



University of Arizona Recovery thru
Integration, Support & Empowerment-RISE
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This newsletter is for anyone interested in the ongoing and growing RSS Program.

Table of Contents

Page 2
News of Note

Page 3
Christina Jasberg,
Recovery Award

Page 4 & 5
My Favorite Corner
Mi Rincon
Con_Sentido

Page 6 & 7
CPSA RSS Certifi-
cation Ceremony

Page 8
Cultural Compe-
tence by Patricia
Porras

Page 9
Outlook to the
Rescue
Fernando Duran

Page 10
Dorothy Hamill

Page 11
Search & Find

Recovery Support Specialist Newsletter

Issue #15
December 2007



ALVERNON APARTMENTS: A NEW LA FRONTERA PROGRAM

Cindy Harrelson, CRSS, is now the Apartment Coordinator for a La Frontera semi-independent apartment complex purchased by the Community Partnership of Southern Arizona. The goal of the Alvernon Apartments is to assist individuals who have been court ordered or lived in board and care homes and are now on their way to living independently. Each tenant has their own apartment which is furnished by La Frontera. The expectation is that the person pays rent, including utilities, and purchases their own food, clothes and other personal items.



Along with Cindy there are several other RSSs that participate in the apartment project: Laura Olin, Kathy Lewis, John Sowersby and Patricia Porrás. Each RSS holds a class in the afternoon of the day they are there (i.e. Independent Living Skills, Life Skills, Coping with Diabetes) and are there for peer support in everyone's recovery. Cindy facilitates classes on Saturday mornings and Sunday afternoons. She also does one to one's with people at various times during the week and if necessary gets in touch with LFC staff.

Cindy's other job is at LFC East Clinic where she's been for almost 2 years. As the first RSS at East Clinic she jumped in and created a position for herself. There is no job that is too large or small that Cindy won't take on. She enjoys what she does and that is evident from her work in assisting others in advocating and navigating the system. There is a group that she facilitates on peer support and if a person needs someone to listen, she's there.

Advisory Committee

Salma Ballesteros
CRSS

Linda Hicks
CRSS

Kathy Lewis
CRSS

Ken Rogers
VP RSSAG
CRSS

Tyrone Scercy
CRSS

Patricia Porras
CRSS

Dan Steffy

All Certified Recovery Support Specialists are invited to join the Advisory Committee.

Please call RISE at 520-626-7473 for the date and time of meetings.

News of Note

8th Annual Community Mental Health Arts Show-October 2007



Nadia Shivack signed copies of her newly published book *Inside Out: Portrait of an Eating Disorder*



Christina Jasberg, Chairperson of The Long Rangers, and **Betty Seery**, Artist.



Eric Stark, Artist, with **Karen Chatfield**, Chairperson of the Arts Show



Nadia Shivack, Tom Halm and Donna Hale spoke to the Psychiatric Rehabilitation Class at the U of A on their personal recovery.

◆ **Please Note:**

A clerical error was made in October's issue of the RSS Newsletter. The story "Holding the Light," appearing on page four, was mistakenly attributed to Linda Hicks, however, the author is unknown, as noted at the bottom of the page. The insightful allegory is used as a teaching tool by several COPE RSSs and has always been so well received that both Linda and Salma Ballesteros, provider of the Spanish translation, thought to share it with our readers.

Beth C. Stoneking, PhD, CPRP
Beverly McGuffin, RN, MS, CPRP
Brittany Martell

Publisher
Editor
Page Designer



Word Search

Find all 16 words

ART AWARD CELEBRATION CEREMONY	CERTIFICATION CULTURE DECEMBER EMAIL	FAMILY HAMILL INDIVIDUAL POSITIVE	RESCUE SKATING SUPPORT WINNER
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A Review of...

A Skating Life: My Story (Dorothy Hamill)

Author [Amelon, Deborah](#)

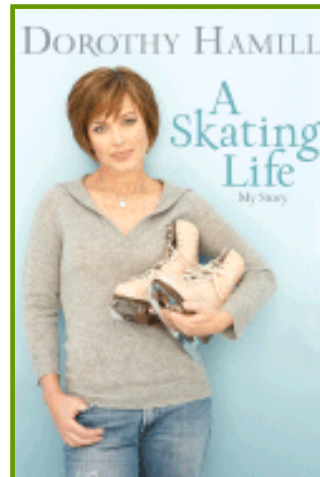
Three decades after her gold medal performance, America's sweetheart finally speaks out about her behind-the-scenes trauma and the challenges she's faced ever since.

