



University of Arizona Recovery thru  
Integration, Support & Empowerment-RISE  
PO Box 245052  
Tucson, Arizona 85724-5052  
www.fcm.arizona.edu/outreach/rise

RISE (Recovery thru Integration, Support & Empowerment)  
To receive the RSS Newsletter please reply with the following  
information to:

Address: PO Box 245052, Tucson, Arizona 85724-5052  
E-Mail: klewis@email.arizona.edu  
Telephone: 520-626-7473 Fax: 520-626-7833

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

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



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

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**Recovery Support Specialist Newsletter**  
**Issue #6 May 2006**  
**Published Bimonthly**



**A COMMUNITY VICTORY**

By – Ken Rogers, CRSS, CPRP

Residents of Pima County made their voices heard when they voted YES on Questions 3 and 4 of the Special Bond Election that was held on May 16<sup>th</sup>. It was a landslide victory to make Tucson a safer and stronger community. We now have the opportunity to improve available treatment options and coordination of care for youth and adults in a behavioral health crisis.

**Pima County voters approved a plan that will:**

- Improve available treatment options and coordination of care for individuals in a behavioral health crisis.
- Divert non-violent youth and adults with mental illness from detention or jail into the behavioral health system.
- Aid law enforcement and other first responders in simplifying and facilitating their work with individuals in a behavioral health crisis.
- Reduce the pressure and demands on other overburdened and more costly community resources such as hospital emergency rooms.

An exciting and inspirational component of the psychiatric urgent care center is that it will employ Recovery Support Specialists to be part of the team for the provision of services at the Kino campus.



**COURTYARD CAMPAIGN KICKOFF RALLY AT KINO HOSPITAL CAMPUS YES ON BONDS 3 & 4**  
**Ken Rogers & Christina Jasberg**

**Advisory Committee**

Wanda Black

Linda Hicks

Connie Proctor

Ken Rogers

Tyrone Scery

**BIT\$ BY BETH**

As a convenience for agencies and supervisors who employ RSSs and for RSSs who are looking for a position, information for job openings may be found at [www.cpsajobs.org](http://www.cpsajobs.org). One of CPISA's goals for the RSS Program is workforce development, and while the number is a moving target, approximately 65%-70% of the RSS Institute graduates are employed in a behavioral health agency at any given time. I would like to extend congratulations to everyone who has made the RSS Program a tremendous success...Congratulations!



**LETTERS TO THE EDITOR**

**WHAT IS LINKAGES?**

Linkages is the Bridge between Business and People with Disabilities.

For more information or employment call (520) 571-8600

or [www.linkagesarizona.org](http://www.linkagesarizona.org)

**HOW CAN I FIND A RSS IN ANOTHER NETWORK FOR A MEMBER?**

You can call CPISA – Member Services – 1-800-771-9889

Beth C. Stoneking, PhD, CPRP Publisher  
 Beverly McGuffin, RN, MS, CPRP Editor  
 Kathy Lewis, CRSS Reporter

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.

**PSYCHIATRIC BONDS ELECTION - KEN ROGERS. CRSS**

Try to find all 20 words on this board

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O	I	Y	D	J	X	A	I	E	B	S	T	M	T	J
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N	V	K	H	U	N	N	S	S	I	S	I	R	C	O
G	D	D	W	J	T	V	R	I	Q	Z	L	G	Y	H

Brought to you by WordSearchFun.com

BEHAVIORAL	DIVERSION	HEALTH	REQUEST
BONDS	EDUCATE	HOSPITAL	RETURN
CARE	ELECTION	KINO	SAFER
COMMUNITY	EMERGENCY	PSYCHIATRIC	URGENT
CRISIS	FACILITIES	REGISTER	VOTE

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ANSWERS TO:  
 WRAP AROUND RECOVERY SEARCH AND FIND  
 ISSUE #5  
 BY CONNIE PROCTOR



# RISE INC.

By Linda Hicks & Robert Lee Arbuckle  
CRSSs of COPE Behavioral Services

**R**ISE Incorporated (no affiliation with the University of Arizona RISE program) has been dedicated to helping people improve their lives since 1991. Located in Tucson, AZ, RISE was originally partnered with Primavera, Our Town Family Center, Compass Health Care and COPE Behavioral Services. In 2003, the organization became an independent 501(c) (3) non-profit.

Former President and CEO, T. VanHook is largely responsible for the development and success of RISE Incorporated. Ms. VanHook retired this past March to pursue new challenges and is succeeded by Ben Tuchi as Chief Executive Officer and Teresa Welborn as Executive Director.

RISE currently operates from three downtown locations: the corporate office and RISE Studios, both on Stone Avenue, and The Warehouse on Toole Avenue. The organization plans to consolidate all its offices and operations into The Warehouse.

