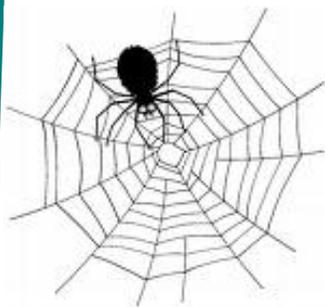


KEEPING IT CENTERED

Holiday Stress

How to stay calm during the Holiday Season



The holiday season is just around the corner. Are you ready to handle it? Do you sometimes feel weighed down, stressed, depressed during this time? Here are some ideas to help you cope and stay calm during the holidays.

Inside this issue:

Member Handbook & AHCCCS Information	2
Holiday Stress (Con't)	3
Family Night	
CSP New Employees Awareness of Violence Against Native American Women	4
CSP Groups	5
Upcoming events	6
CSP Events	7
Sewa Life Photo Camp	
Provider Advocacy & Training Schedule	8
Contact Information	9

How can you deal with family problems?

Don't pretend that all is well. Being realistic will enable you to feel true to yourself and less stressed out. If you feel overwhelmed and need to speak to someone we are always here to help.

How to handle financial pressures?

Know your spending limit. Some people believe that just because it is the holiday season you have to go out and buy gifts. Not only is it stressful to feel that you have to buy everyone an expensive gift, but you'll be stressed for the rest of the year trying to pay off your bills. You can show love by getting something that you know is meaningful and personal for that person that doesn't have to cost a lot.

Learn time management

Do not put your life on hold or rearrange your schedules because of the holidays. Learn to prioritize holiday gatherings. Just because you accept an invitation does not mean that you have to go to every party.

Handling a recent tragedy, death, break-up

It is a difficult time for those of us who have experienced a tragedy, death, or break-up during the year even more so during the holiday season. For this reason it is very important to spend time with your family and loved ones. Centered Spirit staff are available to assist you through any difficult time.

Keep expectations flexible

Do what works for you. Sit back and think "What makes this a good enough holiday for me?" and do that.

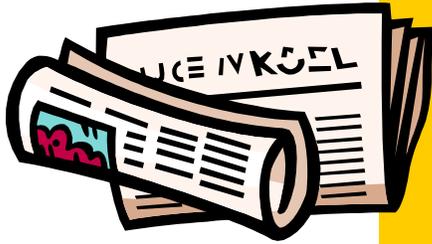
Do what you value

Pick something that makes the holidays special to you and focus on that. Keep it simple, simplify whenever and wherever you can. Leave time for quiet reflection.

Watch your Sugar intake

If you eat too much sugar it can trigger the Sugar Blues. These blues make it harder to deal with holiday pressures. Eat some protein before going to holiday parties and drink lots of water.

Member Handbook



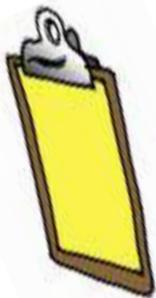
The PY TRBHA Centered Spirit Program Member Handbook has been updated.

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

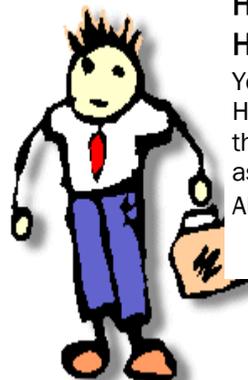
What is AHCCCS Health Insurance?

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.



Holiday Stress (Continued)

Get more sleep

Lack of sleep can become more of a problem at holiday time. Make sleep a priority and take some naps, even if you don't normally.

Should you feel any type of depression or anxiety during the holidays please do not hesitate to contact the Centered Spirit Behavioral Health Program.. We are here to help you get through these hard times that may be caused by holiday stress.

Tucson Office : (520) 879-6060

Guadalupe Office (480) 768-2021



Upcoming Family Nights

November 4, 2008
 Suicide Community Awareness
 Presenter : Jim Morrow
 Health Dept. Large
 Conference Room

November 5, 2008
 Depression & Loneliness
 Presenter: Rene Kuhnz
 Old Pascua Center
 5:30pm to 7:30pm

December 9, 2008
 Topic TBA
 Presenter Mario Garcia
 Health Dept. Large Conference Room
 5:30pm to 7pm

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

Please Join Us



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

CSP WELCOMES NEW STAFF

Luis Canez
PATH Manager

Michael Ann Gallardo
Sewa Uusim
Lead Family Contact

Awareness of Violence Against Native Women

Native American women experience the highest rate of violence of any group in the United States. A report released by the Department of Justice, American Indians and Crime, found that Native American women suffer violent crimes at a rate of 3.5 times greater than the national average. In addition to domestic violence, Native American women also experience the highest levels of sexual abuse of any group.

