

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.

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Recovery Support Specialist Newsletter

Issue #19
August 2008



Gila Valley recovery and empowerment program relocates

By Keri Lunt
Staff Writer

Published on *Thursday, July 17, 2008* by the Eastern Arizona Courier
Two years ago, the Southeastern Arizona Consumer Run Services mobile outreach program from Sierra Vista traveled to the Gila Valley three days a week and provided transportation and basic needs to program participants dealing with addiction recovery or mental illness. Answering a need for a permanent local program, Gila Valley Opportunity for Recovery and Empowerment Program was opened in 2006.



The Gila Valley ORE offers several programs that encourage self-improvement, peer support, mental illness and substance abuse recovery and life skills. Discussion groups give participants opportunities to develop both personal and social development skills. The discussions range from stress management to creative writing.

Also offered at ORE is a 12-week anger management course to help participants identify life situations that lead to anger and learn better coping skills. Computer programs, exercise classes, library trips, movie nights and leisure activities such as games, arts and crafts are available at ORE.

Adrian Molina, the program manager, stressed that the goal of each program is to develop social and life skills. Molina said the discussion groups and leisure activities promote social development, and the other programs teach life skills. The kitchen class teaches participants to cook with recipes and how to freeze the food. The class focuses on budgeting to teach participants how to get more for their dollar.

Lunch is provided to participants who are active in the daily activities. Transportation is provided for scheduled medical, employment, recreational, shelter and food appointments.

From left, Belinda Boring, recovery support specialist, Adrian Molina, program manager, Julie Zamarron, business manager, Lyle Ford, executive director and Kathy Fry, a participant, join together to watch Ford cut the ribbon that celebrated Gila Valley O.R.E.'s new location. Photo by Keri Lunt

Advisory Committee

- Angela Dingle-dine
CRSS
- Kathy Lewis
CRSS
- John McElroy
CRSS
- Ken Rogers
CRSS
- Patricia Porras
CRSS
- Dan Steffy



BreAnn, Angela, Kathy, John, Dan, Beverly

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

New Reference page on CPSA website for the RSS Institute located under the “Community” button on the homepage and then the drop down menu at the bottom says “RSS Institute”.

There were 4 people at the “Focus on Work” group that Dan, Beth and Bev held on July 8th. The meeting generated good new ideas and positive reinforcements on what people are already doing. Next group is August 12, September 8 (Monday), October 14, November 10 (Monday) and December 9th from 1 to 2:30. Call Dan 618-8811 for information.

On June 11 we held a RSS Supervisors Training. First was a panel of 7 CRSSs speaking about the qualities of good supervision and then a panel of 5 RSS Supervisors sharing their knowledge. We then presented what is in the Institute. Everyone said that they had learned something about the RSS program and expressed how important RSSs are to the field.

Hello, my name is John McElroy. I have been working as an RSS for COPE Community Services on their Intensive Recovery Team (IRT) for about a year and a half. As a person recovering from homelessness, addiction, anxiety, and depression, the opportunity to help others in their recovery has been an honor and a blessing. Since becoming an RSS, I have been blessed with the privilege of being a part of the recovery movement on both an individual and community level. Working on the IRT has been both challenging and rewarding. I have seen members who were initially hostile, aggressive and highly paranoid toward us become engaged, friendly even inspirational models of recovery and regular faces at the office. I have also been blessed with the opportunity to work with the Adult Behavioral Health Community Council on issues ranging from reducing stigma in the community to advocating to state government to improve services.

In addition, I am working with community leaders to develop a five year plan for submission to the U.S. Department of Justice in hopes of receiving a grant through the Weed and Seed program for the revitalization of the Amphi, Balboa Heights, Coronado Heights, El Cortez, Keeling, and Northwest neighborhoods.

I hope that my work on the RSS Newsletter Advisory Committee will contribute to the continued success of a newsletter that has provided hope and inspiration to so many in the recovery community.

Beth C. Stoneking, PhD, MSW, CPRP Publisher
 Beverly McGuffin, RN, MS, CPRP Editor
 BreAnn Currie Page Designer



Word Hunt

Find all 16 words

- | | | | |
|---------------------|--------------------|-------------------|------------------|
| Mobile | Dance | Workshop | Consumers |
| Permanent | Chimes | Introduced | School |
| Peer Support | Bold | Completing | Worthy |
| Engaged | Innovations | Prizes | Wonderful |

Q P N D D Z U L P X A F I W S

U D F Q L W O N D E R F U L Y

S E F C O N S U M E R S P E H

H C O M P L E T I N G E E D T

I U R O F D L O B W E N R R R

W D W B I X L J P R R G M B O

U O W I J O A O S Y Y A A L W

F R F L Q U W U O Y O G N Z O

F T U E O L P F U H I E E C R

W N B A V P T R G M C D N J K

D I N N O V A T I O N S T Q S

Y V L R V R H T M Z J K L M H

Y U T M S B C H I M E S I A O

I O G O U E D N V K Y S Y H P

M P U H P N K X E C N A D Z N

JK Rowling Considered Suicide While Suffering From Depression before Writing 'Harry Potter'

Adapted from the Sunday Times United Kingdom



JK Rowling has revealed that she thought of killing herself while suffering from depression as a struggling single mother. The Harry Potter author says she was prescribed cognitive behavioral therapy after suffering “suicidal thoughts” in the aftermath of separation from her first husband, Jorge Arantes, a Portuguese journalist.

