



University of Arizona Recovery thru
Integration, Support & Empowerment-RISE
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RISE (Recovery thru Integration, Support & Empowerment)
To receive the RSS Newsletter please reply with the following
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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 #7

August 2006



UNIVERSITY OF ARIZONA RECOVERY THRU INTEGRATION SUPPORT & EMPOWERMENT (RISE)

Currently U of A RISE has the contract with the Community Partnership of Southern Arizona (CPSA) to train people in the greater Tucson area and rural Southeastern Arizona who are in recovery to work in behavioral health agencies as Recovery Support Specialists (RSSs.) This is done through the RSS Institute, a 60 hour training followed by 8-12 weekly 2-hour practicum meetings. The Instructors for the classes are; Beth Stoneking, Ph.D., Certified Psychiatric Rehabilitation Practitioner (CPRP), Director & Assistant Professor; Beverly McGuffin, RN, MS, CPRP, Program Coordinator U of A RISE and Dan Steffy, Community Education Specialist CPSA.

Dr. Beth Stoneking has been the Director of the U of A RISE since its creation in the College of Medicine's Department of Family and Community Medicine in the late 1990's. Beth also consults with La Frontera Center's integrated employment program; teaches courses in psychiatric rehabilitation for the upper level undergraduate and graduate students in the College of Education Department of Special Education, Rehabilitation and School Psychology; is a member the editorial staff of the Journal of Psychiatric Rehabilitation; and will work with Beverly McGuffin, Dr. Lori Ashcraft and others at META Services in Phoenix to implement a newly awarded program from the Arizona Division of Behavioral Health Services to develop a statewide curriculum and train people in recovery to work in programs that provide substance abuse services.

Beverly McGuffin is the Editor for the "RSS Newsletter" and coaches CRSSs in their presentation skills for community groups. Beverly and Beth are also founding members of the Arizona Chapter (AZPRA) of the United States Psychiatric Rehabilitation Association (USPRA).

Kathy Lewis a CRSS, completed the RSS Institute in September 2005. Kathy has been employed by U of A RISE since February 2006 as a Reporter for the "RSS Newsletter". Recently, Ms. Lewis has also become the Administrative Assistant for RISE.

U of A, RISE is definitely an asset to people in the Behavioral Health Communities in Southeastern Arizona.

- Kathy Lewis, CRSS



Advisory Committee

BIT\$ BY BETH

Wanda Black

Congratulations to Institute VIII, you were a fun group to train and it will be a joy to support you as you move into your positions as RSSs.

Angela Dingledine

As RISE and CPSA move into the third contract for RSS Institutes I would like to share with you some of the data that CPSA has collected on the RSSs.

Linda Hicks

Ken Rogers

First we need to remember that the primary goals of the RSS project are workforce development, system enhancement and increased satisfaction. I believe that each of you can testify to how the RSS Program has changed your life.

Tyrone Scercy

Dan Steffy

Nearly 90% of the people who took the Institute for "Job Training" are employed. Of those employed 95% reported being satisfied with their job and felt like they were equal team members. 18% reported stigma from co-workers. 60% believed there were opportunities for advancement at their places of employment.



All (100%) of you agreed that having a job positively impacted both your self esteem and recovery. 88% reported a positive change in income due to employment and 22% of those employed experienced a decline in their disability benefits.

You have increased focus on recovery within your agency and you are role models with your experiences. The people you work with think that you have done a terrific job helping them.

As you continue to move out into the community, you are leaders for everyone to look to and rely on for strength, energy and vision. It's great to be on your team.

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.

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

31ST ANNUAL USPra CONFERENCE - KEN ROGERS, CRSS, CPRP

Try to find **all 20** words in the puzzle

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

ADVOCACY	CONFERENCE	INTERNATIONAL	RECOVERY
ASSOCIATION	EDUCATION	PEER	RESOURCES
AZPRA	EXHIBIT	PHOENIX	SEMINARS
CERTIFICATION	HYATT	PSYCHIATRIC	VOLUNTEERS
COLLABORATION	INSTITUTES	PSYCHOSOCIAL	WORKSHOPS

Brought to you by WordSearchFun.com

											E	E		
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ANSWERS TO:
 PSYCHI-
 ATRIC
 BONDS
 ELECTION
 SEARCH
 AND
 FIND
 ISSUE #6
 -
 BY
 KEN
 ROGERS

LA FRONTERA CENTER WITH FRED ORTEGA, CRSS



Fred was imprisoned for approximately 27 years of his life and was last released in September 2003 and became a “person on the streets.” He had nowhere to live, scrounged for food, was unemployed and did not have the current tools and skills to communicate in society. A fellow comrade suggested that Fred might want to check out La Frontera for assistance. In October 2003 at La Frontera, Fred was in the Readily Access People Program (RAPP) which is an outreach program for the homeless.

Fred attended the RSS Institute in September 2005 and became a RSS at La Frontera soon after. “I wanted to become a RSS for the opportunity to be able to give back what was given to me and to be able to help other people in their journey of recovery.”

