



Recovery Support Specialist Issue 33—Autumn 2011 Newsletter

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Amy Lavallee and her children

What Spirituality Means To Me...

Hearing the words mommy,
Looking into the eyes of the children I have
created and
Knowing that no time apart will ever take away
The unconditional love for each other
Hearing the sweet sound of them
Breathing while they're fast asleep
Protected by angels
Being sober and alive
Believing that something or someone
Bigger than I can imagine has created me
To love and be loved

Amy Lavallee

IMPORTANT NOTICE

Dear Readers,

Due to the budget constraints, we will only be able to send the RSS Newsletter to you via email. We will continue to provide the newsletter on our website as well as by email at:

<http://www.fcm.arizona.edu/rise/newsletters>

If you do not have a computer to view the newsletter libraries and some agencies have computers for your use.

When/if your email address changes, it would be to your benefit to let us know the changes so you can keep receiving the newsletter.

IMPORTANT NOTICE

Aaron "Arrow" Foster is a Rehabilitation Counseling Graduate Student in the College of Education and has been working with R.I.S.E. since Dec '10. Arrow is also a graduate of RSSI 26 and enjoys advocating with new members in the behavioral health system.



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

Beverly McGuffin, MSN, RN, CPRP - Editor

Aaron Foster - BS Ed, RSS - Page Designer

When I discovered hope was at probably the lowest point of my life thus far. I was on drugs, homeless, running in the drug circles, and very self-loathing, and suicidal. What finally came about to help me change and gave me hope was getting involved with my husband; at that time boyfriend. And the reason he brought, or helped me to find hope was because for the first time in my life I felt I had someone who was there for me unconditionally. Someone who loved me, for me no matter how screwed up I was. Not to say he didn't have his own issues, he ran in the same circles I did. But as we grew in our relationship, it was extremely comforting to have a shoulder to lean on. We both made an enormous amount of mistakes and backslide but through our unconditional love, we always had a partner willing to help pick each other back up. He helped me to have hope and I in return helped him to have hope. I have turned my life around because of the love my kids and husband gave me, and continue to give me every day.



Summer Kingery, RSS

TRANSFORMATION

My name is Tippy Atkins -Haumesser, I am 44 years old and have six children. I have been in recovery from drugs and alcohol for 3 1/2 years. I struggled with addictive behavior for most of my adult life.

When I was 15 I got drunk for the first time. I did not drink again until the age of 18 when I began by celebrating my graduation from high school by becoming plastered. I drank for many years and at the age of 25 was drunk enough to try something else. I tried cocaine and began a love affair with snorting. One year later I tried smoking it. At the time I had my 5 year old daughter and I had my oldest son who was an infant. I "some-what managed" my addiction until the age of 30 when my daughter was sent to live with my family and my son was now in the custody of his father because of my addiction to crack. I had 3 of my children in my addiction and they were immediately taken by CPS and put in the custody of my family.

My sixth child was born while I was in a period of recovery in 2000 when I finally got a glimpse of what life could look like without a cloud of crack smoke obstructing my view. It lasted for about 2 1/2 years. I began drinking because "alcohol was not my drug of choice and I could handle that, right?" WRONG! In a year I was actively smoking crack again. It took about 2 years of this before I lost everything including my mind and now I was battling symptoms of schizophrenia.

I was terrified I would never see life on the other side of a crack pipe again. My youngest son was taken from school by his father and I decided to just let the addiction take me.



Tippy Atkins-Haumesser , CRSS

Then one day I got a burst of strength and hope from whom I choose to call my Lord and savior Jesus. On the corner of 22nd and Craycroft I threw away my crack pipe and asked a Shell station attendant to call an ambulance because I could not breathe. (I found out later I was hyperventilating). They came checked me out and asked what I wanted to do. I said "take me to St Joseph's hospital". I want to be chemically

detoxed." They took me to the hospital and I repeated that I wanted to be chemically detoxed and added that I was not leaving that hospital until I could go some-

THE POWER OF WORDS

HOPE: One of those words that can be in any part of a sentence.

Hope can be a noun, like in this sentence.

One can use Hope as a verb or be hopeful. As it flits from classification to classification, so too it often eludes me. For most of my life I have felt lost or as if I was falling. My encounters with Hope have shown it to be a

fragile and fleeting thing: a momentary breath of air to prolong the drowning; a burst of light in the darkness that leaves it colder and darker when it has gone; a quick catch of thin cloth to slow the fall before it tears away and leaves you tumbling.

My most recent pass with Hope was the second time I had stepped over the edge and was hurtling towards suicide. I reached out and was able to scramble my fingers over the cliff face of SAMHC and they were able to provide medications when I had none and got me signed up with AHCCCS and the SMI program. That application process went through faster than I would have ever thought possible. At my CSP, COPE, my case manager, Robin, caught my hand and pulled me up to a ledge and hooked me up to a climbing rope in the form of Camp Wellness with U of A RISE. This time Hope is a bonfire throwing back the darkness; and though it has dimmed a bit for me, it continues to shed light and show



Andrew Harvey, RSS

continued from page 4

I called many places to try and get help. I ended up at the Gospel Rescue Mission Women and Children's center where I had a life changing spiritual experience. Within 3 months my son was returned to me. I completed the program and then I heard about the RSS Institute from a former graduate. I was granted entrance into Institute 17. My life today is a miracle of my God! I work a full time job and am co-supervisor for 16-17 RSS staff at CODAC Behavioral Health Organization. I

CONGRATULATIONS INSTITUTE XXVI GRADUATES!

