Splashin' into the summer like...

April- Stress Awareness Month
May- Mental Health Month
June- PTSD Month
Ever feel overwhelmed with daily tasks that need your full attention? Time constraints? Deadlines? A never-ending list of house chores or files of work that need to be completed yesterday. We’ve all been there, in home life and/or work life. Here are some tips and tricks to get you through your day, week and let you sleep at night without thinking of what you did or didn’t do that day.

Tip #1
Meditation can help you center your racing mind. Take as little as 5 minutes to close your eyes and block out your surroundings. Try not to “think” about what needs to be done, and just focus on you.
Trick is to close your eyes, breathe in through your mouth, hold it for 4 seconds, and exhale through your mouth for another 4 seconds. Do this 4 times. This will slow your heart rate and in turn calm you down. You just re-focused your thoughts and can start tackling your to do list, 1 thing at a time.

Tip #2
Take natural supplements
Do you have trouble remembering why you just entered a room? Forgot the reason why you went to the store? Chances are your brain is in need of some R& R as well.
Trick is to start taking a natural supplement that can help you to reduce stress and increase your body’s resistance to life’s stressors such as Melatonin and Ashwagandha. Vitamin D and Omega-3 Fatty Acids are brain boosters for focus and energy. If pills isn’t your cup of tea, then try a real tea, such a Chamomile, Peppermint or Lavender. These tea’s are known to help your body reduce stress and good brain health.

Tip #3
Exercise is an instantly changes your mental state to a positive outlook. A 10 minute walk, or 10 jumping jacks, no matter where you are, you can get up and move. If your in the office, stand up and do 5 squats. Any movement that gets your heart rate up will increase your body’s natural endorphins and cause you to feel good.
Trick is to make the time. Put it in your work calendar or your phone alarm. A burst of energy during the day, will change your mood instantly and feel refreshed.
CSP Groups

NBC Group Schedule

<table>
<thead>
<tr>
<th>TIME</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 am</td>
<td>New Beginnings</td>
<td>7490 S Camino de Oro, 520.879.6003</td>
<td>Relapse Prevention</td>
<td>Anna Foster</td>
<td>Creative Arts</td>
</tr>
<tr>
<td>10:00 am</td>
<td>Hefner Relationships</td>
<td>Keith Brock</td>
<td>Relapse Prevention</td>
<td>Michael L.</td>
<td>Creative Arts</td>
</tr>
<tr>
<td>11:00 am</td>
<td>Talking Circles</td>
<td>Peer Support</td>
<td>Andrea M.</td>
<td>Michael L.</td>
<td>Creative Arts</td>
</tr>
<tr>
<td>12:00 pm</td>
<td>NBC Group Schedule</td>
<td>Andrea M.</td>
<td>Relapse Prevention</td>
<td>Michael L.</td>
<td>Creative Arts</td>
</tr>
<tr>
<td>1:00 pm</td>
<td>NBC Group Schedule</td>
<td>Andrea M.</td>
<td>Relapse Prevention</td>
<td>Michael L.</td>
<td>Creative Arts</td>
</tr>
<tr>
<td>2:00 pm</td>
<td>NBC Group Schedule</td>
<td>Andrea M.</td>
<td>Relapse Prevention</td>
<td>Michael L.</td>
<td>Creative Arts</td>
</tr>
<tr>
<td>3:00 pm</td>
<td>NBC Group Schedule</td>
<td>Andrea M.</td>
<td>Relapse Prevention</td>
<td>Michael L.</td>
<td>Creative Arts</td>
</tr>
<tr>
<td>4:00 pm</td>
<td>NBC Group Schedule</td>
<td>Andrea M.</td>
<td>Relapse Prevention</td>
<td>Michael L.</td>
<td>Creative Arts</td>
</tr>
<tr>
<td>5:00 pm</td>
<td>NBC Group Schedule</td>
<td>Andrea M.</td>
<td>Relapse Prevention</td>
<td>Michael L.</td>
<td>Creative Arts</td>
</tr>
<tr>
<td>6:00 pm</td>
<td>NBC Group Schedule</td>
<td>Andrea M.</td>
<td>Relapse Prevention</td>
<td>Michael L.</td>
<td>Creative Arts</td>
</tr>
<tr>
<td>7:00 pm</td>
<td>NBC Group Schedule</td>
<td>Andrea M.</td>
<td>Relapse Prevention</td>
<td>Michael L.</td>
<td>Creative Arts</td>
</tr>
<tr>
<td>8:00 pm</td>
<td>NBC Group Schedule</td>
<td>Andrea M.</td>
<td>Relapse Prevention</td>
<td>Michael L.</td>
<td>Creative Arts</td>
</tr>
<tr>
<td>9:00 pm</td>
<td>NBC Group Schedule</td>
<td>Andrea M.</td>
<td>Relapse Prevention</td>
<td>Michael L.</td>
<td>Creative Arts</td>
</tr>
<tr>
<td>10:00 pm</td>
<td>NBC Group Schedule</td>
<td>Andrea M.</td>
<td>Relapse Prevention</td>
<td>Michael L.</td>
<td>Creative Arts</td>
</tr>
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<td>11:00 pm</td>
<td>NBC Group Schedule</td>
<td>Andrea M.</td>
<td>Relapse Prevention</td>
<td>Michael L.</td>
<td>Creative Arts</td>
</tr>
</tbody>
</table>

