



November 2023

Welcome to the Healthy Pima Newsletter!

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

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**

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 priority health needs:

- Mental & Behavioral Health-
 - Substance Use Disorder-
-

Mental & Behavioral Health

Pima County Suicide Prevention Task Force

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

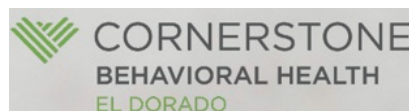
Emergency Department Visits for Mental and Behavioral Health Conditions in Children Ages 10-17 Increase Around the Beginning of the School Year



Clinicians can screen for mental and behavioral health conditions
Schools can use local, state, and federal resources to prioritize healthy and supportive school environments
Parents and guardians can learn the signs and symptoms of mental and emotional distress

[Click Here for a Link to an Article on This Topic](#)

Cornerstone Behavioral Health in Partnership With the VA Has Started a Coalition Focused on Ending Veterans Suicide



Cornerstone's goals are to support Veterans with resources when in crisis, reduce suicide, and provide support. Cornerstone also connects Veterans

to the VA, as well as other outside agencies that can assist with other resources, or when Veterans are ineligible for services.

The group is meeting on **November 2 at 2 p.m.** at Cornerstone Behavioral Health, located at **1400 North Wilmot Road Tucson, AZ 85712**. The entrance is on the back side of the building.

Please share with any interested Veterans in community organizations who would like to participate.

For more information visit Cornerstone Behavioral Health's website:
www.cornerstoneeldorado.com

[See the Flyer for More Information about the Coalition](#)

Substance Use Disorder

CODAC Collaboration Meeting Group

Healthy Pima partners 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, **November 28**, from **2:00-3:00 p.m.**

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

Employment Services for People with Behavioral Health and/or Substance Use Disorders



La Frontera Center (LFC) provides training for people who want to obtain employment as a next step in their recovery.

- The program is structured to accommodate people at any level of recovery in an atmosphere of support, hope, and enthusiasm.

- No admission criteria for any service.
- People at every stage of readiness for change are welcome.
- Services are designed around the individual needs, abilities, and preferences of the person served.
- Employment Specialists meet individually with participants to assess their individual needs, connect them with Vocational Rehabilitation, and start creating a plan for employment.
- Services provided might include building job skills, resume development, volunteering, job leads, application submissions, interview skills, job training, and supported employment.
- LFC Job Developers work closely with employers in the community to create job opportunities for those looking to re-enter the workforce.

Contact Miranda for More Information

La Frontera Center Peer and Recovery Support Specialist Training



La Frontera Center offers Peer And Recovery Support Specialist (PRSS) training to members and individuals in the community who are in active recovery and eager to work in the behavioral health field.

- Training is facilitated by experienced and credentialed peers who take pride in training individuals in recovery to add to the behavioral health workforce.
- After completion of training, graduates receive a certificate and are credentialed as Peer And Recovery Support Specialists throughout the state of Arizona.
- La Frontera also offers Pathways to Behavioral Health Workforce classes as a prerequisite for individuals who may be exploring the idea of stepping into the behavioral health field, but are not quite ready for PRSS training.

Contact Miranda for More Information

Southern Arizona Aids Foundation is Building a Team of Advisors from Different

Sectors to Provide Input, Data, and Experiences on Youth Substance Abuse/Misuse in Arizona



This coalition will help support and advise youth prevention programs, but primarily supports the YELL program. The Youth Empowerment Leadership & LifeSkills (YELL) Program is a substance abuse/misuse prevention program that, with the help of a community-based coalition, implements a wide variety of strategies to educate about prescription drug and alcohol misuse among youth between the ages of 13 and 24. While the focus is on LGBTQ+ youth, their heterosexual and cisgender allied peers are also voices in our youth leadership team and attend life-skills classes across Tucson. Using the Botvin LifeSkills Training, SAAFs health educators teach youth about harm reduction and decision-making skills while also discussing the impact that alcohol and drugs can have on decision-making.

The goal is to meet 4 times a year, for one hour, to gather input on the following topics:

- The current cultural perception of youth substance use or misuse (Alcohol, Nicotine, drugs, etc.)
- Gather information that may better inform the YELL program in addressing needs within the population.

Fall Meeting Date: Nov. 3 2023

Time: 11 a.m.-12 p.m.

Location: 526 N. 4th Ave., Tucson AZ | ZOOM

Please Contact Danielle Fowler at dfowler@saaf.org to sign up and participate!

[More Info. About the YELL Program Can Be Found Here](#)

Community Information

Free Health Talks with a Tucson Physician



Join fellow Tucsonans for a monthly walk with a local physician who will lead a **health discussion and interactive Q&A** with walkers.

Held the **second Saturday** of each month at **8 a.m.**, participate in an easy 2.4 mile walk along the Rillito River path. Each month is a new health topic!

Get active and bring a friend!

[Learn More About Walk with a Doc Events](#)

The Direct Advocacy and Resource Center Helps Low Income Homeowners Who Are Over 62 Stay in Their Homes



Direct Advocacy and Resource Center's Rural Home Access Program (RHAP) helps increase the safety, access, and independence of low-income homeowners ages 62+ so they can continue to age in place, in their own homes. They must live in rural areas of Central and Southeastern Arizona – Cochise, Gila, Graham, Greenlee, Pinal, Santa Cruz Counties and the **rural areas** of Maricopa and **Pima Counties**. RHAP provides: a comprehensive environmental and functional assessments in the home to identify safety and access risks, a recommendation report to eliminate/mitigate identified risks, low-cost high-impact solutions that may include home adaptations/modifications. RHAP is a grant program so services are free to those who qualify. Eligibility criteria:

- Age 62 or over
- Low family income (total household income is less than or equal to 80% AMI)
- Live in one of the rural service areas listed above
- Own and live in the home – and plan to remain in it for at least a year

- Home in good physical condition – no structural damage or need for major repairs (e.g., roof, flooring, and/or electrical replacement)
- Proof of property tax payment (most recent tax year)
- Proof of mortgage payments being current (if applicable)
- No liens on property

Copies of eligibility documentation (proof of home ownership, family income, age, etc. will be required prior to an assessment).

People can apply directly to the RHAP page or call 520-624-6452 .



Visit the Healthy Pima Website



Pima County Health Department | 3950 S. Country Club Road, Tucson, AZ 85714

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