



RECOVERY CONNECTION

Newsletter

OCTOBER 2010

VOLUME 1 ISSUE 1

If you are interested in contributing to the Recovery Connection Newsletter, please talk with your RTA or an RSS at your site for more details.

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Welcome by John McElroy

Welcome to the first edition of COPE's Recovery Connection newsletter. My name is John McElroy; I am the Lead Recovery Support Specialist for COPE Community Services. This publication is designed to give COPE clients the opportunity to communicate their thoughts and feelings about recovery, share their artistic talent, share their experiences in recovery, and connect with other members of the COPE community.

As a COPE client myself, I have always thought of COPE as a community of people working toward a common goal, recovery. I may not officially be a COPE client anymore, but I will always identify myself as being a part of the COPE community, both as a client and as someone who contributes to the recovery of others in this community through my employment as a Recovery Support Specialist.

The word "recovery" is defined by Dictionary.com as "the regaining of or possibility of regaining something lost or taken away;" but for me that word encompasses so much more than that. Yes, through my recovery I have regained many of the things that I had lost due to my mental illness and substance use; however, for me this is only a small part of what my recovery consists of. Recovery to me has become a process of building and developing a life that has meaning, purpose, and fulfillment. It has meant changing old attitudes and beliefs in order to more effectively reach my long term goals and objectives. It means opening my mind and my heart to learning new things and meeting new people.

I have come to have a great appreciation for the people in my life who have been there to support me, encourage me, and share with me their experience, strength, and hope.



That is precisely the reason I wanted to be a part of putting together this newsletter, because I want to give every client at COPE the opportunity to share their own recovery with other COPE clients. That may be through poetry or song lyrics that express the feelings experienced through various stages of recovery, a painting or sculpture that represents some aspect of personal development or expression of feelings at some point in recovery, or an article telling one's recovery story. These articles are meant to create hope and inspire motivation to continue to grow in recovery.

This being the first edition of COPE's Recovery Connection, I felt compelled to give a brief introduction. In the future; however, I hope to have this space occupied with a story of recovery from a COPE client that describes both the challenges and the successes encountered within the COPE community and in general. These are the stories that continue to inspire all in recovery to continue to expand their horizons and grow.

I am very interested in receiving contributions to the newsletter. Please talk with your RTA or an RSS at your site about how you can be a part of the Recovery Connection.

Conversations by Victoria

My name is Victoria, I am a COPE client who has suffered and struggled since we felt the strike of budget cuts in July. That is what 3,800 of your peers in Tucson, like me, are facing. We are able to receive medication updates and refills every three months. That's it. We are no longer eligible to receive State funded hospital stays, counseling, case management, brand name medication, residential treatment, employment preparation, or even groups.

Not attend groups? Do any of you look around and wonder where some of those familiar faces are? I hope you do. They are outcast, like me. They are simply not allowed to take part in a supportive environment that once lent them a foundation of sanity. I will be honest: If I had not found an outlet to replace the emptiness that lay before me in the beginning of July, I would probably be dead now, another tragic suicide statistic. Luckily, I was offered the opportunity to volunteer. As I became more involved, it became clear to me that individuals in our government, our community, and even those within our recovery centers are forgetting that stabilization without implementing the

correct resources and developing strong, structured, and compassionate supports for the mentally ill, our community and our lives are bound to be plagued with horrific effects. There is a great need to implement change now or we will forgo happiness and fulfillment in many of our lives. We need to make serious, life-changing choices starting yesterday.

I want you to know - to really, really know - that you CAN do something about the injustices that are being served to you. You can strike back. I am asking you to join me on a journey that I never thought I wanted any part of. I am asking you to register to vote and then actually VOTE. That is not only your power, it is your responsibility, to yourself and to your peers, because some of your peers can't speak for themselves. Who better than you to be your brother's keeper?

Your vote will save lives. It is a way to improve the quality of your life and the life of the person who sits (or no longer sits) beside you.

Register to VOTE. Please!



COPE's Pathways to Success Program offers:

- Acudetox
- Innovative Activities
- Interactive Groups
- Lunch/Snacks
- One-on-One Therapy

If you are interested in enrolling in Pathways to Success, ask your case manager or call 520.624.9818

Must be 18 years of age or older and must be enrolled in AHCCCS.



11th annual community mental health ARTS SHOW

Event created by Barbara Williams

Celebrating Recovery During National Mental Illness Awareness Week

OPEN TO THE PUBLIC FREE OF CHARGE
October 5 & 6, 11:00 a.m. to 7:00 p.m.
October 7, 11:00 a.m. to 6:00 p.m.
Public Reception: October 5, 5:00 p.m. to 6:30 p.m.
Check out the new Arts Show web pages at www.cpsa-aha.org

2582 North Dodge Boulevard, Tucson
Call (520) 318-6394 for more information

CPSA Community Partnership
of Southern Arizona
Regional Behavioral Health Authority

CPSA is a community health care organization supported by the Arizona Department of Health Services, Division of Behavioral Health Services, Pima County, Arizona Health Services, and the University of Arizona. CPSA is a 501(c)(3) nonprofit organization. CPSA is an Equal Opportunity Employer. CPSA is a Minority Business Enterprise. CPSA is a Minority Business Enterprise. CPSA is a Minority Business Enterprise.

Suggestion Box

You may have noticed that in the lobby of each COPE office there is a suggestion box with a convenient form where clients have the opportunity to make suggestions as to how COPE can improve the services provided to members. This segment of the newsletter will be dedicated to informing individuals of what COPE is doing to address those suggestions.

Following are some of the items that were mentioned in the suggestions received over the last month and how COPE is addressing each one.

A number of suggestions were related to the wait time for appointments.

- COPE continues to seek out and hire qualified staff to provide the best possible services to members in order to lower the caseload size of service providers.
- COPE has developed a centralized scheduling program to help eliminate scheduling errors, to streamline the process, and reduce wait times.
- The Methadone program has hired an additional LPN as part of an Early Bird Employee program to speed services up for those needing to get to work.

There were several suggestions asking for additional groups.

- COPE recently conducted a survey to determine group topics that clients are most interested in and will be developing groups to meet those specific needs.

Some suggestions asked for an increase in peer support or RSS-like individuals that could be available to clients.

- COPE has hired a number of additional RSS staff to provide these supports and continues to increase the number of peers available for support.
- COPE will continue to hire additional staff to meet the needs of clients.

There were suggestions to add computers and computer classes at 101 S. Stone.

- There are now individual computer classes held three times each week at 101 S. Stone. There is a sign up sheet at the reception desk on the second floor for those who are interested. Currently these classes are only available to female clients.
- Rio Nuevo One-Stop offers free computer classes. For information, call 798-0500.

There were quite a few comments expressing satisfaction and gratitude for the work that COPE staff do and believe I speak for all COPE staff when I say that your gratitude is very much appreciated. We all work very hard to provide the best possible services and will continue to do our best to ensure clients have all the tools needed for a successful and enjoyable journey in recovery.

Artistic Expressions



THE LOST SOUL

THE LOST SOUL

Nothing is connecting,
Nothing is whole,
All I know is I've
lost my soul,
Many friends tell
me it will come
back if I just don't
give up and give
up any slack,
I know it will
come back because
I am a rose in
bloom, I know
it will come back
and come back soon.



COPE
COMMUNITY
SERVICES
INCORPORATED

36th Annual Holiday Dinner

FREE to all Mental Health Consumers,
Family Members, and Professionals.

Thursday, December 2, 2010

Entertainment - 11:00am

Dinner - 11:30am

Trinity Presbyterian Church

400 E. University Blvd.