

Recovery WORKS

Arizona Department of Health Services (ADHS)
Division of Behavioral Health Services (DBHS)

Acting Deputy Director Laura K. Nelson, M.D.



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Employment Initiative a Success at La Frontera Center

A little over a year ago, La Frontera Center, Inc. in Tucson kicked off an initiative to increase employment rates of individuals with serious mental illness. They identified historically low employment rates as a significant problem contributing to:

- Substandard housing
- Low self esteem
- Social isolation
- Increased need for behavioral health services
- Increased dependence on others

Under the leadership of President and CEO Dr. Dan Ranieri, some ambitious goals were established for increasing employment

rates and a continuous quality improvement process was created to ensure that the goals were accomplished and supported by **everyone** in the agency, from the bottom-up and top-down. The La Frontera Center ideal is that *“Employment should be a goal for clients regardless of diagnosis, level of symptoms, housing status, or perception of potential success in employment.”*

Dr. Ranieri and his team spent the last year dedicated to accomplishing their goals and they are continuing to progress and succeed. Their employment rate has almost doubled (now at 17%), and currently, 52% of



Dr. Dan Ranieri with La Frontera Center

their members with an ISP reflect an employment goal or involvement with either Vocational Rehabilitation or their internal Employment team (baseline was 39%).

[Click here](#) to read more about their interventions and success.

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Office of Individual and Family Affairs Seeks Advisory Council Applicants

The DBHS Office of Individual and Family Affairs Advisory Council is looking for members! The full Council will be comprised of 15 members, who must be involved either in the behavioral health community or in

their local community. Upon receipt of a completed application, including the letter of recommendation, a committee will review all applications and final selections will be made. It is anticipated that the review process will

take approximately eight (8) weeks, with a full committee named by the Fall. [The application](#) provides more details about the Council and its requirements.

Success Story: A Mother's Point of View

Meet Me Where I Am (MMWIA) staff and The Guidance Center therapist have just about turned my child 180 degrees. My child also suffered (a) betrayal... and trust was a very tough issue to conquer. My child has become very taken with a MMWIA staffer, and has allowed trust to surface the more time is spent with this person. We still have behavioral problems at home as adolescence is now setting in. I am being educated bits at a time. What a great program.

I see the differences in my child since they've come into our lives. We've yet a ways to go but feel with continuing to work with the programs "we as a family" will progress and prosper from it all in the future. My child's path of life will lead towards positive directions and s/he will be a successful teenager and adult. I am grateful for the people involved. Their expertise has and will save the lives of my children to become stable adults with promising futures. Thanks

to you all! (MMWIA staff, therapist, and psychiatrist) A negative...has turned into much more positive reinforcements, and continuing to work with them all will only give me a chance to see my children succeed in life. What else can any other mother hope for?

My child has calmed down a bit from the worst treatment our family suffered emotionally... Since the referral
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Innovative Supported Housing Program Now Available

In addition to treatment and rehabilitation activities to support recovery from serious mental illnesses, individuals need a safe, decent and affordable place to live. To further ensure that a comprehensive array of housing options is available statewide for T/RHBA adult members, ADHS/DBHS has partnered with the Arizona Department of Housing (ADOH) to establish and expand permanent housing options for persons with a serious mental illness. This year, ADOH awarded ADHS/DBHS \$3.6 million to pilot a new Bridge

Rental Subsidy Program to increase RBHA housing stock by 93 permanent housing units.

This program is designed to link individuals with serious mental illness to housing choice vouchers administered by local Public Housing Authorities under contract with the RBHA, allowing ADHS/DBHS and ADOH to provide housing options for individuals while they are on Section 8 waiting lists. Once they reach the top of the waiting list, the individual will transfer off of the bridge voucher

(which can last no longer than five years) and onto a HUD Section 8 Housing Choice Voucher.

Adults with serious mental illness who are homeless, discharged from an unlicensed board and care facility, are currently residing in residential treatment and ready to step down, and who meet Section 8 criteria will be eligible for the program, which officially begins this month. Those who are interested in participating should contact their case manager.

Magellan of Arizona Highlights "Faces of Recovery" during National Mental Health Awareness Month

In May, Magellan Health Services of Arizona highlighted those who are challenged by mental health or substance abuse issues. The goal was to share inspirational stories of recovery and resiliency and put a "face" on mental illness to help reduce the stigma sometimes associated with it.

On May 1 at Art Awakenings, Magellan, the Arizona chapter of the Na-

tional Alliance on Mental Illness (NAMI) and the Mental Health Awareness Coalition (MHAC), featured two distinct photo exhibitions: "Through Our Eyes: The Faces of Recovery" and the large-scale "Faces of Recovery".

"Through Our Eyes" is a project where 30 mental healthcare recipients were given disposable cameras and asked

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Greg and Heather are featured in the "Faces of Recovery" exhibit.

Clothing, hats, sun screen and water are items currently needed by those who are homeless, and donations are being accepted. For more information, contact [Brenda Robbins](#) with ADHS/DBHS.

Success Story (continued)

of MMWIA and the respite program, my child has learned better social skills and listens a little better at home, but improves as s/he spends more time with the programs. MMWIA staff has made a tremendous difference in all our lives. Our household is the best I've had it in

years; but not without the help of the professionalism of the services from MMWIA, respite and the therapist from The Guidance Center.... Being a stable mother means raising stable, educated children. There is hope for my children as well as for myself with the lessons of the programs,

advice and interactions. My child's reception to the MMWIA staff is the beginning of her/him being able to trust and heal... My child sleeps in his/her own bed now since a MMWIA staff member brought him one and s/he is becoming stronger within. Much thanks!

