

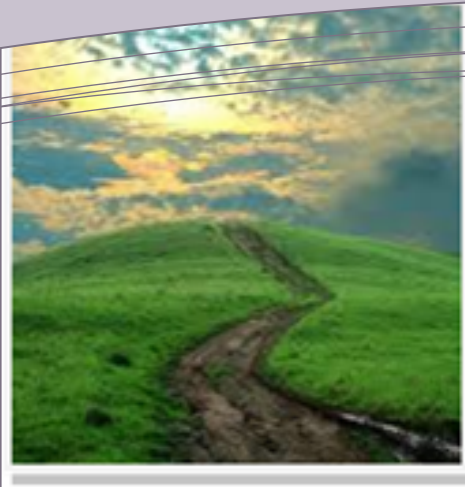
RECOVERY SUPPORT SPECIALIST NEWSLETTER

Spring 2013

Family & Community Medicine
"Healthy Families, Healthy Communities"



Special Diabetes Issue



WORKFORCE DEVELOPMENT PROGRAM



Quick Facts About Diabetes

Total: 25.8 million children and adults in the United States—8.3% of the population—have diabetes.

Diagnosed: 18.8 million people

Undiagnosed: 7.0 million people

Pre-diabetes: 79 million people*

New Cases: 1.9 million new cases of diabetes are diagnosed in people aged 20 years and older in 2010.

Morbidity and Mortality

In 2007, diabetes was listed as the underlying cause on 71,382 death certificates and was listed as a contributing factor on an additional 160,022 death certificates. This means that diabetes contributed to a total of 231,404 deaths.

Complications

- Heart disease and stroke
- High blood pressure
- Blindness
- Kidney disease
- Nervous system disease (Neuropathy)
- Amputation

Cost of Diabetes

Updated March 6, 2013

- \$245 billion: Total costs of diagnosed diabetes in the United States in 2012
- \$176 billion for direct medical costs

\$69 billion in reduced productivity

After adjusting for population age and sex differences, average medical expenditures among people with diagnosed diabetes were 2.3 times higher than what expenditures would be in the absence of diabetes.

Data from the 2011 National Diabetes Fact Sheet (released Jan. 26, 2011)

Why do the RSSI and Camp Wellness work so well together? Because people who attend are able to address their personal health and wellness and then take the next step to getting a job. These go hand in hand. We have RSSs who have graduated from the RSSI and seen how much they needed to have a healthy balance in their lives and then gone to Camp Wellness. And we have people from Camp Wellness come to the RSSI and are now ready to work, looking for jobs.

Diabetes is a disease that affects so many of our family and friends. The more you know about a disease the more you can help someone or yourself to overcome the effects of the symptoms.

"Arizonans are increasingly feeling the effects of diabetes as nearly 500,000 of our local family and friends suffer from the disease. This means that one out of every nine Arizonans are affected by diabetes. Thousands more may have diabetes and not yet know it! It is estimated that one out of every three children born after 2000 will be directly affected by diabetes in their lifetime". The American Diabetes Association's Tucson office is so committed to educating the public about how to stop diabetes and support those living with the disease @ 3400 E Speedway Blvd, Suite 108, Tucson, AZ 85716

Remember in Arizona people with a Serious Mental Illness are dying almost 33 years before others. This needs to stop. Make a difference.

Beverly McGuffin, RN, MSN, CPRP

Type 2 diabetes

is the

most common form of diabetes. Millions of Americans have been diagnosed with type 2 diabetes, and many more are unaware they are at high risk. Some groups have a higher risk for developing type 2 diabetes than others. Type 2 diabetes is more common in African Americans, Latinos, Native Americans, and Asian Americans, Native Hawaiians and other Pacific Islanders, as well as the aged population.

In type 2 diabetes, either the body does not produce enough insulin or the cells ignore the insulin. Insulin is necessary for the body to be able to use glucose for energy. When you eat food, the body breaks down all of the sugars and starches into glucose, which is the basic fuel for the cells in the body. Insulin takes the sugar from the blood into the cells. When glucose builds up in the blood instead of going into cells, it can lead to diabetes complications.