She is now one of the world’s richest women, but at the time lived in a cramped flat in Edinburgh with her baby daughter Jessica. Rowling was only able to afford the rent after a friend paid the deposit. It was there she began writing the first Harry Potter book.

While Rowling, 42, has spoken before of her battle with depression, it is the first time she has admitted that she contemplated suicide. She said she finally sought professional help. “Mid-twenties life circumstances were poor and I really plummeted,” said Rowling. “The thing that made me go for help . . . was probably my daughter. She was something that earthed me, grounded me, and I thought, this isn’t right, this can’t be right, she cannot grow up with me in this state.”

Rowling said her usual GP was away, and the replacement doctor sent her away. “She said, ‘If you ever feel a bit low, come and speak to the practice nurse’ and dismissed me.” Rowling added: “We’re talking suicidal thoughts here, we’re not talking ‘I’m a little bit miserable’. Two weeks later I had a phone call from my regular GP who had looked back over the notes . . . She called me back in and I got counseling through her. “She absolutely saved me because I don’t think I would have had the guts to go and do it twice.”

Cognitive behavioral therapy typically involves a series of sessions with a counselor and is designed to help patients control negative thoughts. The technique is recommended by the health department for depressive disorders, anxiety, bulimia and posttraumatic stress disorder.

Rowling, whose Harry Potter novels have sold more than 400m copies worldwide and spawned a billion dollar industry, said she was happy to discuss her mental health problems to challenge the stigma associated with depressive illness.

“I have never been remotely ashamed of having been depressed. Never,” she said in an interview with Adeel Amini, 22, for a student magazine at Edinburgh University. “What’s to be ashamed of? I went through a really rough time and I am quite proud that I got out of that.” Mental health campaigners welcomed Rowling’s decision to speak publicly about her struggle with suicidal depression. Celia Richardson, campaigns director of the Mental Health Foundation, said: “JK Rowling is a wonderful role model and it’s brilliant she has chosen to talk about this.”



EXERCISE

PLEASE TALK TO YOUR DOCTOR BEFORE STARTING OR CHANGING YOUR EXERCISE PROGRAM.

Getting Started

Begin walking 5 minutes each day.

Each week,

add another 5 minutes until you reach 30 minutes of walking on most days.

When you can walk easily for 30 minutes, you can begin to increase your speed.

Mix It Up

Pick activities you enjoy and can fit into your schedule.

Do different things on different days so you don’t become bored.

Some activities can be part of an exercise routine, but others can be part of everyday life or hobbies.

Do any of the activities below

or combine them to exercise for at least 30 minutes most days.

Examples of Keeping Active and Recreational Activities

Walk or jog

Swim

Golf

Soccer

Dance

Bicycle outdoors

Racquet sports

Basketball

Part of your Routine Activities

Walk up stairs instead of taking an elevator or escalator

Get off the bus a few stops early and walk

Park farther away from the entrance of a business

Garden or rake leaves

Walk or ride a bike more often, drive less

Clean the house

Play actively w/children

Take a brisk 10-minute walk in the AM or after dinner

ENJOY THE BENEFITS

**BEING ACTIVE IS IMPORTANT FOR GOOD HEALTH
AND IT CAN ALSO HELP YOU FEEL GOOD ABOUT YOURSELF.**

By Kathy Lewis

33rd Annual USPRA, United States Psychiatric Rehabilitation Association, Conference

The conference was held in Metro Chicago, Illinois on the 16-19 of June, 2008. The theme of the conference was *There's a New Wind Blowing: Innovations in Psychiatric Rehabilitation*.



Mike Berren, Christina, Tomas Soto, Mae Holdmann, and Beth

Michael Berren, PhD taught a workshop that gave information on the CPSA's web-based audio visual library. The library is an empowerment tool for creating active participants in the recovery process.

Tomas Soto is a CPRP and on the Arizona Chapter's Board. Tomas works for Southeastern Arizona Behavioral Health Services (SEABHS).

Ken Rogers, CRSS, CPRP held a workshop at the USPRA on SMART® (Self-Management and Recovery Training). Ken was well received and hopes to give an Institute in Norfolk, Virginia, USPRA Conference June 29-July 2, 2009. Christina presented at the USPRA Conference 2007 in Orlando with Beth and Beverly. Ken and Christina presented at the USPRA Conference 2006 in Phoenix.



