

Arizona Department of Health Services
Division of Behavioral Health Services

Recovery WORKS

“Mental Illness Strikes 1 in 4” Campaign

Did you know that one out of every four adults in the United States is affected by a mental illness in a given year? Unfortunately, many people don't know enough about behavioral/mental health issues. This causes many to have a fear and/or stigma about behavioral/mental health and the people affected by these issues, forcing many to remain silent about their struggles for fear of retribution or rejection.

To battle this stigma, the National Alliance on Mental Illness (NAMI Arizona), Magellan of Arizona and the Mental Health Awareness Coalition (MHAC) are joining together in an unprecedented campaign to educate and reduce social stigma. Together the three organizations created the [“Mental Illness Strikes 1 in 4” campaign](#).

The campaign includes a series of events that will

take place throughout Maricopa County to raise awareness about mental illness and to educate the public on what they can do to help.

Remember: Mental Illness Strikes One in Four... But It Affects Us All.

Welcome to Recovery WORKS' First Edition!

The Arizona Department of Health Services' Division of Behavioral Health Services is proud to announce the first edition of “Recovery WORKS”, a monthly newsletter providing the latest news in behavioral health and recovery from around the state.

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Success Story – One Moment in Time for Charisse Williams, Bus Mobility Graduate

“I was living in a 24 hour recovery center called The Haven House when I first heard of the Bus Mobility Program. Jules, the Peer Support Recovery Coach at the center referred me to Jennifer and the Bus Mobility Program. At Haven they taught me how to set goals and my first goal was to learn how to take the bus. I could only walk a couple of places close to where I was living, so I needed to be more mobile. I was a little scared of the bus at first. The bus book scared me more than anything because I was unable to understand it.

Jennifer, my travel agent was great. She was always there for me when I needed her. After the first couple of trips, I got the hang of it and soon was taking the bus all over the place on my own. I take it to the mall, to my clinic, and to the grocery store. My next goal was to attend Wrap classes, which the bus program helped, because I learned how to get to my clinic. My third goal was to become trained as a Peer Support Specialist. Of course the Bus Program helped me with that as well. After only a couple of trips I knew my way to the site where I was getting my training.

I continued to set goals for myself. This past December I set a goal to be in my own apartment and two weeks later I had it! I've come a long way. There was a time when I was living on the streets. I was picked up by the police and put in jail for a time. After that I was put in a mental health facility called the Annex. I became stable at the Annex. After completing my Peer Support Training, I chose to spend my internship at the Annex. I wanted to help the people there improve their lives, to show them that if I could do it, they could do it. From May 21st of last year things

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NAMI Community Budget Meeting

On the morning of Friday, March 13th, a room full of NAMI and community members attended a FY 2009 budget briefing with Dr. Nelson and members of the DBHS Executive Team. The [presentation](#) outlined the current budget situation and noted the immediate changes that are being implemented.

Given the current budget condition, the room appreciated and understood the actions. Dr. Nelson sought and received several suggestions from the attendees regarding possible budget cuts for the FY2010 budget.

The Office of Individual and Family Affairs will be seeking

additional input from mental health advocates across the state through advocate forums. These forums are intended to provide DBHS with input on upcoming decisions to important and vital programs. Stay tuned for more information on the advocate forums.

DBHS Subject Matter Experts

Do you need assistance from DBHS but don't know who to call?

[Find the list of the Division's leadership and subject matter experts here.](#)

Office of Individual and Family Affairs (OIFA) Summit II – March 10–11, 2009

Following up to the OIFA Summit I in November 2007, representatives from the Depression and Bipolar Support Alliance (DBSA) returned to DBHS on March 10th and 11th for an update. After the first summit, DBSA made seven recommendations regarding the role of OIFA within the Division and statewide, all of which either have been or are beginning to be implemented. Two areas are complete: 1) having the OIFA report into the Deputy Director and 2) increased communications and collaboration with the community, providers and state government partners. Another recommendation, the OIFA Community Advisory Board, is scheduled to be fully operational in fall 2009.

On day one, DBSA President and CEO Peter Ashenden and Vice President of Peer Services Larry Fricks met with the OIFA and the DBHS Executive Team, addressing the strengths of the Division and the OIFA and how to improve upon them, as well as barriers being faced and how to overcome them. Larry also highlighted the "whole health" aspect of care for those with mental illness, basing this approach on the fact that nationwide, those who suffer from mental illness on average lose 25 years of life, dying that much sooner than the general population.

