

R.I.S.E. promotes recovery and expanded opportunities for people with mental illness, substance use, and dual diagnosis by employing a collaborative approach to advocacy, service, education and research.



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Recovery thru Integration, Support & Empowerment (RISE) is located in the Department of Family and Community Medicine at the University of Arizona.



Issue 30—December 2010

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# Recovery Support Specialist Newsletter

## Common Threads

I recently spoke at a prayer service hosted by Derry and Bill Dean as part of Mental Health Awareness week. It was a privilege to be asked to talk about hope for recovery from mental illness as well as to be given a chance to do my part in breaking down the stigma associated with mental illness.



Sharon Hulin

Derry and Bill were gracious and their dedication to the cause of mental illness is apparent the moment you meet them. Derry had read an essay I had written during the Recovery Support Specialist Institute this past summer and that is what led to the invitation to speak. I spent quite a bit of time trying to write the speech, to make it all neat and tidy. But when the time came to stand before the audience I just spoke from the heart.

My story of recovery is unique to me, but there are common threads that connect everyone- those with a mental illness, healthcare providers, friends and family. All of these people were represented the night of the prayer service. Being at a prayer service, let alone being a part of it, was foreign to me. I don't ascribe to any religion per se and I've only recently begun to understand the concept of spirituality. One thing I do know is that energy is a strong force and the energy that was emanating from Catalina Methodist church that night was beautiful and inspiring. Anytime people can come together in an effort to bring light and hope to the world is truly extraordinary.

- Sharon Hulin, CRSS

# In this Issue...

## Year 7 Certification Ceremony

Over 40 Recovery Support Specialists were certified in year 7!

## Institute XXIII Graduation

Institute 23 was held in Benson, AZ

“Anytime people can come together in an effort to bring light and hope to the world is truly extraordinary”  
- Sharon Hulin, CRSS



Andrea (Andie) Burke has been working for R.I.S.E. for 7 months now! She has Bachelors of Fine Art from East Carolina University and moved to Tucson to work for the University of Arizona. She enjoys working with Beth every day and working at the Health and Wellness Center when she can.

### Advisory Committee

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Kathy Lewis, CRSS

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Andrea Burke - Page Designer

## Insulin “Pump me up”



Kathy Lewis

Yes, I have diabetes and I use an Insulin Pump. The pump is the best thing that ever happened to me in reference to my diabetes. I am so glad that I don't have to go into a public restroom and “hide” to inject my insulin with a syringe anymore. I can sit at the table in public and pump the insulin I require (some people think I am texting on a cell phone).

I didn't always have the pump though. I was diagnosed in 2001 with Type 2 Diabetes.

I was scared to death due to the fact my mom had diabetes and injected insulin. She would go hypoglycemic (low blood sugars) at 2am every morning. I would get up and get her some carbohydrates automatically while I was still asleep most of the time and give them to her to increase her sugars. Back then, they did not have glucometers (meters that give you blood sugar results). When I spoke with my endocrinologist he assured me that I am lucky and it is 2001 and diabetes treatments have improved immensely.

I started on one type of oral medication, tried to treat with diet and exercise, then increased to two oral medications, then three and counting carbohydrates at the same time. I was scared to death of needles and went into panic when I finally had to give into injections. I was doing 5 injections, maybe more a day, counting my carbohydrates and calculating units of insulin if my sugars were too high. Lotta lotta work and calculating.

Now I don't have to “work” so hard. In February 2006 I finally gave into the insulin pump of which my doctor tried to get me on for about 2 years. Yes, I still have to “work” on my diabetes but it is a lot easier. I still count carbohydrates and I still use a needle-but the needle is used every other day instead of 5 or more times a day. I have to fill and maintain the pump every other day and I check my sugars more than I used to.

Yes, diabetes is work-I consider it a 24/7 job 365 days a year, but I have a lot more control on it now. Life is much easier with the pump and I wouldn't trade it in for \$1 million dollars.

