

## The Victor

by: C. W. Longenecker

If you think you are beaten,  
you are.

If you think you dare not,  
you don't.

If you like to win but think  
you can't,  
It's almost a cinch you  
won't.

If you think you'll lose,  
you're lost.

For out in the world we find  
Success begins with a  
fellow's will.

It's all in the state of mind.  
If you think you are out  
classed, you are.

You've got to think high to  
rise.

You've got to be sure of  
your-self before  
You can ever win the prize.

Life's battles don't  
always go  
To the stronger or faster  
man.

But sooner or later, the man  
who wins  
Is the man who thinks he  
can.



## this issue

Unconditional Hope P.1

Hope article 2 P.2

Utilize Hope P.3

Accepting Hope P.4

Graduation Photo P.5&6

Did You Know? P.7

Word Search P. 8

## Unconditional HOPE

My story of hope started with my mother's prayers and her unconditional love. On July 11, 2006 I entered recovery because my mom loved me enough to say "now, you can't come home." Although I understand how much that hurt her to say it, it was none-the-less, the beginning of an amazing journey for me.

Less than three months into my journey, I lost my father after his battle with cancer. I was blessed to be able to receive his forgiveness and be with him when he finally went "home". Shortly after I lost my mother to congestive heart failure. Again I was blessed to receive forgiveness and be with her at the end.

Because of my parents unconditional love and the support of my siblings, I've never needed or desired to re-visit that lifestyle. I have been and am on a journey that as a child, adolescent, young adult, and adult; I could only dream about. Why would I want to give up such an amazing opportunity.



---Joan Gipson



Visited by Arizona Behavioral Health Planning Council

Members of the Behavioral Health Planning Council visited the University of Arizona Recovery through Integration, Support and Empowerment's (RISE) Camp Wellness program back in January 2012. In a recent article in the Recovery WORKS newsletter a publication of the Arizona Department , it was stated that Planning Council members were impressed with the facility, its dedicated staff, and the variety of programs offered.

It's always a pleasure to show other organizations, agency and supporters the Camp Wellness program.

**Interested in scheduling a tour?** contact the UA RISE offices for more information

p: 520.626.7473  
e:afoster@email.arizona.edu

Read more from Recovery WORKS at:

[http://www.azdhs.gov/bhs/newsletters/Recovery-WORKS\\_March2012.pdf](http://www.azdhs.gov/bhs/newsletters/Recovery-WORKS_March2012.pdf)



# HOPE

## Ready, Willing and Desperate

To start my story of hope, I must back track in my life to 1992, my freshman year of high school. This is the year that I found my "feeling good" medicine. The moment I had my first swallow, I knew right then that I had found my adult version of Tylenol. It made the pain go away. By my sophomore year I became a daily drinker.

Fast forward several years with the assumption that I had found many ways to make life bad for my wife, son and myself. Then, on one bright January day I got drunk and beat the crap out of my roommate. I swear there was a good reason, but that is irrelevant. I spent my first night in jail...it horrified me.

It took about six months before I was able to get a court trial. However, this is the part where my story of hope comes in...

...I gathered a beer and headed down to the six year old girl's party. To my surprise her mom came up to me and showed me her one year AA chip. Wow! Hit me like a tone of bricks. The entire group there were sober members of AA. Nobody said a word to me, they didn't have to.

**“I wanted to do EVERYTHING I could to stay sober.”**

After the party she sat down with me and told me about the program.

I took her advice, I got sober. I got a sponsor. I went to 90 meetings in 90 days. I worked the steps. I wanted to do EVERYTHING I could to stay sober.

When the court trial came up, I was ready to accept whatever punishment I was given.

There was a problem with the prosecutions case. The judge dismissed my charges. But that is not the hope. Yes, I got what I prayed for, not what I deserved.

The hope in my story is this; I did not get sober because of an arrest. I got sober because I was ready, willing and desperate. When I did the hard work on myself, results were achieved. I have not had a drink since 06/21/2004, that is my hope.

---Dan Hume

# Utilize HOPE



Hope has been a pivotal stepping stone in my personal journey of recovery. Adopting a hopeful perspective was a turning point in my story, a climatic event that incited a sense of empowerment, as a writer of my own destiny.

Inspiration, in my case, came through a different experience with my healthcare providers.