Publisher Comments

After winning the Olympic Gold in 1976 at age 19, Dorothy Hamill was America's Sweetheart and an idol to millions. She swept the nation with her signature haircut, Hamill camel spin, and sparkling smile. But this gifted and supremely talented figure skater lived a life off the ice encumbered with family and financial tribulations. She and her mother spent long months away from her father and siblings so she could properly train, and Dorothy often questioned whether the outcome was worth the sacrifice as she attempted to handle an emotionally unavailable mother, alcoholic father, and a financial toll on her entire family.

Skating has always been Dorothy's only means of escape, but an intense depression took over when Dorothy found that success did not wash away the constant stress of trying to please her parents and coaches. She married the love of her life, Dean Paul Martin, only to face devastation when he was tragically killed in a plane crash shortly after their marriage ended. Dorothy was plummeted into an even deeper depression and struggled to find fulfillment. When she was finally capable of opening her heart to love again, she remarried and gave birth to her daughter, only to be taken advantage of by her philandering second husband who stole her money. The burden of the strained relationship with her parents on top of her broken heart tested Dorothy's strength but she prevailed.

Dorothy has found the silver lining (or should I say "gold" lining?) in often painful times, and today Dorothy is content in her life with her daughter and a reconciliation with her mother and as always, in her skating.



Christina Jasberg winner of the Daniel Moreno Recovery Award

On Sunday, October 7, 2007 Christina Jasberg was awarded the **Daniel Moreno Award** by the **National Alliance on Mental Illness of Southern Arizona**. Daniel, who was diagnosed with schizophrenia, died in December 2005 and this event hopes to reduce stigma and create awareness of the potential for recovery from mental illness. The creation of this award by his family was to honor someone who represented recovery in the behavioral health system of Tucson.

Christina writes: "I think Daniel would be honored and proud that his name is part of the award that represents improvement in the lives of people with mental illnesses. Being the first recipient I feel the responsibility to further my outreach, with NAMI of Southern Arizona or whatever I can do to share the news and what this award is, **people are in recovery and making amazing strides in their lives.**"

The reporter, **Stephanie Innes, Arizona Star**, who wrote the article about me, was daring to do something on the bright side of mental health. She was shocked at all that I have gone through, and amazed at how well I am doing now. I was thrilled to work with her. I've always wanted to tell my story to a lot of people and she gave me the opportunity.

The **Channel 4 news team** created a new experience because I had a camera following me around my house. The camera man kept asking me all these questions, and I think that he was amazed too. **It was a win-win situation for all of us.** My mom and dad were so proud of me and they were delighted to have so many people hear my story. My dad was so proud of me the night I received that award, it brought tears to all of our eyes.

It was great that my whole family was able to be there, because NAMI of Southern Arizona is a family organization and it made the circle whole."



For a copy of Ms. Innes article call RISE 626-7473

HERO involves mental health patients in decision-making

By ROB NOVIT Senior writer

When psychiatrist Dr. Greg Smith at the Aiken-Barnwell Mental Health Center sees a client through the new “HERO” program, there will be two experts in the room.

Smith is one of them, and the client will be the other as an expert on himself. The two of them will share decision-making, a process that state advocates for mental health patients say is welcome and nothing short of radical.

Mental Health Center Director John Young and Smith formally announced Tuesday the introduction of HERO- Helping Encourage Recovery Options.

When a client sees Smith or another clinician, the client will have the opportunity to provide his own research into his illness, suitable medication and other needs. The two of them will then discuss it and decide what to do about treatment.

“That is the future of mental treatment,” Smith said. “We’ll see how it works, and in a year or so, we’ll give you some data on how it’s impacting people.”

Bonnie Pate is the director of S.C. SHARE, a consumer organization that represents the 90,000 people statewide with mental illness. Her mission is about empowerment and education, and she’s delighted the Aiken-Barnwell center is taking that approach at the treatment level.

“This is ahead of the curve.” “What it means is that (the clients) immediately find their voice and won’t be shut down by the system. So many times people get diagnosed and end up in a hospital or group home. They don’t know they have the choice not to do that. They can take more control.”

Clients referred into the program will get assistance from certified peer support specialists Wayne Moseley and Cynthia Smith. They will obtain information about a client’s diagnosis, its impact on his life, interventions and lifestyle changes, medication interviews and “talk” therapy. The specialists will provide instruction in using a decision guide checklist.

