



University of Arizona Recovery thru  
Integration, Support & Empowerment-RISE  
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*This newsletter is for anyone interested in the ongoing and growing RSS Program.*

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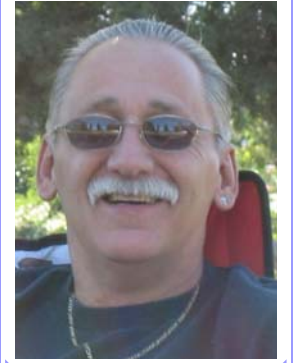
**Recovery Support Specialist Newsletter**  
**Issue #10**  
**February 2007**



**Methamphetamine Center of Excellence**

By Fred Ortega, CRSS

Arizona Department of Health Services/Department of Behavioral Health Services (ADHS/DBHS) devised a statewide initiative to provide evidence-based practices to treat clients with methamphetamine use disorders, called Centers of Excellence. The initiative is focused on individualized, strength-based assessments and service planning, best practice guidelines for treating stimulant disorders, and Matrix Model implementation strategies. Three were developed in Arizona.



Fred Ortega, Institute 5

Community Partnership of Southern Arizona (CPSA) working with two providers, Compass Health Care, Inc. and La Frontera Center, Inc. for the Center of Excellence in Pima County. Compass is serving as the referral gateway and La Frontera Center (LFC) is providing the outpatient treatment. The center opened its doors in Tucson in mid-March.

Key components of the intensive outpatient program are: cognitive behavioral treatment, tri-weekly therapeutic urinalysis testing indicating methamphetamine use or abstinence, motivational interviewing, contingency management, and non-confrontational approaches for promoting client engagement. A key component of the recovery process is the consumers identified social networks: Adult Recovery Teams (ART), probation, and/or Child Protective Services (CPS).

Consumers are attending groups at LFC three days out of the week (including family group) SMART Recovery® group or 12-step groups on non-structured group day, individual therapy sessions, and urinalysis testing. Consumers are given contingency management rewards for negative urine analysis. As a CRSS, I facilitate After-care groups, and provide peer support, one-to-one and assist in resource development.

## Advisory Committee

Salma Ballesteros  
CRSS Institute 8

Angela Dingledine  
CRSS Institute 1

Linda Hicks  
CRSS Institute 1

Kathy Lewis  
CRSS Institute 5

Ken Rogers  
VP RSSAG  
CRSS Institute 1

Tyrone Scercy  
CRSS Institute 3

Dan Steffy



All Certified Recovery Support Specialists are invited to join the Advisory Committee.

Please call RISE at 520-626-7473 for the date and time of meetings.

## BIT\$ BY BETH

We often hear someone refer to something they like to do as an addiction, as in "I'm addicted to Ice Cream!" But addiction to drugs or unhealthy habits are not so humorous. Most of the time, people do not want to continue using drugs, but habits can be difficult to quit. To all of you out there who have battled against your addictions, well done! It is a dire struggle to overcome addictions. By working towards your goals you can reach your dreams. If you are interested in sharing your experiences with others going through similar situations, you can apply for the next RSS Institute. It's a very good feeling to support others in their journey of recovery and wellness.

**Deadline for RSS Institute 10 applications is April 2, 2007!**

## New\$ of Note

### "You May Be Right"

Did you ever get stuck not knowing what to say next when someone says something that you don't agree or disagree with, but dead air is not what they want to hear. Well, "You May Be Right" fits into the category that gives the person the idea that you are supporting them, but may not be agreeing with what they have said. Patricia Porras, RSS, introduced us to this phrase at Institute 9 and I've been using it ever since. If you say it with great enthusiasm people will hear what they need.

### Answers to Substance Use Jargon Matching on p.11

(1-N) (2-F) (3-E) (4-R) (5-J) (6-S) (7-I) (8-C) (9-A) (10-M) (11-P) (12-G) (13-D) (14-L) (15-Q) (16-T) (17-H) (18-B) (19-O) (20-K)

For Answers to Issue 9 Word Search please email [steinerr@email.arizona.edu](mailto:steinerr@email.arizona.edu) and request the answers.

