



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 #8
November 2006



**2nd Annual CPSA
Graduation
Ceremony**



The morning opened with a delicious buffet breakfast, followed by a welcome from Miriam Kile, Chief of Clinical Operations at CPSA. The opening remarks were given by Neal Cash, President/CEO of CPSA. Then the

awarding of the Recovery Support Specialist Certificates (see centerfold), followed by remarks from the Honorees. Betsy Byler, who came from Phoenix to enjoy the festivities, is the Chief of the Clinical and Recovery Division for ADHS/DBHS spoke at the proceedings as well. Ken Rogers talked about the Recovery Support Specialist Alumni Guild, and Christina Jasberg spoke about The Long Rangers. Then, to everyone's surprise, Wanda Black, Chair of the Recovery Support Specialist Alumni Guild, presented R.I.S.E. with a special award (see p8).

The people who are celebrated at the yearly CPSA Celebration have completed the 7 day RSS Institute, have more than 120 hours in a peer support position, have attended at least 8 practicums, and have a positive evaluation from their supervisor. Each person has made their own recovery a primary part of their life so that they are able to go to work. They are committed to using their skills when helping others. To celebrate their victory of making recovery work for them is an honor and privilege.

Advisory Committee

- Wanda Black
- Angela Dingledine
- Linda Hicks
- Kathy Lewis
- Ken Rogers
- Tyrone Scercy
- 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.

BIT\$ BY BETH

Here's is the latest member to the UofA R.I.S.E. team; Rebecca Steiner, the new Student Assistant. She is a senior at the University of Arizona, with aspirations of becoming a physician. The knowledge gained through working at R.I.S.E. will help her to be sensitive to people in recovery. She is also the Captain of the University's Women's Rugby Team, which makes Beth and Beverly very proud. Always up for a challenge, this is the first newsletter she is helping put together, and learning all the intricacies that goes with it. Go Rebecca Go!



News of Note

What is CPRP?

USPRA offers a credential called the Certified Psychiatric Rehabilitation Practitioner (CPRP). In Arizona, this credential qualifies a person to be trained as a Clinical Liaison in the behavioral health field. USPRA will soon publish a study guide for taking the exam. A RSS with two years of work experience in psychiatric rehabilitation may be eligible to apply.

For more information about the CPRP Program, please visit www.uspra.org or direct questions to Ken Rogers or Beverly McGuffin.

Beth C. Stoneking, PhD, CPRP Publisher
 Beverly McGuffin, RN, MS, CPRP Editor

2nd Annual CPSA RSS Graduation Ceremony

Find each of the following words:

- annual certificate determination recovery
- award contribution honorees support
- breakfast dedication journey

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ANSWERS TO: 31ST ANNUAL USPRA CONFERENCE SEARCH AND FIND ISSUE #7 BY KEN ROGERS

Tonika Talton...standing tall and doing good work!



Tonika Talton graduated from the seventh RSS Institute in March of 2006. At that time she was a House Manager for The Haven. In July she was promoted to Supervisor of the House Managers. She supervises 10 staff and 50 women and children depend on her. As you can see in her picture Tonika is motivated, strong-willed, to which she has added a “true believer in recovery from anything”.

Her challenge came when she was promoted to the supervisor position. Co-workers needed to understand that she was now the boss. Using good boundaries and setting herself up as a leading by example she glows when she speaks of her work. It is not easy when everyone expects you to know all of the answers. Although she does her best to maintain a 40 hours week, she is on call 24/7. Her cell phone went off several times during our short interview and people were calling to her across the Haven’s campus. Maybe she does have all the answers.

Karen Smith, Clinical Director and Margaret Higgins, Executive Director must believe that Tonika is the right person for the job. Tonika began her recovery process as a client of The Haven. She volunteered while working her program. Two years later when she called for a reference for another job, she was asked to come in and interview for a House Manager position. Roxanne Gaul, another CRSS, was Tonika’s supervisor. When Roxanne moved into a Prevention Specialist position at The Haven & U of A-Mujer Sana Tonika moved up to the supervisor position.



