

Recovery Support Specialist Newsletter

Issue 26—

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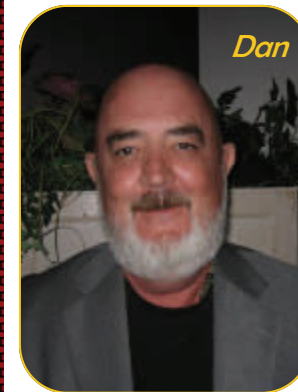
3rd ANNUAL DANIEL MORENO AWARD WINNER *KATHY LEWIS, CRSS*

What is the Daniel Moreno award you ask? Never heard of it? Daniel Moreno was living with schizophrenia before his passing in December 2005. His family established this award in his memory to recognize people that demonstrate the reality of recovery while living with a serious mental illness.



Dan Steffy, myself and three others were selected to accept this award. It was an honor to be present in a room filled with people that have faith and are working on their recovery. There was so much hope, respect, and positive energy in the air that it was euphoric.

I accepted the award with enthusiasm and honor. In my acceptance speech, I talked about my struggles before crisis, during crisis and in my recovery. Stigma was a large part of my illness and I would not ask for help. After being hospitalized twice, I realized I was suppose to live, I didn't know why, but there was something out there for me that I had to strive for. After going to groups at La Frontera and communicating with my recovery team, I gained knowledge of my illness and took steps to put the skills I learned to use. I would not be writing this article if La Frontera was not part of my life since March 2005.



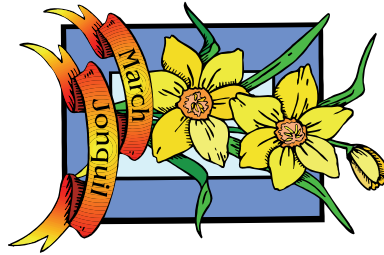
During my acceptance speech, I introduced my Recovery Facilitator and Job Coach from 2005; they were my main supports in the first six months of my journey in recovery. I also introduced and thanked a co-worker who nominated me for the award. I never knew what my co-workers knew about me, now I know it is obviously all good!

At the end of the event, a gentleman came up to me and said that I had inspired him with my speech. He really touched my heart as he gave me a hug. It was so moving I almost started crying.

THANK YOU LA FRONTERA AND THE RSS INSTITUTE!



Our next
newsletter
comes out in



Recovery thru Integration, Support & Empowerment (RISE) is located in the Department of Family and Community Medicine at the University of Arizona

RISE 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.



Visit www.fcm.arizona.edu/outreach/rise to view this newsletter online. If you would like to receive our newsletter electronically, please email pamelaw@email.arizona.edu.

1450 N Cherry Avenue,
Tucson, Arizona 85719-4207

Telephone: 520-626-7473
Fax: 520-626-7833

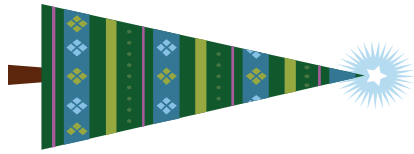
This newsletter is for anyone interested in the ongoing and growing RSS Program. To receive your own quarterly copy, please complete and return the form below to RISE.

Name: _____

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Committee**

Julie Croteau
CRSS

Kathy Lewis
CRSS

John McElroy
CRSS

Ken Rogers
CRSS, CPRP

Patricia Porras
CRSS

Dan Steffy



Serendipity

*a thousand haunting stars
march into my cell
and betray my startled brother Apathy*

*did he think there was no price to
pay?*

*as I lay dying
a breath of hope from my new celestial friends
bathes me in pregnant wonder*

*and suddenly
the walls no longer insult me*

*but gently remind me
to RSVP Infinity's request.*

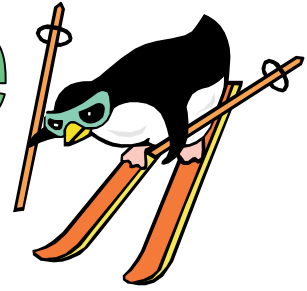
-Written by Howard Ireland in 2005
Recited at RSS Institute XIX in 2009