**SO, PUMP ME UP!!!!**

- Kathy Lewis, CRSS



# How to Help Someone Without Saying a Thing

by Harriet Cabelly

Listening—it's a very powerful tool but unfortunately not well utilized.

I propose that if we all learned to listen better, there would be less of a need for therapists. I myself am a social worker and have been providing therapy/counseling to clients for years.

I have often felt that I was working as a well-paid or glorified listener; that if “lay” people could just listen better, there would be less of a need for professional listeners.

Those clients who simply need a safe place to unload and vent would already have a space where what they say matters for that time period; where they feel heard and acknowledged.

As human beings, we all have a universal need to feel heard and understood.

I might be going out on a limb to say that I find many people to be quite self-centered in their conversation, or perhaps I should say in their monologue.

They love to hear themselves talk; rarely ask the other questions; and when they finally allow the other person to speak, they quickly bring it right back to themselves.

In the book *The Art of Racing in the Rain* by Garth Stein, there is a paragraph on this listening business.

Narrated by a dog, it reads “I never deflect the course of the conversation with a comment of my own. People, if you pay attention to them, change the direction of one another's conversations constantly.... Pretend you are a dog like me and listen to other people rather than steal their stories.”

“The greatest good you can do for another is not just to share your riches but to reveal to him his own.”

- Benjamin Disraeli



## Tips to Listen Fully

1. **Realize the distinction between listening and hearing.** Hearing is an auditory/physiological process. Listening involves the whole person—mind, heart and soul. Attentiveness, interest, and concern need to shine through. Listen with your whole self. Forget yourself for a short while and show an interest. There's so much to learn from people. Everybody has a story.
2. **Reflect back on what the other says.** Comment on it; it makes them feel heard. All too often we bring it back to ourselves. Let people feel that it's all about them for that moment.
3. **Be present and stay focused.** Stay with the other person's talk. It's obvious when the listener is simply thinking about his next comment.
4. **Ask questions—meaningful ones,** not the concrete 5 W questions (where, what, who, when, why). It shows you really want to understand the other person, not just participate at the bare minimum.
5. **Acknowledge feelings.** I know this can sound like touchy feely stuff. But it's the crux of good communication. It's worth repeating again: when people feel understood, they're less likely to get defensive and argumentative.

As human beings, our visceral need is to feel held, with words, rather than to receive solutions.

When we get the space and understanding we need, we can usually come to our own answers. And if not, there's always time to brainstorm for possible solutions.

In the simple act of listening, you can reveal much to someone else. What if we all just listened more?



Harriet Cabelly is a social worker and life coach emphasizing living life to its fullest and creating a good life out of (or despite) adversity. Read more about her at [www.harrietcabelly.com](http://www.harrietcabelly.com).

<http://tinybuddha.com/blog/how-to-help-someone-without-saying-a-thing/>

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**Back Row (left to right):**

Justin Hartland  
Kent Clonts  
Neale Harmon  
David Delawder  
Scott Whitley  
Michael Harvey

**3rd Row (left to right):**

Michael Loghry  
Maggie Moore  
Marc Haley  
Kristin Woodall  
Sally Hueston  
Gary McGinnis  
Randy Sainz  
Steve Conn  
Michael Soto

**2nd Row (left to right):**

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Michell Bailey  
Barbara Kern  
Margaret Roberts  
Paige Maier  
Angie Daggett  
Tammy Bushman  
Kendall Bailey

Rosa Chacon  
Kami Beckmann  
Margaret O'Connor  
George Storm

**Front Row (left to right):**

Regina Autry  
Nicole Martin  
Tina Reid  
Cynthia Ruiz  
Irene Johnston  
Connie Proctor

**Not Pictured**

Gary Sipe  
Melissa Brown  
Matthew Hawe  
Robert Lewis  
Diane Morrow  
Kathlene "Susie"  
Gonzalez  
Amy Phillips  
Terry Davis  
Rollie Girton



