

Recovery WORKS

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Elizabeth's Story

You Are Not a Number



I am Native American and the mother of six children. I have experienced significant hardships in my lifetime that led to me living with substance use and domestic violence. With little support from family or friends and very few resources, I felt hopeless and unable to overcome the challenges I faced. When my mother had a heart attack, I rushed to be with her in Tucson, leaving my kids at home and in the care of my boyfriend. While I was at my dying mother's bedside, a crisis situation arose at my home and my children were taken into custody by the Department of Child Safety (DCS). Having never been apart from them, I

was frantic and I looked desperately for help – which I found at Family Involvement Center (FIC). Through FIC I was connected with a Parent Partner who helped me understand how DCS works. She also helped me develop a plan to be reunited with my children. With her support and guidance, I completely changed my life for the better. I enrolled in and completed a 36 week substance use rehabilitation program. I worked with my Parent Partner on securing employment paperwork and I found a job. I removed myself from a volatile living situation and secured a safe home. Now, having dramatically improved my circumstances, I have been reunited with my children. I credit my success and the hope I now have for the future to the incredible support I received from Family Involvement Center and their Parent Partner program.

Recovery Story



Andrew is a believer, and never a quitter

Andrew says, "I've experienced some tough times in my life and everything I've experienced has made me who I am today".

Although he's only 24 years old Andrew considers himself a veteran of the behavioral health and social services systems because he's been involved with various programs and activities since his early teens. He says it was in his early teen years when he felt the most challenged by the twists and turns of life, and it was during these years that went down more than a few wrong paths. Today Andrew has over four years of sobriety, but there was a time in his life when he was challenged by alcohol and substance use. He says that becoming involved in programs at Marc Community Resources and other agencies has been beneficial in helping him continue on a healthy productive road of recovery.

Before becoming involved with Marc Community Resources Andrew was connected with the Dream

Center where he worked on life skills in their Re-Focus Program. Then in 2008 Andrew came to Marc Community Resources as a resident in one of our housing programs. This is when his resiliency and growth really began to flourish. Andrew, during this timeframe, realized he enjoyed helping others and began developing his skills in volunteerism. Over the years he has volunteered with programs that helped the homeless, was involved in carwash fundraisers, and for the past three years he has volunteered at St. Mary's Food Bank intermittently on weekends. Another favorite weekend volunteer gig Andrew has maintained for the past two years is at Friends For Life Animal Shelter. He also consistently volunteers at his church home where he helps set the band equipment.

Not only does Andrew enjoy volunteering, he also understands the value of earning an honest day's wages. He says this sense of solid work ethic was developed through three important experiences: working at his family's restaurant for a time, engaging services through Marc's Employment Related

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Recipe For Success

Today, I am healthy and happy, and working in a career I love. My life did not always look this rosy. In 2009, I was sentenced to four months in prison and 10 years of probation because of a second DUI. Prison was where I had my wakeup call. When they weighed me in at 240 pounds, I realized my life was out of control.

Today, I am 100 pounds lighter and I am a certified peer support specialist. After, my wakeup call in prison, I started listening to my hunger signals and taking care of myself in healthier ways. I also love to cook and enjoy finding ways to make healthier versions of the foods I used to indulge in. My creativity in making healthier versions of dishes has paid off and I proudly facilitate a recipe group as part of my job.

I work at Wellness Connections, a non-profit Peer and Family Run Organization, that helps people in Recovery. In my group,

participants bring their favorite recipes and I look at what can be swapped out. One substitution I suggest is Greek yogurt instead of mayonnaise. I recognize how lucky I am to be in my position. I know that not everyone gets the chances I've been given. I love coming to work so much I can't even call it work.



Beyond work and losing weight, I got married last year. I aspire to be like my parents who celebrated 48 years of marriage recently. My parents have always been there to help me. I am also a proud mother of my son. The love and support of those around me has helped shape who I am today, and I am paying it forward by giving back to my community and family.

Cynthia's Story



I've journeyed a long road with my adopted son, Bryan, to this place of recovery for him today. It's been a very difficult, often traumatic and lonely road for me as a family member. Fortunately, when he entered the Children's system, family support was just beginning to be offered – that support helped to keep me strong.