Moseley and Smith, no relation to Greg Smith, bring their own knowledge of traditional mental health services; both have been clients who accessed those services.

“I’m a 35-year veteran of ‘lock them up, dope them up, shut them up,” said Cynthia Smith. “This is great. How long have we waited to have a voice in our own therapy? This is the best thing that could have happened to all of us.”

John Young said that all three mental health staffers were recognized last month as winners of “Heroes of the Flight Awards” – a program established by Eli Lilly and Company. Greg Smith was cited for his efforts to land a three-year study of “best practice” at the center – one of 22 sites chosen to work in collaboration with Dartmouth University. Moseley and Cynthia Smith were chosen for their peer support efforts.

The HERO initiative drew enthusiastic support from Katherine Roberts, director of client services at the State Department of Mental Health.

“I’d like to see this become a new standard of care for clients,” she said, “where shared decision-making is not an exception but an expectation. Clients have to be involved in order to move forward.”

Contact Rob Novit at movit@aikenstandard.com

Outlook to the rescue

By Fernando Duran, CRSS



When the opportunity to become an RSS first came to me, I didn’t quite realize all that the job entailed. I knew I would be helping others in recovery. How hard could that be? But what I didn’t know then was exactly how unprepared I was.

Being in recovery from a severe addiction to cocaine, and battling alcoholism, I was never one to overly concern myself about being punctual or keeping appointments. The priority for me was to find a way to score dope, or find a way to scam some money, so if my plans interfered with an ap-

pointment, I just wouldn’t go. Needless to say, when I accepted the position of RSS, my organizational skills were basically non-existent.

I work at La Frontera’s Main Clinic in South Tucson on the Adult Intake & Assessment Team, and my duties include keeping track of our database and facilitating groups. I give peer support to others in recovery and also provide transportation and act as case aide for our 8 Recovery Facilitators, a coordinator and a supervisor.

Understandably, I struggled. I tried to rely on memory alone, thinking that I would easily be able to remember every task. After a month of missing appointments, forgetting important jobs, and dropping the ball, my supervisor called me into his office. I had to do something.

Microsoft Outlook® to my rescue.

One of the nice things about working here at La Frontera is that we use email for everyday communication, so my email is on all day. One of the features in Outlook is that it has a calendar so I can schedule appointments and tasks and it will automatically remind me 15 minutes before. I can set it to remind me as often, or as little as I want. My main responsibility is to make sure that the information gets put into the calendar database, which is so simple, and I can do it.

Some coworkers use hand written calendars or "day timers" to keep themselves organized. Whatever it takes. Isn't that what we hear all the time in recovery? For me, it's just easier because Microsoft Outlook® is there with me all day.

So after 4 months of using Microsoft Outlook®, I am proud to say that I haven’t dropped the ball once. I've been able to keep every one of my appointments, accomplish all my tasks, and have received repeated praise from my supervisor for turning things around.

Life is good.

Now I just pray that we don't have a power outage!

Culture Competence

By Patricia Porras CRSS

When I made the choice to get myself into recovery from a substance use disorder I began looking at the similarities and differences of others in a positive way. When I began working in the field of behavioral health is when I began learning about culture, I had no knowledge of culture before this. My knowledge was that my ancestors came from Spain and that was it. Today I have learned that culture means much more.

“Culture” refers to integrated patterns of human behavior that include language, thoughts, communications, actions, customs, beliefs, values, and organizations of racial, ethnic, religious or social groups.

“Cultural Competence” means having the capacity to function effectively as an individual and an organization within the context of the cultural beliefs, behaviors and needs presented by the person and their community.

I learned that to have respect is to give respect to everyone no matter what. By sitting and listening with members at work, I have learned about their values and beliefs. When I give respect by listening to what is important to the person it builds better rapport and trust. I have a professional relationship in supporting the person in their recovery. Not only do I give peer support in their recovery I also learn who the person is and where they are going .



HERO involucra a pacientes de salud mental en la toma de decisiones.

Por ROB Novit Escritor de mayor antigüedad.

Traducida al Español por Salma Ballesteros CRSS (8th Institute)

Cuando el psiquiatra Dr Greg Smith del Centro de Salud Mental – Aiken – Barnwell, al ver a un cliente a través del nuevo programa "HERO," habrá dos expertos en la sala. Smith es uno de ellos, y el cliente será el otro en calidad de experto sobre sí mismo. Ambos compartirán la toma de decisiones, un proceso que el Estado aboga por los pacientes de salud mental, dicen es bienvenido y no corto en radical.