Beth C. Stoneking, PhD, MSW, CPRP
Beverly McGuffin, RN, MSN, CPRP
Pamela Wagner

Publisher
Editor
Page Designer



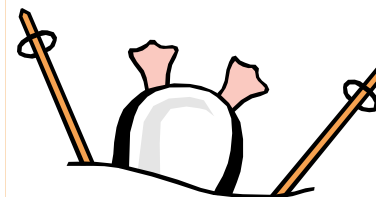
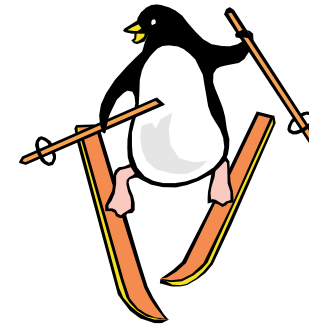
Winter Word Scramble



1. OSWN _____
2. EIC _____
3. YDAHLOSI _____
4. AFRSC _____
5. HTA _____
6. DILNGSED _____
7. WSANNMO _____
8. TINOAVAC

9. ODCL

10. EMRBDEEC _____
11. ACTO _____
12. TOBSO _____
13. NEIWRT _____
14. ISGNKTA _____
15. IIGSKN _____



11. COAT
12. BOOTS
13. WINTER
14. SKATING
15. SKING

6. SLEDDING
7. SNOWMAN
8. VACATION
9. COLD
10. DECEMBER

1. SNOW
2. ICE
3. HOLIDAYS
4. SCARF
5. HAT

From [Medscape Medical News](#)

Young Women Vulnerable to 'Toxic Triangle' of Depression, Obesity, Alcohol Abuse

Caroline Cassels

October 15, 2009 — **Depression, obesity, and alcohol abuse** appear to be interrelated conditions among young women but not their male counterparts, new research suggests.

In a longitudinal, community-based study of young adults, investigators from the University of Washington in Seattle found that among women, depression was associated with later alcohol use disorders and that alcohol use disorders prospectively predicted obesity. Interestingly, obesity predicted depression among women aged 27 to 30 years but was protective against depression in men in this age group.

"We undertook this work because we know these 3 conditions — depression, obesity, and alcohol abuse — are some of the most important public health problems...currently facing Americans," principal investigator Carolyn A. McCarty, PhD, told *Medscape Psychiatry*.

Separate analyses were conducted for women and men. The study results showed:

- Women with an alcohol disorder at age 24 years had more than a 3-fold increased risk for obesity at age 27 years.
- Women who were obese at age 27 years were more than twice as likely to be depressed by age 30 years.
- Obesity appeared to have a protective effect against depression for men.
- Women with a major depressive episode at age 27 years had a 3-fold increased risk of developing an alcohol use disorder by age 30 years.

Dr. McCarty said clinicians need to be aware of the links between these 3 major health concerns, particularly among their female patients.

Furthermore, physicians need to consider treatment options that can address several of these conditions simultaneously. "Physical exercise, mindfulness training, and stress management are all excellent techniques that can prevent and treat these problems," said Dr. McCarty.

The study is published in the September/October issue of *General Hospital Psychiatry*

The study was supported by the National Institute on Drug Abuse and the National Institutes of Health. The authors have disclosed no relevant financial relationships.



Dave



Eric



Jackie



Joaquin



Julie



Michael

Announcing the Grand Opening of The University of Arizona RISE Health & Wellness Center!

We are excited to present a place where you can improve your health while having fun!

The goals of Camp Wellness are to enhance camper's knowledge, skills, health and wellness through an 8-week program. Alumni will continue to receive peer support in their community afterwards. Adult members of the SMI program who are also enrolled in AHCCCS may be eligible. If you know of someone interested in attending, please have them speak with their Case Manager to complete a Scholarship Application. 45 student scholarships will be awarded to selected CPSA members every 8 weeks.