Bryan had an extremely dedicated team that stood by him and shored me up through our many challenges. They gave me hope that things could get better.

I never dreamed that so many people would enter our lives – most

were compassionate but often seemed to think that mental illness was a choice. Many opportunities have presented themselves for me to share about our family experience and to help others understand that no one would willingly choose this life experience.

Because individual recovery is the focus in the Adult system, support for family and friends is glaringly left out of the equation. Family and friends are a pillar of recovery and connection or re-connection is vitally important to a healthy life. My hope is that the importance of support for family and friends will be recognized in the Adult system – keeping us strong and hopeful helps to ensure that we are partners working together with our loved one and the system for a brighter future and stronger recovery.

Tis' the Season to Connect

Now that the fall season has officially arrived, the holidays are within sight. For many of us, the holidays are a time to give thanks, feel joy and strengthen connections, however for some, this time of year can bring about grief, loneliness, depression and anxiety.

If you are one of the fortunate, who have never struggled with overwhelming emotions between the months of November through January that is fantastic, just keep in mind others may be having a very different experience.

So what can each of us do? We can listen. We may not always know what someone else is going through, but we can be present for that person by tuning in and taking an interest in what they have to say.

So this season, flex your empathy muscle; let those around you experience your care. Share with others what has helped you navigate past holiday discomfort. And if you are the one struggling, reach out; ask for help, there are resources available. Remember asking for help is not a weakness, it is a strength. Self-awareness is an integral part of recovery and we all can benefit from self-care.

Working together and supporting one another, allows Arizona to shine and showcases our community as a caring, compassionate and emotionally intelligent state, now that is something worth celebrating this holiday!

Crisis And Warm Line Resources

24-Hour Crisis Hotlines – National

1-800-SUICIDE – HopeLine Suicide Hotline
1-800-273-TALK or 1-800-273-8255 National Suicide
Prevention Lifeline

Suicide/Crisis Hotlines by County

1-800-631-1314 and 602-222-9444 (Maricopa County)
1-866-495-6735 or 520-622-6000 (Pima County)
1-800-259-3449 (Gila River and Ak-Chin Indian
Communities)
1-877-756-4090 (Yuma, LaPaz, Pinal, Gila, Graham,
Greenlee, Cochise and Santa Cruz Counties)
1-800-367-8939 (Hearing Impaired)
1-877-756-4090 (Mohave, Coconino, Apache, Navajo and
Yavapai Counties)

Non Crisis Warm Lines

602-347-1100 (Maricopa County)
520-770-9909 (Pima County)
1-888-404-5530 (Arizona Warm Line)

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!

Recovery Story Continued

Services Program, and working in Marc's Discover Young Adult Program.

Earlier this year Andrew successfully completed Marc's State Certified Peer Support Specialist Training Program and was recently hired to work as a Peer Wellness Coach at our Marc Ridge Wellness Center. Andrew says it's a good thing he quit smoking cigarettes a few years ago because it helps him be a more inspirational example of healthy living to those he supports at the gym. While he says he loves working at the gym, his lifelong dream is to be a veterinary assistance. He's actively pursuing this dream by attending community college for the past two years where he has taken classes toward his vet assistant credentials.

Andrew is an awesome example of someone who believes in recovery for himself and others as well. He's definitely a believer in the power of recovery for all, and he's not willing to quit on himself or those he supports

So in Flagstaff I spent another year in and out of jail for disorderly conduct, hospitals for psychosis, and Intensive Outpatient Programs for my offenses. In one of my 30-Day programs, I met Dr. Amy Jelliffe, who for the first time in my experience with the system, wondered whether there wasn't something else going on other than alcohol-related substance abuse. This was the beginning of recovery for a number of reasons.

Dr. Jelliffe saw me as a whole person. We spent many hours discussing the present - not the past and not the future. I learned that, horrendous though the recent past had been, it was time to concentrate on what I could do that day, that moment for myself. We also spent close to two years experimenting with various medications and until the right combination worked. Since my awakening that year, I have spent 6 years since working, playing, and socializing mainly with folks who also live with a serious mental illness. By sharing our stories we can learn and laugh with each other. Laughter is my most important "symptom" these days. It lets me know my health meter is on Green.