I became physically ill when I was prescribed unnecessary medication - an antidepressant from which I developed serotonin syndrome. Being told that I would feel like I had the flu for a month was the backbreaking straw. I was fed up,

and decided I would learn everything I could about mental healthcare practice and policy, my own disorder; and the best practices that I, myself, could utilize to better my life. While hopelessness engenders helplessness, for me, hope transformed me from a disabled victim to a champion of my own recovery; someone who could utilize resources and benefit from my medicine and personal support system to improve my quality of life.

---Marissa Stockham

**“Adopting a hopeful perspective was a turning point in my story, a climatic event that incited a sense of empowerment”**

## What is trauma?



### Trauma is manifested in feelings

Of fear, horror, and helplessness. It results from events and/or experiences that are shocking, terrifying, and/or overwhelming to an individual.

This definition is taken from the ADHS/DBHS Recovery WORKS Newsletter

# Accepting HOPE

Hope for me occurred when I started accepting where my life had hit bottom. Then I started to adopt positive ways of handling where I was, to improve my situation mentally.

The role it played in my journey of recovery was after getting my drunk driving arrest. I had to face what was ahead. Jail, fines, no driving. So I learned how to take the bus, ask new friends for rides to meetings, get a job. I learned to be responsible.

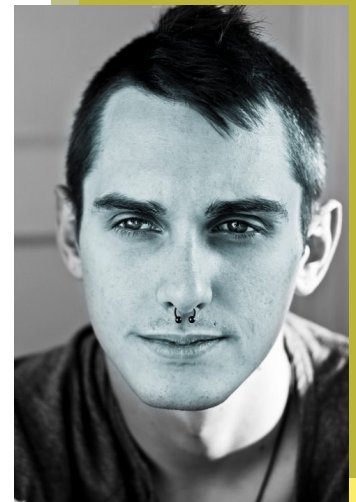
My family was very involved and very helpful. I wasn't really judged and I received a lot of wisdom from my mom and dad that I really took to heart. Alcoholics Anonymous was involved also.

I didn't know how to handle or manage life successfully. I had learned so much by working the 12 steps, having sponsors, and by studying the Big Book of Alcoholics Anonymous on my own and with sponsors.

When I started feeling better, may I say "well". Feeling happy, useful and whole. I want so much to give back to my best ability. Helping others by growing and understanding.

—Jesse Stone

**“I started to adopt positive way of handling where I was”**



## The Healthy Menu - Carrot Saute With Ginger and Orange

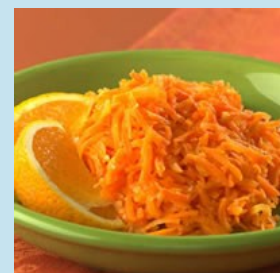
### Ingredients

- 2 teaspoon oil, canola
  - 3 cup(s) carrot(s), grated (6 medium-large)
  - 2 teaspoon ginger, fresh, minced
  - 1/2 cup(s) orange juice
  - 1/4 teaspoon salt, or to taste
- pepper, black ground, freshly ground, to taste

### Preparation

1. Heat oil in a large nonstick skillet over medium-high heat. Add carrots and ginger; cook, stirring often, until wilted, about 2 minutes.

2. Stir in orange juice and salt; simmer, uncovered, until the carrots are tender and most of the liquid has evaporated, 1 to 2 minutes.



Retrieved on 6/28/2012 from [http://www.everydayhealth.com/health-recipe/carrot-saute-with-ginger--orange.aspx?xid=nl\\_EverydayHealthEmotionalHealth\\_20120621](http://www.everydayhealth.com/health-recipe/carrot-saute-with-ginger--orange.aspx?xid=nl_EverydayHealthEmotionalHealth_20120621)

**Seated**

(left to right)

- Jackie
- Janel
- Alison
- Vanessa
- Kelsey
- Marissa

**Not pictured**

- Rochelle

Photos taken  
by: Tonya  
Aleisawi



**Standing**

(left to right)

**Middle**

- Nadolyn
- Lynda
- Joan
- Gina
- Cassandra
- Jacqueline

**Back**

- Brianna
- Carol
- Angelica
- Jesse
- Klinton
- Barry
- Thomas
- Randal
- Jeffery
- Dan
- Maylon
- Jasmine