El Director del Centro de Salud Mental Jhon Young y Smith, formalmente anunciaron el Martes, la introducción de HERO, siglas que significan en español: Ayudando a Promover Opciones de Recuperación.

Cuando un cliente ve a Smith u otro Médico, el cliente tendrá la oportunidad de proporcionar su propia investigación de su enfermedad, la medicación adecuada y otras necesidades. Ambos discutirán a continuación y decidirán que hacer acerca del tratamiento. "Ese es el futuro del tratamiento de la salud mental ," dice Smith. "Ya veremos cómo funciona y en un año o algo así, les proporcionaremos algunos datos sobre la forma que está impactando a la gente.

Bonnie Pate es la directora de S. C. SHARE, una organización de consumidores de las 90,000 personas con salud mental que representa el Estado. Su misión es encaminada a la habilitación y educación, y ella está encantada de que el Centro Aiken – Barnwell esté tomando enfoque en el nivel de tratamiento.

"Esto es adelante de la curva," dijo Pate. "Lo que significa es que (los clientes) inmediatamente encuentren su propia voz y no sean suspendidos por el sistema. Así muchas veces las personas son diagnosticadas y acaban en un hospital u hogar de grupo. Ellos no saben que tienen la elección de no hacerlo. Ellos pueden tener más control. "

Los clientes asignados al programa, recibirán la asistencia de especialistas certificados en apoyo a semejantes como Wayne Moseley y Cynthia Smith. Ellos obtendrán información acerca del diagnóstico del cliente, su impacto en su vida, las intervenciones y los cambios de estilo de vida, medicación y entrevistas de terapia “hablada.” El especialista brindará instrucción en el uso de una guía de decisión, de la lista de verificación.

Moseley y Smith, ninguna relación con Greg Smith, llevan sus propios conocimientos tradicionales de los servicios de salud mental; ambos han sido clientes quienes tienen acceso a esos servicios.

“Soy una veterana de 35 años de ‘enciérrenlos, dróguenlos, cállenlos,’ ” dijo Cynthia Smith. “Esto es la mejor cosa que podría haber ocurrido a todos nosotros.”

John Young dijo que los tres miembros del personal durante el mes pasado fueron reconocidos como ganadores de los “Premios a los Héroes de la Lucha,” un programa creado por Eli Lilly y Compañía. Greg Smith fue citado por sus esfuerzos, a recibir un período de tres años de estudio de las "mejores prácticas" en el Centro de uno de los 22 sitios escogidos para trabajar en colaboración con la Universidad de Dartmouth. Moseley y Cynthia Smith fueron elegidos por sus esfuerzos de apoyo a sus semejantes.

La iniciativa de HERO atrajo el apoyo entusiasta de Katherine Roberts, directora de servicios al cliente en el Departamento de Salud Mental del Estado.

“Me gustaría ver esto convertido en un nuevo estándar de tratamiento para los clientes,” dijo ella, “cuando la toma de decisión compartida, no es una excepción pero una expectativa. Los clientes tienen que estar involucrados para poder avanzar.”

Contactar a Rob Novit en movit@aikenstandard.com

Recovery Support Specialist Certification Ceremony



Front Row: Julie Croteau, Valerie Garmon, Holly Minard, **Second Row** Sharon Larkin, Mae Holdmann, Althea Rosewood, Kimberly Clawson, Pamela Riggs, Nadia Shivack, Yvonne Portillo, **Back Row,** Thomas Halm, Joe Springer, Daniel Kennedy, John McElroy, Patricia Porras, Dion Boyer, Ted Feuling, Megan Townsend, Kimberly Miller, David Ropp, Alyson Cichy, John Lullo

This was the third
Annual CPSA Celebration.

These RSSs have their CPSA Certification after getting a peer support position, working over 120 hours, attending 8 practicums, and getting a positive evaluation from their supervisor. Over 100 RSSs have become certified since the beginning of the Institutes.



Tom Kelly, Individual and Family Support Coordinator Clinical and Recovery Services Recovery, Resiliency and Wellness ADHS/Behavioral Health Services, pictured with Beverly McGuffin and Beth Stoneking.

Those Not Present:

Arnoldo Aguila
Andrew Mendoza
Monique Roybal
Halsy Taylor
Paul Tomasovich