RISE's primary goal is to help individuals successfully re-enter the workforce and thereby begin working toward financial independence and autonomy. The corporation serves several populations: those with mental illnesses, developmental challenges, addiction disorders, and those without homes. Recognizing the diversity of consumer needs, RISE is obligingly multidimensional and has resources to assist with food and shelter, medical needs, behavioral enlightenment as well as paid vocational training.

## Did You Know ...



Lionel Aldridge  
1941-1998

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...that Lionel Aldridge was more than a great football player, but also an inspiration to people with mental illness?

Aldridge's career as a football player was impressive: He was a defensive end when the Green Bay Packers won the first two Super Bowls ever played; he won all pro honors and, in 1988, was inducted into the Packers Hall of Fame.

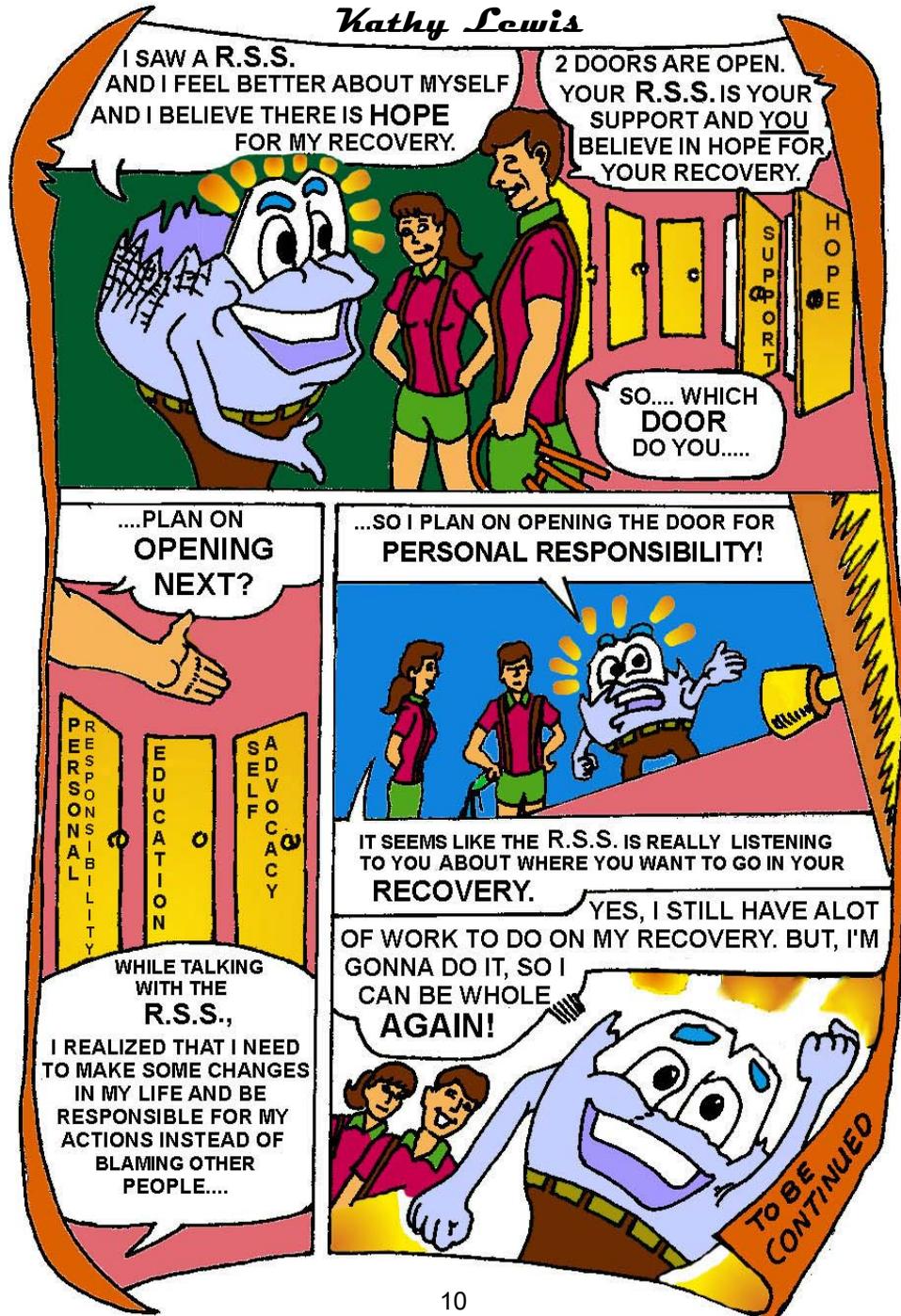
After retiring from football, Aldridge worked as a sports broadcaster until, at the age of 33, he began to experience debilitating symptoms of schizophrenia. Extreme paranoia and irritability contributed to his loss of career, family and possessions. For a time, Aldridge wandered the streets homeless.

