

KEEPING IT CENTERED

How to Beat the Heat



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As you all know temperatures in Tucson can get high during the summer months. Each year, heat contributes to the deaths of hundreds of people in the United States. Here are some tips that can help you beat the heat.

Try a desert trick. When the air outside is dry and cooler than the air inside, hang a damp sheet in an open window. Incoming breezes are cooled by the evaporating water.

Block the sun. Closing curtains and blinds can reduce the amount of heat that passes into your home by as much as 45 percent, according to the U.S. Department of Energy.

Make a make-shift air conditioner. If it's hot but not humid, place a shallow bowl of ice in front of a fan and enjoy the breeze. As the ice melts, then evaporates, it will cool you off.

Give your A/C some TLC. Clean or replace the filter in room and central air conditioners about once a month during the summer. If you have central air-conditioning, have the ducts checked for leaks, which can reduce a system's efficiency by as much as 15 percent, according to the U.S. Department of Energy. Seal any cracks between a window unit and the frame with peelable caulking or a sealant strip. These steps help ensure good airflow and keep the coils cleaner, which means more efficient and more effective cooling.

Fan strategically. If the day's heat is trapped inside your home, try a little ventilation at night or when the temperature drops below 77. A window fan can help; the trick is to face the blades outside to suck warm air out of the house and pull cooler air in.

Spritz yourself. Keep a spray bottle in the refrigerator, and when the going gets hot, give yourself a good squirt.

Run a fan and an air conditioner simultaneously. You can use the air conditioner at lower power and still feel cool if the fan is blowing over you. That's because the air conditioner removes humidity from the air while the fan helps evaporate sweat and moves heat away from your body. (Note: Fans don't cool a room; they just make people feel cooler, so shut them off before you leave.)

Turn on the vent in the bathroom. When taking a shower, be sure to use the vent fan: It helps sticky moisture escape.

Close everything else, too. Whether the air conditioner is on or off, keep windows and doors shut if the temperature outside is more than 77 degrees Fahrenheit (most people start to sweat at 78). Whenever the outside air is hotter than the inside air, opening a window invites heat to creep in.

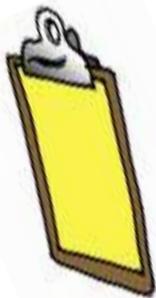
Member Handbook



The PY TRBHA Centered Spirit Program Member Handbook has been updated. CSP will provide copies for its providers, subcontracted providers and the CSP Members. The member handbook will soon be available on the Internet. We will keep you informed.

AHCCCS HEALTH INSURANCE

Are you AHCCCS Eligible?



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

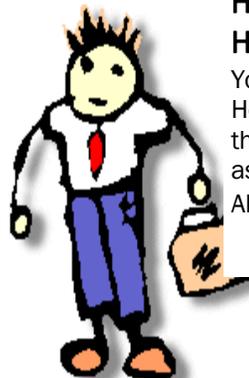
What is AHCCCS Health Insurance?

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

AHCCCS DRIVES Held Monthly @ Health Department Lobby. LOOK OUT FOR FLYERS!!!

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.



Beat the Heat

Shut the lights. Or change the bulbs: Long-lasting compact fluorescent bulbs produce about 70 percent less heat than standard light bulbs.

Swig often. To replace the moisture that you lose as you perspire, be sure to drink. As you lose water to dehydration, your body temperature rises, so replacing fluids is essential to keeping cool. Avoid beverages that contain alcohol, caffeine, or lots of sugar, which are dehydrating.

Eat light. There's a reason we reach for salads in the summer. They're easier to digest than, say, a fatty hamburger, which leaves you feeling sluggish in the high heat. Instead, go for fruits and vegetables, which are watery and help keep you hydrated (and cooler).



Heat exhaustion can develop after several days of exposure to high heat. Symptoms include heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, nausea or vomiting and fainting.

If someone has these symptoms, have them lie down, provide them with cool, nonalcoholic drinks and get them into an air-conditioned building or a cool shower or bath.

Call 911 immediately if the symptoms are severe or the person has heart problems or high blood pressure.