Retrieved from <http://www.diabetes.org/diabetes-basics/type-2/>

Hope is expecting with confidence. My hope started in 2012. I was confined to a wheelchair, 70 lbs overweight and had blood clots in my lungs. I was also depressed and toxic by taking lithium. To be honest, my hope was in the Lord. I was determined to change my life day by day. I cared about living again. I was eating right walking from the bedroom to the kitchen with a walker getting stronger. I was not relying on my power chair. My care giver helped me a lot with personal care and cooking meals.



Connie Reterstorf
CRSS

My biggest hope was when I saw a flyer at COPE on Camp Wellness. I told my peer coach that I wanted to go. So he signed me up. This program showed me that I could take care of myself and overcome obstacles. I finally found hope in my life. It was a great experience. I had a life again not living with my mental illness. My hope was that I would be able to take the RSS training and get a job in the mental health field. My dream has partially come true. My hope

also comes from having more confidence in myself. Now the doors of opportunity will open for me; I can do almost anything.

Also my physical body is getting better from a wheelchair to a walker and now with a cane. My hope is that I can walk without a cane. My hope also looks like having coping skills to manage my moods, not to give into my feelings. Hope makes me an overcomer. Without hope I can't do anything. I don't want to go back to my old self again. Thank you, hope, for giving my life back.

When we are caring and understanding towards others, and with ourselves, we are expressing and creating the opportunity and reality of hope. Hope is a turning point, a starting spot another chance to move forward beyond the place of despair and ruin. Hope can be like a map and compass guiding you to a great treasure, waiting for your arrival and remember, hope is not a theory or a maybe but an expressive reality. Hope is your friend. Hug hope, and give a hug of hope to someone, anyone, anytime, anywhere.

Flames shot hot when the Titanic went down

*I wasn't there then but I heard hope happened to be swimming around
When my own ship set sail and I was lost at sea,
It was hope that came by and shined its light on me
(1970's-1980's)*

Madness in the palace; misery wears a mask

*I got a lot of broken mirrors on the path of my past
When my heart echoed empty and my pockets hand no cash,
Hope came by and pulled me out of the trash (1990's)*

Sadness and sorrows stare hard at tomorrow

*Waiting to see when it enslaves
But I stand without fear because my friend hope is always near
Breaking the bondage of those chains (2000-2012)*



Andrew Van Avery
CRSS

Type 1 diabetes is usually

diagnosed in children and young adults, and was previously known as juvenile diabetes. In type 1 diabetes, the body does not produce insulin.

Insulin is a hormone that is needed to convert sugar, starches and other food into energy needed for daily life. Only 5% of people with diabetes have this form of the disease. With the help of insulin therapy and other treatments, even young children with type 1 diabetes can learn to manage their condition and live long, healthy, happy lives.



For Information on Diabetes, go to the American Diabetes Association website at:

<http://www.diabetes.org>

On Turning Points, Self-Care, Spiritual Growth and Active Listening

Hello my brothers and sisters in recovery. I would like to talk to you about a few topics sharing my experience, strength, and hope. When Beverly asked me to write a brief blurb for the RSS newsletter I was and am very honored to share with you. I will tell what it was like in the beginning before I had the revelation that I would be able to stay in recovery. I had spent the time from 14 to 24 in different institutions, among various nefarious sub genres of explicit substance use and had come to a conclusion early on that I would die a violent death. I came into Compass Detox one last time because I had a vision my father would die as a result of what I was doing.

It was the first time in my life that not only did I realize how I had harmed people all my life intellectually; but also felt it in my heart and spirit. I was in total terror every day and did not know how I would not use like I always did. I took the suggestions given to me by my clinician at Compass and of a woman who used to run the sober living that I had landed at after thirty days of being in Compass Detox. I got a sponsor, when my first sponsor appeared to be judgmental of my checkered past I got a new sponsor and started going to meetings and recovery groups daily. I figured that if I used every day and all day every day that it was a good idea to do recovery every day.

