



**April 2023**

## **Welcome to the Healthy Pima Newsletter!**

**This newsletter aims to provide ways to get involved in the community, learn about Healthy Pima workgroups, and share upcoming community events and trainings.**

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## **We Want to Include YOU in the Next Newsletter**

Share program highlights, or let us know if you need collaborators and we'll include it in the next newsletter.

Email us at **Healthy Pima**

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Healthy Pima action groups used the results of Pima County's 2021 Community Health Needs Assessment to develop action plans to address the county's four priority health needs:

- Mental & Behavioral Health-
- Substance Use Disorder-
- Social Determinants of Health-
- Access to Care-

We will implement goals, objectives, strategies, and activities over the next two years to improve community health.

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## **Volunteer Opportunity**

Healthy Pima has fantastic opportunities to make an impact in our

community, meet staff members, network, and have fun! Our Steering Committee is looking for representatives in Substance Use Disorder, Mental & Behavioral Health, Social Determinants of Health, Access to Care, and Healthy Aging. The next meeting will be via **TEAMS** on **April 12 at 10 a.m.** For more information or to receive the TEAMS link, please email **Dedra Clark-McGee**, Special Staff Assistant Senior, Special Projects.

Once the Healthy Pima Steering Committee is formed, we will begin forming Access to Care and Social Determinants of Health action groups.

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## Mental & Behavioral Health

### Pima County Suicide Prevention Task Force

Healthy Pima partnered with the Pima County Suicide Prevention Task Force, led by Arizona Complete Health, to coordinate action with community collaborators around suicide prevention and postvention efforts.



The group meets **quarterly** via **ZOOM** on the **4th Tuesday** of the month.

The next meeting is Tuesday, **April 25** from **3-4 p.m.**

Please contact Julie Mack at **JUMACK@azcompletehealth.com** for meeting information.

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## The Tucson Osteopathic Medical Foundation's 2023 Grant Program is Now Open for Applications



Pima County's **2021 Community Health Needs Assessment** identified mental/behavioral health and substance use disorders as health priorities in our community. In response, the Tucson Osteopathic Medical Foundation (TOMF) has chosen those priority areas as the target for our **2023 grant program.**

A maximum of **\$25,000** will be awarded during this award cycle. Applicants must be **501c3 organizations** in Pima County whose missions, programs,

and/or projects aim to achieve meaningful advancements in **mental/behavioral health AND/OR substance use disorders** in our community. Previous awardees may reapply. The suggested grant request range is \$3,500 - \$7,500 although requests above or below the suggested range will also be considered.

Qualified organizations are encouraged to submit an application (available for download at the **TOMF website**) before **5 p.m. on May 1**. Decisions on the applications will be announced and awarded by June 10. The application fully outlines the eligibility requirements and submission guidelines.

Please share this opportunity with your community partners and collaborators who are working in these priority areas!

[Download the Application Here](#)

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## QPR (Question, Persuade, Refer) Gatekeeper Training for Suicide Prevention

This 2 hour evidence-based training is designed to teach "gatekeepers" how to respond to the warning signs of a suicide crisis. Gatekeepers are anyone strategically positioned to recognize and refer someone at risk of suicide such as parents, friends, neighbors, teachers, coaches, caseworkers, or police officers. Gatekeepers are certified for 2 years following this training.

April 12, 2023  
5-7p.m.

[Register for QPR Training](#)

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## Substance Use Disorder

### CODAC Collaboration Meeting Group

Healthy Pima partnered with The CODAC Collaboration Meeting Group, led by CODAC, to increase substance misuse services for residents of Pima County.



The group meets virtually via **TEAMS** on the **4th Tuesday** of each month.

The next meeting is Tuesday, April 25 from 2-3:30 p.m.

Please contact Alex Fernandez at [nfernandez@codac.org](mailto:nfernandez@codac.org) for meeting information.

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## A New Acute Inpatient Treatment Facility for Mental Health & Substance Use Disorders Has Opened in Tucson



Cornerstone Behavioral Health El Dorado specializes in the treatment of adult patients who require immediate intervention and stabilization for psychiatric symptoms and substance use disorders.