Upcoming Family Nights

Please Join Us

July 8, 2008

Imagery for Relaxation
At Health Large Conference Room
5:30pm to 7:00pm

August 12, 2008

Topic & Location TBA
Presenter Veronica S. Martinez

September 9, 2008

Topic & Location TBA
Presenter Martha Kelley

**All Family Night Gatherings are from
5:30pm to 7pm**

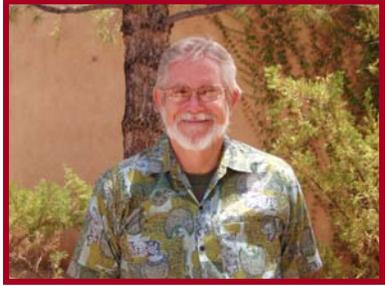


**FOR MORE INFORMATION
PLEASE CONTACT Russ
Johnson (520) 879-6075**

CSP WELCOMES NEW STAFF



Jacqueline Meehan
CSP Adult Therapist



Dr. Harold Hall
CSP Testing & Assessing
Manager



Belia Ybanez
CSP Coach Mentor



Mercy Alvarado
Men's PATH
Residential Counselor Aide

Program Groups

Centered Spirit Modular

7490 S. Camino De Oeste

Monday

1pm to 2 pm Empowerment Group
3pm to 4:30pm Depression Recovery
4:30pm to 5:30pm Adolescent Intense (Referral only)

Tuesday

12pm to 1pm Kundalini Yoga
4pm to 5pm Girls Group (Referral Only)
5:30pm to 7:30pm Substance Abuse Group

Wednesday

10am to 11:30am Acu-Detox Group
10:30am to 1pm Healing Group (Referral)
3pm to 4pm Art Group ages 7-11
4pm to 5:00pm Teen Group
5:30pm to 7:30pm Medically Assisted TX Group

Thursday

3:30pm 7th Generation Parenting Class
5:30pm to 7:30pm Methadone Group

Vahcom House

7426 S. Camino Vahcom

Monday

10:30am to 11:30am Recovery Group

Tuesday

7:30am to 8:30am Aavo Keteme Youth Life Skills
10:30am to 12:00pm Mujeres Adelantes
2:30pm to 4:30pm Hiapsi Kuate Women's DV

Wednesday

10:30am to 12pm Recovery Group
1pm to 3pm Life Skills
2:30pm to 4:30pm Hiapsi Kuate Women's DV

Thursday

3pm to 5pm Hiapsi Kuate Men's DV

Friday

7:30am to 8:30 am Aavo Keteme Youth Life Skills
10:30am to 12:30pm Recovery Group

Dental Conference Room

Tuesday & Friday 6am to 7am

Chemical Addiction Group

Wednesday 6pm to 7pm AA/NA

Meetings

Old Pascua

Monday

5:30pm to 7pm Awareness Group

Thursday

Art Expression Group

Open to the community

3:30pm to 5:30pm

Old Pascua Neighborhood Center

Cocoim House

7409 S. Camino Cocoim

Monday & Friday 3pm to 5pm Art Group (ages 14-17)

5pm to 7pm (ages 11-13)

Tuesday: 5:30pm to 7:30pm TTP Aftercare (referral only)

Wednesday: 5pm to 7pm DUI

Thursday: 5:30pm to 7:30pm Talking Circle

Health Large Conference Room

Third (3rd) Tuesday of month Cancer Support

From 3pm to 4:30pm

First Monday of each month Adolescent Diabetes Support Group 4pm to 5pm (Gavino Molina)



For more information on CSP Groups please contact (520) 879-6060



**7th Generation
Classes**

Based on the belief that all decisions impact generations to come, on children and communities yet to be born.
Thursdays 3:30—5:30 p.m.
Centered Spirit Family Room
For More Information Call 879-6060
Ask for Barbara Chana

**CENTERED SPIRIT PREVENTION
COALITION MEETINGS**
For more information call
Richard Flores @ (520) 879-5662

**Kundalini Yoga
Tuesdays 12:00-1:00
in the Ramada**

With Gina McWhorter-Sat Anand Kaur



- Meditate
- Raise your vibration
- Release stress

*To All Tribal Members & Employees:
"INAUGURATION 2008"*

Itepo Pascua Yaqui Tribu enchim nunn. Enchim Yauchim Vemelasi yeu puarim ta'ane. Avo em kate itomak im an'ne into itom ta'ane.

