



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 #9

December 2006



Angela Dingledine, CRSS and Sonia Robles, CRSS were invited to speak at the 7th Annual Summer Institute in Sedona, 2006. The session was titled **Community Partnership of Southern Arizona, Recovery Support Specialist Initiative: Evaluation of a Consumer Provider Training Program**. Presented were the goals of the evaluation plan: 1) workforce development and utilization 2) system enhancement 3) program effectiveness and 4) program satisfaction. Progress towards achieving the goals was discussed by Michael Berren, Jason Malfait, Dan Steffy and Beverly McGuffin. The audience was amazed at the positive data regarding the effect that RSSs have on the person in recovery as well as the behavioral health field in which they work.

Angela and Sonia spoke about their experiences in recovery from mental illness and substance use and how the Recovery Support Specialist Institute (RSSI) assisted them in changing their lives. They answered questions that opened people's eyes who thought that people in recovery could never provide direct services to people in behavioral health services. Both felt honored to have an audience from agencies around the state and the Arizona Department of Health Services. Eddie Broadway, Deputy Director of the Division of Behavioral Health Services, share's our interest and excitement about RSSs working throughout Arizona.

Angela and Sonia work for CPSA as Member Advocate Assistants in Member Services. They agreed "the trip to Sedona was a wonderful educational experience. It was a great opportunity to see what else is happening around the state of Arizona as well as other states and how we are so blessed to have the RSS Program. Having the opportunity to speak increases our ability to see how important our work is and that there is much to do. It was great to see other CRSSs Eddie Grijalva, Fred Ortega and Tom Conkright presenting at the Summer Institute."



Sonia Robles, CRSS, Institute 2, and Angela Dingledine, CRSS, Institute 1

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

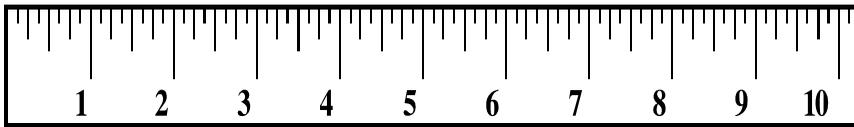
The Holiday Season is here and with it comes a lot of Christmas music over the radio and a lot of shopping. Just be careful out shopping, I hear it can get pretty dangerous out there in the wilds of the malls. I hope everyone had a wonderful Thanksgiving and you are all sick of eating Turkey. Institute 9 was a great success and it was amazing having 16 people so dedicated to helping others and sharing their experiences. Life at UofA R.I.S.E. is getting back to normal after the Institute, since we're finally back in the office for most of the week and can actually see our Student Assistant, Rebecca Steiner. Here's wishing everyone a safe and blessed holiday season.

HAPPY HOLIDAYS!

News of Note

**Motivational Interviewing
The Readiness Ruler**

Ask the person to point to where they see themselves on the ruler (1-10) related to their next goal (attending a peer group with you; reducing their substance use; talking to their prescribing clinician about the side effects of their medications; etc.). Then ask questions in both directions: "Why do you say you are a 4 and not a 2?" or "What would it take for you to be a 6?"



Everyone is Responsible for their own Recovery.

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

Psychiatric Medications

Find each of the following words:

Adderall	F U A E F F E X O R I D N E E
Atarax	S F T T T X A N A X L S A P P
Ativan	C G N G A O U S T R P K V K R
Buspar	I O Y N E N K C P G A W I Y O
Clozaril	B S G M I Q O A Q B E T T R Z
Cogentin	E A M E S R I S P E R D A L A
Depakote	W R M L N I T K E E G D I U C
Effexor	X X R L V T E U Q R D G C V P
Haldol	L G A A H A I L B E O F H O R
Librium	Z G P R A L V N R L G Q V X T
Luvox	I Z S I L I R A Z O L C U F N
Mellaril	O Y U L D N L P A C L E T E K
Paxil	K D B J O L I B R I U M W G L
Prozac	V Z G X L D Y L I X A P B S S
Risperdal	V G A A C Z O I U V H C O V J
Ritalin	
Seroquel	
Sonata	
Wellbutrin	
Xanax	

R E C O V E R Y
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I T R O
C D N U N
A E O O O
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**ANSWERS TO:
2nd Annual CPSA RSS Graduation Ceremony
ISSUE #8
- BY
Rebecca Steiner**