My recovery was a very rough road initially. As I said before I understood how to live in the underworld and in institutions but I had to be taught how to live clean and free. One of the first turning points I experienced was the work I began to do in 12 step recovery. One day I was at a park for a recovery picnic. The sun was blasting the park with rays of light, the air was fresh and clear, and I was present for the first time in my life it seemed to all the wonderment around me. There was a beautiful woman softly singing and it was as if each note she hit was in harmony with the movements of the breeze and the shifting clouds in the sky. I realized that I no longer wanted to use and the desire had been lifted and I was in tears. I could live my life now. I know now that what had occurred that day was what some people refer to as a "burning bush spiritual experience". In less than ten hours I will be 8 years clean and sober and for that I am amazed and truly grateful. After I had started to make some progress I had many fears come up. I did not know the place an ex gangster turned derelict now in recovery could go for a decent job. I wanted to maybe work in recovery but often times I would tell myself that no agency would want me based on my past. At the same time I was experiencing recovery conferences and getting to travel and everything culminated and Nora Stark the woman who ran the transitional sober living pushed me to the next step. I had to move because I had outgrown transitional living and was at a new turning point. I was looking for jobs everywhere and was going to try to get a full time maintenance position at Pima College when I got a call from a private agency. They had seen me around the rooms of recovery and wanted to give me a job interview! This was almost too much to hope for. The woman interviewing me asked me to "stop telling me about my limited job experience" from sobriety and asked me about my past. I nervously smiled and told her and she stated "Oh so you were basically a thug in your past life".

I told her yes and she exclaimed "thank you for being honest you are hired."

I no longer work for that first concern but this was yet another turning point in my recovery. I have now worked in the field for six years. I have been a life coach, a tech, worked as Behavioral Health Technician, and even worked as the case manager for the transitional housing that I went through as a client. I have had many ups and downs working for different agencies, but am very happy with the company I am with now.

Continued on next page...

I work for Inbalance as a life coach at a therapeutic boarding school, and also for Inbalance Counseling as a peer facilitator. I am also back in school and working towards being a psychologist, a therapist, or some type of Clinical Director.....I have not decided yet. I still have days where it feels so unreal because life has gotten very different for me. There are a few things I would like to share with you my sisters and brothers. They are important bits of information that I have gathered which have afforded me to remain in the field and also touch lives and allowed space in my heart to heal and grow.

The first being self-care. I know those words can be taboo in some circles because unfortunately, some people will abuse or misconstrue the term. When I talk about self-care it is very important because we cannot effectively and compassionately impact those we serve if we do not care for ourselves. This is very demanding and rewarding work so it is easy to forget that we may need just a little time to ourselves to recharge. I know in times where I have had too much on my plate I have missed opportunities that I have set in motion because I am overwhelmed or burned out from not giving myself time to recharge. We talk about it a lot in different seminars and trainings but part of being mindful is the understanding in the heart. When I take time to rest, eat properly, plan a little time for myself and visit with those I love I become far more effective than the subdued burring the candle at both ends man.

The next is spiritual growth. It looks different for everybody. There is no end all be all method and in times where I bought into the philosophy I was not growing as much for I was stuck in one spot. If we have all the answers then there is nothing to learn. I have had and have mentors and I do not work in recovery alone. Shooting stars are vibrant and beautiful but are only seen briefly before they disappear forever. I get so much from the people who mentor me and it also gives them the opportunity to learn from me and everyone involved is benefited. My last point that I would touch on is active listening. Try to practice this anywhere or with anybody you may have a conversation with. Long pauses are ok, letting someone have their moment when they are crying is ok, and not always having the answer is ok. More often than not it is easy to get to focused on the goal and the person we are trying to help takes a spot up on the back burner even if eye contact is being made. Active listening and waiting allows more of the person you are trying to help come out and more often than not they will find a positive solution, you may be amazed. I hope I do not come off as preachy, I only wish to be helpful and share a little love and light. I will end with one more turning point.