Beth C. Stoneking, PhD, CPRP  
Beverly McGuffin, RN, MS, CPRP

Publisher  
Editor

## Match the Jargon with the Correct Answers

### Old Worn Out Street Language

1. Tweaker
2. Slammer
3. Crackhead
4. Pothead
5. Joint
6. Glass/Ice
7. Shrooms
8. Bombed/Wasted
9. Robotripping
10. Shadowpeople
11. Bong
12. Junkie
13. Huffer
14. Dope
15. Weed/Mary Jane
16. Free Base
17. Needle/Rig
18. Hard/Soft
19. Faded
20. Buzzed

### Person First Language

- A. Getting high on Robotussein
- B. Types of Cocaine
- C. Heavily under the influence
- D. Inhalants / Aerosols
- E. Person who smokes Crack (Cocaine)
- F. Person who uses IV drugs
- G. Major addict / IV User
- H. Syringe
- I. Psilocybin Mushroom
- J. Rolled form of marijuana
- K. High
- L. Marijuana/Heroin/Crack/Cocaine
- M. What I see when up for days
- N. Person with a meth addiction
- O. High/Drunk
- P. Used to smoke marijuana / water pipe
- Q. Marijuana
- R. Person who smokes marijuana
- S. Methamphetamine
- T. Smokable Cocaine

Find the answers on page 2

## My Best Days



Monique D'Ercole, CRSS  
Institute 9: Warrior

My name is Monique D'Ercole and I recently graduated from the 9<sup>th</sup> RSS Institute held at CPSA on November 15, 2006. How I got to this day was a long journey for me.

I am in recovery from alcoholism and drug addiction. I have also been diagnosed with Bipolar I Disorder which doctors are unsure if it is due to the drugs or if the bipolar caused my past drug addiction. After 22 years of drug and alcohol use, I

had a life changing experience that led me to the Salvation Army treatment facility in Las Vegas, Nevada. After completing the 6 month program, I was hired on as a shift supervisor at the same treatment center. Although I loved my job and felt I had a calling to do it, I no longer wanted to continue living in Las Vegas so I moved to Tucson where my parents and my older son were living.

I began looking for work immediately but could only find temp work. I did not know where to start looking for work similar to the work I did in Vegas. The temp jobs began to fizzle out as I had a felony 18 years ago, and the agencies would not keep me on once they found out. I saw an ad for a Job Fair coming up and prepared for it. I knew that Behavioral Health Agencies would be there – COPE, CODAC, and COMPASS. As I was a client of COPE, I decided to try the other two. I talked to people from the agency at the Job Fair, took the applications home, and prepared to take them back to the agency in person. I was at my ropes end. Was I ever going to find work as a person in recovery from addiction with no recent job experience, a revoked Nursing license from 1997, and an ex-felon new to the city of Tucson? I took my application into COMPASS without talking to anyone in HR, then made a decision to do whatever I could at CODAC to speak to someone. I walked in with tears in my eyes, frustrated at the thought that I would never find employment again. I begged to talk to someone in HR and the head of HR agreed to talk to me. I expressed my concerns about my past and she told me that this is my field; my past has given me the job experience required for the job position. This time I shed tears of hope and had a good feeling about my future for the first time since

## Shawn Lawler, CRSS

For two years, Shawn Lawler had been using her Bachelor's degree in Rehabilitation Counseling to guide her in building relationships that supported recovery and wellness for members of CODAC Behavioral Services. In mid 2006, Shawn was offered a great opportunity to do something a little different with her career; WEDCO Employment and Training, a service provider for Vocational Rehabilitation Services in Arizona, was eager to have her on board. She decided to take a chance.

Shawn's primary role at WEDCO is Coordinator and Trainer for the WIE/World of Work Exploration Classes for members receiving services at CODAC Behavioral Health Services. The classes are open to those interested in beginning or returning to work. The class sessions generally run four hours per day for five days. They focus on what employers are looking for in job candidates and how to prepare for the world of work. Shawn also serves as a Job Developer and Job Coach. For more information, please visit [www.wedco.net](http://www.wedco.net), speak to your Vocational Rehabilitation Counselor or call Shawn directly at (520) 406-1495.



**Congratulations  
and best of luck  
on your new path!**

Shawn Lawler, CRSS

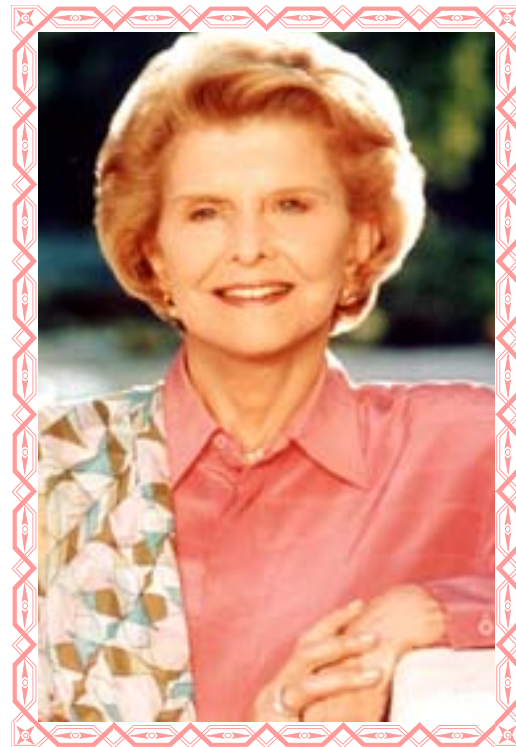
## Did you know...

a famous person who changed the way people look at addictions.

