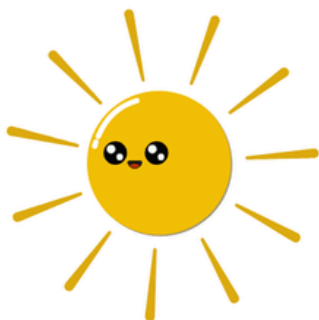


# Quarterly Newsletter

## CENTERED SPIRIT PROGRAM



### Here's what has happened in the last month and what's to come!

Welcome to CSP's Quarterly Newsletter! Where we post our community events, CSP Group Calendars, and introduce you to new staff on board and spotlight a new program to introduce you to our CSP family!

April is recognized as Autism Acceptance Month, which includes World Autism Awareness Day on April 2. This month focuses on promoting understanding, inclusion, and acceptance of individuals with autism spectrum disorder.

May is Mental Health Awareness Month: This month focuses on raising awareness about mental health issues, reducing stigma, and encouraging individuals to seek help. The National Alliance on Mental Illness (NAMI) emphasizes the importance of mental health, with campaigns like #TakeTheMoment, which encourages people to embrace the present and seek support.

Even though PTSD treatments work, most people who have PTSD don't get the help they need. June is PTSD Awareness Month. Help us spread the word that effective PTSD treatments are available. Everyone with PTSD — whether they are Veterans or civilian survivors of sexual assault, serious accidents, natural disasters, or other traumatic events — needs to know that treatments really do work and can lead to a better quality of life.



#### In this newsletter you can expect:

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Behavioral Health Awareness Months

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Community Updates

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CSP Group Calendars

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Welcome new staff

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AHCCCS Information

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Staff Profile Spotlights

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# Community News



DIA DE LOS NINOS



ATTORNEY GENERAL KRIS MAYES & COUNCIL MEMBER  
HERMINIA FRIAS



DR CORY AND ATTORNEY GENERAL KRIS MAYES



ADULT TEAM RETREAT



# CSP Group Calendars

CENTERED SPIRIT, CHILD & FAMILY TEAM GROUPS- 2025				
M			Seeking Safety 4-5:30	
T	Growing Through Grief 4:00-5:00	Location: Old Health Building- Large Conference Room 7490 S. Camino De Oeste	Seeking Safety 4-5:30	
W	White Broom: Understanding The Purpose of Life Ages 13-18 4:00-5:00	Location: Old Health Building Lobby 7490 S. Camino De Oeste	Art Therapy Ages 7-11 4:00-5:00	Location: Centered Spirit 4547 W. Mikalukim Rd.
TH			Seeking Safety 4-5:30	
FR				For more information, please contact 520-879-6060

Centered Spirit Program Guadalupe Weekly Group Calendar				
Mon.	Tue.	Wed.	Thu.	Fri.
		III Hamuchiam Little Women Ages 7-11 5PM-6PM	Tu/Thul: Senem- Girl's Group Adolescent Girls Ages 10-19 6PM- 6PM- 6PM YEETI TO SHINE- BOY'S GROUP ADOLESCENT BOYS AGES 10-18 5PM- 6PM	

New Beginning Clinic 7490 S. Camino De Oeste TUCSON, AZ 85757				
COMING FIRST WEEK OF FEBRUARY 2025				
MONDAY MORNING		*OPTIONAL CURRICULUM		
0930-1030 am	Talking Circle	Christopher Flores	Wellbriety	Cultural Connection
1030-1130 am	Finance and Budgeting	Cassandra Figueroa	Wellness and Recovery	Healthy Life Style
TUESDAY MORNING		*OPTIONAL CURRICULUM		
0930-1030 am	Mindfulness	Anna Pena	Emotional Support	Cultural Heritage and Traditions
1030-1130 am	Safe Space	Adan Montijo	Stress management & relaxation	Job readiness and career development
WEDNESDAY MORNING		*OPTIONAL CURRICULUM		
0930-1030 am	Wellbriety	Christopher Flores	Cultural Connection	Talking Circle
1030-1130 am	Healthy Relationships / SAMHSA Anger Management	Nikki DeVito	Trauma-Focused CBT (TF-CBT)	Relationship building and Effective Communication
THURSDAY MORNING		*OPTIONAL CURRICULUM		
0930-1030 am	W.R.A.P	Anna Pena	Coverage for	Nikki DeVito
1030-1130 am	Acudetox	Michael Liddle	Outing →	Adan Montijo
Twice monthly Equine group @ Ranch - 0900 Departure - TBD & announced by instructor in timely manner for participants preparedness.				
FRIDAY MORNING		*OPTIONAL CURRICULUM		
0930-1030 am	Addiction awareness	Fernando Garcia	Peer Connections	Social gathering through Art and Music
1030-1130 am	Motivational interviewing	Christopher Torres	Mind over matter	Basic Life Skills
FURTHER INFORMATION AND INSTRUCTIONS				
*Optional Curriculum - Changed determined by Facilitator, added variety. Lynda Meyer will be running an afternoon group once a month, date to be determined and announced - Nutrition and healthy living, a road to recovery.				

## 2025 CSP Member Handbook

MAR TAKA NA'ASUKU  
PASCUA YAQUI  
CENTERED SPIRIT PROGRAM



Member Handbook  
2025



## Market Place News

### Alert: Unauthorized Agent and Broker Activity on ACA Marketplace

The Health Insurance Marketplace is seeing an increase in suspicious activity by some agents and brokers selling Marketplace coverage. This may include signing you up for coverage without your knowledge or switching you out of a plan you already have and into a new one.