There was a time not too long ago where I was having a really hard time. I was ordering some food and preparing to head back to a law office I was moonlighting for. A young woman was waving at me and it took me a minute to recognize her. She was actually one of the surliest clients I had ever had. Now she looked up at me bright eyed and enthusiastic. She was meeting with her mentor for a quick lunch. I had thought her dead or incarcerated and yet here she was vibrant, happy and alive. " I want to thank you for everything you did". And right in the middle of the hard day I just had to smile...I have had

many days like this and it makes recovery the most worthwhile thing I have ever known and loved. I hope you too will get to experience joy such as this. It is why I do the work I do. Not for the thanks. Do not get me wrong it is very nice and I am always

grateful for it. I do this to see people have their own turning point and heal. It brings a feeling that lights my spirit up in a way that no drink or drug could ever come close.

Evidence of hope is also one of our best defenses in the trenches. I hope you all carry it and give it to others who may cross your path.

Love and Light

Joseph Clarke
CRSS
Life Coach
In Balance
Counseling Services



Welcome
Institute
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Panel

- Gabie Davenport, CRSS, Compass
- Rudy Trinidad, CRSS, Compass
- Kyle Long, Recovery Coach II, MSW, CRSS, CODAC
- Norma Castaneda, CRSS, Mothers Caring About Self (MCAS), Compass

Pictured Left to Right

Front Row: Helen Williams, Anne Chanez, Connie Reterstorf, Renee Au-Miller, Cassandra Khalsa, Sheryl Danner, Debbie Munhall

Middle Row: Nick Rullo, Victor Romero, Barbara Emanuel, Danielle Sierra, Kim Campbell, Debra Hernandez,

Jason Badgett, Coleen Matthews-Doyle, Andrew Van Avery

Back Row: Kenneth Atkins, Edward Casillas, Wendy Lochner



Graduation Day Panel

- Rudy Trinidad, CRSS, Compass
- Gabie Davenport, CRSS, Compass
- Kyle Long, Recovery Coach II, MSW, CRSS, CODAC
- Norma Castaneda, CRSS, Mothers Caring About Self (MCAS)

Thank you all for being such great role models for the new members on the team!!!!



When I think about the word Hope, I think about my life journey so far. I think about the time when I was a little girl. I was hopeful about my future. I wanted to grow up and be just like Audrey Hepburn, so poised so beautiful and in all the popular movies. Then I became a middle aged girl I wanted to become a lawyer because I began to see all the injustice that surrounded me. Growing up in a small town called Columbus in Mississippi I began to see how the African American people had so little and barely survived off the income, they worked their fingers to the bones just for a little pay. Seeing women get beat by their husbands and boyfriends. Fathers not taking care of their children they helped bring into this world, teenaged girls being molested by their neighbors and family members while everybody pretended like it never happen



**Helen Williams CRSS
Recovery Coach
COPE**

When I think about the word hope and how it impacted my life. I realize now as a little girl, then a teenage single mother HOPE didn't exist in my world. When I became a young lady with no formal education I lived my life HOPELESS and reckless not understanding how I became that way. When I think about the word HOPE, I think about when I became a middle age woman in my early thirties battling this thing the doctors called major depression disorder, always wondering and asking the question why me? Why it wouldn't "just go away"?

Then one day I realized IT this thing called Depression, who I am not nor who I ever strived to be. I, me all by myself! Gave this thing called Depression power over me gave it life just like a mother would birth a child. I fed it, I cuddle it, and I made sure it had all it needs to survive. That wasn't who I always

wanted to be. At that very moment I decided to take back the breath and the life it stolen from me this thing called major depression disorder had no more control over me.

Now I'm in my forties a wife, mother and grandmother is who I am now. Just beginning to see ...most of my life I lived my life hopeless, now since I adopted that this thing that is just a part of me, but not who I am they call it major depression disorder I call it nameless. Because it not so important I dare to give it a title.

Now, I am living a life full of hope, love, joy and wholeness. A life that has a future, still believing that one day my ministry, my life purpose, my destiny will be birthed from me and this thing the call depression will never take root or hold of me again. I am HOPEFUL that all my dreams will come true. I am hopeful because I have faith and I have said goodbye to this thing called Hopelessness

Merriam-Webster defines the transformative word hope, as “to expect with confidence”. The juxtaposition of hope, in regards to my fear-constrained practical life, is a relatively new ideal, and often times, a disappointing challenge. In regards to my spiritual life, however, my foundational hope began on September 11, 2001, as the Lord revealed Himself to me in a powerful way.

