



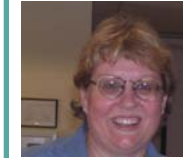
University of Arizona Recovery thru  
 Integration, Support & Empowerment-RISE  
 PO Box 245052  
 Tucson Arizona 85724-5052  
 www.fcm.arizona.edu/outreach/rise

Recovery Support Specialist Newsletter  
 Issue # 3 November 2005  
 Published Bimonthly



Certification Ceremony

On September 2, 2005 Community Partnership Southern Arizona (CPSA) had a Certification Ceremony for Recovery Support Specialists. The ceremony honored four Institutes from January to May 2005. Only RSSs with a job attend practicums. Practicums consist of eight to twelve two hour sessions; where education and training came alive with real job experience. RSSs then need a satisfactory evaluation from their supervisor. RSSs were awarded a CPSA certificate because they achieved the requirements. Neal Cash, CEO of CPSA presented the certificates to the Recovery Support Specialists. The RSSs spoke about how it felt to receive a high honor and thanked the people who helped them get there. The RSSs work hard and are dedicated to their job. I felt a sense of accomplishment and empowerment, as did the other RSSs. (see centerfold)



Reflections on Certification Ceremony  
 By: Jill Harman

On September 2, 2005 CPSA had a certification ceremony for RSSs from the four Institutes. This is the first time all of the RSSs were together in the same room and many of us were happy to see each other again. We had not seen each other since the Institute or practicums and it was great to see how many RSSs there actually were.

Being an RSS has changed me for the better because I see the full picture. I have expanded my horizons and see the world in bright lights. Going through the Institute made me look at myself, especially my fears, and face them head on. Having others doing the same thing made us feel a bonding. Seeing other RSSs again brought back those memories that I will cherish for years to come.

I have grown as an RSS and as a human being who cares about people and wants to help people in their recovery. It is the

Table of Contents

**Page 1**

Certification Ceremony

**Page 2**

Advisory Committee

Bits by Beth

Letters to the Editor

**Page 3**

Recipe for Recovery

**Pages 4-5**

Adult Education Recovery Event

**Page 6-7**

Certified RSSs

**Page 8-9**

Spotlight on Sonya Sova

**Page 10**

Cartoon

**Page 11**

Crossword Puzzle

RISE (Recovery thru Integration, Support & Empowerment)  
 To Receive the RSS Newsletter please reply with the following information to:

Address: PO Box 245052 Tucson Arizona 85724-5052  
 E-Mail: jmharman@email.arizona.edu  
 Phone: 520-626-7473 Fax: 520-626-7833

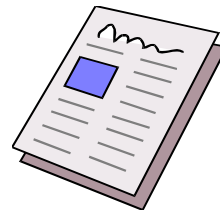
Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_