Adult Group Schedule

IOP Group Calendar 2022

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 am - 11:00 am</td>
<td>Relapse Prevention</td>
<td>Hybrid</td>
<td>In Person</td>
<td>In Person</td>
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<tr>
<td>11:00 am - 11:30 am</td>
<td>Hefner Relationships</td>
<td>Andrea M.</td>
<td>Relapse Prevention</td>
<td>Michael L.</td>
</tr>
<tr>
<td>1:00 pm - 1:30 pm</td>
<td>Hefner Relationships</td>
<td>Andrea M.</td>
<td>Relapse Prevention</td>
<td>Michael L.</td>
</tr>
<tr>
<td>2:00 pm - 2:30 pm</td>
<td>Hefner Relationships</td>
<td>Andrea M.</td>
<td>Relapse Prevention</td>
<td>Michael L.</td>
</tr>
<tr>
<td>3:00 pm - 3:30 pm</td>
<td>Hefner Relationships</td>
<td>Andrea M.</td>
<td>Relapse Prevention</td>
<td>Michael L.</td>
</tr>
<tr>
<td>4:00 pm - 4:30 pm</td>
<td>Hefner Relationships</td>
<td>Andrea M.</td>
<td>Relapse Prevention</td>
<td>Michael L.</td>
</tr>
<tr>
<td>5:00 pm - 5:30 pm</td>
<td>Hefner Relationships</td>
<td>Andrea M.</td>
<td>Relapse Prevention</td>
<td>Michael L.</td>
</tr>
<tr>
<td>6:00 pm - 6:30 pm</td>
<td>Hefner Relationships</td>
<td>Andrea M.</td>
<td>Relapse Prevention</td>
<td>Michael L.</td>
</tr>
</tbody>
</table>

Check in at CSP front desk. COVID test before attending group required.
CSP Groups

Children's Group Schedule

Therapeutic Art Group is on Tuesdays from 5-6
Health building, school aged, Dahilla and Rhonda

Teen Mind Body Skills Group is on Wednesdays from 5-6
Health building, teens, Laura and Rhonda

Guadalupe Group Schedule

Centered Spirit
Guadalupe - Groups
Boy's Group: Thursdays, 4:30 pm
South Point Junior High
and High School:
Monday - Thursday
for students of South Point
Health & Social Services Family Center

Phone Numbers

Hiak Yoemia Allae'ewame Teval Kari
PASCUA YAQUI HEALTH & SOCIAL SERVICES
FAMILY CENTER

