

KEEPING IT CENTERED

DOMESTIC VIOLENCE AND ABUSE: WARNING SIGNS & SYMPTOMS OF ABUSIVE RELATIONSHIPS



Domestic abuse often escalates from threats and verbal abuse to physical violence and even murder. And while physical injury may be the most obvious danger, the emotional and psychological consequences of domestic abuse are also severe. No one deserves this kind of pain and your first step to breaking free is recognizing that your situation is abusive.

There are many signs of an abusive relationship. The most significant sign is fear of your partner. Other signs include a partner who belittles you or tries to control you, and feelings of self-hate, helplessness, fear and anxiety.

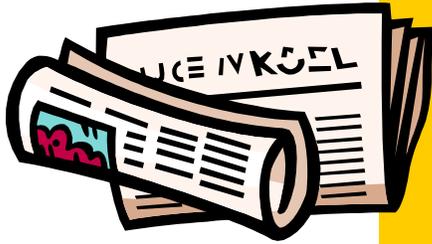
SIGNS OF AN ABUSIVE RELATIONSHIP

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Your Inner Thoughts & Feelings	Your Partner's Belittling Behavior
<p>Do You:</p> <ul style="list-style-type: none"> • Feel afraid of your partner much of the time? • Avoid certain topics out of fear of making your partner angry? • Feel that you can't do anything right for your partner? • Believe that you deserve to be hurt or mistreated? • Wonder if you're the one who is crazy? • Feel emotionally numb or helpless? 	<p>Does your partner:</p> <ul style="list-style-type: none"> • Humiliate, criticize, or yell at you? • Treat you so badly that you're embarrassed for your friends or family to see? • Ignore or put down your opinions or accomplishments? • Blame you for his own abusive behavior? • See you as property or a sex object, rather than as a person?
Your Partner's Violent Behavior or Threats	Your Partner's Controlling Behavior
<p>Does your partner:</p> <ul style="list-style-type: none"> • Have a bad and unpredictable temper? • Hurt you, or threaten to hurt or kill you? • Threaten to take your children away or harm them? • Threaten to commit suicide if you leave? • Force you to have sex? • Destroy your belongings? 	<p>Does your partner:</p> <ul style="list-style-type: none"> • Act very jealous and controlling? • Control where you go or what you do? • Keep you from seeing your friends or family? • Limit your access to money, the phone, or the car? • Constantly checking up on you?

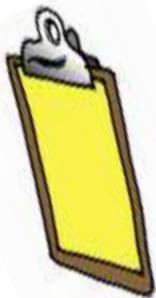
Member Handbook



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 and

**DOMESTIC VIOLENCE AND ABUSE::
WARNING SIGNS & SYMPTOMS OF ABUSIVE RELATIONSHIPS (CON”T)**

Victims of domestic abuse or domestic violence may be men or women, although women are more commonly victimized. Domestic violence does not discriminate. It happens within all age ranges, ethnic backgrounds, and financial levels. The abuse may occur during a relationship, while the couple is breaking up, or after the relationship has ended.

If you think your partner is abusive, or you suspect that someone you know is in an abusive relationship, review the warning signs and symptoms above. *If you're afraid for your immediate safety, call 911.* The Centered Spirit Program has a program that offers services to victims of Domestic Violence both in the Tucson and Guadalupe areas. The Walking In Balance Victim Services is intended to address a persons most frequent and immediate needs after being victimized and become a liaison between the victim, police, prosecution and court systems. Advocacy and support, include; 24 hour on-call crisis response, emergency shelter, emergency financial assistance (food, personal hygiene, clothing and costs related to victim safety; locks, window guards, etc.), emergency order of protection/restraining orders, immediate forensic interviewing of child victims, transportation to medical examinations and attend court hearings. In addition the program can provide training and educational workshops on violence intervention and prevention.

If you are interested in these services please call:

Main Office # 879-5777

Crisis Cell Phone # 975-4064

October 9th, 2007

“ Intimacy & Addiction”

Presented by: Barbara Chana, LISAC

November 13th, 2007

“Suicide Prevention”

Presented by: Chris Olfano, LISAC

December 11th, 2007

“Healing through the 4 layers of the Heart”

Presented by: Alan Shenmen, LISAC



Past Months Topics

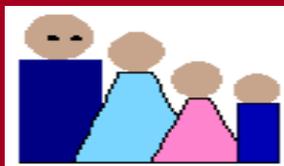
Please Join Us

For Family Night every 2nd Tuesday of the Month @ 5:30 pm in the Health Dept. Lg. Conference Room

January 15th, 2008

February 5th, 2008

March 4th, 2008



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**FOR MORE INFORMATION
PLEASE CONTACT
SYLVIA TELLO (520)
879-5691**

CSP WELCOMES NEW STAFF



Daniel Bejar
Substance Abuse Counselor
Guadalupe



Jim Morrow
New Beginnings Clinical
Supervisor



Richard Janney
Child Family Therapist



Jon Joshevama
Utilization Review/Quality
Manager



Marie Ann Leon
PATH Program
Residential Counselor
Aide



Jessica Schaefer
PATH Program Residential
Counselor Aide



Eliza Valenzuela
Walking In Balance
Family Violence Outreach



Angela Martinez
Medical Records Specialist

CSP Employees of the YEAR!