Finding the courage to battle his illness, and with the help of programs and services, Aldridge regained a meaningful life. He became a motivational speaker and toured the United States with the message of recovery. In 1988, Lionel Aldridge received the Clifford W. Beers Award for his efforts to improve conditions for, and attitudes toward, people with mental illness.

Lionel Aldridge is considered a man of great strength despite adversity, and is a hero to many.

*Article by Linda Hicks and Tyrone Scery, RSS employees of COPE Behavioral Services, Inc.*

*Cartoon by:  
James E. Babcock  
Content by:  
Kathy Lewis*



## SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION (SAMHSA) ISSUES CONSENSUS STATEMENT ON MENTAL HEALTH RECOVERY (Condensed Version)

The Substance Abuse and Mental Health Services Administration today unveiled a consensus statement outlining principles necessary to achieve mental health recovery. The consensus statement was developed through deliberations by over 110 expert panelists representing mental health consumers, families, providers, advocates, researchers, managed care organizations, state and local public officials and others.

“Recovery must be the common, recognized outcome of the services we support,” SAMHSA Administrator Charles Curie said. “This consensus statement on mental health recovery provides essential guidance that helps us move towards operationalizing recovery from a public policy and public financing standpoint. Individuals, families, communities, providers, organizations and systems can use these principles to build resilience and facilitate recovery.”

The 10 Fundamental Components of Recovery include:

- Self-Direction
- Individualized and Person-Centered
- Empowerment
- Holistic
- Non-Linear
- Strengths-Based
- Peer Support
- Respect
- Responsibility
- Hope

The National Consensus Statement on Mental Health Recovery is available at SAMHSA’s National Mental Health Information Center at [www.mentalhealth.samhsa.gov](http://www.mentalhealth.samhsa.gov) or 1-800-789-2647.

*SAMHSA Advisory, 02/16/06.*

## NUEVA LUZ AND THE WARM LINE

HOPE, Inc. (Helping Ourselves Pursue Enrichment) is a 100% consumer run non-profit organization in operation since the mid-1980's. HOPE, Inc. is the umbrella agency responsible for the Nueva Luz Resource and Recovery Center, and the Peer Mentor Program/Warm Line. The phone number is (520) 770-1197. HOPE, Inc. also has a website [www.hopetucson.org](http://www.hopetucson.org)

**Nueva Luz** is located at 236 S Tucson Blvd., Tucson, AZ 85716. Days/Hours of operation: M,T,TH,F - 9:00AM-3:30PM and Wed.- times vary. Members of Nueva Luz have access to peer support, a computer lab, a clothes closet, showers, meals, snacks, field trips and parties on specific occasions. The center also provides an array of vocational, educational, recreational groups and classes for recovery. Some examples are CompuPeer (computer lab), Sittercize, 12-step groups, meditation and a new program, "A New Year-A New You" which focuses on health and wellness.

RSSs employed at Nueva Luz are known as Ambassadors. Ambassadors interact with members on a one-to-one basis or in group settings. In addition, they facilitate social activities and instruct an array of classes providing assistance to members on their journey of recovery.

The **Warm Line** is available for individuals to call and a trained Peer Mentor will listen to that person's concerns or have a friendly chat.

Warm Line – (520) 770-9909

M-F 4:30PM-8:30PM

Sat. & Sun. 1:00PM-5:00PM

If you are interested in employment at HOPE, Inc. please contact Regina Koch-Mart at 520-770-1197 x111.

## NUEVA LUZ AMBASSADORS



Kathleen



Stewart



Raelene



Rick



Janice



Tom



By-Kathy Lewis, CRSS

## ***RSS ALUMNI GUILD NEWS***

All of the elected officers are:

### **RSS Alumni Guild Board of Directors**

President	Wanda Black, CRSS	Compass, MCAS
Vice President	Ken Rogers, CRSS, CPRP	Community Educ. Spec., CPSA
Secretary	Christina Jasberg, CRSS	La Frontera Center
Treasurer	Hope Gonzales, CRSS	COPE Behavioral Services

The Guild is happy to announce that it now has a mailing address for receiving correspondence.

