
Quarterly Newsletter

APRIL-JUNE 2026

Summer



CENTERED SPIRIT PROGRAM

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

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

April is Stress Awareness Month. Because "just stressed" is not a diagnosis. April is one of the most important months on the mental health calendar. We all stress about day-to-day living. Whether it's job-related, home life, or finances. Chronic stress rewires the brain. It shrinks the prefrontal cortex (responsible for decision-making and emotional regulation). The brain's alarm system, known as the amygdala (pronounced uh-MIG-duh-luh), can get enlarged, and it disrupts sleep, appetite, and immune function. If not treated, it can lead to insomnia, panic disorder, and depression. Please talk to your Clinician or Case Manager if this sounds like something you can relate to.

May 7th is National Children's Mental Health Awareness Day. Childhood health and wellness can be incorporated into their lives by providing well-balanced meals and eating together, and by gradually introducing more healthy foods into their diet. Playing outside in the fresh air is great for children to get natural vitamin C from the sun. Keeping up with their doctors' appointments for annual check-ups. Teach your children how to check in with their bodies and recognize how they're feeling.

June is PTSD Awareness Month. This awareness day encourages open conversation, education, and support for those affected. If you think you may be affected by post-traumatic stress disorder, you can ask for a screen.

In this newsletter
you can expect:

Behavioral
Health
Awareness
Months

Community
Updates

CSP Group
Calendars

Welcome new
staff

AHCCCS
Information

Spotlight

Community News



Many thanks to Stacey Atkins for collaborating with Sewa U'usim, Building Our Path program to conduct our Guadalupe MMIR Talking Circle. It was hosted in the MPR at El Tianguis Mercado on Monday, April 27, 2026.



Dia Del Nino Celebration in Guad



Dia Del Nino Bubble Run in April



HR celebrating Administrative Professionals Day April 24, 2026



CSP celebrating Administrative and Nurses Day with a luncheon at Buffet

Welcome New Staff

Welcome



Tony VonDell-Pacheco
BHT 2
PATH



Laura Cockrell, LMFT
Child and Family Manager

A Few Notes To Remember

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

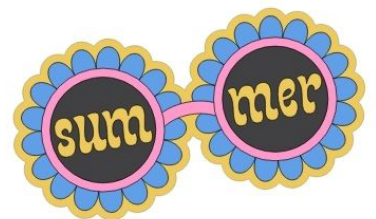
[Job Opportunities | Sorted by Job Title ascending | Career Opportunities](#)



Christine Chavez
NB Peer Support



Marcos Rodriguez
Member Services Technician



Important AHCCCS Information

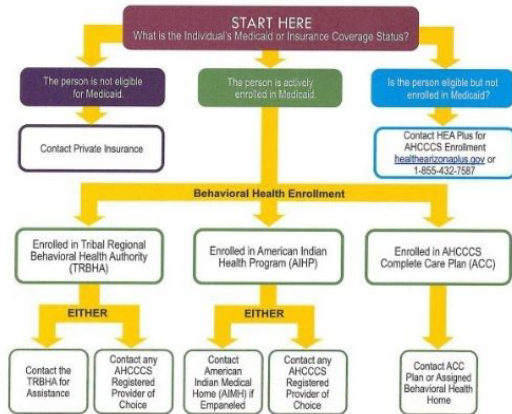


DOES THE INDIVIDUAL APPEAR TO BE AN IMMEDIATE DANGER TO SELF OR OTHERS?
CALL 911

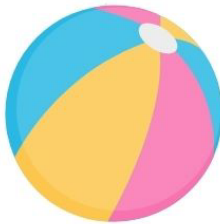
DOES THE INDIVIDUAL APPEAR TO BE IN NEED OF MENTAL HEALTH ASSISTANCE RIGHT AWAY?
SEE CRISIS NUMBERS ON PAGE 2

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 638 Health Program, or Urban Indian Health Program (IU). You may contact the nearest IU for assistance with behavioral health needs or referrals. Individuals may also access crisis services regardless of insurance coverage.



See page 2 for resources and contact 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.

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)

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

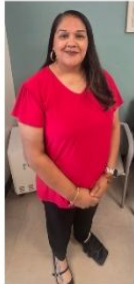


Provider Advocacy

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.

