

KEEPING IT CENTERED

The Value of Self-Esteem



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What is self-esteem? Self-esteem is how you feel about who and what you are. Self-esteem is made up of different elements which we can obtain through these questions:

- How do you feel about who & what you are?
- Are you looking at an honest picture of yourself?
- Does what people think about you matter to you?
- Do you create yourself into something you're not just to impress others?
- Do material things make up your well being?

When your self-esteem is high and positive, the opinions of others do not affect you. A high self-esteem and complete acceptance of self enables you to totally and completely ignore what others think of you and just rely on your own thoughts.

Hard times and life challenges are really gifts in your life journey. These challenges help us recognize that YOU are your own defense and strength. When everything seems lost to you, at the end, there is only You left to deal with these challenges. Positive and negative things happen to everyone but one thing you must always keep in mind is that you are a wonderful being with an inner strength to help you overcome all challenges.

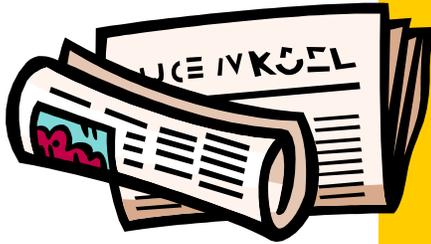
You must remember, you are who you are, and let everyone else accept you as they find you because your opinion of who you are is high and that's what matters most. Therefore, you can treat others the way you would want to be treated, with respect, honesty, and consideration. No more, no less.

When someone has high self-esteem it is easy to recognize. They are enjoying themselves to the full; they are able to be what they want to be and do what they want to do. They are, their own human being.

Low self-esteem is different. A person with low-self esteem usually puts up defenses which are boasting, showing off, name-dropping, hogging the conversation and putting others down or rude silence and withdrawal. People who lack self-esteem no longer feel that they are in control of their experiences. They see themselves as victims, helplessly waiting to see what happens next instead of making things happen as they would like them to happen. Negative emotions is what we feel when we are low in self-esteem, we don't necessarily get what we deserve. We get what we think we deserve. The problem is that we don't think we deserve a lot when it comes to love and a meaningful relationship. As children we believe what our parents tell us because we love and trust them, and also because they are in authority. If we are told at a defenseless age that we are not good enough, smart enough or likeable enough, we believe it!

Triggers that cause low self-esteem may be because they have been treated poorly by someone. It is difficult to feel good about yourself when you are under the stress of having symptoms that are hard to manage, when either you are dealing with a disability or difficulty in life. At times low self-esteem can be a symptom of depression.

Member Handbook



The PY TRBHA Centered Spirit Program Member Handbook has been updated & also available in Audio.

CSP will provide copies for its providers, sub-contracted providers and the CSP Members.

Member Handbook & Provider Manual are now available on the Internet below Behavioral Health Services link

www.pascuayaquitribe.org

AHCCCS HEALTH INSURANCE

Are you AHCCCS Eligible?



CSP is now linked up to HEALTH-E which can help determine if you are eligible for AHCCCS.

Contact
Esther Flores
Juan Jacques
Katrina Herber
for more information at
879-6060

What does it cover?

Depending on the program, AHCCCS Health Insurance may cover;

- Doctor's Visits
- Specialist Care
- Transportation to Doctor
- Hospital Services
- Emergency Care
- Pregnancy Care
- Podiatry Services
- Surgery
- Immunizations
- Physical Exams
- **BEHAVIORAL HEALTH**
- Family Planning
- Lab & X-rays
- Prescriptions
- Dialysis
- Eye Exams & Glasses
- Dental Services
- Hearing Aids & Exams

What is AHCCCS Health Insurance?

AHCCCS Health Insurance was established by the State of Arizona to provide Health Care to Arizona residents.

If you do not qualify for AHCCCS CSP can still provide services



How do I get AHCCCS Health Insurance?

You may be able to get AHCCCS Health Insurance by contacting the CSP Office so that we may assist you with completing an AHCCCS application.