#### What you need to know to protect yourself

- Agents and brokers must get your permission when signing you up or making changes to your insurance plan.
- Health insurance ads on social media or elsewhere that offer you cash, gifts, or other perks, could be a scam. Don't give out personal information that might be used without your consent.
- Use trusted, official sources to find legitimate help comparing and enrolling in Marketplace insurance. Go to [www.healthcare.gov](https://www.healthcare.gov) or call the Marketplace Call Center at 1-800-318-2596 to find help in your area.

#### What to do if you suspect changes were made on your account

- You may discover a potential problem with your coverage when you get mail or a call, or visit the doctor and try to use your insurance.
- If you believe you were enrolled in or switched to a plan without your knowledge, call the Marketplace Call Center at 1-800-318-2596 (TTY: 1-855-689-4225) to our official Marketplace representatives can resolve any coverage issues. What times are low and a representative will be able to help answer your questions.

#### How the Marketplace can help

- If the Marketplace representatives determine you have been enrolled or had your plan switched without your knowledge, our representatives can work with your insurer and the Internal Revenue Service (IRS) to:
- Make sure the unauthorized plan is cancelled
- Make sure you're enrolled in a plan that you choose
- Have inaccurate costs repaid to you
- Get corrected tax forms

Health Insurance Marketplace

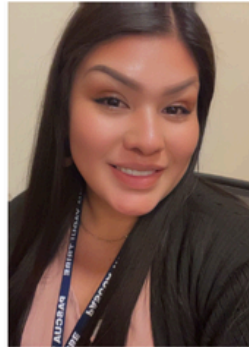


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## Welcome New Staff



FRANCES ALVAREZ  
BHT 1  
SEP



KYTELYN FRANCISCO  
BHT 1  
PATH

Welcome



JOSHUA RICH  
PATH  
BHT 1



BARBARA SANCHEZ  
PATH  
BHT 1

## A Few Notes To Remember

- We currently have job openings. Please click this link:

[Job Opportunities | Sorted by Job Title ascending | Career Opportunities](#)

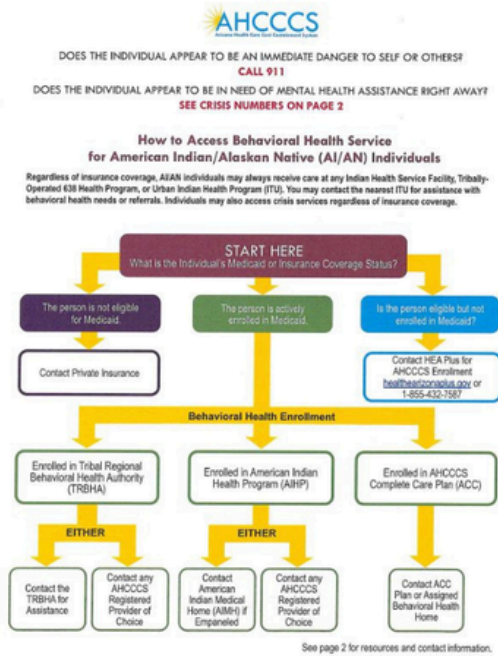


DIANA LUCERO  
PATH  
BHT II



PIC TAKING IN GUAD FOR PATHWAYS  
TO WELLNESS EVENT IN JUNE

# Important AHCCCS Information



## 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 \$5,500 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.

AIHP is statewide



## 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](http://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](http://healthearizonaplus.gov))

## 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.



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# Summer Vibes

The summer season is usually associated with relaxation, fun, and vacations, but it also presents challenges to mental well-being, such as increased temperatures, travel stress, and changes in routine. The 'summer bummer' concept, also known as SAD, Seasonal Affective Disorder, is a type of depression that can affect people at any time of the year. Most people associate SAD with the winter months, but symptoms can be experienced in spring or early summer months. Some summertime stressors include: disruption in schedule, changes in sleep and eating habits, anxiety that causes isolation from outdoor activities, and extreme weather conditions.

Here are some tips for healthy mental summer vibes:

Increased sun exposure! 20 minutes of sunlight and vitamin D improves your mood.  
Avoid social withdrawal and isolation by going out and engaging out with family and friends.

Stay active with 30-45mins of exercise per day to increase your endorphin activity.  
Try to maintain a healthy diet and sleep schedule. This will keep your mood and energy level regulated.

Take some time for yourself by reading a book on the patio, taking a walk at sunset, or enjoying an indoor activity that makes you feel happy and relaxed so you can slow down and de-stress.

Let's not forget our extreme heat safeguards:

Drink plenty of water.

Wear sunscreen and limit exposure to direct, intense sunlight.

Wear light colored and loose-fitted clothes.

Check on family, friends, and neighbors.

Let's have a healthy, feel-good summer by creating memories with family and friends, prioritizing mental and physical health, and adopting healthy habits that keep us in good spirits.

*Thank you for reading!*

CENTERED SPIRIT PROGRAM	520-879-6060
<a href="https://www.pascuayaqui-nsn.gov/health-services/centered-spirit/">https://www.pascuayaqui-nsn.gov/health-services/centered-spirit/</a>	4567 W. Tetakusim Rd Tucson, AZ 85757