***This newsletter is for anyone interested in the ongoing and growing RSS Pro-***

**Advisory Committee**

**Bits by Beth**

Dan Steffy,  
Senior Advisor

Diane "Crickett"  
Austin

Wanda Black

Angela Dingleline

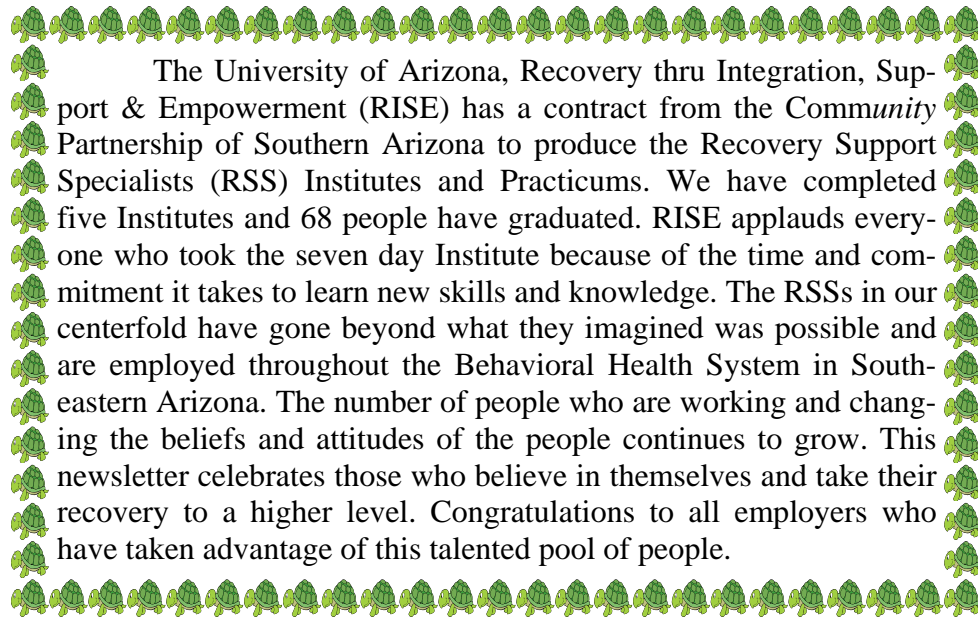
Hope Gonzales

Linda Hicks

Valley Owen

Ken Rogers

Tyrone Scercy



The University of Arizona, Recovery thru Integration, Support & Empowerment (RISE) has a contract from the Community Partnership of Southern Arizona to produce the Recovery Support Specialists (RSS) Institutes and Practicums. We have completed five Institutes and 68 people have graduated. RISE applauds everyone who took the seven day Institute because of the time and commitment it takes to learn new skills and knowledge. The RSSs in our centerfold have gone beyond what they imagined was possible and are employed throughout the Behavioral Health System in Southeastern Arizona. The number of people who are working and changing the beliefs and attitudes of the people continues to grow. This newsletter celebrates those who believe in themselves and take their recovery to a higher level. Congratulations to all employers who have taken advantage of this talented pool of people.

**Letters to the Editor**

**I am interested in attending the Recovery Support Specialist (RSS) Institute. What qualifications are required and who do I contact to start the process of becoming an RSS?**

The goal of the RSS Institute is to assist people in returning to work in a peer support position.

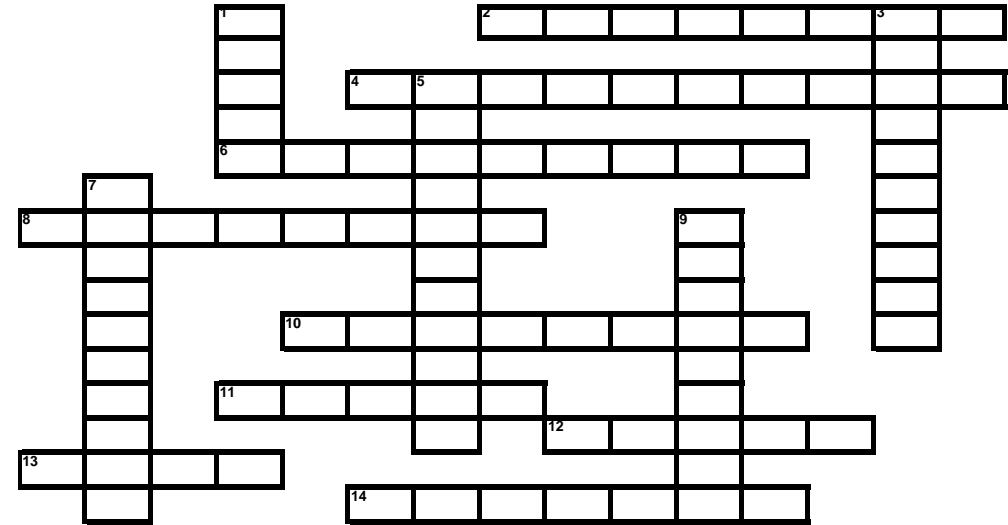
**Criteria:**

- 1. Individuals must be receiving, or have received within the last year, services from the public behavioral health system.**
- 2. Individuals must be 18 years of age or older.**
- 3. Individuals must have a high school diploma or G.E.D.**
- 4. Individuals will be well grounded in their recovery and, if applicable, lived a sustained period of sobriety.**
- 5. Individuals must demonstrate experience with advocacy and leadership.**
- 6. Individuals must demonstrate reading, comprehension and written communication skills.**

You can contact Dan Steffy at 618-8811 or email: [Daniel.Steffy@cpsa-rhba.org](mailto:Daniel.Steffy@cpsa-rhba.org).