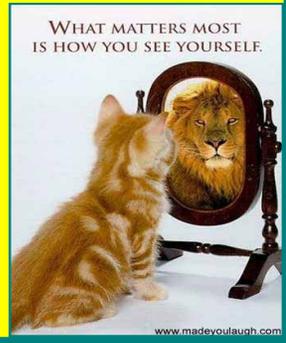
The Value of Self-Esteem (Continued)

If you have felt sad consistently for several weeks but don't know why you are feeling so sad, examples; nothing terribly bad has happened, or maybe something bad has happened but you haven't been able to get rid of the feelings of sadness? Is this accompanied by other changes such as wanting to eat all the time or having no appetite, wanting to sleep all the time or waking up very early and not being able to get back to sleep? If you answered yes to either questions, there are two things you need to do. One, see your doctor for a physical exam to determine the cause of your depression and to discuss treatment choices. Second you can do some things that will help you feel better right away like eating well, getting plenty of exercise and sunshine, spending time with good friends, and doing fun things like going to a movie, listening to music, reading a good book, or drawing a picture.

If you would like to get more information on SELF-ESTEEM OR DEPRESSION please contact our offices.

Tucson Office : (520) 879-6060 Guadalupe Office (480) 768-2021

Crisis 24/7 line: (520) 591-7206



Upcoming Family Nights

New Pascua (6pm to 7pm)
December 8, 2009
January 12, 2010
February 9, 2010
HEALTH DENTAL CONFERENCE ROOM
FOR MORE INFORMATION
CONTACT RUSSELL JOHNSON
(520) 879-6075

Please Join Us

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CSP WELCOMES NEW STAFF

Valerie Hancock
Guadalupe Family Therapist

Vanessa Bencomo
Medical Records Clerk

Oneida Valle
Utilization Review Quality Manager

STARS OF 2009 ESTHER FLORES & MICK SHANELEY BUSY BEE OF 2009 LOUIE LEE



STAR OF THE QUARTER BARBARA CHANA
STAR OF THE QUARTER MARGARITA CASILLAS

BUSY BEE OF THE QUARTER SOPHIA CROWE
BUSY BEE OF THE QUARTER MICK SHANELEY

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"FOUR WORK HABITS CAN BE CONTAGIOUS, SO WE USUALLY QUARANTINE OUR NEW EMPLOYEES FOR A PERIOD OF OBSERVATION."

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CENTERED SPIRIT GROUPS

EMPOWERMENT SESSION – ANGER MANAGEMENT

Monday's 2:30pm- 4:30pm

Location: Vahcom House 7426 S. Camino Vahcom

Lead Contact: Louis Duberry, Substance Abuse Therapist
520 879-6053, Louis.Duberry@pascuayaqui-nsn.gov

ART EXPRESSION

Marana – Monday's 3:30 -5pm

*New Pascua – Wed. 3-5pm, Fri. 3-7pm, Sat. 12-3pm

Old Pascua – Thursday's 3:30 -5pm

Lead Contact: David Moreno, Traditional Arts Instructor
520 879-5663, David.V.Moreno@pascuayaqui-nsn.gov

***AWARENESS GROUP SESSIONS**

Monday's 6-7:30PM

Location: Old Pascua Center (520 791-4609)

Lead Contact: Juan Salgado, Substance Abuse Therapist
520 879-5690, Juan.M.Salgado@pascuayaqui-nsn.gov

***CHEMICAL DEPENDANCY GROUP SESSIONS**

Friday Morning's 6AM-7:30AM

Location: Dental Conference Room

Lead Contact: Juan Salgado, Substance Abuse Therapist
520 879-5690, Juan.M.Salgado@pascuayaqui-nsn.gov

CSP ADVISORY BOARD QUARTERLY MEETINGS

Wednesday's 5-6pm,

Location: Dental Conference Room

Lead Contact: Angela Martinez
520 879-6071 Angela.Martinez@pascuayaqui-nsn.gov

***FREEDOM FROM SUBSTANCE ADDICTION**

Wednesday's from 5:30 – 7:30pm

Location: Vahcom House, 7426 S. Camino Vahcom

Lead Contact: Louis Duberry, Substance Abuse Therapist
520 879-6053, Louis.Duberry@pascuayaqui-nsn.gov

***LIFE SKILLS**

Wednesday's 1-3pm

Location: CSP Large Conference Room

Lead Contact: Russell Johnson, Training Coordinator
520 879-6075,
Russell.D.Johnson@pascuayaqui-nsn.gov