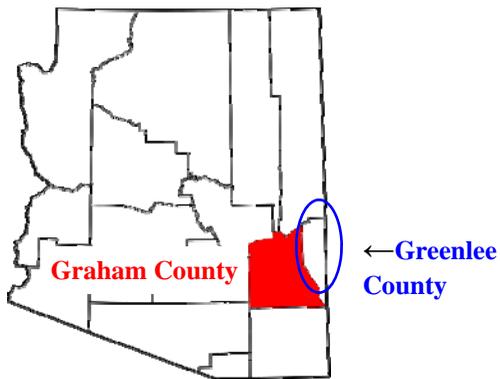


**Amberlynn Bailey, CRSS,
South Eastern Arizona Behavioral Health Services
(SEABHS) for Graham and Greenlee Counties**



I was introduced to the behavioral health system at age 12. By then, I was already involved with the legal system and had exhausted my natural supports. The behavioral health system offered me one diagnosis after the other. Each time I relocated I started over with new diagnoses and medications. After two traumatic hospitalizations I completed my legal obligations and graduated into the adult system.

In 2004 I went for treatment at SEABHS and that decision changed my life. The people that I met were able to attract my attention and I realized that I could do something other than be a “mental patient”. Today I live a program of recovery and work as a Certified Recovery Support Specialist (CRSS) for SEABHS Safford Outpatient covering both Graham and Greenlee counties. These rural areas present unique obstacles ranging from a lack of public transportation to a lack of city utilities. Water is not available in some areas and must be hauled in several times a week. Dirt roads are also common making travel time lengthy.



New Location for RAPP

By Crickett Austin, CRSS, Institute 1



La Frontera RAPP Project CONNECT held an Open House on Nov. 10th to celebrate their move to 748 N. Stone Ave. The building is easily twice the size of the old site, with two large lobbies for consumers, a spacious Wellness Recovery Center which offers Acu-Detox, Reflexology, Reki, and other services for co-occurring disorders, and individual offices for all staff.

The Open House main performance was the Black Man Clay band, which rocked the house, followed by Grammy award nominee flutist Mary Redhouse. Entertainment was arranged by Minerva ‘Ashitari’ Perez of the RAPP team. Food, fun and entertainment were enjoyed by all.

RAPP (Readily Accessible People Program) Project CONNECT is a Program of Assertive Community Treatment (PACT) team that provides comprehensive, community-based treatment to persons with a serious mental illness. Pre-screening for mental health and/or substance use services is provided. RAPP’s homeless drop-in center provides coffee, telephone, restroom, hygiene kits, clothing, as well as blankets. Outreach teams scour the streets and visit social service agencies, parks, churches, homeless camps and shelters five days per week. RAPP also provides prescreening at Pima County Jail and participates in meetings for follow up care for inmates in the Mental Health Unit.

The RAPP team includes the Program Coordinator/Registered Nurse Sharon Francis, Dr. Kane M.D., on Tuesdays, Case Manager/Clinical Liaison Robert ‘BJ’ Johnson, Case Manager Lydia Reynolds, Clinical Specialist Minerva ‘Ashitari’ Perez, Case Aide Noreen Isom, Case Aide, BHPP Diane ‘Crickett’ Austin, and Clinical Operations Support Staff Ana Florance.

The RAPP team has extended a warm welcome to “come check us out” and join in the excitement of their new home.

Did you know...

Famous people experience anxiety disorders.

Anxiety:

- A state of uneasiness and apprehension, as about future uncertainties.
- A state of apprehension, uncertainty, and fear resulting from the anticipation of a realistic or fantasized threatening event or situation, often impairing physical and psychological functioning.

Reference: Diagnostic and Statistical Manual of Mental Disorders, 4th Edition, Text Revision (DSM-IV-TR)

Source: www.anxietycentre.com/anxiety-famous-people.html



Carly Simon
(Singer)



Marie Osmond
(Entertainer)



Willard Scott
(Weatherman)



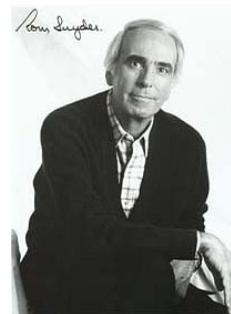
Earl Campbell
(Heisman Trophy Winner)



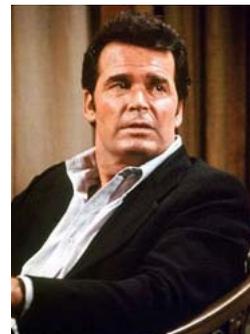
Barbra Streisand
(Singer)



Aretha Franklin
(Singer)



Tom Snyder
(Host)



James Garner
(Actor)

ARE YOU READY TO BECOME A RECOVERY SUPPORT SPECIALIST?