Learning you have a mental illness can be scary. But most often, the diagnosis can also be liberating as well as self-informing. Over the years since my initial diagnosis, I've come to the understanding that challenges with symptoms will always be there and that it's not something I will grow out of anytime soon.

I also learned that when you have a mental illness, the person engaging in substance abuse and crime is not you. It is a collection of symptoms occupying your skin and acting out to find relief. But, because mental illness is an invisible illness, you are often judged for those behaviors that have little to do with who you really are. Luckily, as NARBHA's Recovery Programs administrator, I am seeing more collaborative programs that are changing the way law enforcement understands mental health and treats people with mental illness.

Thirteenth Bi-Annual Tournament Of Champions Kickball Tournament

The fall 2015 13th Bi-Annual Kickball Tournament was an action packed, fun-loving and hotly contested day of excitement! As with past tournaments, teams from all over the Valley's behavioral health landscape came together on November 13, 2014 at Kiwanis Park in Tempe for a wonderful day of competition and camaraderie.

It was truly awesome to witness each team put forth their very best effort while demonstrating teamwork, resilience and positive attitudes whether victorious or otherwise. Recovery and resilience were definitely the guiding themes of the day. In that same spirit, whether a game was won or lost, an atmosphere of community and positivity remained the focal point. It was precisely this wide-spread aura of fair play and good sportsmanship that made every single participant a true winner in every sense of the word!

After a series of hard fought close games, Recovery Empowerment Network took home the 1st place trophy. Jewish Family and Children Services, the champions from this past spring's tournament, finished in second place. Recovery Innovations won third place. The following list highly talented competitors won participation awards after demonstrating exceptional teamwork and endurance: Marc Community Resources, STAR, CHEEERS, Lifewell and Terros. In all of the closely contested games each and every player showed grit and determination while displaying exceptional sportsmanship.

As has been the case for many years now, STAR catered the meal for this exciting event. And as always, it was delicious! Pulled pork, salad, cookies, chips and lemonade rounded out the

yummy menu. During the meal new friendships were made, and old friends got a chance to catch up on old times.

The Board of Directors for Mercy Maricopa Integrated Care sponsored the lunch for over 300 people who were in attendance. Thank you so very much.

Thank you very much to Eddy Broadway CEO, MMIC for being the Master of Ceremonies. Once again, our magnificent umpires did a wonderful job, Ann Ronan Attorney, AZ Center for Law in Public Interest, Stacy Garner, COO, Partners in Recovery, Steve Hilger, Marc Community Resources, John Moore, President & CEO, Marc Community Resources, Mary Jo Whitfield V.P., Behavioral Health Services JFCS, Norm Sartor, Site Administrator, PIR, Pam Thompson, MD, CCFP Integrated Health Development Officer @MMIC, Paul Ware, Coordinator, Marc, Paul Galdys Assistant Director of Behavioral Health, ADHS, Ted Williams, CEO, Behavioral Health Corp, DeMario Vaughn, Provider Liaison Mercy Care Plan & Susan White, Wellness Lead at Assurance Health and Wellness.

Throughout the tournament each team had many individual players who skillfully contributed to their teams' success with their dedicated and determined play. This fall's event, and all the past tournaments, is living proof of the power recovery in action. Moreover, each participant represents the living evidence that recovery is ALWAYS possible!! What a wonderful investment in the resiliency accounts of so many wonderful people!! Bring on the spring 2016 Tournament so we can continue to shine a bright light on the beauty and brilliance of our awesome recovery community.



Upcoming Events For Recovery Works

Mobile Food Pantries at Pilgrim Rest Baptist Church

December 26th, 11:00 to 1:00 pm

For all individuals regardless of income. No ID required
1401 E. Jefferson Street
Phoenix
For more information please
email familyservices@pilgrimrestphx.org

Peer Support Training

For Individuals with Lived Experience

December 28, 2015 (Orientation) 2:00 pm

January 11, 2016 Start of classes 10:00 – 3:00 pm
Cheers Recovery Center
1950 W. Heatherbrae Drive, Suite 7, Phoenix, AZ 85015
For more information, call 602-246-7607 x 113

Diabetes Lecture Series

1st Tuesday of each month at 7:00

January 5, 7:00 – 8:00

9700 N. 91st Street, Suite B220, Scottsdale, AZ 85258

The Nurtured Heart Approach (6 week course)