This tragedy gets far too little attention: According to U.S. Justice Department figures, more than one in three Native women will be sexually assaulted in their life time. Also statistics show that Native American women are two and a half times more likely to be sexually assaulted than non-Native women. National Researchers estimate that this number is actually much higher than what has been captured by statistics; and the estimates are widely assumed because so many sexual assaults go unreported.

Sexual assault is forced, unwanted sexual intercourse and can happen to both men and women of any age. Sexual assault is about power, not sex. A perpetrator uses actual force or violence — or the threat of it — to take control over another human being. Some perpetrators use drugs to take away a person's ability to fight back. Sexual assault is a crime, whether the person committing it is a stranger, a date, a friend, or a family member.

No matter how it happened, sexual assault is frightening and traumatizing. People who have been assaulted need care, comfort, and a way to heal.

Most people who are sexually assaulted know their perpetrator. This can sometimes lead the person who's been assaulted try to protect the perpetrator. Make protecting yourself your priority; don't worry about protecting the person who hurt you. If you want to report the crime, do so. If you don't feel comfortable reporting it, you don't have to. Do whatever helps you feel safe and heal — without blaming yourself.

What Should I Do? What's the right thing to do if you've been sexually assaulted? Take care of yourself in the best way **for you**. For some people, that means reporting the crime immediately and fighting to see the perpetrator brought to justice. For others it means seeking medical or emotional care without reporting the assault as a crime. Every person is different.

It's Not Your Fault, It wasn't your fault. **No one** has the right to have sex with you against your will. The blame for a sexual assault lies solely with the perpetrator. Sexual assault has nothing to do with love and is an act of aggression and violence.

Some people feel most comfortable talking one-on-one with a therapist. Others find that joining a support group where they can be with other survivors helps them to feel better, get their power back, and move on with their lives. In a support group, you can get help and support as well as give it. Your experiences and ideas may help others heal.

In conclusion, putting the burden solely on Native women, asking them to “watch out” for men and to take additional precautions for their safety is not going to end violence. What we need are positive solutions that involve Native women and men, especially Young Native Men, working together to end violence against native women. Together both men and women can help stop the violence.

For more information please contact the Centered Spirit Walking In Balance Program at (520) 879-5777

Program Groups

Centered Spirit Modular

7490 S. Camino De Oeste

Monday

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

Tuesday

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

Wednesday

3pm to 4pm Art Group ages 7-11
4pm to 5:00pm Art Group ages 12-16
4pm to 5pm Teen Group
5:30pm to 7:30pm Medication Assisted Therapy

Thursday

4pm to 5:30pm 7th Generation Parenting Class

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
5:30pm to 7:30pm Hiapsi Kuakte Men'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
5:30pm to 7:30pm Heart Healing Substance Abuse Group

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

Domestic Violence Awareness Night

Tuesday October 28, 2008 @ 5:30pm Vahcom House
7426 S, Camino Vahcom

Domestic Violence Awareness Day

Wednesday, October 29, 2008
3:30pm @ Victor Flores Gym.



**CENTERED SPIRIT PREVENTION
COALITION MEETINGS**
For more information call
Jill Fabian @ (520) 879-6067



Red Ribbon Week

- DAY 1.** Red Ribbon starts Monday October 20, 2008, **Community Prevention Awareness-Guadalupe, AZ.**
- DAY 2.** Red Ribbon Community Prevention Day, Tuesday October 21, 2008- Old Pascua- Location Pascua Neighborhood Center
- DAY 3.** Red Ribbon Schools Prevention Day, Wednesday October 22, 2008-Johnson, Lawrence, and Hohokam Candlelight exhibit "Remembering Lost Promise". **Start of Red Ribbon Softball Tournament.**
- DAY 4.** Red Ribbon Community Prevention Day, Thursday October 23, 2008- **Marana AZ** Location Marana Community Center:
- DAY 5** Red Ribbon Community Prevention Day, Friday October 24, 2008- Pascua Yaqui Reservation, location Victor Flores GYM
- DAY 6** Red Ribbon Week Final Day. **Halloween Town/Haunted House-"SAY BOO TO DRUGS"**. Saturday October 25, 2008-Location-**Health Department Parking Lot** .Event starts at 1:00pm to 5:30pm. Haunted House opens at 6:30pm till ?????