Cornerstone is a Level 1 medical detox facility with 54 beds. It currently offers acute psychiatric services to adults, including pregnant individuals, who voluntarily admit themselves. All patients must meet a medical necessity, such as detox, especially if experiencing seizures or are pregnant.

[Visit Cornerstone Behavioral Health](#)

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## Rise of Fentanyl Presentation

This is a free, virtual, one hour presentation that discusses the fentanyl epidemic in Pima County. Presenters educate audiences about what fentanyl is, and the driving forces behind the rapid increase in overdoses and deaths. Risk factors, prevention methods, and resources will be shared so that we can come together as a community to prevent use and save lives.

April 19, 2023  
5:30-6:30 p.m.

[Register for the Rise of Fentanyl Presentation](#)

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## Oxford House Runs for Recovery

# Save the Date!



## SELF-HELP FOR SOBRIETY WITHOUT RELAPSE

Oxford House is a concept in recovery from drug and alcohol addiction. In its simplest form, an Oxford House describes a democratically run, self-supporting and drug free home.

The number of residents in a House may range from six to fifteen; there are houses for men, houses for women, and houses which accept women with children. Each House represents a remarkably effective and low cost method of preventing relapse.

The poster features a central shield-shaped logo with a blue border. Inside the shield, two blue baseball bats are crossed over a white baseball with a green 'H' logo. Above the baseball, the text 'RUNS 4 RECOVERY' is written in green. Below the baseball, the year '2023' is written in green. The background of the poster is a night-time photograph of a sports field with stadium lights. At the top, the text 'OXFORD HOUSE PRESENTS' is written in white with blue arrows pointing outwards. Below the logo, the event details are listed in blue text: 'SATURDAY MAY 27TH, 2023', 'FIRST PITCH 8:00am', and 'TODD M. HARRIS SPORTS COMPLEX 2400 S CRAYCROFT RD TUCSON, AZ 85711'. A large green banner at the bottom contains the text 'SAVE THE DATE' in blue. At the very bottom, contact information for booth and softball tournament sponsorship is provided in white text on a dark background.

**OXFORD HOUSE PRESENTS**

**RUNS 4 RECOVERY**

**2023**

**SATURDAY  
MAY 27TH, 2023  
FIRST PITCH  
8:00am**

**TODD M. HARRIS  
SPORTS COMPLEX  
2400 S CRAYCROFT RD  
TUCSON, AZ 85711**

**SAVE THE DATE**

**BOOTH SPONSORSHIP INFO**  
SARAH GRAHAM (520-373-4590)  
ZAC MARTINEZ (520-279-1556)

**SOFTBALL TOURNAMENT INFO**  
CASSIE DUST (520-373-0518)  
BRAD ABBOTT (602-370-9430)

## Access to Care

**AHCCCS Continuous Enrollment Ended  
March 31, 2023**

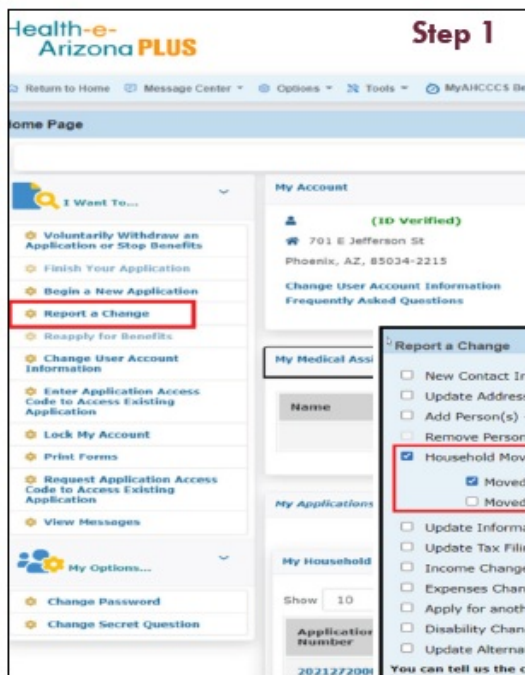
# AHCCCS RESTARTED ELIGIBILITY REVIEWS ON APRIL 1, 2023

If you or someone you know is on AHCCCS, keep your health coverage and don't get dropped!