\*\*\*\*\*  
 \* Beth C. Stoneking, PhD, CPRP                      Publisher  
 \* Beverly McGuffin, RN, MS, CPRP                      Editor  
 \* Jill Harman, RSS                                      Reporter  
 \* Linnette Klinedinst                                      Page Designer  
 \*  
 \*  
 \*\*\*\*\*

**Crossword puzzle**  
 Created By Kenneth W. Rogers, CPSSA



- |            |            |           |             |          |
|------------|------------|-----------|-------------|----------|
| ADULT      | SMART      | HOPE      | MEDICATION  | WELLNESS |
| RESILIENCE | GOALS      | INSTITUTE | SUPPORTS    | RECOVERY |
| CHOICES    | SPECIALIST | STRENGTHS | PEERSUPPORT |          |

**ACROSS**

2. Wellness and \_\_\_\_\_ Action Plan (WRAP)
4. Recovery Support \_\_\_\_\_
6. Self-determined, optimistic, goal-oriented, in recovery (for example)
8. Signs of \_\_\_\_\_ could be sleeping regularly, socializing, having an appetite, being optimistic, having a sense of humor, etc.
10. Family, friends, clergy, doctors, advocates, counselors, job coaches (for example)
11. Self Management and Recovery Training
12. \_\_\_\_\_ Recovery Team
13. To have a belief that something is possible
14. Options

**DOWN**

1. Things you would like to accomplish
3. The ability to bounce back
5. What an RSS provides
7. A treatment tool
9. Where a person receives the education and training to become an RSS

**Last Issue's Answers**

Y	R	E	V	O	C	E	R				C
I		R					E		O		
R		O					C		R		
A		M					N		E		P
N					A			H	O	P	E
S	W	E	L	L	N	E	S	S			E
P			A	I	R	O	P	P	U	S	R
O		B				S					L
R	C	O	M	F	O	R	I	Z	O	N	E
I						C					D
R	S	S	C	I	M	A	R	E	C		
S	M	A	R	I		S					

# Adult Educational

On August 23<sup>rd</sup> I attended The Adult Educational Event presented by the Long Rangers for the celebration of Recovery and Wellness. The theme at the presentation was Recovery: The Road Not Traveled Alone. It was held at CPSA (Community Partnership of Southern Arizona) and a hundred and fifty people came to the event. Neal Cash CEO (Chief Executive Officer) of CPSA spoke about what recovery means. Also, what we need to be doing and where our system needs to be going.

*“The Long Rangers and everyone in the mental health community have given the mental health providers a lot of direction in how they move forward. It is tremendous to see what we have done in these few years in terms of looking at the focus of our system being more oriented towards consumers and family members.”*

*“You all have a right to treatment and care. This will bring on empowerment, responsibility and taking charge of your own recovery. The system needs to build on strengths not weaknesses, with the dynamics through culture and diversity. A couple of examples are Vocational Rehabilitation, employment and what outside agencies can do for people.”*

The first presenter was Connie Proctor she spoke about the Wellness & Recovery Action Plan (WRAP) written by Mary Ellen Copeland. WRAP is an individualized recovery tool that helps a person identify his/her signs of wellness, support systems and crisis procedures. Connie encourages everyone with a WRAP plan to give a copy to their psychiatrist and supporters, so they are all on the same page.



# Sova Benson & Wilcox

In addition to leading SMART groups Sonya makes home visits, performs wellness checks and stays in contact with members. She was given the responsibility to recruit three people in the mental health system to attend The Alternatives Conference held October 26<sup>th</sup>-30<sup>th</sup>. The conference consists of many different workshops and institutes led by skilled leaders.