On day two, OIFA reported on their accomplishments to the community, focusing on the

recommendations from the 2007 Summit. With community input, a concrete plan for the Community Advisory Board was developed including structure, purpose and function. Community members were excited about the OIFA achievements and the creation of the Community Advisory Board, for which they see a real need.

Overall, Peter and Larry were pleased with the progress made by the OIFA, especially given the challenges posed over the past year and half. They were further impressed with the executive level support the Office has and continues to receive.

[FY 2009, Quarter Two Statewide Rehabilitation Progress Report for Individuals with an SMI](#)

- 15% of individuals are competitively employed
- 63% of individuals have a formal schooling level at or higher than a GED/high school diploma
- 7% of individuals are currently receiving services from RSA, Vocational Rehabilitation
- RSA Rehabilitation Rate of 56%

Success Story (continued)

have just fallen into place for me. It started with the Bus Mobility Program and now I am using it to look for a job that utilizes my training in peer support.

Words can't explain how great it is to not be handicapped to one specific location. Now I can go where I want to go and do what I want to do! I can get around town, and new doors are open to me, I can go to all kinds of new places. I want to encour-

age anybody who has not been on the bus before to give the Bus Mobility Program a try, especially if they have a great travel agent and person like Jennifer to help them along the way."

Jennifer had this to say: "Charisse stepped up to the plate and did what she wanted to do and just knocked them all out of the water. A huge part of her success story was the

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Disability Empowerment Center (DEC) of Arizona Now Open

The Disability Empowerment Center of Arizona (DEC) is the new home of Arizona Bridge to Independent Living (ABIL) and seven other non-profit organizations that serve people with disabilities. Each organization shares a common history and vision for the future.

The 65,000 square-foot center, located at 5025 E. Washington St. in Phoenix, broke ground in early 2007 and was completed in October 2008. [Click here to learn more about the DEC and see additional photos.](#)



The DEC building during construction – 6/25/08

EVENTS

MARCH

3/29 – The ADHS Recovery WORKS (sound familiar?) team had a great time at this year’s NAMI Walk, and [the pictures prove it!](#)

APRIL

4/1 – Linkages – Casa Grande Grand Opening (see article below)

4/6 – Let’s Talk Forum

4– 6 p.m. at C.H.E.E.E.R.S. - 1950 West Heatherbrae Drive, Suite 5; Phoenix, AZ 85015

4/11 – MY FEST '09 –

Planned and produced entirely by MY LIFE youth members, the second annual MY FEST event will feature live bands, entertainers, artists, food and much more!

Magellan Clinics’ Grand Openings

4/8 – Saguaro from 8:30 to 9:30 a.m. – 3227 E. Bell Road; Phoenix, AZ 85032

4/16 – Gateway from 9 to 10 a.m. – 5222 E. Baseline Road; Mesa, AZ 85234

MAY

5/7 – Children’s Mental Health Awareness Day

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Cenpatico Kicks Off Casa Grande Employment Initiative and Partnership

The kick-off event for the Cenpatico and Linkages partnership in Casa Grande will be Wednesday, April 1st from 3:00 to 4:30 p.m. at the Mission Royale Golf Resort at 11 S. Mission Blvd.

Speakers at the event include Governor Jan Brewer, Linkages Chairman Jim Click Jr., Cenpatico CEO Terry Stevens, and ADHS/DBHS Assistant Director Michael Fronske.

[Linkages](#) is an economic development agency that originated in Tucson, founded by prominent local businessman, Jim Click. Cenpatico is working with Linkages to develop contacts within the business commu-

nity, as well as to reach out to employers to reduce stigma and increase job opportunities for individuals with psychiatric disabilities. Cenpatico hopes to improve individuals’ quality of life and involvement in meaningful activity through increasing employment opportunities.

Success Story (continued)

courage she had to go back to the Annex, a place she was locked up and at her darkest hour. The fact that she was able to go back

there and do her internship is amazing. When she first started the program, her primary goal was to get her peer support classes started

by a certain date. So we had to get her trained and ready to go by that date. Her paper work came quickly and she started the program just three weeks before her peer support classes started. She deserves the credit. Cha-

risse Williams is now an around town girl.”