**A Special Thank You to the CRSS Panel**

**Tippy V . Atkins-Haumesser**, CRSS, Recovery Support Coordinator CODAC (back left)

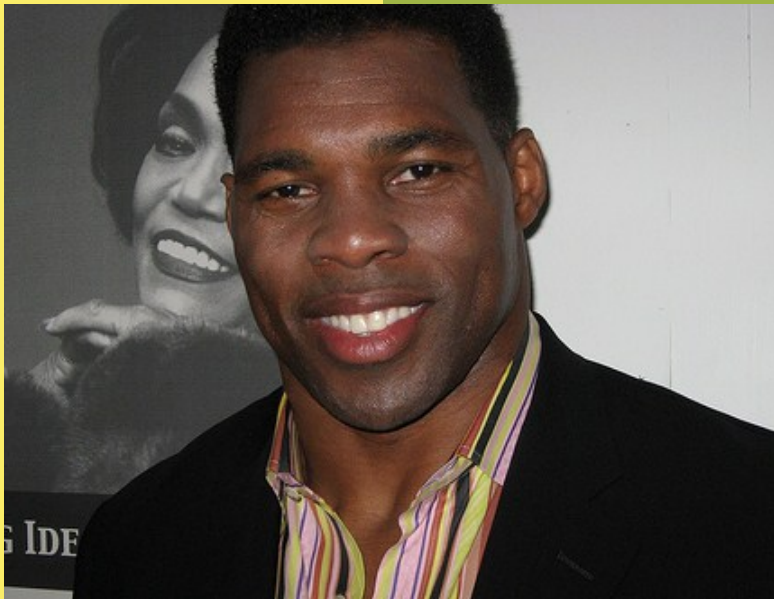
**Sonia Salcido**, BA, CRSS, Family Support Specialist, Crisis Response Center (Back right)

**Steve Conn**, CRSS, BHT, Crisis Response Center (left)

**John McElroy**, CRSS, Lead Recovery Support Specialist, COPE Community Services, Inc. (middle)

**Mike Harvey**, CRSS, BHT, Intake and Assessment, La Frontera (right)

**CONGRATULATIONS  
INSTITUTE XXIX**



## Did you know?

Herschel Walker spends a good part of his time slipping between linemen, barreling over a quarterback or face to face in the ring of opponents decades his junior. But on March 22, 2012 Walker stepped into the lime-light for different reasons.

### Herschel Walker:

Heisman trophy winner, NFL running back, Olympian and Mixed Martial Arts (MMA) fighter.

On a recent visit to the Eglin Air Force Base where he spoke to the airmen about his darkest moments, Walker admits to the audience that “This is more difficult. Playing a football game, you have those pads on, that helmet on, and you’re hiding. Here, you pull the covers back. You let people know your weaknesses. You let people know who you are.”

At 50, Walker has visited more than 60 military facilities across the country to speak about the multiple personalities he lives with. Walker lives with dissociative identity disorder (DID). In his talks he urges anyone with mental health problems to discover the humility needed to ask for help.

Col Colin Miller’s visits with airmen who have attempted suicide inspired him to bring Walker to the base.

With the Air Force suffering from 22 suicides

**“You let people know your weakness. You let people know who you are”**

thus far in 2012, Miller sees that importance in Herschel’s story and admits that “sometimes there is no signs at all when someone is suicidal. A person is dealing with everything internally.”

He adds that “sometimes the only person that knows

you’re hurting is yourself. If you don’t put your hand up no one’s gonna help you.”

Walker guides his audience through his life journeys, tracing his mental illness to being bullied as a shy middle-schooler who also had a speech impediment. He said he “created alternate personalities to make himself so powerful as to be irreplaceable.”

It took reaching out to his ex-wife and pastor for help, which allows him to stand in front these audiences today. Walker first wrote about his struggles with dissociative identity disorder in his 2008 autobiography, “Breaking Free”.



# WORD SEARCH

o o d e g v a l d i m p r o v e r  
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**quality**

**desire**

**surprise**

**learn**

**improve**

**child**

**accepting**

**wisdom**

**different**

**start**

**well**

**sponsor**

**journey**

**feeling**

**adopt**

## Practicing Self-care



### Go for stroll, a jog, or a run

Call up a friend to join you on a brisk walk, jog or run. Physical exercise is a fundamental aspect of self-care. Try to incorporate exercise into your daily routine. Start by choosing an activity that you enjoy and can do regularly. Take a brisk 10 minute walk to and from the parking lot or bus stop. Join an exercise class and keep it interesting by trying something different on alternate days.

NAMIWalk Tucson 2011



**Make sure you get  
your Fall  
issue!**

If your contact information  
has changed, you would like  
to be removed from this list  
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comments please contact  
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**R.I.S.E. promotes recovery and expanded opportunities for people with  
mental illness, substance use, and dual diagnosis by employing a  
collaborative approach to advocacy, service, education, and research.**

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