MISGUIDED LOVE

Tuesday's 11:30am to 1:30pm

Location: Health Department Large Conference Room

Lead by: Dr. Ferrell

For more information call 879-6060

PARENTING SUPPORT GROUP

Thursdays 5:30pm to 6:30pm

At CSP Large Conference Room

Contact: Sophia Crowe 879-6138
Sophia.Crowe@pascuayaqui-nsn.gov

PREVENTION MEETINGS

Every 3rd or 4th Thursday of the Month 5-6pm

Location: Prevention House

Lead Contact: Angela Martinez, Prevention Specialist
520 879-6071, Angela.M.Martinez@pascuayaqui-nsn.gov

***RECOVERY GROUP SESSIONS**

Monday's 10:30-11:30am (Jackie Meehan)

@Centered Spirit

Tuesday's-Mujeres Adelante, 10:00-12PM (Barbara Chana)

Wednesday's- 10:30-12pm (Mo Salgado)

**Wednesday's – Sweat Lodge, start time: 6:30pm*

Mon & Thur. –*Healing Addition Through the Heart*, 5:30-7:30pm (A. Shenmen)

Friday's – 10:30-12:00 (Mo Salgado)

Location: Vahcom House, 7426 S. Camino Vahcom

**Sweat Lodge is located in back of the PYT Fire Department 4631 W. Calle Torim*

Lead Contact: Alex Alvarez, Substance Abuse Therapist
520 879-5692, Alex.G.AlvarezSr@pascuayaqui-nsn.gov



CENTERED SPIRIT GROUPS (Continued)

TUESDAY FAMILY NIGHTS

New Pascua every second Tuesday

Location: Health -Large Conference Room

Old Pascua every third Tuesday

Location: Old Pascua Center Bldg. 4

Lead Contact: Russell Johnson

520 879-6075

Russell.Johnson@pascuayaqui-nsn.gov

*TRANSITION INTO ADULTHOOD

For ages 18-21 Young Adults

Tuesdays 4pm-5pm CSP Small Conference Room

Contact: Melanie Roberts 879-5694

Melanie.R.Roberts@pascuayaqui-nsn.gov

*TTP AFTERCARE GROUP SESSIONS

Tuesday from 5:30 – 7:30pm

Location: Prevention House 7409 S. Camino Co-coim

Lead Contact: Joe Henry, TTP Coordinator

520 879-5664, Cell 520 269-3968

Joe.Henry@pascuayaqui-nsn.gov

GUADALUPE PREVENTION PROGRAM SCHEDULE

Lutu'uria Youth Group (LYG) Tuesday November 3, 2009 5pm-6pm GED Room Tribal Complex

Veteran's Parade, Saturday, November 7, 2009

Health Fair, Saturday, November 14, 2009

Guadalupe Prevention Partnership (GPP)

Tuesday, November 17, 2009 6pm-7pm

*LYG meets on the 1st & 3rd Tuesday of the month

*GPP meets on the 3rd Tuesday of the month

For more information please contact

Sewa Uusim Program

Community Meeting

*Meeting to be held in
Guadalupe, AZ*

Saturday, November 21, 2009

Starting at 11:00am

At the

Guadalupe Tribal Modular

Located at

9405 S. Calle Avenida Del Yaqui

*****New Members are Welcomed to Attend!**

CSP Events

*Pascua Yaqui Tribe
In collaboration with
Pascua Yaqui Tribe Color Guard
&
American Legion Yoeme Post 125
Cordially welcomes you to the
8th Annual Yoeme Veterans' Day Celebration/
Parade*



November 11, 2009

Cristo Rey Church

Breakfast at 7:00 am - 10:00 am

Mass at 9:00 am

Monte Calvario Cemetery

Raising of the Flag 11:30 am

Presentation of the Wreaths Ceremony 11:15 am

*Arizona Air National Guard Fly
over 11:30 am*

Casino of the Sun

Parade line up North Parking Lot 12:30 pm

Parade 1:00 pm

Vahcom House 7426 S. Cam. Vahcom

Post Colors 2:00 pm Pascua Yaqui Tribe Color Guard

*Opening Prayer: Mr. David Rivera, Traditional
Maestro*

Master of Ceremony: Mr. Luis Canez, Army Veteran

*Opening Remarks: Chairman Peter Yucupicio &
Tribal Council*

American Legion Commander

Color Guard Post

Certificate Awards 3:00 pm

Matachini, Deer Dancers, Kolencia, Azteca Dancers

Traditional Dinner will be served.