520-838-7200 | 4567 W. Tetakusim Rd | Tucson AZ, 85746
Southeast corner of Tetakusim Rd. & Camino de Oeste

Centered Spirit Program - Tucson
520-879-6060

Community Health Nursing
520-879-6119

El Rio Pascua Pharmacy Refill
520-838-6617

Health Administration
520-879-6014

Health Business Office
520-879-6027

Sewa Uusim Community Partnership
520-879-6181

Social Services Family Center
520-883-5060

Third Party Billing
520-879-6039

Yoeme Managed Care
520-879-6041

Health - Specialty Clinic
520-879-6120

520-879-6397
Fun At CSP

Hawaiian Day

Harry Potter Day

Star Wars Day

Crazy Hair Day
Disney Day and Villains Day
Women's P.A.T.H

Centered Spirit Program opened a new Substance Abuse Treatment Center for women on April 20th, 2022. It has 4 bedrooms and has 10 beds. With brand new appliances, air conditioning, laundry room and conference/group room and medicine dispensing room. Once we are fully staffed, this new facility is ready to serve tribal members in the months to come.

Maria C. Molina
is the Program Manager for Residential Treatment
The 2022 CSP Members handbook is here! You can request a copy of the current 2022 Handbook at the front desk in English or in Spanish or click the following link:

Welcome New CSP Staff

Luc LeFrancois
Training Coordinator
05/23

Arnie Kahn
BHC
New Beginnings
03/28

Genevieve James Adult Services,
BHT2
Vicky Nunez, BHT1, WP

Vicky Nunez, BHT1, WP

Monica Contreras BHT 2, WP

Delia Francisco
BHT2 SEP

Alizandra Soto, BHT1, WP

Stephanie Bejar, BHT2, Guadalupe

观众

WELCOME TO THE TEAM!

Adan Montijo
BHT 2 SEP
False Claims Act Information

**Purpose of the Deficit Reduction Act (DRA):** to eliminate Fraud, Waste, and Program Abuse in Medicaid.

**False Claim Act (FCA):** also known as the “Lincoln Law”, dates back to the Civil War. The original law included “qui tam” provisions that allowed private persons to sue those who defrauded the Government and receive a percentage of any recovery from the defendant. The FCA covers fraud involving any federally funded contract or program, with the exception of tax fraud.

Liability for violating the FCA; Three times the dollar amount that the Government is defrauded and civil penalties of $5,000 to $11,000 for each false claim.

How and when can an individual receive an award for blowing the whistle under the FCA? You must file a qui tam lawsuit, informing government is not enough. The whistleblower that files a False Claims Act suit receives an award only if, and after, the Government recovers money from the defendant as a result of the lawsuit. An individual can receive money for filing a qui tam lawsuit. The award may be between 15 to 30 percent of the total recovery from defendant. The whistleblower is protected under the FCA section 3730(h).

Phone numbers to report fraud, waste, and program abuse;

**Tucson CSP Office:** 520-879-6065

**Guadalupe CSP Office:** 480-768-2000

**CSP Corporate Compliance Officer:** 520-879-6092

**AHCCCS Member Fraud Line:** 602-417-4193 or 1-888-487-6686

The Centered Spirit Program would like you to help us stop fraud, waste and program abuse. If you have information regarding a member or provider who has been dishonest with us in order to receive CSP services or Benefits we ask you to contact one of the following: CSP Office: 520-879-6065, Guadalupe 480-768-2000 Corporate Compliance Officer, Network Services 520-879-6092 AHCCCS Member Fraud Line 602-417-4193 or 1-888-487-6686 Definitions FRAUD: an intentional deception or misrepresentation made by a person with the knowledge that the deception could result in some unauthorized benefit to himself or some other person. It includes any act that constitutes fraud under applicable Federal, State, or Tribal law. WASTE: is overutilization of services or other practices that, directly or indirectly, result in unnecessary costs to the health care system. ABUSE: A CSP Staff who’s practice is not consistent with business or medical practices, and result in an unnecessary cost to the Program, or in reimbursement for services that are not medically necessary or fail to meet professionally recognized standards for health care. It also includes members who's services in an unnecessary cost to the Program. ABUSE of MEMBER: any intentional, knowing or reckless infliction of physical harm, injury caused by negligent acts or omissions, unreasonable confinement, emotional or sexual abuse, or sexual assault.
HIPAA Starts with You