ARE YOU READY TO WORK FULL TIME AGAIN? YES I AM!

BY-KATHY LEWIS, CRSS



At the age of 17 years old, I started working. Thirty years later, I am still working and that’s a good thing. I have always enjoyed working full time, even though work would range from boring to stressful and demanding. Sometimes I even took on a second job on the weekends to diffuse the financial issues since I was raising my daughter on my own without financial assistance. There were bouts of unemployment in the past 10 years due to mental health issues which did not come to my awareness until last year.

In 2005 I was unemployed and went into a mental health crisis. Seven months later accompanied with education, patience, support and determination, I was employed again. The first position I held was at HOPE, Inc. the second at the U of A, R.I.S.E. as the Newsletter Reporter. Even though I was unable to work fulltime, each situation gave me more insight into myself and my recovery.

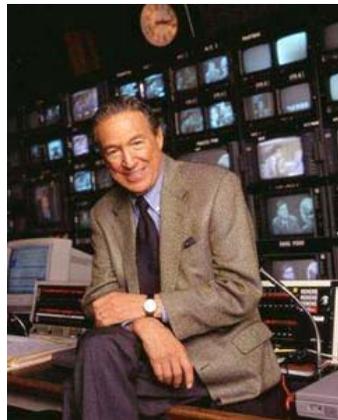
I had a goal to work full time at La Frontera Center when I attended the RSS Institute in September 2005. In August 2006, I was ready, and on August 28 I began work at La Frontera Center, Mountain site as a CRSS.

It has not been gentle waves lapping on the beach to get here. There have been white caps, a few hurricanes and tornados on the path to my goal. That is what recovery is all about, hope, support, empowerment, strength and determination. I am better for what I have been through and I believe:

“EVERYTHING HAPPENS FOR A REASON”

Thanks Kathy for your good work as a RSS Newsletter Reporter.

Do you know...



“...there's nothing, repeat, nothing to be ashamed of when you're going through a depression. If you get help, the chances of your licking it are really good. But, you have to get yourself onto a safe path.”
- Mike Wallace, Co-Editor of 60 Minutes in an interview with CBS Cares on his personal journey through depression

For those of us who have been around awhile, Mike Wallace is an icon of our television culture. He was 50 years old when 60 Minutes first went on the air in 1968.

His reporting style is no-nonsense and tough. Wallace has long been known for his aggressive interviewing technique. He practiced it on world leaders ranging from Deng Xiaoping to Ronald Reagan. He is insightful, humorous and intelligent. And... he is a person with a mental illness.

Some time after his initial bout with depression, Mr. Wallace was being interviewed on an early morning talk show with Bob Costas. It occurred to him that many of the people who were watching at that hour were individuals who could not sleep because of their depression. That interview became his first disclosure to the world regarding his own experience with depression. Since then he has been a strong advocate for mental health and tells his story to inspire others in their recovery.

As a guest of Tipper Gore at a White House Conference on Mental Health, he described how he developed depression. He was in the midst of a long libel trial, where his integrity and judgment were questioned every day, much like he relentlessly interrogated others. Everything he stood for was being challenged, and the outcome was in doubt. Every day, he felt worse; unable to sleep, concentrate, or make simple decisions, grouchy, full of anxiety and self-doubt. Every night, he would call his doctor, who would tell him "You're strong, Mike. You can get through this." Finally one day Wallace checked himself into a psychiatric hospital. He got medication and therapy and began his journey of recovery.

-Dan Steffy

New AHCCCS Program to cover Arizonans with disabilities waiting for Medicare

Millions of Americans with disabilities are forced to go without health insurance once they begin receiving Social Security Disability Insurance (SSDI) payments and before they become eligible for Medicare. Good news! As of October 1, Arizona has an answer for its disabled residents!

