



Recovery Support Specialist Issue 34—Winter 2012 Newsletter

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If it didn't bring you joy,
just leave it behind.

Let's ring in the New Year
with good things in mind.

Let every bad memory go
that brought heartache and pain.

And let's turn a new leaf
with the smell of new rain.

Let's forget past mistakes
making amends for this year.

Sending you these greetings
to bring you hope and cheer

Happy New Year!

Author Unknown



REMEMBER

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.

Please email R.I.S.E Administrative Assistant, Carrie Hess, with any updates to your contact information: **chess@email.arizona.edu**

Beverly McGuffin, Editor

Beth C. Stoneking, PhD, MSW, CPRP - Publisher
Beverly McGuffin, MSN, RN, CPRP - Editor
Carrie J. Hess - Page Designer

HOW HOPE WAS FOUND

Hope found me through a truly amazing and wonderful journey to recovery with Camp Wellness and the Recovery Support Specialist Institute (RSSI). In 1992, I was diagnosed with Bipolar II, major depression. Even on medication my depression was severe and paired with suicidal ideations. I soon lost my husband, family and career. As my life came crashing down around me I could think of nothing better to do than run away from it all. I lost my insurance and medications. With no hope and so much loss in my life I began to drink to numb the pain.



Mona Rae Phillips

The next 14 years I experienced a short lived stint in treatment and an introduction to various illegal drugs that pulled me down to a different hell, eventually leading to jail. In prison I was back on meds but not without side effects and complications. I decided to come off all medication. I struggled to heal on my own. I began to exercise, losing 60 pounds. Yet, I was still miserable, hated life, people and didn't care if I lived or died. I had no goals, no future. This all became scarier when I was released back into the "real" world. I was absolutely terrified, but determined now to live without medication.

Camp Wellness is where hope entered my life. At first guarded, I soon opened up, learning to smile again, to laugh, to care and have compassion for others. The camp allowed me to be just who I am, without judgment. Even with the bouts of crying, the panic attacks, the highs and lows I experienced during the time, they excepted me for who I am. Being around that much support provided hope for my life. My Health Mentors inspired me to keep going, to give this world another chance. With their help I volunteered and worked through my fears.

Story continues on page 8

HOPE REALIZED

Before I was accepted into the Recovery Support Specialist Institute, I believed that the most effective way to help someone was to give them all the answers, telling them the “correct” steps to recovery. I didn’t believe in any gray areas for change; either you do everything this certain way to recover, or you didn’t want to change.

During the Institute I learned the concept of “empowerment” and the “stages of change”. After each class at the Institute, I would leave frustrated knowing that as a youth leader I have not been empowering the youth I work with. By telling them how to recover, I was not using the stages of change and therefore I was not able to meet them where they were at in life. Before learning these stages and the concept of empowerment I would get frustrated when people weren’t changing or improving as I thought they should be.

I truly felt I would not be an effective RSS because I liked people to do what I asked them to do. Through the training I learned that being an RSS meant proving peer support, meeting people where they are currently at, all while accepting people unconditionally and always believing that given the right tools, people can find the answers for themselves.



Norma Esther Castenada , CRSS

The real life challenges came after graduation. Upon graduating from the Institute my support system disappeared and I lost my youth leadership position. Frustrated and alone, hope was not a feeling I could relate with.

Then along came my friend Ann. She helped me realize hope by encouraging me to be an agent of change, when she said “Norma, you must first love yourself.” I realized that, for me, this statement was the key to being a successful RSS.

Story continues on page 9

HOPE THROUGH ANIMAL MATES

Seizure alert dogs enhance the lives of people with epilepsy through their instinctive ability to alert their owners to seizures. Jodie Kirkovich, a UA R.I.S.E Camp Wellness participant, noticed that her black Labrador retriever, Ruby, was slightly agitated. However, when the dog jumped on her and began licking her face, Jodie knew that Ruby was trying to convey something much more urgent than affection.



Jodie Kirkovich & Ruby

Ruby alerts Kirkovich, who lives with epilepsy, when she is about to have a seizure .

Because of Ruby's warning, Jodie is able to get to a pre-arranged "safe room" to endure the seizure. As a precaution, Jodie used to have to be taken to the hospital in an ambulance if she would have a seizure at work. But that was before Ruby.

"No more ambulance rides," said Kirkovich, her voice cracking with emotion. "She just means so much to me. Ruby has given me so much more independence that I would have never had."

During a seizure, Ruby continues to assist Jodie by pinning her down until the danger subsides.

"Sometimes I will try to get up before the seizures is over," she said. "Ruby knows though when it's safe. She will hold me down and will absolutely not let me get up until it's over. She is my guardian angel here on earth."

