

Recovery WORKS

A publication of the Arizona Department of Health Services (ADHS)
Division of Behavioral Health Services (DBHS)



May 2015

Arizona
Department of
Health Services

In This Issue

The System Really
Does Work!

Arcadia: "8 Years
& Going Strong"

A Story of
Recovery

Healthy Recipe

Editorial Board

Kelli Donley
Amanda Gainey
April Miles
Barbara Carr
Kathy Bashor
Victoria McCloney

Subscribe to
Recovery
WORKS today!

Way to go Dawn!



Living with a mental illness can be overwhelming and lonely. I felt my life was spinning out of control. I would sleep in my car and go to the gas station in the morning to wash up and put on make-up before anyone could see me. I didn't want anyone to know I was homeless.

I lied to friends and family about my situation; the truth was I was sometimes able to stay with a friend; however, most often I had to sleep wherever I felt I could park my car and be safe for the night. I was hospitalized twice, and the medication made me feel like I was losing my mind rather than gaining it back. I had several medical issues and trying to find the right combination of medications for me was difficult.

I officially entered the Arizona behavioral health system in 2014. It was overwhelming. Often, I felt like I was treated as if I didn't matter. I would talk and it felt like I was invisible -- like a "case" not a person. It was uncomfortable, and I started thinking maybe it's better to go back to sleeping in my car. If I did that, I knew with my medical issues and the way I was feeling emotionally -- I knew I would die. I was getting very frustrated with the system, until at People of Color Central Esperanza, I was assigned to an ACT team. Everything in my life changed when I met my case manager Kim Jacques. Every week she worked with me. I couldn't believe her positive attitude and how hard she worked to help me. I had some very serious health issues that were getting worse do to my homelessness, so she contacted Hom Inc. and talked with Tabitha. I was evaluated, and before I knew it I had a home again! I actually had a home of my own. I was safe. Together Kim Jacques, Dr. Burton and the entire ACT team at Central Esperanza have continued to work with me personally. They've helped me get into counseling, and they've helped figure out what medications work best. I've set goals I'd like to achieve, I have housing, and now that Mercy Maricopa Integrated Care is in place, they are also helping me manage my medical issues. Today life is worth living! I went from feeling alone and invisible to actually having a team of individuals that call or come to my home to make sure I'm doing okay. They meet together all the time to discuss my "case" and they all know my name. I'm no longer invisible!

The Behavioral Health Vision: All Arizona residents touched by the public behavioral health system are easily able to access high quality prevention, support, rehabilitation and treatment services that have resiliency and recovery principles at their core, which assist them in achieving their unique goals for a desired quality of life in their homes and communities.

DBHS manages Arizona's publicly-funded, statewide behavioral health system. Learn more at www.azdhs.gov/bhs/.

Green Pizza



Ken Burris

Ingredients:

- 1 pound prepared pizza dough
- 2 cups chopped broccoli florets
- 1/4 cup water
- 5 ounces arugula, any tough stems removed
- Pinch of salt
- Freshly ground pepper to taste
- 1/2 cup prepared pesto
- 1 cup shredded part-skim mozzarella cheese

Instructions:

1. Position oven rack in the lowest position; preheat to 450°F. Coat a large baking sheet with cooking spray.
2. Roll out dough on a lightly floured surface to about the size of the baking sheet. Transfer to the baking sheet. Bake until puffed and lightly crisped on the bottom, 8 to 10 minutes.
3. Meanwhile, cook broccoli and water in a large skillet over medium heat, covered, until the broccoli is crisp-tender, about 3 minutes. Stir in arugula and cook, stirring, until wilted, 1 to 2 minutes more. Season with salt and pepper.
4. Spread pesto evenly over the crust, top with the broccoli mixture and sprinkle with cheese. Bake until crispy and golden and the cheese is melted, 8 to 10 minutes.

Total Time:

30 minutes Prep Time: 20 minutes | Cook Time: 10 minutes | Makes: 6 servings

Nutritional Information:

Calories 323; Carbohydrates 33 g; Dietary fiber 3 g; Fat 17 g; Saturated fat 4 g; Mono Fat 7 g; Protein 15 g; Cholesterol 19 mg; Sodium 512 mg; Sugars 2 g; Potassium 242 mg.

Source: [WebMD](#)

For more healthy recipes, visit eatwellbewell.org

Upcoming Events

Applied Suicide Intervention Skills Training (ASIST):

A two -day training for caregivers (over age 15) who want to feel more comfortable in helping to prevent the immediate risk of suicide.

To register for any of these trainings please go to www.eventbrite.com

When: June 4 and 5, 2015
8:30 am – 4:30 pm

Where: Halle Heart Children’s Museum
2929 S. 48th Street
Tempe, AZ 85282

Children's Mental Health Awareness Annual Picnic

FREE Community Event welcomes parents / caregivers, youth, families and professionals to join in the celebration of raising awareness and reducing bias and stigma!

To register call (602)288-0155 or email pac@familyinvolvementcenter.org

When: May 2, 2015
11:00 am – 2:00 pm

Where: Steele Indian School Park
Central & Indian School Road
Phoenix, AZ

The [DBHS' Blog Connection](#)

New Suicide Prevention Training Offered

Mercy Maricopa Integrated Care (MMIC) is hosting a new LivingWorks Education suicide prevention training, offered for the first time in the Phoenix region. Suicide to Hope: A Recovery and Growth Workshop is a one-day workshop primarily designed for clinicians and other professional caregivers who work with persons recently at risk of and currently safe from suicide. It provides tools to help caregivers and persons with experiences of suicide work together to develop achievable and significant recovery and growth goals.

For more information about signing up, visit the [DBHS Blog](#)

For more Behavioral Health News, visit the blog at <http://bhsblog.azdhs.gov>. Hint: you can subscribe to receive the information as soon as posted!

To submit an article: email your article to DBHSCommunications@azdhs.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. 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!

Mental Health: Everyone Has It!