"Faces of Recovery" (continued)

to take photos of what recovery meant to them. These photos were developed into a series of compelling black-and-white images depicting their journey through the recovery process, illustrating seemingly everyday things.

The project was a partnership launched last year in conjunction with NAMI Southeast Valley, Triple R

Behavioral Health, Recovery Innovations of Arizona and Magellan Health Services of Arizona. Kathy Bashor of NAMI Southeast Valley and Alicia Brown of Triple R Behavioral Health produced the presentation.

The second exhibition, "Faces of Recovery," depicts individuals who have been through mental illness or substance abuse challenges. Al-

though these individuals have struggled with or continue to work through their mental health challenges, their faces shine with happiness and recovery for a bright future.

Both exhibitions were displayed again on May 29 at a special reception hosted by Magellan of Arizona at the Phoenix Art Museum.

The Boston University Psychiatric Rehabilitation Approach

On Tuesday, April 28th, Bill Kennard delivered a presentation on the Boston University Psychiatric Rehabilitation Approach via iLinc. Here are some highlights from the presentation:

This approach follows the five Rs:

- **Recovery** focuses on providing relief and empowerment.
- **Role Achievement** focuses on defining the expected function some-

one plays in a particular place (living, learning, working, social).

- **Rehabilitation** assists people in acquiring and using both skills and supports so they can be successful and satisfied in the roles they value.
- **Readiness** focuses on the ability to choose an overall rehabilitation goal and making changes necessary to achieve it... now.
- **Relating** interpersonally, with

their preferences/values, with their goals/role options, with their needs and steps to improve, and with their functionality (recognizing strengths and limitations).

The process begins by asking, "Has the person CHOSEN an overall rehabilitation goal they want to get or keep?" Getting and keeping are the core to recovery; the initial key is to set goals, not improve skills and/or functionality.

UPCOMING EVENTS

June 9th – Cenpatico Peer & Advisory Council meeting at Central Arizona College (CAC) at 273 Old West Hwy. in Apache Junction from 6:30-8:00 pm. For information, contact Diane Taylor at 1-866-495-6738, ext. 26154.

June 10th – Campaign for Mental Health Recovery (CMHR) presents *Learning from Within the Community* teleconference 12-1:30 pm PST. The program will feature presenters from Arizona, New Mexico and Michigan who will share information about social inclusion campaigns in their states aimed at reducing discrimination and social exclusion of people living with mental illnesses. Registration is not required. To participate, dial 1-800-779-997 and, if prompted for a pass code, say "ADS Center."

June 16th – Southwest Network PNO Café for family members featuring *Navigating the Behavioral Health System (and others) When Your Child has Autism* from 5:30-7:30 pm at Southwest Network Call Center at 2444 E. University Dr., #150 in Phoenix. Please register by contacting [Kim Foy](mailto:Kim.Foy@swnetwork.org) (602-692-1392). Seating and respite is limited.

NEWS FROM AROUND THE STATE

CPSA Hosts Annual Family Forum

Approximately 225 participants gathered in Tucson on May 21 for the Ninth Annual Family Journey to Recovery and Wellness Forum, organized by Community Partnership of Southern Arizona's (CPSA) Adult Behavioral Health Community Council. The Forum is a project of "The Long Rangers," the Education Committee of CPSA's Adult Behavioral Health Community Council that includes members, families, advocates and other stakeholders.

Attendees were welcomed to the day-long event by CPSA's Presi-

dent and CEO Neal Cash, who spoke about the concern over research showing a severely reduced life span for individuals with a serious mental illness and CPSA's plans for a new Health and Wellness Center to help address the issue.

"I see fellow members grow and mature with recovery," said one panelist, a CPSA Recovery Support Specialist Institute graduate now working as a case manager. "As they become stronger, I become stronger."



Clockwise from top left: Travis Bell and Ken Rogers of CPSA welcome Cynthia Henry and Amy Sather of the ADHS/DBHS Office of Individual and Family Affairs to the Family Forum.

NARBHA News

NARBHA Launches New Website

This month, NARBHA launched its new [Website](#). The site underwent a complete redesign and redevelopment, and now contains more information and is more user-friendly. Information on the site is now available in 35 languages and a new Forum page offers users the opportunity to communicate with one another regarding mental health issues and resources.

The Guidance Center Celebrates 40 Years in Flagstaff – [Learn more](#) about this well-known provider in northern Arizona.

Cenpatico Announces Provider Changes

In the past year, Cenpatico Behavioral Health of Arizona has worked to bring additional providers into the communities of Yuma, Casa Grande, Apache Junction and Payson to serve those with a Serious Mental Illness (SMI).

In Yuma, Horizon Human Services has opened a new outpatient clinic, and Southwest Behavioral Health

Services has opened a new clinic in Apache Junction. Cenpatico is currently working with Pinal Hispanic Council to open a new clinic in Casa Grande, with a focus on integrating behavioral and physical health. Horizon Human Services also is expanding their current program in Payson to increase services for all participants in the area, especially those determined to have an SMI.

The Recovery WORKS Editorial Board

- Paige Finley, Psychosocial Rehabilitation bureau chief
- Mike Fronske, assistant director
- Sarah Henley, communications director
- Bré Thomas, senior projects advisor

Take a Look at Magellan's Virtual Mental Healthcare Summit held on May 7th!

A replay of the entire summit and the corresponding PowerPoint presentation is [available here](#).