Rhonda Ortiz
In-School Counselor
& **Jesucita Hernandez**
Guadalupe-Walking in Balance

CSP Producers of the Quarter

Russ Johnson (Tucson)
&
Anne Murphy (Guadalupe)

Program Groups

Centered Spirit

Modular

7490 S. Camino De Oeste

Monday

1pm to 2 pm Anger Mgmt

3pm to 4:30pm Depression Recovery

4:30pm to 5:30pm Adolescent Intense

5:30pm to 7pm Awareness Group

Tuesday

3pm to 5pm Cancer Support 3rd Tuesday of Month

5:30pm to 7:30pm Substance Abuse Therapy & Education

Wednesday

10:30am to 1pm Healing Group (Referral)

3:30pm to 5pm Art Group

4pm to 5:30pm Teen Group

5:30pm to 7:30pm Medically Assisted TX Group

5:30pm to 7pm 7th Generation Parenting Group

Thursday

2:30pm to 4:00pm Walking in Sobriety

5:30pm to 7:30pm Methadone Group

Vahcom House

7426 S. Camino Vahcom

Monday

8:30am to 9:30am Acu-Detox

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 Kuate Men's DV

Wednesday

8:30am to 9:30am Acu-Detox

10:30am to 12pm Recovery Group

1pm to 3pm Life Skills

2:30pm to 4:30pm Hiapsi Kuate Women's DV

5pm to 7pm DUI Level II Educational

7pm to 11:30pm Sweat Lodge

Thursday

3pm to 5pm Hiapsi Kuate Men's DV

Friday

7:30am to 8:30 am Aavo Keteme Youth Life Skills

10:30am to 12:30pm Recovery Group

8:30am to 9:30am Acu-Detox

10:30am to 12:30pm Recovery Group

Old Pascua

Monday

3:30pm to 5:30pm Art Expression

5:30pm to 7pm Awareness Group

Thursday

Art Expression Group

Open to the community

3:30pm to 5:30pm

Old Pascua Neighborhood Center

Dental Conference Room

Tuesday & Friday 6am to 7am Chemical Addiction Group

Wednesday 6pm to 7pm AA/NA Meetings



For more information on CSP Groups
please contact (520) 879-6060



**7th Generation
Classes**

Based on the belief that all decisions impact generations to come, on children and communities yet to be born.
Wednesday's 5:30—7:30 p.m.
Centered Spirit Family Room
For More Information Call 879-6060
Ask for Barbara Chana

**CENTERED SPIRIT PREVENTION
COALITION MEETINGS**
For more information call
Richard Flores @ (520) 879-5662

**Provider Development Workshop
Direct Support Provider Agencies**

Wednesday January 23, 2008
9:00AM- 3:00PM

At the Warehouse Large Conference Room
Lunch Will Be Provided

The focus of this workshop
will be specifically on issues surrounding direct support provision

For More Information Call Jill Fabian at 879- 6067 or 879- 6060

**COMMUNITY
EVENTS**

KIDS GROUP

AGES 6- 12 YEARS OLD
COME JOIN OUR GROUP

&

MAKE NEW FRIENDS

THURSDAYS 3:30PM TO 5:00PM
SNACKS WILL BE PROVIDED

For more information please call Walking in
Balance and ask for Rosa Soto or Eliza
Valenzuela @ (520) 879-5777

Fun Fun Fun...

**Arts
&
Crafts**

Keep a look out for our
AHCCCS DRIVES
January, February, and March
@ Health Department
Lobby



Centered Spirit Events

Domestic Violence Awareness Day

The Good, The Bad and The Ugly 2007



Halloween 2007



World AIDS DAY



Harvest Day Luncheon



CSP Holiday Party



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: January 2008 to March 2008



Personality Disorders: Management Principles, Presenter: Russell Johnson, Jan. 15th,

2:00 pm to 4:00 pm, Location: CSP Large Conference Room

Group Therapy, Presenter: Russell Johnson, Time: Jan. 31st, 10:00 am to 12:00 pm, Location: Housing Warehouse Conference Room

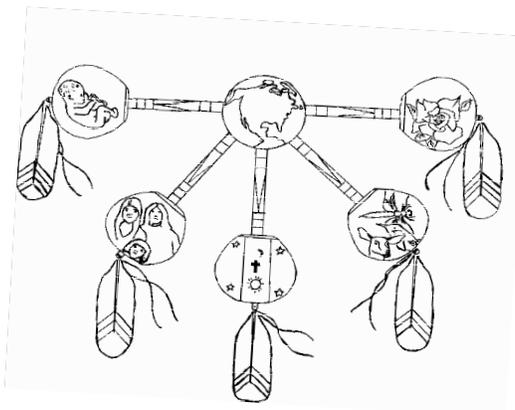
Acudetox: Review and Introduction, Presenter: Alan Shenmen, Time: Feb. 20th, and 21st and March 5th, 9:00 am to 5:00 pm, Location: Facilities Management Building.

ALL NETWORK PROVIDERS ARE INVITED TO ATTEND

**For More Information
Please contact**

**Russ Johnson
Training Coordinator
(520) 879-6060**

Centered Spirit Programs



Tucson Area

7490 S. Camino de Oeste
Tucson, AZ. 85757
Phone (520) 879-6060
Fax (520) 879-6099

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

Vahcom House

7426 S. Camino
Vahcom
Tucson, AZ. 85757
Phone (520) 879-
5691
Fax (520) 879-5696

New Beginnings Clinic

7474 S. Camino de Oeste
Tucson, AZ. 85757
Phone (520) 879-6616
Fax (520) 879-6017

Path Program

7402 S. Camino
Vahcom
Tucson, AZ. 85757
Phone (520) 879-5855

Transitional Treatment Program

7409 S. Camino Cocom
Tucson, AZ. 85757
Phone (520) 879-5664

Prevention Program

7409 S. Camino Cocom
Tucson, AZ. 85757
Phone (520) 879-5858

Yoeme Kari Group Home

2861 W. Via Hacienda
Tucson, AZ. 85741
Phone (520) 297-6414

Hiapsi Kuakte

7426 S. Camino Vahcom
Tucson, AZ. 85757
Phone (520) 879-5770

“ 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 “