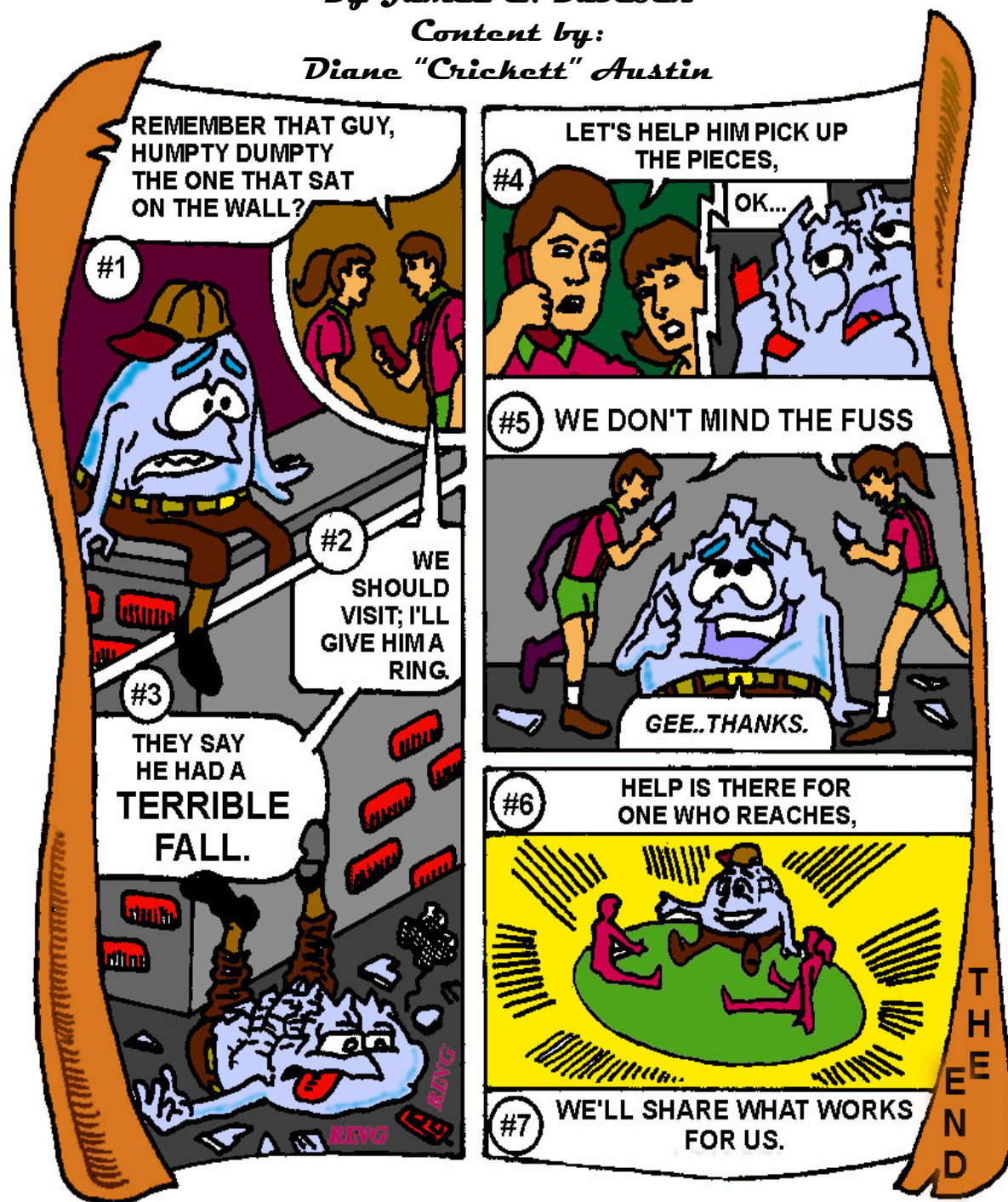
Sonya has been able to improve her skills by listening to other RSSs in the practicums and how they relate to their job. She realizes that RSS positions are new and changing everyday. By staying organized, focused and keeping up with the paperwork, she keeps her stress level down. Everyone Sonya works with is very helpful and supportive of her. She feels like a valuable asset to SEABHS and is pleased that her co-workers have helped make her a part of the team. 🌸

*Sonia is #31 on Page 7*





Cartoon  
 By James E. Babcock  
 Content by:  
 Diane "Crickett" Austin



## RECEIPE FOR RECOVERY

(Evolving Recipe)

By: Ken Rogers (Community Education Specialist,  
 Liaison for the Long Rangers)

Preheat your self-determination to 500 degrees. Separate yourself from your diagnosis. At your own pace, combine the following ingredients:

- a) 1 part: Hope
- b) 2 parts: Supports and Services
- c) 1 part: Choice
- d) 2 parts: Education and Empowerment
- e) 1 part: Strengths
- f) 1 part: Personal Goals
- g) 1 pinch: Humor/Optimism

In any order, add the above ingredients into a 9x12 Individual Recovery Pan lined with resilience. Ingredients will rise and expand to form various layers, i.e. Signs of Wellness, Support System, and Crisis Plan.