## The Betty Ford Center

In 1978, the Ford family staged an intervention and forced Betty Ford to confront her alcoholism and an addiction to opioid analgesics that had been prescribed in the early 1960s for a pinched nerve. "I liked alcohol," she wrote in her 1987 memoir. "It made me feel warm. And I loved pills. They took away my tension and my pain". In 1982, after her recovery, she established the Betty Ford Center in Rancho Mirage, California, for the treatment of chemical dependency. Again, her candor in dealing with substance abuse and recovery led to an improvement in how Americans talked about such matters. She wrote about her treatment in a 1987 book, *Betty: A Glad Awakening*. In 2003 Ford produced another book, *Healing and Hope: Six Women from the Betty Ford Center Share Their Powerful Journeys of Addiction and Recovery*.

In 2005, Betty Ford relinquished her chairmanship of the center's board of directors to her daughter, Susan.



Betty Ford  
(Former First Lady)

## Stages of Change by Ken Rogers, CRSS, CPRP

Are you considering changing something in your life? Is it a major life transition or are you looking to discontinue a self-destructive behavior, such as addiction to substances or activities? This process is unique to each individual because we all begin the journey of change at various stages of readiness. This cycle is referred to as the Stages of Change. Understanding where you are at in the stages of change can help you to focus on the appropriate recovery tasks with the right tools, activities and information. This process is not linear. It is very possible to enter into the cycle of stages numerous times or repeat various stages until you reach your goal of sustained change.

### **Precontemplation**

At this stage, you may not recognize a problem requiring change or might not consider change worth the bother. You might be attending because of some coercion.

### **Contemplation**

At this stage you are weighing out the pros and cons of change and might experience a struggle with the ambivalence people normally feel toward making changes.

### **Determination / Preparation**

At this stage you are ready to make decisions and plans and strengthen your commitment to change.

### **Action**

Working consistently towards your goals. Utilizing tools and maintaining lifestyle balance.

### **Maintenance**

You have changed your behavior and might now be seeking practical strategies and social support to maintain your gains.

### **Relapse**

Though not inevitable, this need not be an excuse for a period of prolonged or excessive return to the old behavior or the cause for crushing self-reproach and guilt.

### **Termination**

After a long period of sustained change most people move on with their lives. New behaviors have replaced the old, harmful ones and the old, harmful behaviors no longer have a place in one's life.

Based on: Prochaska, J.O., DiClemente, C.C. & Norcross, J.C. **Changing for Good**. NY: Avon, 1994. Adapted by Henry Steinberger, Ph.D. and SMART Recovery® Handbook 2<sup>nd</sup> Edition.

# COPE RSS Expansion & Possibilities

By Linda Hicks, CRSS

On January 8<sup>th</sup>, 2007, COPE RSSs of the Recovery Support Department were told that a new opportunity will be available for those of us interested and ready to work in a more clinical setting, beginning several months hence. There we will have new supervisors and as of yet, unspecified duties. Happy New Year!

Although the unknown can be unnerving it can also be full of wonderful possibilities. COPE's leaders are always looking for ways to improve member services and increase the number of people who achieve recovery. They look for ways to help dispel stigma and stereotypes that encumber people with mental health and substance use disorders. COPE's Chief Executive Officer, Pat Benchik, and the Chief Clinical Operations Officer, Laura Benchik, wish COPE RSSs to intensify contact with and be more visible to members in hopes of improving member to staff relations as well as to provide inspiration and direction for everyone. Our integration into clinical sites will certainly be a powerful step in that direction.

Sally Reynolds, COPE's Recovery Support Director, is in charge of making the project work. Considering the exceptional results she and Department Coordinator Mary Alice Do have already accomplished with us, quality success is guaranteed. COPE's Recovery Support Department at 101 S. Stone has now become the RSS training site where new RSSs are being hired and trained. Sally is working with a 101-site supervisor who will take charge of the first of us veterans to be reassigned. Sally will act as dual supervisor of RSSs trained through her department. It has been speculated that reassigned veteran RSSs will receive the title of RSS2 and a pay raise.