Make sure to update your mailing address, phone number, and email address today!

Login to [www.healtharizonaplus.gov](http://www.healtharizonaplus.gov) or call Health-e-Arizona Plus at 1-855-HEA-PLUS (1-855-432-7587), Monday-Friday, 7 a.m.-6 p.m.

To update contact information online  
**\*Follow the directions below\***

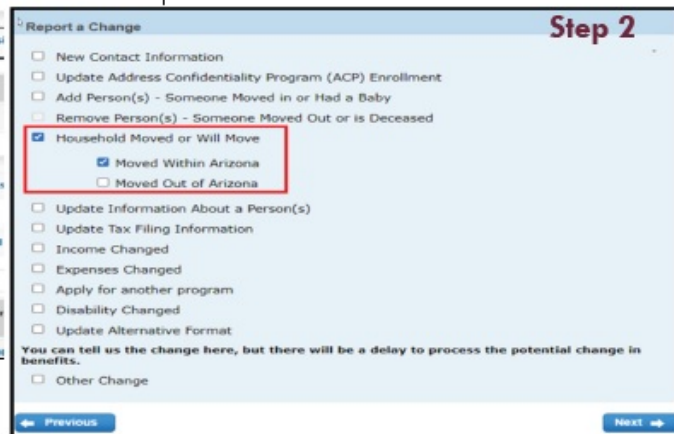


Log in to [www.healtharizonaplus.gov](http://www.healtharizonaplus.gov)

**Step 1: Click "Report a Change"**

**Step 2: Select Household Moved**

If you have no access to the internet  
please call 1-855-HEA-PLUS  
(1-855-432-7587) to update your info.



**IF YOU OR SOMEONE YOU KNOW BECOMES INELIGIBLE, THERE ARE OTHER COVERAGE OPTIONS AVAILABLE!**

Get help finding and applying for health coverage.  
You can make a no-cost-appointment for enrollment assistance by calling  
2-1-1  
or  
visit [COVER AZ.org/connector](http://COVERAZ.org/connector)

## Reproductive Health Care Survey



**REPRODUCTIVE HEALTH CARE INCLUDES THINGS LIKE BIRTH**

# CONTROL, PREGNANCY CARE, AND MENSTRUAL HEALTH!

Help make sure the Pima County Health Department knows what reproductive health services our community needs!

Take the 10-minute ANONYMOUS Survey Here

## Check Your Liver Health for Free!



Most people are unaware of the risk they are at for developing liver disease.

A fibroscan is a painless and non-invasive procedure that assesses the levels of fat and scarring of your liver.

Schedule your free fibroscan to quickly measure your liver's health and get your immediate results.

During your visit you will:

- \*Complete a short questionnaire\*
- \*Receive a FREE liver scan to measure levels of fat and scar tissue in your liver\*
- \*Receive a 1 page handout to understand your results\*
- \*Receive information about additional resources in the community\*

You must be 18 years or older and not have an electronic implantable device, nor be pregnant.

Call 520-282-2785 to Schedule a Scan

## Community Information

Do Something Satisfying with Your Free Time—Become a Mentor



At Boys to Men Tucson, their core work is to train adult men to mentor teen boys across Southern Arizona. Their site-based mentorship program is a flexible, high-impact way to transform our communities through conscientious and regular engagement with masculine-identified youth and adults.

This program takes place primarily through weekly talking circles that provide significant opportunities for both fun and deep self-reflection. With a very simple approach, these circles make a major impact on the lives of all participants, regardless of their age. While this program was initially designed for schools, they now work with a range of community partners to develop and implement this program. Data has shown that boys who participate in a weekly talking circle on average experience significant improvements in grades, disciplinary referrals, emotional intelligence, and social skills.

Boys to Men's two most significant needs are for more men who are willing to **join them as mentors**, and for **more funding** to support the expansion of these transformational programs into new spaces.

[How to Support/Become a Mentor](#)



[Visit our Website](#)





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with



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