



# Newsletter

October 2022

## Welcome to the Healthy Pima Newsletter!

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

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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-

Over the next three years goals, objectives, strategies, and activities will be executed 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 more members and will hold its first meeting via ZOOM on October 18, at 10 AM. For more information or to receive the ZOOM 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 of every other month.

The goal for 2022-2024 is to INCREASE POSTVENTION KNOWLEDGE AND SERVICES.

Please contact Julie Mack at [JUMACK@azcompletehealth.com](mailto:JUMACK@azcompletehealth.com) for meeting information.

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### Community Mental Health and Addiction Team

The Health Department's Community Mental Health and Addiction (CMHA) unit conducts routine surveillance of local suicide trends. Surveillance looks at specific data sets to monitor and record trends in critical public health indicators commonly associated with suicide and self-harm. The CMHA team uses a six-month moving average to set thresholds for issuing health alerts. This alert indicator allows for the team to issue alerts when local suicide trends reach higher than expected totals.

[For the Most Recent Suicide Health Alert Click Here](#)

## 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 goal for 2022-2024 is to **INCREASE EDUCATION CENTERED APPROACHES TO TREATMENT TO REDUCE STIGMA AROUND SUBSTANCE USE DISORDER** .

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

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## Overdose Prevention Outreach

Community Mental Health and Addiction (CMHA) case managers and contracted partners offer brief interventions for individuals at high risk for overdose, particularly those who recently experienced a period of abstinence after staying in a hospital, jail, or residential treatment center. Staff meet with members one-on-one in the community to establish a harm reduction plan, discuss options for treatment (inpatient, outpatient, MAT) and make warm handoffs to local providers and resources. Staff also provide overdose prevention trainings to the community that includes education on how to use Narcan and fentanyl testing supplies.

Anyone age 18 and over who is at high risk for an overdose and open to receiving services is eligible. Services are free, no insurance required.

[Learn More About Case Management Services Here](#)

[To Submit a Referral for Yourself or Someone Interested in Receiving Services, Click Here](#)

[For More Information on Narcan Distribution, Click Here](#)

[Professional Development](#)

# 15th ANNUAL ARIZONA SUICIDE PREVENTION COALITION HOPE CONFERENCE

[Click Here for More Information](#)

## Community Information

### Pima Council on Aging Survey Request COMMUNITY NEEDS ASSESSMENT



The Community Needs Assessment is a crucial component of how Pima Council on Aging (PCOA) structures and delivers its services to adults 60+ and family caregivers. The information is gathered through the Community Health & Aging Survey, focus groups with community stakeholders, and ten Community Listening Sessions.

If you are an adult who is 50 years or older, PCOA wants to hear from you! Please take the time to complete PCOA's anonymous Community Health and Aging Survey, covering a variety of topics such as issues at home or in the neighborhood, social connectedness, and access to healthcare services. The survey will take about 15 minutes to complete and is available online in English or Spanish. You can also call 520.790.0504 or email [help@pcoa.org](mailto:help@pcoa.org), and PCOA will help you complete the survey by phone or mail.

Over the next two months PCOA will be hosting a series of ten community listening sessions, including one virtual listening session via Zoom. This is an opportunity to discuss your experiences and concerns about aging and aging services with other community members, representatives from PCOA, and other community partners. For more information click [here](#).

[Begin Survey Here English](#)

[Begin Survey Here Spanish](#)

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## Pima Behavioral Health Coalition

The Pima Behavioral Health Coalition (PBHC) is convened by the Pima County Health Department and comprised of members from multiple county departments, schools, behavioral health providers, and many other local youth-serving institutions. The PBHC serves to increase access to mental health supports in schools, and strengthen connections between the stakeholders in our community striving to respond to youth mental health concerns. Members are working together to bring more funding to our community to assist these efforts, as well as track policies and legislation that impact youth mental health services. The coalition also compiles a monthly newsletter to help spread information and resources regarding the topic of school mental health. PCHD has partnered with Arizona Serve to host a Public Health AmeriCorps member to assist these efforts through spring of 2023. PBHC has encouraged community action by organizing trainings and events such as the How to Advocate for Change series hosted by Partners in Health.

[Click Here to Join the How to Advocate for Change Series](#)



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## Free Mammograms

See our list below of breast exam providers in Tucson, Arizona. We list clinics and facilities that provide free mammograms for women at little or no cost. Please click below for locations.

Visit our Website



Visit our Website



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

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