Bwa'ame!

Into

Musikom hiponne!

Saturday, July 12, 2008

5:00 p.m. to Midnight

"AVA"

Anselmo Valencia Tori Amphitheater

You are cordially invited to attend

the Inauguration Celebration

for the new 2008-2012

Pascua Yaqui Tribal Council

PASCUA YAQUI TRIBAL COUNCIL

2008 INAUGURATION

5:00 ~ 7:30

STOP MOVING

AHCCCS DRIVES

Keep a look out for upcoming AHCCCS Drives held each Month at the Health Dept Lobby



A Tribute to Venancia “Bonnie” Robles



Bonnie's Biography

Venancia Bonnie Robles was born in Tucson, Arizona on August 23, 1952. She grew up in the Pascua Village now known as Old Pascua. She was born to Eva Bracamonte and Venancio Elenes. Bonnie was the oldest of (7) children, five sisters and one brother. She attended Richey Elementary, John Spring Jr. High and Tucson High School. She received her G.E.D. from Project SIR in 1971. She went to work in an assembly factory for (2) years and from then she had different jobs until she started working at El Rio clinic when it was near the free-way. She worked for El Rio Health Care until 1979.

In 1976 she met her future husband Victor Robles and they were married in 1977. They were married for 31 years. In 1991 she received her diploma from chaparral Career College in advanced office skills; from there she started working for the Pascua Yaqui Tribe Health Department and transitioned to the Centered Spirit Behavioral Health Program as the HIV/AIDS Coordinator and participant of the CSP Management Team. She worked for the Tribe until she retired in December 2007 due to her medical conditions. The Centered Spirit Program will truly miss Bonnie.



**Called to heaven Tuesday April 8th, 2008.
She will be greatly missed by her husband, family,
co-workers and by her many, many friends.**



CSP Events



Crisis Intervention Training



Sewa Uusim Open House



- Mental Health Awareness Day, May 28, 2008
At The Old Pascua Center 2pm to 6pm
"Thank you Council for your support"
- Grand Opening of Wellness Center, May 21, 2008
- Wellness Conference, May 29 & 30, 2008
At the Inn Suites

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

CSP Training Calendar: July Through September 2008

The SMI Rules, Presenter: Kathleen Dostalick, July 17th 10am –12pm, CSP Large Conference Room

Behavioral Health Clinical Supervision Web cast Series, Presenter: David Powell, July 18, 7am-12:30pm, CSP Large Conference Room

Love & Sex Addiction, Presenter Gina McWhorter, July 18, 1pm-5pm, CSP Large Conference Room.

Progress Note Writing, Presenters: Jim Morrow & Tamara Walters, July 24, 10am-12pm, CSP Large Conference Room

Home Care Training for Foster Parents; An Introduction for Clinicians, Presenter: Russ Johnson, July 25, 1pm-2pm, CSP Large Conference Room

The Unique Needs of Children involved in CPS, presenter Bob Crouse, August 8, 8:30pm-5pm, CSP Large Conference Room.

ALL NETWORK PROVIDERS ARE INVITED TO ATTEND



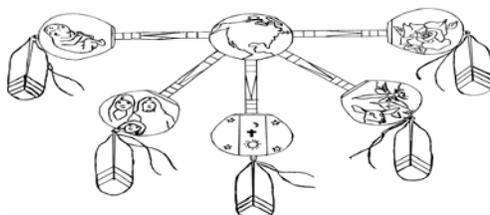
For More Information Please contact

Russ Johnson
Training Coordinator
(520) 879-6060

Centered Spirit Programs

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

Walking In Balance

4730 W. Tetakusim
Tucson, AZ. 85757
Phone (520) 879-5777
Fax (520) 879-5778

Walking In Balance Guadalupe Area

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

Sewa Uusim

4960 W. Vai Sevoi
Tucson, AZ. 85757

Phone (520) 879-6140

Guadalupe
Phone (480) 768-2000

Vahcom House

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

Transitional Treatment Program

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

New Beginnings Clinic

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

Prevention Program

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

Hiapsi Kuate

7426 S. Camino Vahcom
Tucson, AZ. 85757
Phone (520) 879-5770

Path Program

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

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 “