For Parents/Caregivers of children enrolled in behavioral health services

January 7 – March 3, 2016, 5:30 – 7:30 pm

Family Involvement Center
5333 N. 7th Street, Suite A-100, Phoenix, AZ 85014
For more information, call 602-288-0155

I Want To Vote

Free Training on Voting Rights

January 13, 2016, 2:00 – 5:00 pm

Viscount Suite hotel
4855 E. Broadway, Tucson, AZ
For information, call 520-327-9547

**IHRSS Institute (Peer Support and Integrated Health)
10-day training for individuals receiving services from
Cenpatico Behavioral Health**

January 19-February 11

SEABHS, 4744 Campus Drive, Sierra Vista, AZ 85635
For information, call 520-626-7473

NAMIAZ Annual Meeting

Establishing Collaborative Community Oversight

January 30, 9:30 – 2:00

Ability 360 Building
5025 E. Washington. Phoenix, AZ 85034
For information, contact Jimdunnaz@msn.com

**The 10th Annual Jeremyah Memorial 5K
Walk/Run to support Survivors of Suicide**

February 6, 8:00 am

Kiwanas Park – Ruben Romero Corporate Ramada
6111 S. All American Way, Tempe, AZ 85282
For more information, email Sandra.McNally@LaFrontera-EMPACT.org

**The Journey of the Heroic Parent – strategies on working
with children/youth with challenging behaviors**

By Dr. Brad Reedy

February 6, 2016

For more information, call 602-288-0155

**Get Psyched! Panel Discussion on How Mental Health
Professionals and Community Agencies can Collaborate**

March 16, 6:00 – 8:00 pm

The Meadows Intensive Outpatient Facility
10888 N. 70th Street, Scottsdale, AZ
For information, email Elicia Nademin at elician@gmail.com

MONTHLY SUPPORT GROUPS

Grace Support Group

For Grandparents, Relatives and Caregivers

1st Tuesday of each month, 9:00 – 11:00

Family Involvement Center
5333 N. 7th Street, Suite A-100, Phoenix, AZ 85014
For more information, call 602-288-0155

Can Do Support Group

**For Parents/Caregivers of Children with Development/
Intellectual Disabilities enrolled in behavioral health
system. Children ages 6 and up.**

1st Tuesday of each month, 6:00 – 8:00 pm

Family Involvement Center
5333 N. 7th Street, A100, Phoenix, AZ 85014
Dinner provided! For questions, call 602-288-0155

Parent Empowerment Group

**For Parents/Caregivers of Children with emotional,
physical and behavioral health care needs**

Every Friday, 10:00 – 12:00 pm

Family Involvement Center
5333 N. 7th Street, Suite A-100, Phoenix, AZ 85014
For more information, call 602-288-0155

Above And Beyond Award!



The Arizona Department of Health Services, Division of Behavioral Health Services, **Office of Individual and Family Affairs** is pleased to announce the Above and Beyond Award for Case Managers. This award recognizes exemplary case managers throughout Arizona that go “**Above and Beyond**” in promoting the 9 Guiding Principles for Recovery-Oriented Adult Behavioral Health Services and Systems. **ONLY** Members receiving services and their family members/natural supports (family of choice) can submit nominations. To

nominate an exceptional case manager, please indicate which of the following 9 Guiding Principles he/she is shining at in promote recovery. Choose all that apply.

- 1. Respect
- 2. Individual Choice of Services
- 3. Focus on the whole person, while including and/or developing natural supports
- 4. Empowering Individuals
- 5. Integration, collaboration and participation with one’s community
- 6. Shared decision making with individuals, staff and family members/natural supports
- 7. Individual’s define their own success.
- 8. Strengths-based, flexible, responsive services reflective of an individual’s cultural preferences
- 9. Hope

**Brand New
Award Starting in
January 2016**

Please explain why you are nominating this case manager:

Submitted by: _____

Phone: _____ Email: _____

Email Nominations to: Aboveandbeyond@azdhs.gov

Or

Mail Nominations to: AHCCCS
Office of Individual and Family Affairs
701 E. Jefferson, 4th Floor
Phoenix, AZ 85034

AWARDS WILL BE ANNOUNCED EACH MONTH!