On Sept 10, it was nearing the end of the work day and my back muscles contracted. Unable to lift my frame I opted to sleep on the couch anticipating the next day's emergency chiropractic adjustment. Characteristically speaking, a.m. television disrupts my psyche; however, prompted by anxiety and pain, I flipped on a channel. Within one minute, the program host announced that a plane had hit a building in New York and that details would be provided as available. Despite the progression of the unimaginable attacks that engrossed the focus of the entire world, I managed to attend my appointment and return back to bed as prescribed. As I dreamed, had a fly-on-the-wall view inside the cockpit of one of the planes I was shocked awake upon the collision with the skyscraper. Immediately, my soul stirred with the sobering awareness that my lifeless existence without God was similarly destructive to those who had just enacted these horrific murders. It was at that moment I made a definite choice: "I will follow You Lord. No matter what, I will follow You."

Poignant as that experience was, it would be a disservice to propose that this miraculous paradigm shift completely dissipated the suicidal ideation which I had cultivated from age 12 until age 33. To suggest that the catalyst of the death of my dog in July 2011, didn't bring back destructive habits would be equally detrimental. However, through all of my struggles during these past 12 years, I am able to review my worth through the lens of being a child of God; scarred, flawed, labeled, and recovering from specific challenges, but through all of it: loved.



Sheryl Danner
CRSS

The New A-Team

- **Beverly McGuffin, MSN, RN, CPRP-RSSI WDP**
- **Dan Steffy, Recovery Support Development Specialist-CPA**
- **Aaron "Arrow" Foster, BS, CRSS - RSSI WDP**
- **Christina Baca, CRSS - RSSI WDP**

**From Us To All The
Students:**

**Thank You For Allowing
Us Into Your Lives and
Enriching Ours In
Return !!!!!**



Healthy Menu: Lemon Chicken Stirfry

Ingredients

Lemon Sauce:

1/2 cup vegetable stock or water
1/4 cup lemon juice
1 tablespoon cornstarch
2 teaspoons apple juice or dry sherry
2 teaspoons light soy sauce
1 teaspoon chili sauce
1 chicken-flavored bouillon cube, crushed OR 1 tea-
spoon instant chicken bouillon granules

Chicken and Vegetables:

2 tablespoons vegetable oil
1 pound boneless, skinless chicken breasts, cut into
thin strips
2 cloves garlic, crushed
4 cups cut-up fresh vegetables such as green onions,
fresh mushrooms, carrots, red pepper, broccoli florets,
snow peas and celery
2 tablespoons Equal® Spoonful or Granulated*
Hot cooked rice (optional)

Preparation

For Lemon Sauce, combine vegetable stock, lemon
juice, cornstarch, apple juice, soy sauce, chili sauce and
chicken-flavored bouillon cube in small bowl until
smooth. Set aside.

Heat oil in wok or heavy frying pan over medium heat.
Cook and stir chicken and garlic until chicken is no long-
er pink, about 10 minutes. Remove from pan; keep
warm.

Add vegetables. Cook and stir about 3 minutes or until
heated through.

Return chicken to pan; add Lemon Sauce. Cook until
sauce is thickened and bubbling. Stir in Equal®. Serve
over rice, if desired.



*“Growing up in a small town in
northeastern Arizona, I can say with
confidence that I don’t ever recall
experiencing hope.”*

**Anne Chanez, CRSS, La Frontera Southwest
2013**

I was the oldest of six children and at an early
age I was considered different. I recall labels
like abnormal, odd, my head was in the clouds,
stupid; you get the picture.

I wasn’t good at homework and often had a
difficult time paying attention and understand-
ing what was being thought in class. I had no
friends to speak of because I was weird. My
teachers seemed to reinforce that by making
off the wall remarks which resulted in my lift-
ing the cover on my desk and hiding my face.

