

University of Arizona  
Recovery thru Integration,  
Support & Empowerment-RISE  
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Tucson, Arizona 85719-4207

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Phone: \_\_\_\_\_ Email: \_\_\_\_\_



*This newsletter is for anyone interested in the ongoing and growing RSS Program.*

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## Recovery Support Specialist Newsletter

Issue #18  
June 2008



### Fulfilling My Passion

By Cynthia Aspengren, CRSS



The favorite part of my job was the housing assistance programs South Eastern Arizona Behavioral Health Services (SEABHS) utilizes. I helped individuals fill out loads of paperwork and make sure it got to the correct office for approval. When a person was approved for a housing program, I helped them find a place to live, talked with landlords about our housing subsidies, and found the supplies they needed for their new home. Most of the people had been homeless for more than a year. The best feeling for me was helping someone move out of a cave, a garage, or a tent in the middle of the desert, into a comfortable, safe place.

Part of my job involved "outreach and re-engagement." If the office had not been in contact with the person I would go look for them. Then we talked about what they wanted and needed from SEABHS. There were times when the person felt they were ready to move on in life without support from SEABHS. Other times the person might have experienced more symptoms or have used substances and felt embarrassed to return for services. I reassured them that they are **ALWAYS** welcome back and relapse sometime happens.

Part of being a CRSS is sitting in on team meetings as support. I helped the person with the process and the staff understand how intimidating a team meeting can be for someone.

Now I am moving to a new job at CPSA as a Community Education Specialist. I will get to fulfill yet another dream: to teach the community about recovery. We, in recovery, know how much we can bring to the workforce and communities. Now I get to bring the recovery message to the community.

**Advisory Committee**

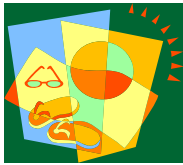
Angela Dingledine  
CRSS

Kathy Lewis  
CRSS

Ken Rogers  
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**

**For RSS Who have completed the institute and looking for work.** Monthly “**Focus on Work Meeting**” on the second Tuesday of each month from 1-2:30 pm at CPSA Dodge Site in the training center. Dates for first three meetings: **July 8, August 12, September 9** Call Dan Steffy (618-8811) for more information.

**Meet the New Advisory Committee member, Angela!**

My name is Angela Dingledine. I have been in recovery from methamphetamines for five years. My addiction was so out of control that Children Protective Services took my children in May of 2003 and I was told to go into drug treatment. After several attempts to stay in treatment I finally graduated from the program.



I was living in transitional housing when I was approached about a job as a Recovery Support Specialist. I was hired by Compass Health Care in November of 2004, attended the first RSS institute in January 2005, and became certified in September.

Since then I have worked at Compass Detox , New Directions, and CPSA as a Member Advocate Assistant (MAA).

On April 7, 2006, almost three years after being removed from my custody my children came home.

I resigned from CPSA in June of 2007 and moved myself and my children to Florida. It is very difficult to get a job in behavioral health without a degree, so I returned to Arizona. I reapplied to CPSA and was hired for my previous position as a MAA.

While in Florida my children did not do well in school and were at risk of failing this year. Since returning, my son was given an award for making the honor roll in reading and being in the top 20 kids in school with highest grades. My daughter passed the 7th grade with a 3.5 GPA. I think I am home now.

**Next Recovery Support Specialist Institute is August 26, 27 September 9, 10, 15, 16, and 17 of 2008. Deadline for Applications is July 28th.**

Beth C. Stoneking, PhD, MSW, CPRP  
Beverly McGuffin, RN, MS, CPRP  
BreAnn Currie

Publisher  
Editor  
Page Designer



**Word Hunt**  
Find all 16 words

Active	Applications	Artistic	Believing
Favorite	Feedback	Graduated	Housing
Originally	Praised	Ready	Revelation
Steps	Traveled	Vote	Work

A 15x15 grid of letters for a word hunt. The letters are arranged in a grid with a decorative border of blue dots. The letters are: Q I X Z D E S I A R P O H S J; Q N D E L E V A R T I S T I C; B R N K C A B D E E F L S T S; U J T R E Y C T Q A H N T B C; C Y L L A N I G I R O S E G U; P G K Q P S P P E I U R P H L; P A J Z E T O V T P S D S V G; V P H D T S E A C T I V E N N; B F T S D L C T A E N V I M I; D V A G A I S P I I G V V Y Q; Y I T T L N E H G R E E B D M; W X I P E W K W K I O N H A D; J O P W T Y I J L D R V C E X; N A R Y K M D E T A U D A R G; J W W K A S B C B G Y Z K F L

# Herschel Walker Now Carries a Psychological Burden

Adapted from The New York Times



The contrasting responses to his book could reflect the mixed reaction to Herschel Walker’s revelation that he has been found to have dissociative identity disorder and that because of the condition, Walker said, he has 12 personalities, or what he called alters.