The Health & Wellness Center is located at 1030 N. Alvernon Way, Tucson AZ. Students will attend Camp Monday, Tuesday, Thursday & Friday from 10:00a.m. - 4:00p.m.

Camp Staff

Cheryl Glass, Camp Director, Runner
Randa Kutob, Camp Doctor, Martial Artist
Beth Stoneking, Chief Counselor, Laughter Yoga
Beverly McGuffin, Camp Nurse, Theater & Arts
Health Mentors: David Delawder, Eric Stark,
Jackie Schimmel, Joaquin Guzman, Julie Croteau
& Michael Knust who support, guide & have fun!

The Health & Wellness Center is administered by Recovery thru Integration, Support & Empowerment (RISE) in the Department of Family and Community Medicine (DFCM) at the University of Arizona. The Center is funded by the Community Partnership of Southern Arizona (CPSA). CPSA receives funding from the Arizona Department of Health Services (ADHS), Arizona Health Care Cost Containment System (AHCCCS), and Substance Abuse and Mental Health Services Administration (SAMHSA).



When the Time is Right by Gary Sipe

I just got hired with Compass Behavioral Health Care, New Directions program, as an RSS. This was the goal I had set for myself three years ago, when I graduated the program at

New Directions myself. While I was there, with the staff's approval, I was able to attend and graduate from the Addiction Peer Support Training and the RSS Institutes. In my life, I have received a number of sports awards, but obtaining this position is the most honorable award that I have ever accomplished. All I basically had to do was to give it to my "higher power" and let him lead me through it. I am very grateful for everyone involved in the total life change.

Since I was 24, I have been in four different rehabs. I could never give up on myself. I would always go back to the same people, places and things. I just couldn't let go, I couldn't SURRENDER and every time it was worse.

My drinking started when I was 9 years old, my parents would give me a glass of beer. What a childhood! I came from a very dysfunctional family, with mostly all people with addictions. The only good memories I have in my life was when I was playing sports. Back in those days alcohol and drugs was the scene for jocks. After 40 years of substance abuse, I am finally living life clean and serene, and loving every minute!

After I graduated from New Directions, I managed a halfway house putting in applications for various RSS positions. I would get a few interviews, but it never came through. I would call different agencies once a week, but never any luck. Often I would hear, "next week" or "you are next". I even met leaders of programs who would offer to help me get into a position, but it never materialized.

I received a call from my old supervisor to go back to my old trade as a certified welder, I accepted it. After working there for six months, I could feel my program

going down hill. I requested and took a leave of absence. I made a pledge to myself; if I was going to be happy, I needed to get a job in the recovery field.

To motivate myself, I started taking recovery classes at CPSA from the monthly training flyer. Putting in more applications, but still with no positive results. I was always discouraged by my family and friends, who were saying I was wasting my time. They said I should just go back to welding and forget about working in recovery as a RSS.

But my dreams and my faith was as strong as ever in getting a RSS position. It had become my hearts desire. Since I started trying to get a RSS position, I really wanted to work at New Directions, where my current recovery started. I was keeping in touch with Jason Brown, the Coordinator and Darryl Norris, my old therapist. Then a position came open. I was excited and said to myself, if I get this then it is truly my dream come true. If not, it was going to be my last attempt.

Everything seemed like I was approved to start. But, I had one more obstacle. I was at church and I heard from a New Direction's employee that they could not get a hold of me. I called Jason on Monday, from my job, and he said that because they could not contact me, they were going to the next person. He couldn't do anything, but refer me to the human resources department. I spoke to human resources who said I could get the position if I could do a drug test by 2pm. I agreed, even though it was 11am, I was in Phoenix and I didn't have a vehicle. My employer helped me to return to Tucson for the drug test right before 2pm.

Through God's timing, and my faith and patience, I am finally here. What a dream come true! It is an awesome life working my recovery 100%, one day at a time, living clean and sober, having my dream job, helping others while helping myself. It was all in the timing. It doesn't get any better than this.

I have set another goal now. I want to get a social work or counseling degree. Only time will tell. Everyone has their own timing.