Arizona is the first state in the country to create a health care coverage option for disabled Arizona residents waiting for Medicare, who are no longer eligible for other AHCCCS programs. The new program is called "SSDI-Temporary Medical Coverage."

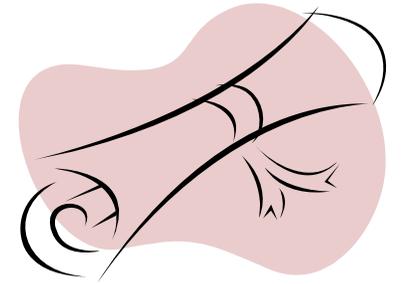
AHCCCS began accepting applications on September 1, 2006 for this new program. Eligibility criteria includes:

- Arizona residency
- U.S. Citizenship or qualified non-citizen status
- AHCCCS membership at some point within the last 24 months
- Be receiving Social Security Disability Insurance (SSDI)
- Required monthly premium based on household income
- Not yet eligible for Medicare
- Not be covered by other health insurance
- Not currently eligible or receiving coverage from

AHCCCS

Premiums for this program will range from \$60-\$300. If an applicant has any previously unpaid premiums, the applicant will have to submit payment to AHCCCS before the application will be approved.

For more information about this new program, call, 602-417-6690 or visit www.azahcccs.gov/community and download a Fact Sheet about SSDI-Temporary Medical Coverage



Albert Regain and Frances Arellano



Eric Stark and Dan Steffy

CPSA 2nd Annual Recovery Support Specialists Certification Ceremony September, 2006

Pictured Above:

Top Row (Left to Right): Rick Brower, Kathy Lewis, Fred Ortega, Bradley “Stewart” Knowles, Douglas A. Stephens, Irma Jeanisse, George Hoover, Arnulfo “Arnie” Palma, Samuel Golden, John Bush

Third Row: Susan Salgado, Donna Hale, Janice Hyne, Anna Marie O’Leary, Angel Wright, Heather Stewart, Jennifer Barnacastle

Second Row: Ronald Jones, Lynn Kincaid, Salma Ballesteros, Tracy Espinoza, Tonika Talton, Amberlynn Bailey, Eric Stark, Bradley Barker, Roberta “Bobbi” Joyce

Front Row: Thomas Conkright, Frances Arellano, Kimberly Burk, Cynthia Harrelson

Not Pictured: Waverly Chmura, George Perez, Brenda Zdeb, Juliann Chartier

**RSS ALUMNI GUILD
NEWS**

Wanda Black, President of RSS Alumni Guild presented Beth Stoneking and Beverly McGuffin with this award at the CPSA celebration.



Written on the award is:

“For the outstanding contributions, dedication and support of the Recovery Support Specialist Program

We present this award of recognition and appreciation to
University of Arizona
R.I.S.E

Thank you for being a part of our journeys,
The RSS Alumni Guild

September 13, 2006”



Tonika’s family consists of a supportive husband who works at Primavera, 16 year old daughter who is playing soccer and taking college credit in high school, and a 3 year old girl and 2 year old boy. Her family keeps her young at heart and focused on the joys of life. At the RSS Institute, Tonika learned how to listen and became aware of many different ways of recovery. She knows how to look beyond to what the person has inside them. Giving back has become a way of life for Tonika.

The Haven:

Mission: Within a safe, nurturing, and compassionate community, The Haven offers individualized treatment services to women recovering from substance use disorders. Using time-tested best practices, The Haven supports a woman's spiritual, emotional, and intellectual growth while she is moving into a clean and sober life of health and wholeness.

For more than three decades The Haven has been helping drug and alcohol dependent women achieve sobriety: women with children, homeless women, women who have no hope. Unlike most treatment programs, however, The Haven's residential treatment program lasts 90 days - not the usual 30 days or less.

Community involvement remains an integral part of The Haven’s existence. Many agencies, organizations, and individuals continue to donate money, material, and time to The Haven.

'We have helped more than 1,000 women achieve and maintain their sobriety in the past 15 years alone.'