RECOVERY SUPPORT SPECIALIST INSTITUTE 10

April 23 & 24
May 10 & 11
May 14 thru May 16
2007

For an application or information please contact:

Dan Steffy
(520) 618-8811

Application deadline is April 2, 2007

Please mail application to:

Community Partnership of Southern Arizona
Attn: Dan Steffy
4575 E. Broadway Blvd.
Tucson, AZ 85711

The Warriors

Pictured Right:

Sitting:

Rose Diaz, Mae Holdmann, Monique D'Ercole, Victoria Brown, and Julie Molby

Standing:

Stephanie Cady, Joe Springer, Paul Tomasovich, Brenda Barstow, Patricia Porras, Tom McCue, Faith Grady, Arnoldo Aguila, Megan Townsend, Kimberly Clawson, and Ted Feuling



CRSS Panel



Front Row (left to right): Christina Jasberg, CRSS, Institute 4, Angela Dingledine, CRSS, Institute 1, Brenda Morris, CRSS, Institute 1
Back Row: Robert Lee Arbuckle, CRSS, Institute 1, Fred Ortega, CRSS, Institute 5.

Arnoldo Aguila named Institute 9 “The Warriors,” and we look forward to hearing about their victories.

Wanda Black, CRSS, Institute 1,
Outgoing President

RSS Alumni Guild News

By Ken Rogers, CRSS, CPRP

We've had a busy last few months...



- Guild membership is now open to any person who has completed the seven day RSS Institute. Welcome to all new members!
- As you can see above, the Guild now has a logo. Thanks so much to Linda Hicks for making this a reality.
- Also, you can now email the Guild at RSS_Alumni_Guild@yahoo.com.
- Hope Gonzales resigned as Treasurer of the Guild, but is still an active member. Thank you for your good work Hope!
- Ken Rogers and Dan Steffy gave a presentation to the members of the Co-occurring State Incentive Grant (COSIG) Program at the Manzanita Unit of the State Prison. The presentation focused on the RSS Program, the RSS Alumni Guild and SMART Recovery.
- Wanda Black, a dear friend and the first President of the Guild, resigned from her position of almost two years; she and her family moved to Missouri. We wish her all the best in her new adventures and miss her dearly.
- Brenda Morris from La Frontera Center was elected as the new President of the Guild. Congratulations, Brenda! Welcome aboard!
- In February 2007, the Guild will begin to provide a study group, as part of its monthly meetings, for any RSS who meets the qualifications and is interested in taking the exam to become a Certified Psychiatric Rehabilitation Practitioner (CPRP).
- Ken Rogers was elected Vice President of the Arizona Psychiatric Rehabilitation Association (AZPRA) for 2007-2010. Congratulations to Ken!

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



Brenda Morris, CRSS, Institute 1,
Incoming President

My personal program of recovery includes maintaining a healthy balance between my job (not working over 40 hours a week) and my personal life (2 beautiful girls ages 10 and 2) and time only for me (usually at the natural hot springs). The benefits of regular exercise have also become an important aspect to my overall health. I work out 3 evenings a week in a women's gym. One night a week I'm involved in a belly dancing troupe (with one of my daughters) which will be performing at the Harvest festival. My girls and I enjoy walks especially in the beautiful fall weather. On November 4th a group of us walked 4 miles in support of the March of Dimes. I actively participate in 12 step meetings and faith based services.

My job at SEABHS includes assisting in the Family Team Process by supporting members as they move through the system. That includes home visits where living skills such as communication, self care, budget, support networks and community resources are discussed combined with encouragement, hope and strength. Advocacy is very important. Protecting clients' rights includes working closely with various agencies (Child Protective Services & Probation).

To strengthen my recovery I have contributed to activities such as the "Voices of Recovery Health Fair" speaking on the local radio sharing my success story and sitting on a panel on the Anti-Methadone Coalition. I have been asked to speak in front of groups such as the Juvenile Drug Court and Women's Recovery Group. I speak about personal experience and the importance of drug education. Acting as an "agent of change" is the favorite part of my new career. I know that there is a path of success for me in behavioral health. As a Certified RSS I am on my way.

Picture from Institute 9 Graduation
Nov 15th, 2006



Arnoldo Aguila, RSS, Institute 9,
Amberlynn Bailey, CRSS, Institute 8,
Amy Friedman, Vocational Services
Coordinator.