Office of Individual & Family Affairs Staff Bios

Kathy Bashor. Office of Individual and Family Affairs Manager

Kathy serves as Manager of the Office of Individual and Family Affairs at the Arizona Department of Health-Behavioral Health Services. She earned a Master of Counseling degree from Arizona State University and holds a B.S. in Sociology from the University of Kentucky. She is a Certified Practitioner Trainer on Readiness Assessment – Psychiatric Rehabilitation Model through Boston University and is trained in Critical Incident Stress Management-Group Crisis Intervention.

She is the founder of Arizona Dialogues, which is designed to reduce stigma and increase community inclusion of persons having behavioral health challenges and is co-chair of the Arizona Stigma Reduction Committee and serves on the NAMI Arizona Executive Board.

Kathy is a staunch advocate of peer and family driven-care in the behavioral health system. Her can-do spirit has resulted in the strengthening of peer and family voice, access to care and choice in services throughout the behavioral health system.

Kathy has presented at numerous state and national conferences, has had numerous papers published in national journals and is a recognized national, community and peer leader.

Anne Rock, Recovery Coordinator

Anne received a Bachelor of Science degree in Business Administration from Arizona State University, and is also a Certified Psychiatric Rehabilitation Practitioner. Anne has a long history with the Division of Behavioral Health Services and has served in several areas, including grant writing and management, administrative RBHA reviews, and psychiatric rehabilitation services to adults with serious mental illness, but her most notable work is with community groups and organizations, through the Arizona Behavioral Health Planning Council and its five standing committees.

Anne has extensive experience in grant writing, public speaking, meeting facilitation and conference planning, but she reports that her most rewarding experience is the opportunity to work with peers and family members throughout Arizona to promote recovery, wellness, and inclusion throughout the entire system of care.

Charles (Chaz) Longwell, Community Liaison

Chaz Longwell holds a BA in Sociology from Arizona State University and has been involved with the Behavioral Health Community since 2005. As Community Liaison, Chaz brings his experience and backgrounds in journalism, social science, systems theory, public speaking and interpersonal networking to the Office of Individual and Family Affairs. Before coming to DBHS, Mr. Longwell worked for local and statewide non-profit organizations; educating the public and elected officials on topics ranging from Internet Safety to sharing his own, ongoing story of Recovery.

Mr. Longwell continues to be personally involved with the Behavioral Health Community as a peer; serving on the boards of the Arizona Peer and Family Coalition and NAMI Arizona’s Southeast Valley affiliate.

He remains dedicated to building a Culture of Recovery.
Tracy Young, Program Projects Specialist

Tracy started with the Department of Health Services, Division of Behavioral Health in July of 2001. Being staffed in the Training Unit in 2005 she expanded her skills by working with the community and providers. She assisted the Office Psychosocial Rehabilitation and the Adult System Care with reviews and site visits. She was trained as an AZ Dialogue Facilitator and conducts Dialogues Statewide to assist with “stomping out stigma”.

Tracy currently is with the Office of Individual and Family Affairs as their Program and Projects Specialist. She stays busy assisting with grants that fund the Speakers Bureau and Dialogue Presentation rich pay a stipend to those from the community presenting and the scheduling of these presentations across the state. Collaborates with statewide stakeholders to maintain a calendar of events for Mental Health, Wellness and Recovery oriented events, sits on the Mental Health Awareness Coalition and Stigma Reduction Committee.

Marilynn Bland, Administrative Assistant

Marilynn Bland has been with the Division of Behavioral Health Services for nearly 14 years as an Administrative Assistant. She has served the entire Division of Behavioral Health Services in many ways. Marilyn Bland is the Video Tele-Conference Coordinator for the Division, participating in the planning of conferences and a variety of community events, and is now serving as administrative support to the Office of Individual and Family Affairs.

Carol McDermott, OIFA Volunteer

Prior to retirement in 2005 Carol worked as a Research Nutritionist with the University of Arizona on the nationwide Women’s Health Initiative. She holds B.S. and M.S. degrees in Nutrition and Statistics from Rutgers University and the University of Maryland. Carol previously served as a commissioned officer in the US Public Health Service at the NIH Clinical Center in Bethesda, MD and later did contract work for the US Indian Health Service at Keams Canyon Hospital on the Hopi Reservation in northern Arizona.

Carol and her husband have four adult children, two of whom receive behavioral health services through the Maricopa RBHA adult system, and one grandson who receives services through the children’s system. She has been an advocate for family members for more than 20 years. Carol served on the NAMI Phoenix Board of Directors for 5 years, the last two as President of the Board. She presently serves on the Governance Council of the Crisis Response Network, on the Boards of Directors of the Family Involvement Center and the Arizona Peer and Family Coalition, and as a Family Representative on the Magellan Customer Service Advisory Committee and the Magellan Child Adolescent Advisory Workgroup. Carol teaches both the NAMI Family-to-Family and the NAMI Basics education courses and is a member of the NAMIAZ Public Policy Committee. She began volunteering in the Office of Individual and Family Affairs in August 2010 and has great admiration for those working to continually improve the systems of care.