one's life overall.

I met two people who greatly inspired me to work hard to overcome my rage issues- David Bonnell, current Center Manager and another person who is a member; these two people had been dealing with rage for years and had overcome it. With the help of AZPIRE Wellness Center, in conjunction with Southwest Behavior Health, I was able to gain control of my rage. Once that happened I became more involved in groups: suggesting topics and co-facilitating groups.

The fulfillment and empowerment I felt by helping others told me the reason all of my previous suicide attempts had failed: I was meant to find, get help from, and eventually, help the members of AZPIRE. I do not view my position as a Peer Support Navigator as just a job; it's my passion, my true calling.

I am looking forward to the day when I am able to work full time at AZPIRE in order to help more people. I constantly and persistently spread the word about both AZPIRE and NAZCARE, since first starting on the Community Development Committee when I was still a member.

I completed Peer Support Training with a final grade of 93% (I'm a perfectionist, type A, OCD) without referring to the materials more than twice. I waited over a year, turning down other job offers, until a position opened up at AZPIRE-where my heart lies. I was hired and have continued to excel in my recovery through a great support network; this inspires me to work harder at helping other peers to move forward in recovery. I continue to donate hours working at AZPIRE organizing Open Houses, going to the Continuum of Care meetings and arranging group outings at local shelters and other places for members learn to care for others in need.