Walker has been ridiculed in blogs and the news media, and some medical experts have insisted he is an imposter. Walker has also been praised for stepping forward and leading a financing campaign for mental health clinics in the Dallas area, El Paso and San Francisco.

Walker won the 1982 Heisman Trophy, led the Bulldogs to the national championship in 1980, began his pro career with the New Jersey Generals in the U.S.F.L. and played in the N.F.L. for 12 seasons. He revealed in the book that he played Russian roulette at his kitchen table, pulling the trigger on a gun twice, once with the barrel to his head, the second time with it in his mouth. He said he had wisdom teeth pulled without any medicine, and simply used one of his alter personalities to erase the pain. Walker said he dislocated his shoulder in a 1980 game and had it popped back in on the field and continued to play, which is unusual for that type of injury. He said he remembered none of these episodes until he started therapy in 2000 with Dr. Jerry Mungadze, a Dallas therapist who said he specialized in treating people with D.I.D.

Walker said he began to become aware of his condition when his former wife, Cindy, told him about his angry outbursts, which included holding a gun to her head. Skeptics have insisted Walker is simply refusing to accept responsibility for poor behavior.

Walker, however, said he was dealing with mental illness. He said he did not take any medications and had had the condition under control for several years. One of his therapies was to write a journal, which became his book, and it has helped him fill in blank spots in his memory.

Walker, 46, is finding it difficult to make people believe he has D.I.D. because his family was stunned by his revelation last year. He was one of seven children and raised in a farming community in Wrightsville, Ga.

## STRESSED?



**Here are a Few Ways to De-stress Yourself**  
Making a list to turn to when you feel stressed can be helpful.

### Who can help me when I feel stressed?

(e.g. Friends, family, warm line, natural supports, recovery team)

### People to call to get things off my chest:

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### Different ways to deal with stress?

Thinking about various ways to handle a situation and plan new steps to take. (e.g. If a barking dog bothers me while I am taking a walk-I can map out a new route and experience new things like a flower garden, birds or buildings)

### Situations bothering me now:

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### What makes me feel better?

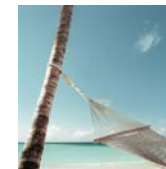
(e.g. Petting an animal, having a cup of tea, doing crosswords)

### My Ideas:

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# De-stress

## RSS Alumni Guild Officers

### Fred Ortega, CRSS, President

Fred has been a Certified Recovery Support Specialist for two and a half years; been employed with La Frontera Center for 3 years; and has worked with people with a substance use disorder for two and half years with the Methamphetamine Intensive Outpatient Program (IOP). Currently he is attending Pima Community College for an Associate Special Science Degree in Social Services, facilitates SMART meetings and is active in community recovery programs. Recently he went to superior court and got his civil rights back and is very happy to regain his civil rights. He will now be able to register to vote.

### Stefanie Chapp, CRSS, Vice President

Stefanie is a second generation native of Tucson. She has worked at CPSA as a Member Advocate Assistant (MAA) for 8 months. She is completing her Associates Degree and plans to get her BA in Psychology at Uof A. Originally, she had gone back to school to study Fine Arts and Art History because she loves design, color and architecture, and wishes she could commit more of her time and energy to artistic pursuits. Her favorite color is dark grey. Stefanie loves to read, listen to music, grow herbs and work in her little yard. She has three cats she adores.

### Sonia Robles, CRSS, Secretary

Sonia has been a Certified Recovery Support Specialist for three years and graduated from the second RSS Institute. She has worked at CPSA Member Services for two years as a MAA and is part of the Disability Advisory Council for the University of Arizona. She earned an Associates Degree in Criminal Justice and a Bachelors Degree in Business Management. Sonia is originally from Northern California and has lived in Tucson for 12 years. She has three beautiful and smart daughters that are 7, 6 and 3 years old. When Sonia is not working she is taking care of her girls, listening to music from the 50's, and collecting Native American Art.

**The Guild still needs to fill one more position; Treasurer. We are eager to fill this position with an individual who wants to be part of our wonderful Guild.**

## Nurses Presentation: Inside Out: Portraits of Eating Disorders

At Tucson Nurses Week, on May 9, **Christina Jasberg, CRSS** and **Nadia Shivack, CRSS** discussed experience with their eating disorders. With Beverly McGuffin, RN acting as moderator Christina and Nadia educated nurses on the specifics of each diagnosis and provided them with tools to support and comfort people who are diagnosed with an eating disorder. Both of the women were able to inform the nurses about what a person with these disorders may or may not be able to say due to the shame the disorder causes. They gave nurses resources to aid someone in getting treatment for their eating disorder.