This Recovery recipe will vary from person to person based on individuality. You determine the unique ingredients. You are in control of your recipe. It's important to share what you have created with those who you identify as your support system and who care about your journey to being well.

Note: The true meaning and outcome of this recipe takes time. Some ingredients are easier to find than others, so if you're having trouble, asking for help may guide you to what you're looking for.



# Certified Recovery Support Specialists

## Back Row

- 1) Ray Finn: Comfort Zone
- 2) Tyrone Scercy: COPE
- 3) Eddie Grijalva: Compass Health Care
- 4) Sylvia Diaz: SEABHS
- 5) Grace LeBario: La Frontera Center.
- 6) John Lee: La Frontera Center
- 7) Brenda Morris: La Frontera Center
- 8) Sheldon Cowles: Comfort Zone

## Second Row

- 9) Kiki Lakes: COPE
- 10) Mary Mendoza: HOPE, Inc.
- 11) Ken Rogers: CPSA
- 12) Robert Arbuckle: COPE
- 13) Jill Harman: U of A RISE
- 14) Valley Owen: Comfort Zone
- 15) Dan Steffy: CPSA

## Third Row

- 16) Joaquin Guzman: Comfort Zone
- 17) Shawn Lawler: CODAC
- 18) Debbie Hammond: COPE
- 19) Linda Hicks: COPE
- 20) Connie Proctor
- 21) Kathleen Jackson: HOPE, Inc.



## Fourth Row

- 27) Karen Symons: CODAC
- 28) Hope Gonzales: COPE
- 29) Diane (Crickett) Austin: Compass Health Care
- 30) Sonia Robles: La Frontera Center
- 31) Sonya Sova: SEABHS
- 32) Sonia Schilingno: CODAC
- 33) Judy Metzger: CODAC
- 34) Christina Jasberg: La Frontera Center

## Front Row

- 35) Albert Regain: MORE
- 36) Elvin Corder: MORE

- 22) Emily Plasterer: CODAC
- 23) Angela Dingledine: New Directions
- 24) Wanda Black: Compass Health Care
- 25) Juan Parra: MORE
- 26) Roxanne Gaul: The Haven

Not pictured: Raelene Gorski, HOPE, Inc.



# Spotlight on Sonya



Sonya Sova is employed by Southeastern Arizona Behavioral Health Services (SEABHS) as a Recovery Support Specialist (RSS). Sonya works with outpatient services in both Benson and Wilcox. Sonya's case manager encouraged her to apply for the RSS position with SEABHS. She did and soon discovered that the opportunity enables her to give back to members the same way others gave to her. She provides insight as to what others are going through because she has been there herself.

One of Sonya's favorite parts of being an RSS is the high level of member contact. Ken Rogers, Community Education Specialist and Liaison for the Long Rangers, gave Sonya hands on training about Self Management and Recovery Training (SMART) groups. From what she learned she facilitates SMART groups on Tuesdays in Benson and Thursdays in Wilcox. She forms valuable relationships she forms with members. There was a woman in one of Sonya's SMART groups who was initially quiet and isolated herself from the group. The woman achieved her goals of getting out of her house and back into the community by attending SMART meetings. The woman began to talk, which allowed other people to get to know her. She was able to contribute to the group discussions in a helpful way. Sonya thought the woman was courageous and she impressed her. The relationships build a foundation that allows Sonya to effectively guide people through their recovery. Being able to provide support makes Sonya feel good.

# Recovery Event



Christina Jasberg spoke about Adult Recovery Teams. The concept of the Adult Recovery Team is not new. It has always been the focus of a person's team to include their supports. Now the concept has a name, so don't let the name confuse the idea. Adult Recovery Teams empower individuals to take charge of their recovery and their services by including support from those who play a meaningful role in the person's life.

Bob Locke, from the Long Rangers, teaches classes on Stress Reduction & Rehabilitation. He says everyone should take a few minutes a day to relax and let the stress out of our systems. Bob suggested deep breathing and focusing on staying calm if you are in heavy traffic. It makes you feel better to release stress and it creates a healthier life.



The Adult Educational Event was a success. It had a great deal of valuable information and reminded people to keep themselves healthy. The presenters were wonderful because they shared their professional knowledge as well as their personal experiences. There was a great mixture of different ideas and challenges.