Peace & Balance

My name is Justin Hartland. I began RSS training in late 2008. At that time I had 14 months clean and sober, I was managing a 20-bed transitional living home for men. I had two service commitments with Narcotics Anonymous. On top of all that, I had a small kitchen and bath remodeling business that took up a fair measure of any and all spare time.



On paper, this looks and sounds like a very tall order. Yet being a person with a lot of energy, things were working very well for me.


"One of the beauties of recovery is that we don't lose everything we've learned just because of a setback."

About the same time that I began the RSS Institute, there were some moral issues that started eating away a good relationship between me and my small business partner. Additionally, issues between me and my girlfriend were also becoming too difficult for me to overlook any longer. During this time, my brother and I began a transitional housing organization for men.

I began rationalizing my busy schedule. I figured that with working 16-hour days, 7-days a week would not only keep me busy but keep me out of trouble as well. Boy was I wrong. There was absolutely no balance in my life. I set aside the tools and recovery plan that had kept me clean, sober and most importantly, at peace. This I did to make more money and other people happy. At 16-months clean and sober, I relapsed.

My pride and ego were devastated. Not being of sound mind and body, I rebelled against the recovery community and process. I wanted to do it all on my own.

During that last period of time, I tried to create a successful, productive and healthy life for myself. But for every success, there was a larger setback. I was digging a hole that had gotten deeper and deeper. I can't say why for sure, but one day I had had enough. I reached out to my brother for help. One of the beauties of recovery is that we don't lose everything we've learned just because of a setback.

I quickly began reassembling my support system. I surrounded myself with people doing well in recovery. I rejoined the RSS Practicum. This will enable me to maintain my goal of continuing to work in the behavioral health field. In turn, this will help me build an even stronger support system.

I have balance today. I strive for peace, not money. My recovery comes first because without it, I have nothing!



Life IS good!

Each time I am asked to write something for the newsletter, something amazing has happened since the last time I wrote an article. Each of those times, I think to myself “life can’t get any better than this”, but life does get better and amazing things continue to happen for me.

On October 7th, the Behavioral Health Coalition of Southern Arizona elected me to be the Consumer Representative on the CPSA Board of Directors. I still can’t believe it. I have met some amazing people in just this short time. That first week of October, I was flying in the clouds. I have had the opportunity to “rub elbows” with the CEO’s of many agencies that provide services to people diagnosed with a mental illness and/or substance use disorder.

5 years ago, I would never have thought that I would be where I am today. Life IS good!

-Monique Roybal



Compass Behavioral Health Care's Third Annual Celebration of Recovery

On September 10, Compass celebrated with people who have made recovery their purpose in working with others. We are happy to report that several Recovery Support Specialists were part of the recognition dinner.

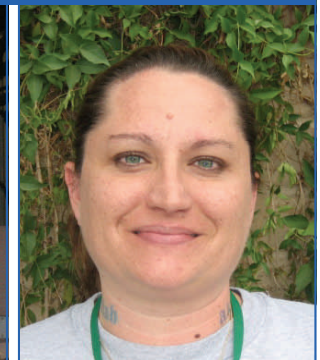


Recovery Award
Winner
Linda Parks, CRSS

Team of the Year Award Winners



CRSS's: Yvonne Portillo , Matt Hawe & Alyson Cichy



Bernadette
Unterbrink, CRSS

Congratulations Graduates!

Top Row (left to right):

Tracy Gordon, Howard Ireland, Cornell S. Cooksey Sr., Bill Boyles, Gary McGinnis, Matthew Hawe, Robert Lewis

Middle Row (left to right):

Paige Maier, Kami Beckmann, Stephanie Bryan, Margaret R. O'Connor, Melissa Brown

Front Row (left to right):

Angie Daggett, Judith Crandall, Diane Marie Morrow

Recovery Support Specialist Institute XIX



September 10, 2009

C.R.S.S. Panel



Panel Members

Top Row (left to right): Theresa Files, CRSS and Monique Roybal, CSS, CRSS

Front Row (left to right): Kyle Long, CRSS and Arnoldo Aguila, CRSS