

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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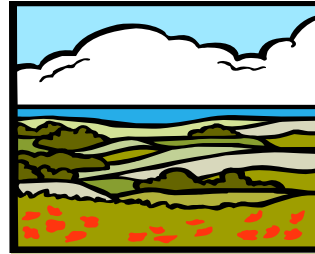
Fax: 520-626-7833

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



1450 N Cherry Avenue
Tucson, Arizona 85719-4207

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Recovery Support Specialist Newsletter

My personal experience of hope began when I realized I finally looked forward to waking up for the day. It seemed as if every-day prior to this time, I

feared, dreaded and despised life – especially the mornings. Through taking an active role in my own recovery, by educating myself in any way I could, I slowly began to build my self-esteem and confidence which is the foundation for my wellness. I attended/attend support groups, found a great therapist, and volunteered to add to my experience. I continue to add upon my knowledge to build a base of tools and skills to broaden my wisdom, continue my recovery and produce a fulfilling life rich in creativity, joy and satisfaction.



Michelle “Mimi” Price, RSS

- Michelle “Mimi” Price, Graduate of RSSI 24 Dec 2010



Mimi (2nd from left) volunteering at Camp Wellness with Emily R., Beth S., Theresse N., and Paige Maier.

In this Issue...

Institute XXIV Graduation

20 students graduate in Institute 24!

Music is Good for the Soul

Dan Steffy and Julianna Holodynski share their musical talents to make the graduation ceremony even more special

Personal Stories of HOPE

Six graduates of institute 24 share their experiences of hope.

“Learn from yesterday,
live for today,
hope for tomorrow.”

- Albert Einstein

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Julie Croteau, CRSS

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Patricia Porras, CRSS , BHT

Beth C. Stoneking, PhD, MSW, CPRP - Publisher

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Andrea Burke - Page Designer

My personal experience started March 12th of 2009. I was headed down the wrong path when God lifted His hands from me. When that happened, I was sent to jail. I was in the wrong crowd and the wrong area and I was busted with a half ounce of cocaine. I had guns and was constantly running from the police until that day.

I was looking at no less than 3 to 15 years behind bars never to return to the real world. It was a miracle I got out a month later. Tired of the life I was living and trying to impress all the wrong people I wanted to change and prove to myself that I can make my way.

To make a long story short, I was introduced to the R.S.S. through a wonderful lady named Sandy who is a counselor at Cactus Counseling. She believed in me. I did 2 years on pre-trial services and completed it with no dirty UAs or bad breathalyzers. I completed the Mary Ellen Copeland Wellness Recovery Action Plan (WRAP) and moved to receiving services at La Frontera of Arizona. I also graduated from Camp Wellness, a place Sandy told me to go to in order to start my career and tell my story.

There I met the great Beverly and Beth who helped to restore my hope. They encouraged me to pursue my desire to show others there is always a light at the end of the tunnel.

-Willis Jackson, RSS



Willis Jackson, RSS





EMPOWERMENT AND HOPE

I came out of the Department of Corrections and started working as a janitor at HOPE, Inc at the suggestion of my parole officer. Everyone involved in the Arizona Co-Occuring State Incentive Grant (COSIG) from my parole officer to my counselor and even the assistant director who was incarcerated with me helped me stay out of prison and stay employed. The point when I decided to pursue a lifetime of sobriety was the first day after getting direct deposit and opening a bank account. I was handed a silver debit card and I decided to take my wife to Chili's for dinner. I was not sure if I could pay with the card or not but I decided to try. I had seen it done on movies where you just sign your name instead of paying cash, but I had never had the chance to actually do it! I decided to do it. I pulled the card out and handed it to the waiter. He took it and came back with a paper for me to sign. Wow! As I signed, I looked at my wife's eyes; they were full of pride and surprise, even amazement. I felt like I never felt before! I felt unstoppable like I could do anything I set my mind to do. I stayed at HOPE and here I am; of course my Lord Jesus has never left my spirit and that is the foundation of my HOPE. How far I go only God knows.



Juan Manuel Lujan, Sr., RSS

-Juan Manuel Lujan, Sr., RSS

Hope Springs Eternal



Dan Steffy and Juliana Holodynski share hope through music at the graduation for RSS Institute 24 on December 22, 2010.

“Hope begins in the dark, the stubborn hope that if you just show up and try to do the right thing, the dawn will come. You wait and watch and work: You don't give up.”

-Anne Lamott

“Hope is the thing with feathers
That perches in the soul.
And sings the tune
Without the words,
and never stops at all.”

-Emily Dickinson



RECOVERY SUPPORT SPECIALIST INSTITUTE XXIV

Top Row (left to right):

Mark Barker
David Pennington
Tony Darrow

Middle Row (left to right):

Jeff Schoenholtz
Jason Roffinoli
Rebecca Hyson
Michelle "Mimi" Price
George Orozco
Daryl "DJ" Tasso
Willis Jackson
Juan Manuel Lujan, Sr.
Joe Martinez

Front Row (left to right):

Andrew Kewer
Shanna Moore
Philisha G. Williams
Julianna Holodynski
Debra Wells
Janet Stone
Julia Relford



Congratulations

Graduates!



CRSS Panel



Front row:

Julie Croteau, Fernando Duran

Back row:

Monique J. Roybal, John McElroy

Hope in My Heart



Rebecca Hyson, RSS

Hope is always present in my life whether I am aware of it or not. It is a very powerful thing, yes it is.