Nadia Shivack and Christina Jasberg

RSSs have presented at the annual Tucson Nurses Week in the past. Last year **Hope Gonzales, CRSS** and **Connie Proctor, RSS, CPRP**, presented "Double your Distress: DID (Dissociative Identity Disorder) and People Who Live with It." In 2006, **Ken Rogers, CRSS, CPRP**, **Wanda Black, CRSS**, **Emily Plasterer-Lesky, CRSS**, and **Roxanne Gall, CRSS** presented "Peer Support in the Behavioral Health Community and Programs for Mothers with Children." That year **Hope Gonzales** also presented a "Discussion with a Person Who has the Diagnoses of Dissociative Identity Disorder (formerly known as Multiple Personality Disorder). RSSs get very positive feedback from the nurses attending the presentations.

**Anorexia nervosa** is characterized by self-starvation and excessive weight loss. Symptoms include: refusal to maintain body weight at or above a minimally normal weight for height, body type, age and activity level; intense fear of weight gain or being "fat."

**Binge-eating disorder** (also known as compulsive overeating) is characterized primarily by periods of uncontrolled, impulsive or continuous eating beyond the point of feeling comfortably full. While there is no purging, there may be sporadic fasts or repetitive diets, and often feelings of shame or self-hatred after a binge. People who overeat compulsively may struggle with anxiety, depression and loneliness, which can contribute to their unhealthy episodes of binge eating.

**Bulimia nervosa** is characterized by a secretive cycle of binge eating followed by purging. Bulimia includes eating large amounts of food - more than most people would eat in one meal - in short periods of time, then getting rid of the food and calories through vomiting, laxative abuse or over-exercising. Symptoms include: frequent dieting; extreme concern with body weight and shape.

## Just a brief snap shot about...

From Douglas... **Robert Lopez, RSS**



I'm not much on writing, but I do like my job. I've been trying to overcome the need to understand how I came to be on this path of addiction for about the last twenty years now. Through a lot of prayer and acceptance, I finally realize that no matter all the reasons, my journey, path, road or whatever you choose, has lead me to where I am today. The peace of mind I receive for helping others find their way has made me realize my place in this world. Being a taker most of life, I found that I was not happy. I was completely lost. Today I'm happy to say that through the help of many people including myself I have learned to accept this road that I have traveled down. I have found my niche in the world helping people who have been where I have been and made some of the same choices I have made. Well thanks for reading this and thanks to everyone who has helped me understand me.

Robert has left his position at SEABHS and is now working in his family's business. He is considered a leader in the Douglas community. We will be hearing about his good works in the future.



From Sierra Vista... **Shawnette Webster, CRSS**

I work at Comfort Zone as the Kitchen Coordinator and the Donation Coordinator. There I offer peer support for those who are seeking recovery from mental illness and substance use issues. Having fun with the participants, we play board games, do arts and crafts, and go on outings. Along with peer support groups and psychosocial recreational activities, we also provide lunch. We take members to personal appointments and help with shopping needs. I am thankful to South Eastern Arizona Consumer Run Services (SEACRS) for believing in me when I did not; for giving me the opportunity to find and follow my path; and be of service to others like myself. I also would like to thank the Recovery Support Specialist Institute participants for believing in me, too.

## RSS Alumni Guild News

Welcome to the Guild News Corner!

The Guild is looking to increase membership as we move forward with our goals and objectives for 2008. **Membership is open to any person who has successfully completed the RSS Institute; employment is not a requirement.** For more information, please contact Fred -838-3878, Stefanie - 901-6871, or Sonia- 901-2302.

The **mission of the Recovery Support Specialist Alumni Guild** is to continue to increase our education and knowledge about recovery practices and principles and to disseminate that valuable information to fellow members, their families, and the community at large. The Guild will continue to provide ongoing support and guidance to the growing RSS workforce and build community awareness of the RSS movement towards recovery and wellness for all.

The monthly meeting structure will be as follows:

**Beverages and breakfast pastries will be served**

**8:00 - 8:30 am**

**Guild business and updates from the Board**

**8:30 - 10:00 am**

To receive an email informing you of the time and place, please call one of us. We are looking forward to seeing the Guild grow.



Stefanie Chapp, Sonia Robles,  
and Fred Ortega

## Institute 14

### “The Champions”

Mining for the Gold in others

**From L to R  
Back Row:**

**Scott Whitely  
Anthony Parker  
David Salazar  
David Emmerson  
Gregory Berger  
Roy Ridley  
Dean Zygoda**



**From L to R  
Front Row:**

**Kathryn Wyman  
Christine Molnar  
Christina DeRaps  
Jenifer Frost  
Jacqueline Schimmel  
Sheri Ruiz**