Please address mail to:

RSS Alumni Guild  
PO Box 44107  
Tucson, AZ 85733-4107

\*\*\*\* **Announcement** \*\*\*\*

### **RSSAG 1 YEAR ANNIVERSARY CELEBRATION**

**July 22, 2006**

**10AM – 2PM**

**Inn Suites – 475 N Granada Ave – St. Mary’s & I-10**

**Lunch is available for purchase.**

**RSSs will be sharing from their experiences at the USPPRA Conference.**

**All RSSs are invited to attend.**

**PLEASE RSVP TO WANDA BLACK – (520) 975-3539 or [wblack@compasshc.org](mailto:wblack@compasshc.org)**

### **Crisis Intervention Training (CIT) For Law Enforcement March 2006**



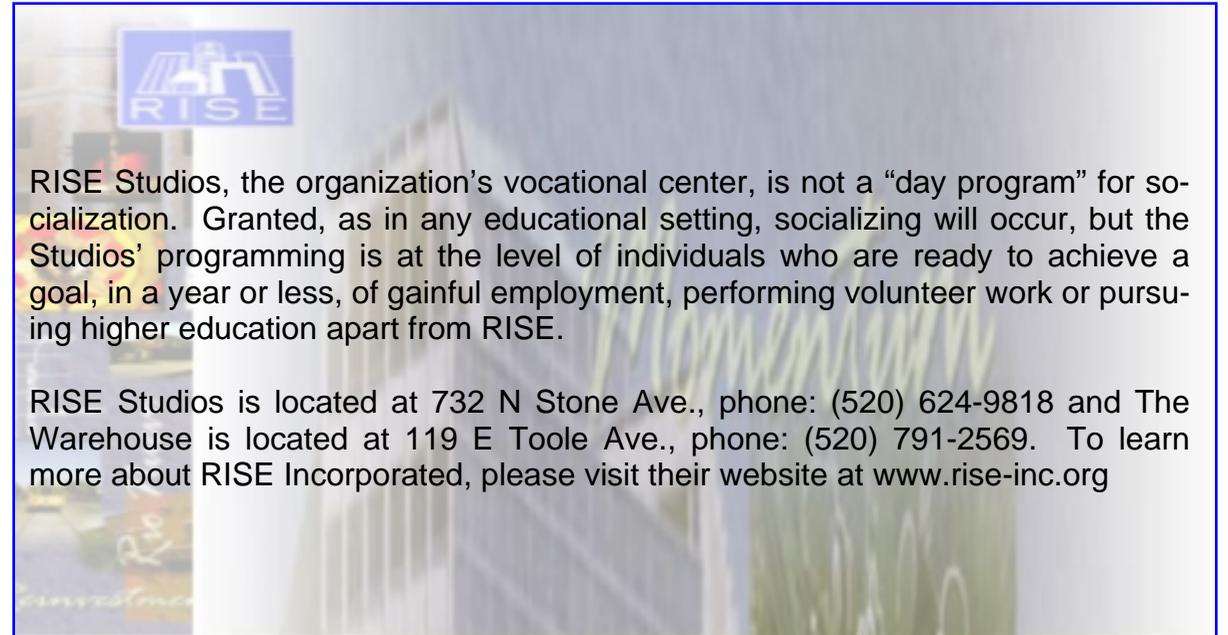
**Standing:**  
Fred Ortega  
Wanda Black  
Hope Gonzales

**Seated:**  
(Family Member)  
Judy Kowalick  
Christina Jasberg

### **LINKAGES BUILDING BRIDGES AWARD EMPLOYEE OF THE YEAR**



**Ken Rogers**



RISE Studios, the organization’s vocational center, is not a “day program” for socialization. Granted, as in any educational setting, socializing will occur, but the Studios’ programming is at the level of individuals who are ready to achieve a goal, in a year or less, of gainful employment, performing volunteer work or pursuing higher education apart from RISE.

RISE Studios is located at 732 N Stone Ave., phone: (520) 624-9818 and The Warehouse is located at 119 E Toole Ave., phone: (520) 791-2569. To learn more about RISE Incorporated, please visit their website at [www.rise-inc.org](http://www.rise-inc.org)

### **PRACTICUM IN SOUTHERN ARIZONA**

While attending a practicum in Southern Arizona as a guest reporter, I realized how important the practicums are for Recovery Support Specialists. It is an excellent support and learning venue for RSSs in their journey of recovery, remaining employed and one more step to becoming a Certified Recovery Support Specialist (CRSS).

Being a CRSS myself, I have attended practicums and have seen the progress that other RSSs made in their recovery and employment. It is amazing to see the improvement in people’s attitude and work ethic, within only 3 to 4 months.

### **THE MOST RECENT CRSSs**

#### **IN SOUTHERN ARIZONA**



Angel Wright - NAMI SEA  
George Hoover - SV SEABHS  
Cassia Gilbert - SEACRS  
(Not Pictured)  
John Bush – SEABHS  
Lynn Kincaid – Comfort Zone  
Waverley Chmura – REN  
(Formerly employed at the Comfort Zone)  
By-Kathy Lewis, CRSS