The favorite parts of his job, “Interaction with clients gives me the most satisfaction. Giving assistance when someone needs something and I can help. I like it all.... the most rewarding experience working as a RSS is the change and growth in me.”

Currently Fred is part of a team that is implementing the Intensive Outpatient Program (IOP) for the Methamphetamine Program which is a matrix model and is the only one in Pima County. Due to his past experiences with drug use, he can relate to people who “use.” “Meth” deteriorates the brain cells over a period of time and can regenerate when a person is “cleaning up.” He is doing more research on the clinical aspects, in reference to the time frame to regenerate and repair cells in the brain after using “meth” for a period of time.

Fred is very confident and happy with his life. Now he has a roof over his head-without bars on the windows, eats regular meals-when and where he wants and has a job that is inspirational and fulfilling.

LA FRONTERA CENTER WITH CINDY HARRELSON, CRSS



In October of 1969 at the age of 12, Cindy was admitted to Tucson Medical Center (TMC) for one month. After many tests, x-rays and scans, she was told that she had a very large brain tumor in the center of her brain. The doctors said that she should have died many years ago. Her family members, doctors and teachers told her she would never walk, talk, have children and feed herself or work. Cindy said, “They expected me to die.”

Well, she proved everyone totally inaccurate and completely wrong.

Cindy had four children, 3 children are living and she also has two grandchildren. She is totally capable of functioning independently in society.

In the 1990’s she started out in the front office as a secretary and then became a peer mentor at “Our Place Clubhouse.” As a peer mentor, she talked to members on site, in hospitals, jails and individual homes.

- The RSSAG is always looking for new members to join. We meet on the third Wednesday of every month from 8:00–10:00 AM at the CPSA Training Center located at 2502 N Dodge Blvd in Tucson. The meetings are also video teleconferenced at the CPSA Regional Office at 999 E Fry Blvd, Ste 109 in Sierra Vista. For more information, call Ken Rogers at (520)618-8832 or email to ken.rogers@cpsa-rbha.org

RSS Alumni Guild ~ PO Box 44107 ~ Tucson, Arizona 85733-4107

RSSAG 1 YEAR ANNIVERSARY CELEBRATION



Stairs – Fred, Heather, Jennifer, Joaquin, Cindy
Middle Row - Lynn, Ray, Fred, Sheldon, Christina, Jim, Nadia, Brenda, Karen
Bottom Row – Valley, Angela, Wanda, Theresa, Ken

Did You Know ...



CARRIE FISHER



She was born in Los Angeles, CA. October 21, 1956. Carrie is the daughter of Hollywood stars Debbie Reynolds and Eddie Fisher. At nineteen years of age she had her first movie role, *Shampoo*. Many people know her as the actress who played Princess Leia in *Star Wars* in 1977.

Since Carrie was 15 years old she had been seeing a therapist and at 24 years old was diagnosed with bipolar disorder. In the 70's she began cocaine use which led to an addiction, by 1980 she had a serious alcohol problem and 1985 suffered a drug overdose which resulted in rehab. From that experience she wrote the screenplay for *Postcards from the Edge* starring Meryl Streep in 1990.

Since the 1990's, she has script-doctored films including *Hook*, *Sister Ret*, *Lethal Weapon 3*, *Outbreak* and *The Wedding Singer*. In 1994 Carrie wrote a novel *Delusions of Grandma*.

In 1997 she was again hospitalized, to rebalance the medication she takes for her bipolar disorder, according to her mother. Carrie was taking her prescribed medication for manic depression and pain medication prescribed from getting dental implants when she recognized the problem early on and acted immediately. That is when she checked herself into a drug treatment program in November of 1998.

Fisher says she found a psychiatrist, proper medication and a support group for people with bipolar disorder. "When the group started talking about their medications, it was such a relief," she remembers. She has since become vocal in the struggle for mental health care. In 2001 she lobbied for more funding to treat mental illness at the Indiana Statehouse.

She has shown others with a bipolar disorder that it is possible to triumph over adversity.

By-Dan Steffy

PIMA COMMUNITY ACCESS PROGRAM (PCAP)

What is PCAP?

Pima Community Access Program, also known as "PCAP", is a not-for-profit organization that provides access to professional health care at discounted prices the uninsured can afford.

What is the difference between PCAP and a private insurance?

PCAP is a highly discounted pay as you go medical program.

How much does it cost?

\$40 yearly membership fee per person (due upon enrollment.) No monthly premium. Affordable co-payments payable at time of services.

My employer offers health insurance; can I still participate in PCAP?

Employers cannot subsidize any portion of your health insurance costs in order for you to participate in the program. However, if you have a probationary/waiting period, you are eligible for PCAP during that period and your spouse and/or dependents may be eligible.

Any other requirements needed to participate in PCAP?

Cannot be eligible/enrolled in AHCCCS, Medicare, third party liability or other health care programs. Eligibility for AHCCCS or other government funded health care programs will be determined prior to enrolling in PCAP.