For more information contact: Sylvia Tello Lewis @

879-5691.

REMEMBER OUR VETERANS



H1N1 Frequently Asked Questions (As of October 6, 2009)



What is 2009 H1N1 (swine flu)?

2009 H1N1, also called "swine flu", is a new flu virus causing illness in people. This new flu was first detected in people in the United States in April 2009. 2009 H1N1 flu is spreading worldwide, much in the same way that regular seasonal flu spreads.

Why is 2009 H1N1 flu sometimes called "swine flu"?

This flu was originally referred to as "swine flu" because laboratory testing showed that it was very similar to flu viruses that normally occur in pigs in North America. But further study has shown that this new virus is actually from a mixture of pig, bird and human flu strains.

How does 2009 H1N1 flu spread?

The 2009 H1N1 flu is thought to spread in the same way that seasonal flu spreads. Flu viruses mainly spread from person to person through coughing or sneezing by people who have the flu. Sometimes people may become infected by touching something such as a surface or object with flu viruses on it and then touching their mouth, eyes or nose.

What are the signs and symptoms of this virus in people?

The symptoms of 2009 H1N1 flu virus in people include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people may have vomiting and diarrhea. People may have the flu and have respiratory symptoms without a fever.

How severe is illness associated with 2009 H1N1 flu virus?

Illness with the 2009 H1N1 flu has ranged from mild to severe. Most people who have been sick have recovered from mild illness without needing medical treatment. However, some people do experience more severe symptoms which can result in hospitalization and sometimes death.

At this time, about 70% of the people who have been hospitalized with the 2009 H1N1 flu in the US have had one or more conditions recognized as "high risk" for serious flu-related complications. This includes pregnancy, diabetes, heart disease, asthma and kidney disease for example.

Can I get infected with 2009 H1N1 virus from eating or preparing pork?

No. 2009 H1N1 flu is not spread by food. You cannot get infected with the flu from eating pork or pork products. Eating properly handled and cooked pork products is safe.

Is there a risk from drinking water?

Tap water that has been treated by conventional disinfection processes does not pose a risk for transmission of the flu. Current drinking water treatment regulations provide a high degree of protection from germs like the flu.

Prevention & Treatment

What can I do to protect myself and others from getting sick?

There is no vaccine available right now to protect against 2009 H1N1 flu. However, a 2009 H1N1 vaccine is currently in production and will be ready within the next month or so.

There are everyday actions that help prevent the spread of germs that cause illnesses like the flu.

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and warm water. If soap and water are not available, use an alcohol-based hand rub with at least 60% alcohol concentration.
- Avoid touching your eyes, nose or mouth.
- Try to avoid close contact with sick people.

Becoming a Love and Logic Parent Schedule October to December

Week # 1 October 27 Module 1.....Raising Responsible Kids

Week # 2 November 3 Module 2....The Love and Logic Formula

Week # 3 November 10..... Module 3...."C" Stands for Control that's shared

Week # 4 November 17..... Module 4...."O" is for Ownership of the Problem

Week # 5 November 24..... Module 5...."O" is Also for Opportunity for Thinking

Week # 6 December 1..... Module 6...."L" Stands for Let Empathy and
Consequences do the Teaching

Week # 7 December 8..... Module 7Let's Wrap it Up and Go Home

Location: Large Conference Room, Centered Spirit Program

Tuesdays @ 5:30 PM

No pre-registration, just show up.