STREVE GZ-MOCP

Yoeme Youth Conference
Saturday November 8th, 2008
Radisson Suites Hotel
7057 S. Tucson, Blvd.
Tucson, AZ.

For Registration Information
Contact Arlene Cocio (520) 879-6024

AHCCCS DRIVES

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



CSP Events

Seewa Life

Photo Camp



Seewa Life: A Tradition of Lifelong Learning Photo Camp was inspired by Mr. Rafael Aremonta's beautiful words at the Student Recognition Event in Guadalupe. CSP and YES, along with Community volunteers, Club ASU, and the School of Global Management and Leadership, created a photo camp for 16 of our students. In our camp we included the following components: Yaqui History and Culture, Creative Expression/Writing, and Diabetes Prevention. We encouraged each student to express their Seewa Life through photography and poetry. We discussed the effects of diabetes and the impact young people can have on their health and the health of their families.

Each student has created a portfolio of their photographs and poetry, as well as a collage. We are amazed at our students' talents! Their poetry is truly insightful. Masterpieces were displayed at the Guadalupe Museum, located at the Guadalupe Town Hall, for two weeks (July 24 - August 7, 2008). Unveiling of our exhibit was Thursday, July 24, 2008 from 6:00 to 7:00pm.

Respectfully Submitted,
Valencia Blackhorse, YES
Anita Cota, CSP
Toni Campoy, Community Volunteer
Alfredo Valenzuela, Community Volunteer



I am proud to be Yaqui.

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: October through December 2008

Intermediate CISM, Presenter: Tom McSherry, Oct. 21st and 22nd, 8:00 am to 5:00 pm (both days), Housing Warehouse Large Conference Room (all clinical staff).

Progress Note Writing, Presenters: Russell Johnson , Oct. 30th, 9:30 am to 11:00 am, , Location: Yoeme Kari

Behavioral Health Clinical Supervision Webcast Series, Presenter: David Powell, Time: October 31st, Location: CSP Large Conference Room (all clinical supervisors).

Therapeutic Interventions with Schizophrenic Clients, Nov. 7th, 1:00 pm to 3:00 pm, CSP Large Conference Room

BASIC-ID: A Tool for Clinical Assessment and Treatment, Nov. 10th, 10:00 am to 12:00 pm, Location: CSP Large Conference Room

How to Deal with Difficult Clients, Presenter: Dr. Sharon Meglathery, Nov. 13th, 1:00 to 3:00 pm, Location: CSP Large Conference Room

Prior Authorization Process, Presenter: Linda Cram, Nov. 17th. 10:00 am to 12:00 pm., Location: CSP Large Conference Room

Introduction to Art Therapy, Presenter: Donella Arrow, Dec. 1st, 10:00 am to 12:00 pm, CSP Large Conference Room

Productivity and Caseload Management, Presenter: Russell Johnson, Dec. 8th, 10:00 am to 12:00 pm, Location: CSP Large Conference Room

Assessing Suicidal Risk, Presenter: Russell Johnson, Dec. 17th, 11:00 am to 12:00 pm Location: CSP Large Conference Room



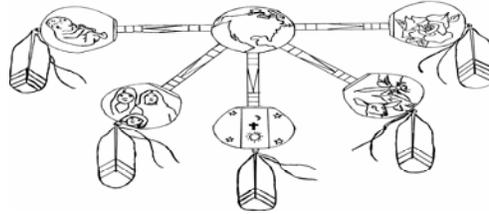
For More Information Please contact

Russ Johnson
Training Coordinator

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

HIV Program

7490 S. Camino De
Oeste
Tucson, AZ. 85757
Phone (520) 879-6077

“ 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 “