This carried into my family life so I never felt
safe from the barrage of labels. When I en-
tered high school I tried to somehow fit in. I
felt isolated and alone in a pool of people and
at fourteen I made my first suicide attempt by
overdosing on aspirin. Rather than taking a
look at the problem it was decided that I was
using drugs! This got back to my folks not by a
school counselor but through the gossip mill, it
was my aunt who had made the declaration of
my alleged drug use.

My folks made a feeble attempt to explain to
me that I was a beautiful person. I did not feel
beautiful as they made me look into a mirror. I
saw an ugly reflection. I was afraid of me.
What was wrong with me? I tried to kill my-
self; I wasn’t on drugs, why didn’t they under-
stand that?

Cont’d on next page

We had family holidays and reunions. I hated them because these were my crazy times. I was loud and intrusive. I would make remarks with double meanings. Sometimes I would be insulting but I wouldn't or couldn't slow myself down. I was told I was out of control, hyperactive and people didn't want to be around me because I was weird. My dad would pull me aside and punish me.

I met my future husband and quit high school at a very young age, we got married and a year later I gave birth to my daughter. She was and is my pride and joy. But having her didn't stop my inappropriate behavior. I would wait until she and my husband would go to sleep then I would dress up and walk the streets until the early morning hours. I would get home in time for them to wake up; he would go off to work and I would get her ready for the day. She was my saving grace

My husband would get paid, cash his check and I would hide money that I had taken from him for clothes and cosmetics. I wouldn't pay the bills. I became very good at manipulating him.

Years passed and we divorced. I lived in Tucson by this time. My erratic behavior continued. I became involved with a good man and we were together for fourteen years. He was good to me and my daughter as was his family. They embraced us as their own and I tried to hang on; it was hard for me. I cried a lot, I was always angry or irritable. I went to doctors and was put on hormones. I tried to attend college, I became athletic. I tried to be everything to everyone. I would drink a lot and at one point insulted my significant other's boss's daughter in public!



It all came crashing down around me one fall at 40 years old. I sank into the deepest darkest depression in my life. I would sit in the mornings with my coffee and cigarettes and plan my suicide. I had it all worked out! As the appointed day approached, I be-

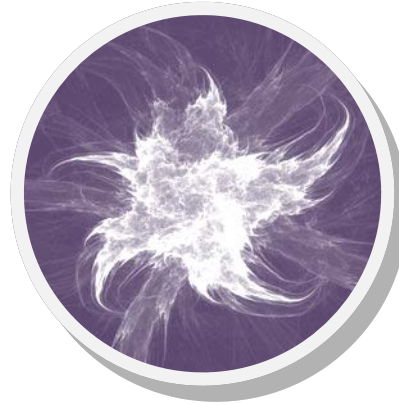
came frightened. That is when I called the Department of Psychiatry at UMC. It took a week of therapy and medication to get to my diagnosis. That following April, (as my nephew says it) I had a name for pain: bipolar disorder! It was the first time I experienced hope! I can't tell you it has been easy and there were times that it almost didn't have a happy ending. But now, at the end of each crisis, each success or each failure, I have hope.

The Recovery Support Specialist Institute is administered by the Workforce Development Program in the Department of Family and Community Medicine (DFCM) at the University of Arizona. The Institute is funded by the Community Partnership of Southern Arizona (CPSA). CPSA receives funding from the Arizona Department of Health Services/Division of Behavioral Health Services (ADHS/ DBHS), Arizona Health Care Cost Containment System (AHCCCS), and Substance Abuse and Mental Health Services Administration (SAMHSA).



All non-hope, diabetes articles in this edition of the newsletter, including menu, can be found at <http://www.diabetes.org>

UA Workforce Development Program promotes recovery and expanded opportunities for people with mental illness, substance use, and dual diagnosis by employing a collaborative approach to advocacy, service, education, and research.



Make sure you get your Spring issue!

If your contact information has changed, you would like to be removed from this list or you have any questions or comments please contact UA Workforce Development Program at

christinabaca@email.arizona.edu

Be Sure To Visit Our New Website At:

<http://www.fcm.arizona.edu/workforce-development-program>

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RECOVERY SUPPORT SPECIALIST INSTITUTE

WORKFORCE DEVELOPMENT PROGRAM



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"Healthy Families, Healthy Communities"

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