



February 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.

We Want to Include "You" in the Next Newsletter

Share program highlights with us, or let us know if your work is in need of collaborators and we'll include it in the next newsletter.

Email us at [Healthy Pima](#)

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.

Volunteer Opportunity

The Healthy Pima Initiative has fantastic opportunities to make an impact in

our community, get to know the staff, 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 **February 8 at 10:00 a.m.** For more information or to receive the TEAMS link, please email Dedra.

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

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 is currently meeting virtually via **ZOOM** on the **4th Tuesday** quarterly.

The next meeting is Tuesday, January 31 from 3:00-4:00 p.m.

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

QPR Gatekeeper Training for Suicide Prevention

February 8 at 11:00 a.m.-12:30 p.m.

This 1-2 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.

[Register Here](#)

Stress Management

February 2 at 2:00-3:00 p.m.

This one-hour presentation shares methods that help identify and analyze the physical and emotional effects of everyday stressors, and teaches positive coping strategies to support a healthier life. Attendees will learn how to achieve balance, set boundaries, seek support, share core values, and self-regulate through mindfulness. Ending with a brief breathing exercise, audiences will leave feeling refreshed and empowered.

[Visit our Website](#)

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 is currently meeting virtually via **TEAMS** on the **3rd Tuesday** of each month.

The next meeting is Tuesday, February 28 at 2:00-3:30 p.m.

Please contact Alex Fernandez at nfernandez@codac.org for meeting information.

Rise of Fentanyl Presentation

February 13 at 9:00-10:00 a.m.

This one hour presentation 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. Can be tailored to middle/high school students, parents/teachers, and the general public.

[Register Here](#)

Narcan Training

February 7 at 2:00-3:00 p.m.

A one-hour presentation on how to administer the intranasal spray version of naloxone, Narcan, when a person has a suspected overdose from opioids. Upon completion, Narcan kits are provided for participants to carry for life-saving emergencies.

[Register Here](#)

Social Determinants of Health

America Walks



The Walking College is an online educational program and is geared toward early-to-middle-stage advocates eager to organize in communities to expand access to walkable, vibrant, safe, and accessible places.

February 1: America Walks 2023 National and State Walking College applications open.

[Learn More](#)

Conducting a Walk Audit is the first step for many walkable community advocates, and it often leads to positive community change for people of all ages.

February 14 at 2:00 p.m., Eastern: The Walk Audit: An Effective Tool for Community Change.

[Register for the Webinar Here](#)

Community Information

Public School Tax Credits Are An Easy Way For Taxpayers To Have A Massive Impact On Arizona's School Children!



You can donate \$200 for filing single or \$400 for "married filing jointly." When you make a cash contribution to a public school, you are able to receive a nonrefundable tax credit.

Despite this, elementary public schools in low-income areas typically receive zero tax credit donations, which results in no funding for extracurriculars, health and wellness programs, playground equipment, school gardens, and school meal programs. Kids who have access to tax credit-funded school programs perform better academically, experience less stress, and have better health outcomes.

Please consider maximizing the impact of your 2023 tax donation by donating to Rivera Elementary School in Sunnyside School District. In 2021, Rivera Elementary received the fewest tax credit donations in Pima County. impacting students' ability to thrive.

School: Rosemarie Rivera Elementary
Activities: Undesignated
Specific Activity: type in Health & Wellness

[Click For more info](#)



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