For your information each module builds on the information presented in the previous module. So please commit to



Pascua Yaqui Tribe Complete Count Committee

Census 2010 DVD is NOW Available

IT'S IN OUR HANDS



The Pascua Yaqui Complete Count Committee have developed a public service announcement DVD. We are asking all departments with DVD playback capabilities to:

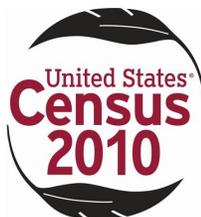
- Identify a contact person
- Request a specific number of DVD's
- Respond no later than 5PM on Friday, October 30, 2009

CONTACT
Leticia Baltazar

Development Services
520-879-6317
520-879-6305

Leticia.Baltazar@pascuayaqui-
nsn.gov

"ITOM MAMPO TAAWAK"



Donate Old Eyeglasses CSP has a box located in the Break Room

Lions help to conserve SIGHT
by providing usable eyeglasses
to CHILDREN AND ADULTS
throughout the world.



OLD GLASSES GIVE NEW LIFE!

For more info contact Jacqueline Meehan
at 879-6090

ANNOUNCEMENTS



For the past year Tribal Council hosted several presentations to inform the public on **“The Massacre of Cerro Mazatan and the International Repatriation of Fallen Yaqui Soldiers”**

The repatriation of the human remains and artifacts to Rio Yaqui of Yaqui soldiers killed in 1902 near Hermosillo, Sonora, Mexico currently in a museum collection in New York City.

The human remains have been released to be brought to the Guadalupe and Pascua Pueblo Communities for a community viewing and vigil, before continuing their journey to Rio Yaqui.

Community members are welcomed to pay respects to the individuals whom fought for their beliefs and traditions, the same ones we carry and practice still today.

Guadalupe Community

Date: Tuesday, October 27, 2009

Location: Santa Lucia, Traditional Church

Time: 9:00 pm

Pascua Pueblo Community

Date: Wednesday, October 28, 2009

Location: Cultural Grounds

Time: 4:00 pm

For further information, please call
Olivia Valencia at (520)883-5018

*The journey home of fallen Híakí soldiers * Wame Híak sontaum wattlame ven bwiarau notte*

Artifacts will be available for viewing throughout the day inside Cristo Rey.

A Mass will be held today October 29, 2009 at 4:00 PM.

They will be departing from Cristo Rey tomorrow Friday, October 30, 2009 at 6:00 AM to continue their journey to Rio Yaqui, Sonora.

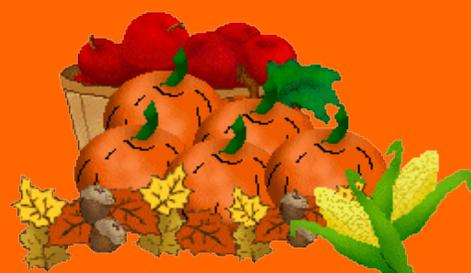
Everyone is welcome to stop by.



**PARENTING
SUPPORT GROUP**
EVERY THURSDAY
AT 5:30- 6:30PM IN THE
CENTERED SPIRIT LARGE
CONFERENCE ROOM
GROUP STARTING ON OCTOBER 29TH
For more information
call Sofia Crowe at 879-6138

COMMUNITY HARVEST LUNCHEON

MONDAY, NOVEMBER 23, 2009
11:30 AM
WELLNESS CENTER



Pascua Yaqui Prevention Community Meetings

Meeting Schedule

Thursday, August 20, 2009, 5-6pm
 Thursday, September 24, 2009, 5-6pm
 Thursday, October 22, 2009, 5-6pm
 Thursday, November 19, 2009, 5-6pm
 Thursday, December 17, 2009, 5-6pm

A'avo em kaateka etcho Hueveh-tuko.
 Prevention Kari, 7409 S. Camino Cocaim.

Everyone's WELCOME.
 Refreshment will be served.

Childcare is available

Call the Centered Spirit Prevention Office
 at 879-6071 for more information.

*~Part of the Pascua Yaqui Health Programs~






On August 13th 2009 the Old Pascua Art group had a field trip to Tohono Chul Park's new Pascola Mask Exhibition where Mr. David Moreno, CSP traditional arts instructor, was a featured artist. Other featured artists were; Louis David Valenzuela, the Martinez Family; Feliciano Martinez, Edward Martinez and the late Frank Martinez Senior and Frankie Martinez Jr. The opening for the exhibit: "Yoeme Carving: Generations of Wooden Faces," was held on October 4th 2009.

DID YOU KNOW?

