



CSP Quarterly

CENTERED SPIRIT PROGRAM NEWSLETTER



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CLINIC

Splashin' into the summer like...

April- Stress Awareness Month

May-Mental Health Month

June-PTSD Month

Stress Relief Tips and Tricks



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

New Beginnings 7490 S Camino de Oeste, P.O. Box 520-879-6003

TIME	MONDAY:	TUESDAY:	WEDNESDAY:	THURSDAY:	FRIDAY:
WEEK 1: 8:30 AM - 10:30	Healthier Relationships Keith Brock	Webinars Or White Bison Anna P	Relapse Prevention Keith Brock	Pain Management Andre Missp.	Creative Art Michael L
WEEK 1: 10:30 AM - 11:30 AM	Talking Circles PEER Support	Opioid-Fentanyl Ed. Andre M			
WEEK 2: 8:30 AM - 10:30 AM	Healthier Relationships Keith Brock	Webinars Or White Bison Anna P	Relapse Prevention Keith Brock	Pain Management Andre Missp.	Creative Art Michael L
WEEK 2: 10:30 AM - 11:30 AM	Talking Circles PEER Support	Opioid-Fentanyl Ed. Andre M			
WEEK 3: 8:30 AM - 10:30 AM	Healthier Relationships Keith Brock	Webinars Or White Bison Anna P	Relapse Prevention Keith Brock	Pain Management Andre Missp.	Creative Art Michael L
WEEK 3: 10:30 AM - 11:30 AM	Talking Circles PEER Support	Opioid-Fentanyl Ed. Andre M			
WEEK 4: 8:30 AM - 10:30 AM	Healthier Relationships Keith Brock	Webinars Or White Bison Anna P	Relapse Prevention Keith Brock	Pain Management Andre Missp.	Creative Art Michael L
WEEK 4: 10:30 AM - 11:30 AM	Talking Circles PEER Support	Opioid-Fentanyl Ed. Andre M			



Adult Group Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
10:00am - 11:30 am Relapse Prevention Hybrid Susan Walters 7426 Vahcom 520.879.5439	9:30am - 11:30am Wellbriety & Sobriety In Person Maria Bule 7426 Vahcom 520.879.5439	11:00am - 1:30 pm IOP Outing/ Life Skills Hybrid Vanessa Gamez 7426 Vahcom 520.879.5439	11:30am - 1:00pm Fatherhood Motherhood is sacred Hybrid In Person, Alex Alvarez 7426 Vahcom 520.879.5439	10:00 am - 11:30 am Healthy Relationships / ART Hybrid Sofia Martinez 7426 Vahcom 520.879.5439
1pm - 2 pm Living Free Virtual Kristy Schutt Health Building 4567 W Tetakusim, Rm # 137 520.879.6060	1 pm -2 pm Acu-Detox In Person by appointment only. Dr. Sue Tham 520.269.2598 4567 W Tetakusim, Acu- Detox Room	1 pm - 2 pm Mind Body Balance In Person Kristy Schutt Health Building 4567 W Tetakusim, Rm # 137 520.879.6060	1 pm - 2 pm Healing To Wellness Hybrid Sofia/Susan (Closed group) Health Building 4567 W Tetakusim, Rm # 137 520.879.6060	1pm -2pm Acu-Detox In Person by appointment Dr. Sue Tham 520.269.2598 4567 W Tetakusim, Acu-Detox Rm
2:15 pm - 3:15 pm Surfacing My Emotions In Person Yasel Patterson Health Building 4567 W Tetakusim, Rm # 137 520.879.6060	2:00 pm - 3:15 pm Self- Exploration In Person Joan-e Rapine Health Building 4567 W Tetakusim, Rm # 137 520.879.6060	2:15 pm - 3:15 pm Anger Management Hybrid Sofia Martinez Health Building 4567 W Tetakusim, Rm # 137 520.879.6060	3 pm - 4:15 pm Gentle Yoga / Meditation for Women-In Person Colleen Noonan Health Building 4567 W Tetakusim, Rm # 137 520.879.6060	3 pm - 4:15 pm Open Health Building 4567 W Tetakusim, Rm # 137 520.879.6060
3:30 pm -4:45 pm Open Health Building 4567 W Tetakusim, Rm # 137 520.879.6060	3:30 pm - 4:45 pm Expressing Grief & Loss In Person-Colleen Noonan Health Building 4567 W Tetakusim, Rm # 137 520.879.6060	3:30 pm - 4:45 pm Open Health Building 4567 W Tetakusim, Rm # 137 520.879.6060	3:30 pm - 4:45 pm Open Health Building 4567 W Tetakusim, Rm # 137 520.879.6060	3:30 pm -4:45 pm Open Health Building 4567 W Tetakusim, Rm # 137 520.879.6060
		6:00pm -7:30 pm Healing To Wellness Hybrid Susan Walters (Closed group) Health Building 4567 W Tetakusim, Rm # 137 520.879.6060	6:00pm - 7:30 pm Substance Abuse & Depression Group-Hybrid Susan Walter (Open) Health Building 4567 W Tetakusim, Rm # 137 520.879.6060	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, Dahlila 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 Tevat 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	 520-879-6397
Health - Specialty Clinic 520-879-6120	



