



**October 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.**

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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 priority health needs:

- Mental & Behavioral Health-
  - Substance Use Disorder-
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## **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.

The next meeting is **Tuesday, October 31**, from **3-4 p.m.**

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

## BELOW ARE RESOURCES FROM THE PIMA COUNTY SUICIDE PREVENTION TASK FORCE TO SUPPORT SUICIDE AWARENESS

American Foundation for Suicide Prevention

<https://afsp.org/national-suicide-prevention-week/>

SAMHSA – 988 Toolkit

<https://www.samhsa.gov/find-help/988/partner-toolkit>

CDC Resources

<https://www.cdc.gov/suicide/resources/index.html>

Suicide Prevention Resource Center

<https://sprc.org/>

American School Counselors Assn.

<https://www.schoolcounselor.org/Publications-Research/Publications/Free-ASCA-Resources/Suicide-Prevention-and-Response>

Arizona Department of Health Services Toolkit

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## Perinatal Mood and Anxiety Disorders Certificate Training



The Tucson Postpartum Depression Coalition (TPDC) is hosting the Postpartum Support International professional trainings in Perinatal Mood and Anxiety Disorders (PMAD) in Tucson on **November 15-17, 2023**. The first 2 days are for all providers to learn the basics about PSI- Perinatal

Mood and Anxiety Disorders Components of Care (PMADs). Completion of this training allows providers to achieve a Perinatal Mental Health Certification through an exam. On the third day, November 17, therapists who have taken the Components of Care training may take the one-day "PSI- Perinatal Mood and Anxiety Disorders: Advanced Psychotherapy Training."

TPDC is delighted to be offering Tucson-based providers partial scholarships to these trainings. We are eager to support the growth of health care providers that are trained to respond to the needs of pregnant and postpartum women experiencing perinatal mental illness.

[Advanced Perinatal Mental Health Psychotherapy](#)

[Perinatal Mood Disorders](#)

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## Public Question Persuade Refer (QPR) 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.

**Date: October 23, 2023**

**Location: Online**

**Time: 1-3 p.m.**

[Link to Register](#)

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## 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, **October 24**, from **2:30-3:30 p.m.**

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

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## Public Rise of Fentanyl

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 the use and save lives.

Public Rise of Fentanyl

Date: **October 18, 2023**

Location: **Online**

Time: **2-3 p.m.**

Bilingual Public Rise of Fentanyl

Date: **October 26, 2023**

Location: **Online**

Time: **5:30-6:45 p.m.**

[Public Rise of Fentanyl Link to Register](#)

[Bilingual Public Rise of Fentanyl Link to Register](#)

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## The Pima County Health Department Seeks Feedback on Opioid Settlement Funding Priorities



Pima County residents can offer suggestions on how the County and its partner jurisdictions can spend a \$48.5 million opioid settlement in a newly released survey.

The Substance Misuse Advisory Committee, a subcommittee of Pima

County's Board of Health, is identifying and prioritizing possible uses of the opioid settlement funding. In August 2022, the County and other jurisdictions began receiving the first portion of the settlement payments, which will be paid out over the next 18 years.

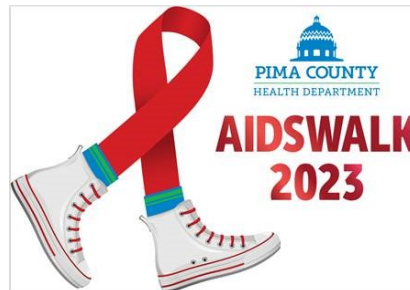
"It will be important to have the community's collective voice at the table as we move forward," said Dr. Theresa Cullen, Pima County Health Department director. "The public will play a critical role in shaping PCHD strategy development and funding decisions moving forward. Together we can drive positive change for our community."

**Deadline to participate in the survey, which should take about 10 minutes to complete, is Oct. 4.**

[Take the Survey Here](#)

## Community Information

### Sign Up for the 35<sup>th</sup> Annual AIDSWALK



#### WHAT IS AIDSWALK?

AIDSWALK is a family and pet-friendly walking (or running) fundraiser with the goal of increasing awareness and support for people living with or affected by HIV/AIDS. The money raised at AIDSWALK Tucson benefits Southern Arizona AIDS Foundation (SAAF). Each year SAAF provides services to nearly 1,700 people living with HIV and AIDS and delivers targeted prevention outreach and education programs to over 17,000 people who are at high-risk for infection. At AIDSWALK, you will have the opportunity to learn more about HIV, to remember those we have lost to AIDS, and celebrate many around us that are thriving each day living with HIV. There will be plenty of entertainment and activities to bring us all together in support of this great cause. This year, AIDSWALK Tucson will be celebrating 35 years of walks in Tucson.

Registration is  
\$35.00 per adult  
\$10 per child or pet

Date: October 15, 2023  
Start Time: 7 a.m.  
Location: Jacome Plaza Park, Downtown Tucson

[Register Here](#)

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## Town Hall on Equity for All Arizonans

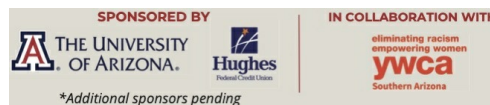


### TUCSON COMMUNITY TOWN HALL

Arizona Town Hall hosts community and future leaders town halls around the state and will be in Tucson in October. Participants will discuss how equity impacts their community.

Date: October 12, 2023  
Location: 525 N Bonita Ave Tucson, AZ 85745  
Program Check-In: 8:30-9 a.m.  
Program: 9 a.m.- Noon

Registration is free with breakfast provided.



[Register Here](#)



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[Visit the Healthy Pima Website](#)

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