Standing: Robert, Bobbi, Sally, and Tyrone  
Seated: Heather, Hope, and Jen

While I cannot tell you what our new jobs as COPE RSSs will entail, here is a look at what we were taught to do and will possibly continue doing after reassignment. (Currently, all COPE RSSs are COPE clients.)

- Mentor members
- Help members set and achieve goals
- Direct members to self-help resources
- Help members prepare for doctor appointments or RTA meetings
- Accompany members to appointments, meetings or groups
- Help members to advocate for themselves or be an advocate for them
- Provide hope, encouragement and information
- Teach the following educational classes:
  - *Discover Wellness*: a holistic class that teaches how to promote recovery from mental health disorders (four per week)
  - *Friendship Skills*: a class about developing good friendships (two per week)
  - *Roads to Success*: a class designed to teach the qualities of a good employee (two per week)
  - *SMART Recovery*: an interactive class that teaches how to stop behaviors that prevent a full life (two per week)
- *Crossroads*: a morning reset group and evening educational group (10 per week)

### COPE Recovery Support Department RSSs:

- Robert Lee Arbuckle, CRSS (two years) Institute 1
- Hope Gonzales, CRSS (two years) Institute 1
- Debbie Hammond, CRSS (two years) Institute 1
- Linda Hicks, CRSS (two years) Institute 1
- Tyrone Scercy, CRSS (almost two years) Institute 3
- Salma Ballesteros, CRSS (nine months) Institute 8
- Jen Barnacastle, CRSS (one year) Institute 7
- Bobbi Joyce, CRSS (nine months) Institute 8
- Heather Stewart, CRSS (nine months) Institute 8

## RSS Alumni Guild News January 2007

by: Ken Rogers, CRSS, CPRP  
Vice President



Beginning 2/2/07 until further notice, the monthly meeting structure will be as follows:

*\*Beverages and breakfast pastries will be served\**

8:00 - 8:30 am

Guild business and updates from the Board

8:30 - 10:00 am

Study group to prepare to take the Certified Psychiatric Rehabilitation Practitioner (CPRP) exam. For more information about requirements, etc., please contact me at (520) 618-8832.

- We recently celebrated another success by opening a business checking account to help facilitate Guild business. A project that we will be focusing on in the coming months will be to seek annual sponsorship of the Guild.
- At the January meeting, the Guild unanimously voted to increase membership dues to \$10 per year to help move us forward in 2007.
- Members of the Guild will be participating in a presentation to Dr. Beth Stoneking's Psychiatric Rehabilitation class at the U of A on 2/22/07. (See Below)
- The Guild is looking to increase membership as we move forward with our goals and objectives for 2007. Membership is open to any person who has successfully completed the RSS Institute; employment is not a requirement. For more information, please contact Brenda Morris, President at 741-2351 ext.220 or Christina Jasberg, Secretary 320-6275.



Ken, Christina, Angela, and Fred

**RSS Alumni Guild**  
**PO Box 44107**  
**Tucson, AZ 85733-4107**  
**RSS\_Alumni\_Guild@yahoo.com**

moving to Tucson.

Two weeks later I was called for a job interview at CODAC. A week after that, I received a call from HR formally offering me a full-time job position with benefits. I was ecstatic. On July 3, 2006, I began work as a Community Support Specialist in the Recovery Support Center working for Helen Russell who is the best, well educated supervisor I could have ever imagined. My job entails going to members' homes to provide peer support and teach skills such as setting boundaries, budgeting and other activities of daily living. I learned a new confidence that I did not know I had and realized that the things I had experienced in my past life did help me to help others. Almost 3 months into my job, my supervisor suggested that I apply to the RSS Institute. Trusting her judgment, I applied and was accepted. I felt excitement at embarking on a new adventure and facing a new challenge.

To be honest, I didn't think there was anything to learn that I didn't already know, because I had already been working for three months. Boy was I wrong. I also learned a good dose of humility in the process! I learned person first language, empowerment, everyone's definition of recovery is their own, and my personal favorite, a measurement tool called "the ruler"! The best thing of all is that I met great people at the Institute – the instructors and my fellow "warriors" as one of my classmates fondly nicknamed us. I came into the Institute not knowing many people in Tucson and now I have a whole new group of people added to my support system.

I now incorporate all the tools I learned at the RSS Institute in my job at CODAC on a daily basis, as well as in my personal life. My job continues to challenge me daily as does my teenage son, Joseph, of whom I recently regained custody. I quit smoking and continue to go to my 12 step support groups regularly, as well as church two times per week. Don't get me wrong, life is still hard sometimes but whose isn't. Today I know how to use the tools I have learned for myself and others during the past eighteen months of my sobriety and for me that is what recovery is all about.

**My worst day is better than my best day back then.**

**Now those are few and far between.**