Fun At CSP



Harry Potter Day



Hawaiian 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**



2022 Member Handbook has arrived!



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:

<https://www.pascuayaqui-nsn.gov/wp-content/uploads/2022/03/CSP-Member-Handbook.pdf>

Welcome New CSP Staff



Luc LeFrancois
Training Coordinator
05/23



Stephanie Bejar, BHT2, Guadalupe



Arnie Kahn
BHC
New Beginnings
03/28



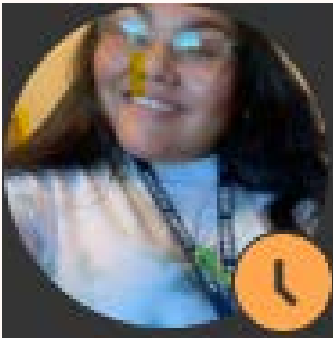
Genevieve James Adult Services,
BHT2
Vicky Nunez, BHT1, WP



Delia Francisco
BHT2 SEP



Monica Contreras BHT 2, WP



Alizandra Soto, BHT1, WP



Adan Montijo
BHT 2 SEP

False Claims Act Information

Purpose of the Deficit Reduction Act (DRA): to eliminated 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 filling 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 him self 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 (healtharizonaplus.gov)



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

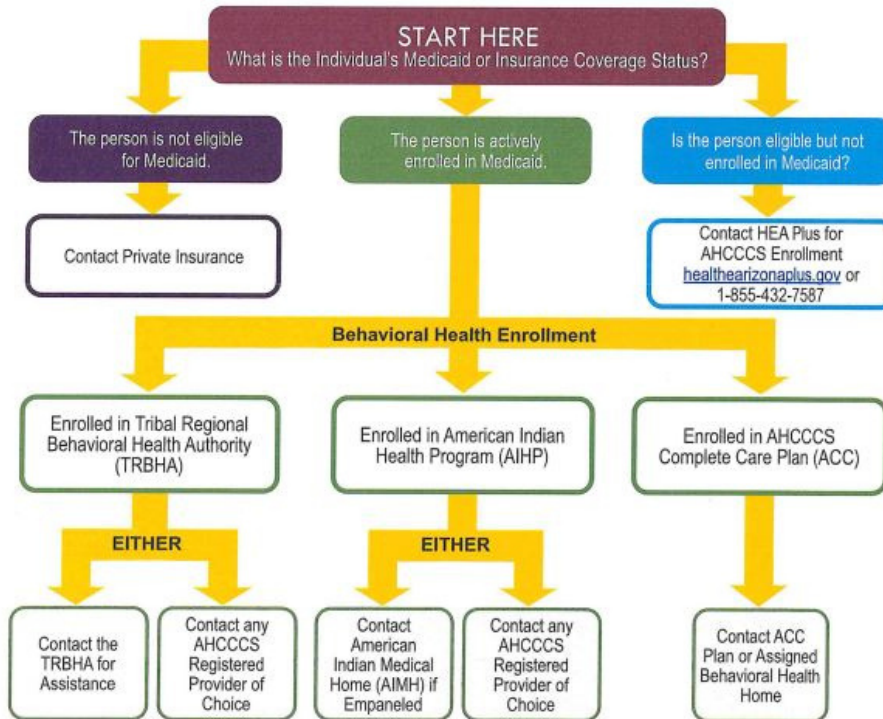
CALL 911

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 638 Health Program, or Urban Indian Health Program (ITU). You may contact the nearest ITU 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.



Who is on your team?





Centered Spirit - Health Psychology Clinic

Location: Specialty Health Clinic. Pfr: 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