What services are covered?

PCAP offers discounted services for primary care visits, specialist visits, hospitalization, outpatient hospital services, laboratory services, radiology services, transportation, pharmacy discounts and vision services.

Any services or conditions excluded?

Most medically necessary services are covered; there are no discounts currently available for dental, mental health services, substance abuse, organ transplant or obstetrics.

Are there income limitations?

Yes. Here is an example:

Family Size	1	2	3
Gross Monthly Income	\$817-\$2,042	\$1,100-\$2,750	\$1,383-\$3,458
Gross Yearly Income	\$9,800-\$24,500	\$13,200-\$33,000	\$16,600-\$41,500
Hourly Rate/40 Hrs. Wk.	\$4.71-\$11.78	\$6.35-\$15.86	\$7.98-\$19.95

How do I apply or get information?

(520) 694-0418 or www.pcap.cc

RSS INSTITUTE VIII GRADUATES



2nd Row Standing: Sam Golden, Kimberly Miller, Brad Barker, Ron Jones and Jim Hamilton

1st Row Standing: Frederick Bernal, Nadia Shivack, Heather Stewart, Brenda Zdeb, Jennifer Nemeth, Roberta (Bobbi) Joyce and Zoi Mossie

Seated: Kimberly Burk, Amberlynn Bailey and Salma Ballesteros



Dan Steffy played calming music on the flute.



CRSS Panel: Christina Jasberg, Brenda Morris, Robert Arbuckle and Wanda Black spoke about their past, present and future in recovery.

By-Kathy Lewis, CRSS

RSS Alumni Guild News

By: Ken Rogers, CRSS, CPRP

- On May 12th, a panel of CRSSs presented at the 2006 Tucson Nurses Conference at the Doubletree Hotel. Ken Rogers spoke about the RSS Program and the RSSAG; Wanda Black and Emily Plasterer spoke in reference to the Mothers Caring about Self (MCAS) Program; Roxanne Gaul spoke about The Haven; and Hope Gonzales gave a presentation about Disassociative Identity Disorder. The presentations were very well received and the evaluations were positive.
- The United States Psychiatric Rehabilitation Association's (USPRA) 31st Annual Conference was held in Phoenix on June 5-8. It was a busy time for numerous RSSs who graciously dedicated their time to volunteer for the event. The RSSAG Board of Directors presented a workshop titled: "Strengthening Peer Support in Arizona." The workshop gave participants information on how to develop their own on-going support and education network for peer support providers in their communities. Ken Rogers presented a second workshop on Self-Management and Recovery Training (SMART) that was very popular. **GREAT JOB - To everyone who worked so hard at the conference!**



Ken Rogers, Christina Jasberg, Hope Gonzales and Wanda Black were key speakers about RSSAG at the USPRA Conference.

Angela Dingleline was one of the volunteer coordinators along with Wanda Black working in the Volunteer Room.



Cindy attended the RSS Institute in September 2005. She is now a RSS at La Frontera and says, "I love to help the members. The staff is friendly, helpful and they have a good sense of humor." She works full time at La Frontera for "Intake," is a team member on the "Brief Assessment Team" and also facilitates the "Peer Mentor Group." Cindy says she loves going to work because "Each day is a challenge. You never know what's going to happen that day. Every day is different and unique in a positive way."

SOUTHEASTERN ARIZONA BEHAVIORAL HEALTH SERVICES (SEABHS) IN BISBEE WITH JOHN BUSH, CRSS



John was a person with depression at the early age of 6. In 1987 John was hospitalized for approximately 30 days and became a person with a Major Depression Disorder that was severe and recurrent. 1987 to 1989 he attended Northern Arizona University and left college to join the Navy as a Chemistry Technician on a Nuclear Submarine that was stationed in San Diego, CA. For 3 ½ years, John hid his depression from the Navy, but the government found out about his past and he received an honorable discharge. He recently graduated the University of Arizona with a degree in Business Administration.

He was married for nine years and divorced in 1998. "Selena, my thirteen year old daughter is the most important person in my life." John travels out of town two to three times a month to see her. Selena keeps him moving forward in his life and recovery - she gives him purpose and a reason for living.

John is a RSS and a Law Enforcement Trainer at (SEABHS) in Bisbee. "I enjoy helping other people in their recovery; by helping other people it also helps me in my own recovery."

After attending the RSS Institute in November 2005, he was hired at SEABHS and started RSS duties in December 2005. A special project of John's is the Law Enforcement Training (LET). This class is specifically for Firemen and Police in Cochise, Graham, Greenlee and Santa Cruz Counties. The class consists of information and videos for appropriate, calm and safe interaction as a first responder in a developmental disability crisis or a mental health crisis.

John supports his wellness and recovery on the job by having the opportunity to speak with a therapist if need be. Off the job, he attends "Dialectical Behavioral Therapy" (DBT) classes, "12 Step Meetings", exercises 2-3 times a week and plays basketball with members.

By – Kathy Lewis, CRSS