Standing (left to right):

- Andrew Harvey
- Summer Kingery
- Richard Hitlaw*
- Sam Trinh
- Aaron Foster
- Chris Brinkley
- Michele Lynch
- Fred Shock
- Matthew Englund*
- Angel Soto*
- Robert "Ryan" Doten
- Joseph Thomas Clarke

Caleb Radi

Not Pictured:

Lisa Marie De Long

*Veteran



Seated (left to right):

- Edgar Huggins
- Bernard Damon Taylor
- Martha Sommers
- Patricia Gammon
- Amy Lavallee
- James Sanchez*
- John Paul Marchand



Photos taken by Tonya Aleisawi, CPSA



CRSS Panel (left to right):

**Michelle "Mimi" Price
CRSS**

**Fernando Duran, CRSS, Member
Advocate Assistant, Member Ser-
vices, CPSA**

**Julie Croteau, CRSS, Health Mentor,
Camp Wellness**

*"What lies behind us
and what lies before
us are tiny matters
compared to what lies
within us."*

Ralph Waldo Emerson

PUBLISHING A NEWSLETTER AND KEEPING IT STRONG

BY – KATHY LEWIS, CRSS

MEMBER AND EMPLOYEE AT LA FRONTERA CENTER



I was hired at the U of A, R.I.S.E. in February of 2006 as the Reporter (part-time) for the RSS Newsletter. I had no prior experience being a reporter or working on a newsletter. I took pictures, did a little editing for articles and the page designing. I gained many skills and knowledge about Microsoft Publisher and

working on the newsletter, from the former Page Designer, Publisher-Beth Stoneking and Editor-Beverly McGuffin. I honed my skills and brought them with me to La Frontera in August of 2006 to a full-time position as a RSS, without knowing that I would be using these skills that I acquired.



In October 2006 at La Frontera, upper management heard that I was a Reporter for the RSS Newsletter at U of A, R.I.S.E. at one time. A Clinical Site Supervisor called and asked if I would be interested in starting a member newsletter for La Frontera (including my other duties.) Of course, I said yes.

Continued on next page

PUBLISHING A NEWSLETTER AND KEEPING IT STRONG

Cont'd

The first quarterly issue was published in December of 2006.



The September 2011 Issue #20 was just published. **Still going strong!** We started out with 1 page (2 sided) on colored paper with black print. Now the newsletter is all in color with 3 pages (2 sided), and possibly more pages now that the 5 year anniversary is nearing in December.

It consists of members' poetry, artwork, recovery stories, resources and upcoming events in the community and at La Frontera. It is so exciting to see peoples' faces when they see their submission in the newsletter, another positive step in their recovery.

Now, I am a Case Aide still working full-time with many other duties including the newsletter. It is a lot of hard work being a Publisher and I really enjoy it. I get to meet a lot of interesting people and hear peoples' stories about their recovery. **I LOVE MY JOB!!**



Kathy Lewis, CRSS

Thank you U of A, R.I.S.E.

Did You Know...

Paula Deen is a woman of Southern charm and authentic, real-butter cooking. But Deen had a hard time doing away with her panic attacks and agoraphobia.

Agoraphobia is when people fear places they know may lead to a panic attack, especially in situations that are difficult to leave. Deen said her attacks began after her father's death, and continued for nearly 20 years. She wouldn't leave the house without a brown paper bag to breathe into* in case she had an attack (do not under any circumstances use a plastic bag as this can cause suffocation). "I never knew when they were going to hit me, but it's the most terrifying, uncontrollable feeling".

She credits her 20-year bout with agoraphobia for her culinary skills since cooking was an activity she could do at home.



Adapted from articles appearing: <http://specials.msn.com/A-List/Entertainment/Stars-with-mental-illnesses.aspx?cp-documentid=28644744&imageindex=6&cp-searchtext=Paula%20Deen&FORM=MSNIIT>, and <http://health.discovery.com/tv/psych-week/articles/celebrities-mental-disorders-10.html>

*The theory is that by re-breathing exhaled CO₂, your body can quickly regain the CO₂ lost due to hyperventilation. This technique has been shown to be somewhat effective, but it is not without certain risks. Before using this technique, check with your doctor.


Source: Carbonell, D. "Panic Attacks Workbook: A Guided Program for Beating the Panic Trick" 2004 Ulysses Press: Berkeley, CA.

Word Search

how well do you remember your exam?

n a a e o s m a r t x r s
a t g r t u r p x n a e d
b s n c a p o e k p t g n
i t i i l e f c n u m t d
l n n h e r s n o n a y l
i f e t n v n e w c i c r
t y t a t i a i l t x a s
i r s p s s r r e u c c n
e n i m r e t e d a k o e
s n l e m d a p g l p v c
i l a n r e t x e i t d m
e c o n f i d e n t i a l
n n i c l a r i f y e l e

confidential	determine	talents
abilities	external	advocacy
empathic	clarify	supervise
punctuality	smart	listening
knowledge	experience	transform



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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.

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