Provider Advocacy

The PY TRBHA Centered Spirit Program encourages its Providers and sub-contracted Providers to advise or advocate on behalf of the behavioral health recipient for the following:

- Behavioral Health Recipient's health status, medical care or treatment options, including any alternative treatment that may be self-administered.
- Information the Behavioral Health Recipient needs to decide among treatment options.
- Risks, benefits and consequences of treatment or non-treatment
- Behavioral Health Recipient's right to participate in treatment decisions regarding his or her behavioral health care, including the right to refuse treatment.

Training Schedule November, December, 2009

Early Warning Signs of Autism, Presenter: Dr. Jaswinder Ghuman, Time: November 4th, 10:00 am to 12:00 pm, Location: CSP Large Conference Room.

Introduction to Services at the Division of Developmental Disabilities, Presenter: Nan Carle, Time: November 6th, 10:00 am to 12:00 pm, Location: CSP Large Conference Room.

Comprehensive Assessment and Treatment for Substance Abuse Disorders in Children and Adolescents, Presenter: Nitika Singh, Ph.D., November 13th, Time: 1:00 pm to 5:00 pm, Location: CSP Large Conference Room.

Involuntary Commitment Process for Tribal Communities, Presenters: Catherine Plumb, Margaret Vick, Dr. Michael Stumpf, Lydia Hubbard-Pourier, Alida Montiel, Time: November 16th, 9:00 am to 3:00 pm, Location: Housing Warehouse Conference Room.

Introduction to Transcendental Meditation Technique, Presenter : Shirley Boncheff, Time: November 20th, 11:00 am 12:00 pm, Location: CSP Large Conference Room.

Play Therapy and Trauma, Presenter: Barbara Rosenberg, Time: December 4th, 10:00 am to 12:00 pm, Location: CSP Large Conference Room

SUBCONTRACTED PROVIDERS ARE INVITED TO ATTEND

For more information on Training please contact
Russ Johnson 879-6075



SUMMER PROGRAM

2009



THANK YOU ALL WHO
HELPED MAKE THIS
POSSIBLE!

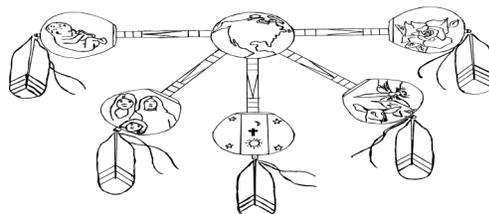
THIS YEAR THE PARTICIPANTS OF
THE CENTERED SPIRIT PROGRAM
SUMMER PROGRAM WERE GIVEN
THE OPPORTUNITY TO TAKE A
TRIP TO

SAN DIEGO
CALIFORNIA

CENTERED SPIRIT PROGRAM

Tucson Area

7490 S. Camino de Oeste
Tucson, AZ. 85757
Phone (520) 879-6060
Fax (520) 879-6099
24/7 Crisis Line: (520) 591-7206



Guadalupe Area

9405 S. Avenida del Yaqui
Guadalupe, AZ. 85283
Phone (480) 768-2021
Fax (480) 768-2053

Vahcom House

7426 S. Camino
Vahcom
Tucson, AZ. 85757
Phone (520) 879-5691
Fax (520) 879-5696

New Beginnings Clinic

7474 S. Camino de Oeste
Tucson, AZ. 85757
Phone (520) 879-6616
Fax (520) 879-6017

Transitional Treatment Program

7409 S. Camino Cocoim
Tucson, AZ. 85757
Phone (520) 879-5664

Path Program

7402 S. Camino
Vahcom
Tucson, AZ. 85757
Phone (520) 879-5855

Sewa Uusim

4960 W. Vai Sevoi
Tucson, AZ. 85757
Phone (520) 879-6181
Guadalupe
Phone (480) 768-2000

Prevention Program

7409 S. Camino Cocoim
Tucson, AZ. 85757
Phone (520) 879-5858

Yoeme Kari Group Home

2861 W. Via Hacienda
Tucson, AZ. 85741
Phone (520) 297-6414

“ It is the mission of the Pascua Yaqui Tribe Centered Spirit Program to provide professional, confidential, and culturally compatible behavioral health services to the Pascua Yaqui Tribal member and their families, and to promote healing, personal growth, and healthy living for the individual, the family, and the community “