**Congratulations!**



# Recovery Support

# Specialist Institute XXIII



## Top Row (left to right):

Cecelia Huntsman  
Adrian Molina  
Michael Robinson  
Larry Grant  
Jamie Lynn Johnson

## Front Row (left to right):

Wendy Rubio  
Jean Marie Jiron  
Theresa Murrah  
Renee Martinez

## **Back:**

Bud Blanchard, Valerie Garmon

## **Front:**

Pam Riggs

## Congratulations Graduates!



## CRSS Panel





# Turning down the volume

Excerpted from "Recovery Month: Stress and Addiction" By Thea Singer

Are there skills we can learn to turn down the volume of the wanting?

UCSF psychologist Judith T. Moskowitz, Ph.D., M.P.H., studies ways to "plant seeds of resilience" in people under extreme stress because they've recently been diagnosed with a chronic illness, in particular HIV. She knows, through years of research, that positive and negative emotions "co-occur" under conditions of stress but that people need help countering the negative and allowing the positive to rise through the muck. After scouring the scientific literature, she identified specific cognitive skills that are especially effective at helping people achieve this.

"Find at least one of these that works for you, and do it every day," she advises.

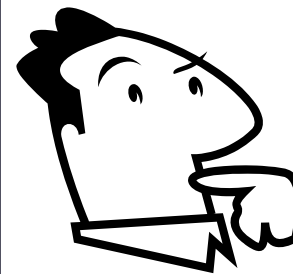
- **Notice something good that happened to you today, and tell someone about it or write it down.** The "event" can be as small as drinking an excellent cup of coffee or climbing out of bed when you planned to.
- **Keep a "gratitude" record.** Every day, to counter shortfalls, write down one thing you're grateful for. Again, it doesn't have to be earth shattering, or even big.
- **Concentrate on being mindful for at least 10 minutes a day.** Forget the past, forget the future: Take in, without judgment, your thoughts, feelings and physical sensations right now. For example, go for a 10-minute walk and zero in on the crunch of gravel beneath your feet and the wind on your face.
- **Reinterpret a negative experience.** The reinterpretation must be "do-able," says Moskowitz. You miss the bus to work and know your boss will be furious that you're late. But then another bus arrives, and you sit next to someone who tells a joke that sends you into hysterics. In a meta-analysis of studies about coping with HIV, Moskowitz found that reappraisal was one of the skills most effective at reducing negativity.
- **Redirect your attention to your strengths.**
- **Make a list of attainable goals for the week, and work toward achieving one every day.** Think how good you'll feel when you can cross that item off that list!
- **Do something nice for someone else.** The University of British Columbia's Elizabeth W. Dunn, Ph.D., has done several studies showing that giving can make people happier. In one, she had 46 UBC students rate their happiness, and then gave them envelopes containing \$5 or \$20 and told them either to spend the money on themselves or toward a bill, or to give it to charity or as a gift. Those who gave the money away rated themselves as happier at the end of the day than those who kept it for themselves.

Thea Singer is a science/health journalist. Her new book, "Stress Less," which comes out September 23, covers the latest findings on stress and how to reduce it to slow--or even reverse--aging. Her sister is a policy analyst for the National Council for Alcoholism and Drug Dependence--New Jersey and tells her story nationally to help others find recovery. Learn more at [www.theasinger.com](http://www.theasinger.com).

This article was originally published on the Huffington Post's Health Section ([http://www.huffingtonpost.com/thea-singer/september-is-recovery-mon\\_b\\_715975.html](http://www.huffingtonpost.com/thea-singer/september-is-recovery-mon_b_715975.html)) and is reprinted with permission.

## Word Search

a f g t r i e g a i t e c  
n n n g s l n c d i w l t a  
a t i g p h r f o c u s r e  
t i r l i t a u a f e s e p  
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acknowledge  
diabetes  
inspiring  
redirect  
spirituality

awareness  
focus  
listening  
reflect  
strengths

certification  
gratitude  
meaningful  
share