- Protecting each person’s privacy is a key part of quality care
- Privacy matters
- Protecting PHI is everyone’s job, PHI is not everyone’s business
  - To access records one must have a business need to know
  - Respect the privacy of our patients/clients

Provider Advocacy

The PY TRBHA Centered Spirit Program encourage it’s Providers and subcontracted 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 of 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.
AHCCCS Health Insurance Information

What does AHCCCS 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.
www.azahcccs.gov

How do I apply for AHCCCS Health Insurance?
In person
7490 S. Camino De Oeste
Walk-ins welcome Monday, Wednesday, Thursday, and Friday between the hours of 8:00AM-10:45AM and 1:00PM-3:45PM. Closed on Tuesdays.
On Line
Health-e-Arizona (healthearizonaplus.gov)
DOES THE INDIVIDUAL APPEAR TO BE AN IMMEDIATE DANGER TO SELF OR OTHERS?
CALL 911

DOES THE INDIVIDUAL APPEAR TO BE IN NEED OF MENTAL HEALTH ASSISTANCE RIGHT AWAY?
SEE CRISIS NUMBERS ON PAGE 2

How to Access Behavioral Health Service for American Indian/Alaskan Native (AI/AN) Individuals

Regardless of insurance coverage, AI/AN individuals may always receive care at any Indian Health Service Facility, Tribally-Operated CBO Health Program, or Urban Indian Health Program (UIH). You may contact the nearest UIH for assistance with behavioral health needs or referrals. Individuals may also access crisis services regardless of insurance coverage.

START HERE
What is the Individual's Medicare or Insurance Coverage Status?

- The person is not eligible for Medicaid:
  - Contact Private Insurance

- The person is actively enrolled in Medicaid:
  - Contact HEA Plus for AHCCCS Enrollment
  - healthenrollmentplus.gov or 1-855-432-7997

- Is the person eligible but not enrolled in Medicaid?

Behavioral Health Enrollment

Enrolled in Tribal Regional Behavioral Health Authority (TRBHA)

EITHER
- Contact the TRBHA for Assistance

Enrolled in American Indian Health Program (AIHP)

EITHER
- Contact any AHCCCS Registered Provider of Choice

Enrolled in AHCCCS Complete Care Plan (ACC)

- Contact ACC Plan or Assigned Behavioral Health Home

See page 2 for resources and contact information.

AIHP is statewide
Who is on your team?

Centered Spirit – Health Psychology Clinic
Location: Specialty Health Clinic Ph: 520.879.6120
Monday to Friday 8:00 to 12 PM, 1:00 to 5:00 PM

WHO IS ON YOUR CARE TEAM?
YOUR PRIMARY CARE PROVIDER LEADS YOUR CARE TEAM

PATIENT: YOU ARE THE MOST IMPORTANT PERSON ON THE TEAM

1. PRIMARY CARE PROVIDER
   Oversees your team and knows you the best

2. CLINICAL NURSE
   Facilitates all aspects of your care including help with procedures, triage and education

3. BEHAVIORAL HEALTH
   Works with you and your team to improve mental health

4. MEDICAL ASSISTANT
   Works hand-in-hand with your provider to get you ready for your visits

5. SPECIALIST
   Provides expanded condition-specific expertise

6. CLINICAL PHARMACIST
   Ensures your medications are safe, accurate and you know how to take them

PASCUA YAQUI CLINIC
PH: 520-879-6000

An Integrated Interdisciplinary System-wide Approach Based on Collaboration, Coordination, and Consultation with the Care Teams, to Promote and Provide for Holistic Community Health