



Hi, I'm Dr. Laura Nelson from the Arizona Department of Health Services, Division of Behavioral Health.

As we proceed with implementing some big changes in our behavioral health system in Arizona, it is important that we identify and share with you information about helpful resources. Together with our Regional Behavioral Health Authorities and community partners, we have compiled a comprehensive, single source of community resources that may be helpful to you. Here with me are Ms. Cynthia Henry and Ms. Kathy Bashor from our Office of Individual & Family Affairs. They will provide a brief overview of the resources you will find in our website.

[Kathy Bashor]:

As a result of budget cuts, many members in our community have lost many of their behavioral health benefits.

For many individuals, this means that the basic community infrastructure which offered a sense of belonging and Hope is no longer available. Many individuals will no longer be able to go to their clinics or providers to attend support groups or network with friends. They have lost access to the support of their case managers. This is a huge loss for many individuals who depend on these supports in their road to Recovery.

We as a community must join hands and face the challenges that are being presented. A "Community" includes Peers and Family members. Those of us in Recovery know that one of the most empowering things we can do is to reach out and help others. That is part of the recovery process. Now is the time for us to do just that. We need to reach out to others who sit at home and watch TV all day. We can call them on the phone; offer to join them for coffee and just be a much needed friend.

For those affected by the budget cuts, recovery does not have to stop! Remember, recovery is not a linear process. It is your choice as to how you will cope with the challenges you face. And reaching out to others is a powerful way to gain respect from others.

You are not alone. We as a community must identify recourses and ensure that our most vulnerable citizens are offered the opportunity to recover. As a community we know that networking is very powerful and we need to maintain that resource. Currently NAMI and other community groups have agreed to open their doors so that the NXIX individuals may have a place where they feel they belong.

Communities across the state are recognizing the needs of our NXIX individuals and are working to fill in the gaps that are so important to our recovery. Each

RHBA is in the process of developing unique recourses to assist individuals and family members.

Currently, Cenpatico is calling every faith based community and ascertaining if they can offer counseling or other recourses to members.

Magellan is in the process of hosting 5 Resource fairs so that members may personally meet and talk with community based programs.

CPSA has developed county based resource guides to help individuals access counseling, support groups, prescription drug benefit programs and crisis services. These guides will be continually updated.

Please remember, we must all do our part. We must meet this challenge so that those who follow us will have the opportunity to live, work and socialize in the community of their choice.

[Cynthia Henry]:

Being familiar with the resources within your community is very important. Resource organizations provide a variety of assistance and supports to people living and working in the community, as well as opportunities for community members to volunteer their time and skills, and to make financial donations when possible. We encourage you to explore the resources in your community for assistance that you may need and for ways you can help.

To get started, we suggest that you contact in person or by phone or via internet, the following organizations:

First, the RBHA's and T/RBHA's.

The RBHA's and T/RBHA's have a wealth of resource information on their websites, including links to a variety of community resources available to people in the regions they serve. You can find their websites, by performing a search on the name of your RBHA or T/RBHA.

We have also asked each RBHA to provide us with a single document where you can find links to all the community resources they were aware of for each of their regions and you can find these links in our DBHS Updates website, under a new section titled "**Community Resources**".

There is also an organization called "Community Information and Referral" which contains the largest database of community resources in Arizona. It is very easy to search online by county, city or your specific need.

By going online to www.arizonaselfhelp.org, you can find out if you or your family is eligible for 31 different health and human services programs, like

- AHCCCS

- food stamps
- housing
- utility expenses
- Head Start, and
- employment services.

The applications for these 31 programs can be filled out on this website as well.

For mental health information and local support groups, we suggest you contact or search online for:

- NAMI Arizona
- Mental Health America of Arizona, and
- Depression and Bipolar Support Alliance of Arizona.

Lastly, you can also find a great deal of health and behavioral health information, including sliding fee scale providers, on the Arizona Department of Health Services website.

All of the links mentioned in this video and few more will be posted at our Updates website [<http://www.azdhs.gov/bhs/updates/>] So stay tuned!

We hope you have found this information to be helpful.

Thank you.