I had lost hope. I was in a scary, dark and alone place when I was sleeping on my younger sister's living room floor because I had nowhere else to go. I awoke out of a sound sleep realizing I had nowhere else to go but forward. My heart was

beating, tears in my eyes, I realized now I had isolated myself for so long. I was sad about life and at the same time hopeful. Something deep inside my heart let me know it would be OK, that I was OK.

If you asked me to explain this feeling I could not describe it in words. It is so difficult to explain the intuitive feeling inside my heart. It will all be OK. I knew it would be. Breathing in that hope I fell back asleep. This memory has stayed with me since the beginning of my journey into recovery. Through ups and downs this moment of hope stays with me, always.

-Rebecca Hyson, RSS



Experiencing Hope



Tony Darrow

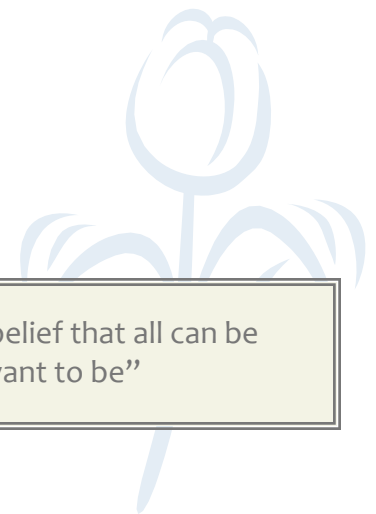
On December 29th, 2009 Child Protective Services (CPS) came to my home and removed my 3 year old daughter on allegations of substance abuse and neglect. I can honestly say I have never known a pain so intense; soon that turned into anger. 2 weeks afterward was my first court date. Because I was

consumed with anger and denial of my wrongdoing, court did not go very well. The following Sunday a close friend convinced me to accompany her to church. I was raised in a Christian family who went to church faithfully. While in church I know the Lord touched my heart and that day I knew there was some hope. Before leaving church that day I knew that I had the strength and courage to handle

business, to clean my act up, and start a new life for my daughter and myself. I was willing to comply with CPS and the courts. Now, I am about 20 days away from having full custody of my daughter and our lives have been changed forever for the better. Hope and my God has brought me through the forest and into the clearing.

-Tony Darrow, RSS

“Hope is belief that all can be who we want to be”





Shanna Moore, RSS

My moment of Hope came when I was in jail the last time. I looked at my dire situation and what my life had become and I was finally, finally “done”.

When I knew in my heart that this is not the life I wanted anymore, I had instant hope.

It was God and me deciding that I was going to have a different, better life. I knew that I had the ability and intellect to change my life, but now I had the desire! I had prayed so long for the desire. I knew it would be difficult, but I decided then and there that nothing would stop me.

Before, I never let anything stop me from getting my drug, now nothing was going to stop me from being clean and sober.

-Shanna Moore, RSS

Hope [hohp]

noun, verb

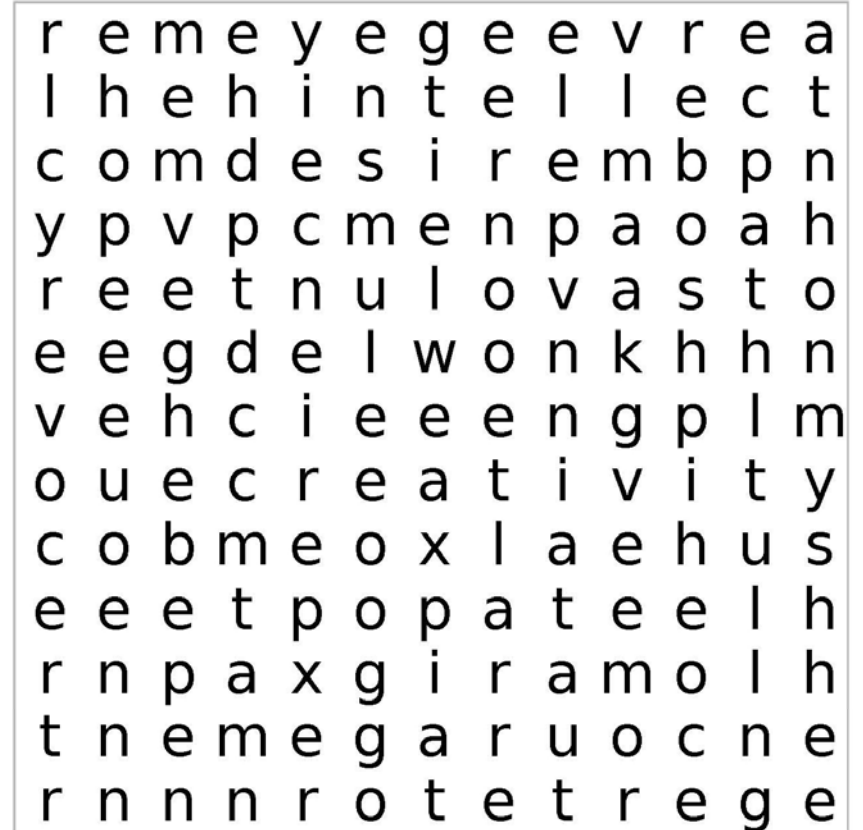
noun:

The feeling that what is wanted can be had or that events will turn out for the best.

- Dictionary.com

My Moment of Hope

Word Search



creativity
encouragement
hope
light
sober

desire
experience
intellect
path
tools

empowerment
heart
knowledge
recovery
volunteer