Ken Rogers and Christina Jasberg

The Goal of Education & Learning

By Patricia Porras

To achieve a goal I set years ago, I am continuing my education. Before now I was unable to finish my education because of a substance use disorder and low self esteem. When I learned that I have a disease of addiction which cannot be cured but is manageable, I decided to change my life and go into a 12 Step program. During 12 Step I heard of a class that was given for single women who would like to return to school and finish their education. The class is 'Progress EEE', Education for Economic Empowerment. This class is in Tucson at different locations and registration for this class is at Pima Community College (downtown campus). This class helped me to apply for financial aid, register for classes at Pima Community College, and learn how to juggle my education, recovery and work. Most of all, this class helped me to gain my self esteem, something I thought I lost. I discovered I am a worthy person and able to do whatever I set my mind to which includes my Associate degree in Applied Science for Social Work.

With the ongoing support from Progress EEE staff, I applied for the Progress Scholarship and interviewed for the PEO grant. Both are available to individuals who want an education. Attending Progress EEE is a requirement to apply for the scholarship. For the grant application, I needed to write a letter of need for financial aid, get letters of recommendation, and show financial need through a worksheet. With the help of Marilyn Osborn, the Progress Coordinator at Pima Community College, I was able to write a letter about my financial needs and my goal to achieve an education.

I am three classes away from achieving my goal of Associates in Applied Science for Social Work. Thanks to the Recovery Support Specialist Institute, I am working in the field of recovery, have gained self-esteem, and have become a person who is productive in the community.

Since writing the article Patricia has learned that she has received the grant. Congratulations, Patricia.

RSS Alumni Guild

POTLUCK PICNIC

On June 7th, about 20 RSSs, their family and friends came together for a Potluck Picnic at Reid Park. Kathy Lewis did an amazing job of getting all the food and prizes for this event. She marinated the chicken in OJ, and was assisted at the grill by Sonia Robles's fiancée Patricio. Each guest/RSS brought a side dish so there was plenty of delicious food for all. The highlight of the day was when our dear friend and mentor Dan Steffy stood up and talked to the crowd about what it means for him to be a peer support provider. We were all moved by what Dan shared with us that day.

Sonia Robles gave a talk about what the RSSAG is about and why it is important to have a forum to share our experiences.

Then we enjoyed several games with prizes for the winners of: The Potato Between Your Knees sprint, a no-hands Whipped Cream Eating contest and finally, The Balloon Toss. Just about everybody got wet; this was the perfect way to end a warm day.

To learn more about the RSS Alumni Guild you can call:

Fred Ortega, President at 838-3878

Stefanie Chapp, Vice President at 901-6871

Sonia Robles, Secretary at 901-2302

Meetings are held the third Wednesday of each month at CPSA, 600 S. Country Club. The next meeting is August 20, 8-10AM.



Sonia Robles

Beth Stoneking, Mae Holdmann, CRSS, and Beverly McGuffin taught a workshop on Recovery in the Workplace: Looking for Innovative Ways to Assist Individuals in Exploring their Recovery Capital and Spirituality. They discussed the “Recovery Capital Tool” and the “Spirituality Tool” which are two innovative tools that can be used by practitioners.



Beverly, Mae, and Beth

On Spirituality...
If only for a moment...

*Spirituality could be your reality
If only for a moment.
You could appreciate the times
When moments have passed,
Like all the church bells have chimes,
If only for a moment.
A strength and power from above,
Unforeseen and Godly love,
If only for a moment.
Should you feel alone,
And you feel cold and a heart of stone,
If only for a moment,
Then you should let,
Before you forget,
To have and to hold,
So dare to be bold
And
Spirituality could be your reality
If only for a moment.*

02/19/08 ©By: Mae C. Holdmann

Addictions Recovery Training

Top Row from L to R:

Tom Kelly, DBHS
Martin Palma
Bud Blanchard
Edward Taylor
Tom Summers ,
CRSS
Randall Snedden
Jeff Orchekowsky

Middle Row from L to R:

Maureen Finger
Martha Celaya
Julie Bishop, CRSS
Albert Regain,
CRSS, CPRP
Karen Russell
Rochelle Yalkowsky

Front Row from L to R:

Kathleen Cox
Terese Schrage
Victoria Davis
Jessica Gunnell
Connie Proctor,
RSS, CPRP



This summer, U of A RISE educated participants in the two week Addictions Recovery Training funded by ADHS/DBHS through Recovery Innovations of Arizona. The participants of the training were introduced to recovery materials for addictions. The 17 people, on the left, were awarded certificates for completing the training. **Tom Kelly, Individual and Family Support Coordinator for ADHS/Behavioral Health Services addressed the graduates before they were given certificates.** This is the second year of the grant.