Adapted from article appearing: <http://www.webvet.com/main/2008/09/20/seizure-alert-dogs-make-life-livable-their-owners>

Standing

(left to right)

Back

Jim Shilling*
Jamie Crane
Joel Redhouse*
Matthew Woods
Nicholas Aldinger
Paul Thomas*

Middle

Mike Holland
Tracy Sedlock
Lena Elizabeth Dorrel
Edward Lopez
Lisa Giannini
Gretchen Dupuis
Kim Marie Young
Rudy Trinidad
Norma Castaneda



Seated

(left to right)

Rebecca Hunt
Sabrina Ann Eirschele
Patricia Anne Sule
Stephanie Crocker
Rose Magness
Mona Rae Phillips
Erlinda Vindiola

Not pictured

David Zehngut

Photos taken by: Tonya Aleisawi

CONGRATULATIONS INSTITUTE XXVII GRADUATES!

CRSS Panel (left to right):

Fernando Duran, *CRSS, Member Advocate Assistant, Member Services, CPSA*

Tonika Talton, *CRSS*

Julie Croteau, *CRSS, Health Mentor,*

Camp Wellness

Gary McGinnis, *CRSS/PSS Crisis Response Network of Arizona*



**Veteran*

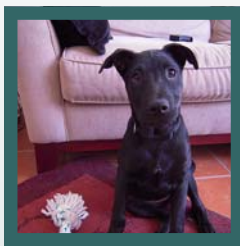
NEW ADMIN ASSISTANT

Carrie Hess is the new Administrative Assistant for the University of Arizona R.I.S.E program. She comes to us with a background in marketing, a love for living healthy and a desire to help others.

In 2008 Carrie graduated from Portland State University with a bachelors in Business Administration. She focused her studies on marketing and advertising. After leaving college and working in her field for a few years, Carrie soon realized that she wanted a career where she could make a difference in people's lives and in her



Carrie J Hess



Raya

community. This is what brought her to R.I.S.E.

Carrie enjoys volunteering, cooking, gardening, backpacking, yoga and playing with her two year old black lab mix, Raya. Carrie finds inspiration and energy in Raya's zest for life.

Continued from page 3: How Hope Was Found

I was accepted into the RSSI. The Institute reaffirmed what others were telling me, that it was now my time to provide hope to others.

With the hope that found me through Camp Wellness and the RSSI, I am now able to communicate my message; I have a purpose, no matter what happens in life. Recovery from anything is possible. I love this life because I was led to others who believed in me until I was able to believe in myself. That is what hope is to me.

Mona Rae Phillips, RSS

PRACTICUM SCHEDULE

February 2012

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29			

Need to finish your practicums?

Join us:

February 10, 17, 24

March 2, 9, 16, 23, 30

April 6, 13, 20, 27

March 2012

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Fridays from 8:30 am to 10:30 am

2502 N. Dodge Blvd.

April 2012

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Note: Attendance is required at a minimum of eight (8) practicum sessions, of twelve offered, to be eligible for Certification.

Continued from page 4: Hope Realized

I believe that by first loving myself, finding hope within myself, I was able to get a job as an RSS at *Mothers Caring About Self (MCAS)*. With hope on my side and the skills I learned through the RSS training I am able to treat the women I work with the way my support system did when I was struggling. I am able to empower them and give them hope by sharing my own story.

Norma Esther Castenada, CRSS

Did You Know...

Publicist for Catherine Zeta-Jones — who has been stalwart in supporting her husband, Michael Douglas, through his battle with cancer over the past year — announced that the actress had sought treatment for bipolar II.

“After dealing with the stress of the past year, Catherine made the decision to check into a mental health facility for a brief stay to treat her bipolar II disorder” says publicist Cece Yorke.

In announcing her illness Zeta-Jones sheds light on the fact that many people are able to manage a successful career and family life, along with a disorder. She also reminds us that bipolar disorder, which affects 2 to 3 percent of the U.S population, exists on a spectrum, and that some forms of the illness are more severe than others.



Bipolar II is less severe than bipolar I. The key difference is that patients with bipolar II do not have full-blown manic episodes. Rather they cycle between milder, hypomanic episodes and episodes of major depression.

With proper treatment, most people with bipolar disorder can largely control their mood swings and related symptoms, reducing their severity and relapse. According to the National Institute of Mental Health, those living with this lifelong and recurrent illness will benefit from long-term treatment including both medications and psychotherapy.

Adapted from article appearing: <http://healthland.time.com/2011/04/13/catherine-zeta-jones-seeks-treatment-for-bipolar-ii-disorder/#ixzz1hwL5mq5X>

Word Search

how well do you remember your exam?

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

enhance	support	accept
independence	change	reaffirm
affection	heal	truly
unconditional	smile	possible
successful	laugh	anything

#0704 487261 BCS
University of Arizona, R.I.S.E.
1450 North Cherry Avenue
Tucson, Arizona 85719-4207



MAKE SURE YOU GET OUR SUMMER ISSUE!

VISIT WWW.FCM.ARIZONA.EDU/OUTREACH/RISE TO VIEW THIS NEWSLETTER ONLINE. IF YOUR CONTACT INFORMATION HAS CHANGED PLEASE EMAIL:

CHESS@EMAIL.ARIZONA.EDU.

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