NEW BEGINNINGS TEAM



3rd row, from left to right; Christopher, Dr. Hadeed, Fernando, Michael
 2nd row, Clarissa, Cassandra, Lisa, Adan
 Front row; Shirley, Sheila, Andreanna, Christine

Christopher



“What inspired me were the people that helped me through my journey of recovery and I wanted to be that person for someone else.”

Anna



“Like many of my people I’ve lived through a lot, especially with trauma, addiction and recovery, and I saw how much people need support that actually feels real and safe in order to heal. I wanted to be someone who could show up for others in a way I didn’t always have. That’s what pushed me into peer support and behavioral health. Building connection. When someone feels safe enough to open up and share their experience with me, that’s everything. I love creating a space where people feel seen heard and not judged.”

Adan



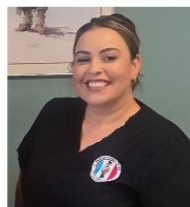
“I love how accepting the community is of me. I am nonnative and the clients that I have the pleasure of working with have accepted me with open arms. I love being able to help the Pascua Community.”

Sheila



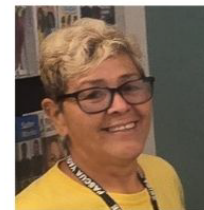
“What inspired me toward my current career was my desire to help people and to serve. That’s why my favorite part of my job is serving and helping my patients with any questions or issues there may be and directing them thru the proper channels. In doing so I want to get more experience by keeping myself updated in current nursing and mental nursing issues. My patients and coworkers have always been a big inspiration and motivation for me to come to work when scheduled and on time. I truly enjoy the camaraderie. After a busy days’s work I go home to cook dinner, get ready for next day’s work and finish my day reading, I love to read.”

Cassandra



“My favorite part is watching clients grow, overcome obstacles, and achieve milestones in their recovery. Building meaningful relationships and providing support during difficult times is incredibly rewarding. Helping others make positive changes in their lives motivates me every day. Knowing that my support, guidance, and advocacy can make a difference keeps me passionate about the work I do.”

Christine



“I have always had an interest in the medical field. Humanity is my passion. Working with diverse communities in public health education is very rewarding to me. The clients and the staff here have been very welcoming. I really appreciate it! I don’t take things for granted. Waking up in the morning is a blessing in itself. I live in the moment and take one step at a time! Blessings to all and thank you for the opportunity to be here working for my community and a proud member of the PASCUA YAQUI TRIBE.”

Mission:

To provide compassionate, culturally responsive, evidence-based treatment and recovery services that support healing from opioid, alcohol, and co-occurring disorders while honoring tribal traditions, strengthening community wellness, and fostering long-term recovery.

New Beginning Clinic is a comprehensive, culturally grounded Opioid Treatment Program (OTP) located on the Pascua Yaqui reservation and dedicated to supporting individuals and families affected by substance use and co-occurring mental health disorders. Rooted in the values, traditions, and strengths of the tribal community, the clinic integrates evidence-based treatment with culturally responsive care to promote healing, recovery, and overall wellness.

The program provides Medication-Assisted Treatment (MAT) for opioid and alcohol use disorders, including Methadone, Suboxone (buprenorphine/naloxone), and Vivitrol (naltrexone). Services are designed to address the whole person, recognizing the connection between physical health, mental health, substance use, family relationships, and community well-being.

The clinic utilizes a multidisciplinary team of medical, behavioral health, and recovery professionals who work collaboratively to provide individualized, person-centered care. Through a combination of clinical excellence, cultural connection, and community partnership, New Beginning Clinic empowers individuals to achieve lasting recovery, improve quality of life, and strengthen their connection to family, culture, and community.

New Beginning Clinic offers a full continuum of outpatient treatment and recovery support services, including:

- Medication-Assisted Treatment (MAT)
- Comprehensive substance use assessments and treatment planning
- Psychiatric evaluation and medication management
- Medical services and ongoing health monitoring
- Individual therapy and counseling
- Case management and care coordination
- Peer support and recovery coaching
- Treatment for co-occurring mental health and substance use disorders
- Relapse prevention planning and recovery skills development
- Drug and alcohol education
- Psychoeducational groups
- Men's and Women's recovery groups
- Art-based therapeutic activities
- Acu-detox (Auricular Acupuncture) services
- Family education and support
- Crisis intervention and stabilization support
- Recovery-oriented life skills development
- Community resource referrals and linkage to supportive services
- Harm reduction education and overdose prevention
- Discharge planning and continuing care services
- Recovery support and aftercare programming

Thank you for reading!

