

CBI

COMMUNITY BRIDGES, INC.

CELEBRATE BELIEVE INSPIRE

FALL 2011

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Community Bridges AZ

A Recovery Celebration at the Center for Hope



When you bring together a large group of inspirational women at the Center for Hope (CFH), you have a memorable event. On September 27th, 2011, a recovery celebration took place with CFH staff, alumni who came through the program dating back to 2005, and women and children currently residing in the program. It was an inspiring gathering in celebration of recovery where women shared their own personal stories of courage, faith, and hope. *~*



A video capturing highlights of this event are on CBI's YouTube Channel: <http://www.youtube.com/user/CommunityBridgesAZ>.



Featured CBI Team Southwestern Arizona - Yuma



CBI operates the Lighthouse, a **Level II residential program** in Yuma, AZ, that provides the following services:

- Psychiatric, co-occurring, and substance use disorder treatment
- Medication Assisted Treatment (MAT)
- Brief Intervention Program (BIP)
- Counseling & peer support services
- Transition, referral & continuing care

CBI's outpatient program provides substance abuse and mental health treatment for men and women. All of our programs provide Best Practice behavioral and cognitive modalities. The following services are available:

- Substance use disorder treatment and Medication Assisted Treatment (MAT), including outpatient detoxification and addiction-based pharmacotherapies*
- Mental health treatment & MAT*
- Intensive & standard outpatient counseling
- Recovery support groups & family programs

**Some services provided via Telemed*

A contracted provider with



CBI Staff at the Yuma Lighthouse Residential Facility from left to right- Charles Gutierrez, Earl Knapp, Corinna Hartwig, Adam Medel and Alejandro Martinez.

Magellan Health Services Wins a 2011 Science and Service Award from SAMHSA



Beginning in May of 2009, based on analysis of community need, Magellan reached out to CBI and three other substance abuse treatment provider agencies to achieve a goal of increasing access to evidence-based, culturally relevant substance abuse treatment for adolescents with juvenile justice involvement. During a 21-month period ending in March, 2011, services were provided to over 600 youth involved in the juvenile justice system, including 120 Latino and Native American youth. Over 70% of the adolescents served completed treatment without returning to a juvenile justice setting. Of those who completed treatment, 64% had decreased or eliminated their use of substances. The program continues to successfully serve Arizona youth.

Kudos to CBI's Training Team!



Our training team was successful in becoming a NAADAC Approved Education Provider. This status identifies our training program as meeting nationally approved standards of education developed for the alcoholism and drug abuse counseling field. This rigorous review process further validates the skills of our training team to assure our employees receive a consistent, reliable and quality learning experience that is applicable to their careers and advances their understanding of addiction-related issues.

What's New at CBI



CBI's Second New Fourplex Construction Complete!

CBI continues to expand our continuum of care provided to women and children by providing Permanent Supportive Housing to low income families. Our second fourplex property was purchased and rehabbed thanks to **City of Mesa HOME funding**. This property is located in Mesa and will soon be home to four women and their children. Permanent Supportive Housing provides safe, secure, and affordable housing to women as they continue to rebuild their lives. *~*

The Center for Hope Secures New Funding



The Substance Abuse and Mental Health Services Administration (SAMHSA) recently announced that the **Center for Hope** was one

of 20 new grant awards totaling up to \$29.1 million over three years to fund residential substance abuse treatment services for pregnant and postpartum women and their minor children.

Congratulations to the Center for Hope Team for securing this much needed funding to help pregnant and postpartum women overcome addiction to prescription drugs, alcohol, tobacco, illicit and other harmful drugs. Women in the program will learn about having safe and healthy pregnancies and parenting skills. Overall health, including mental health will be addressed. The treatment approach will include trauma-specific services including reducing involvement in and exposure to crime, violence, neglect; and physical, emotional and sexual abuse for all family members. *~*

Valley of the Sun
United Way



CBI Supports Valley of the Sun United Way's Project Connect

The solution to ending homelessness involves everyone. Valley of the Sun United Way has been a leader in taking action with solutions that address the root causes of homelessness. **Project Connect** offers instant access to the resources people in our community need to start the journey back to health, financial stability and housing. This includes access to goods - like food and clothing - and services such as counseling and job placement. CBI is committed to being a part of the solution by participating in these events and having our staff available to offer our services. Visit their website to learn more and to volunteer- www.vsuw.org/. *~*

New West Valley Access Point & Transition Point Now Open

CBI, in partnership with Magellan Health Services, opened its doors in Avondale on September 7th. **Access Point** is designed to be a 24/7 front door to the behavioral health system offering assessment for ongoing services, brief intervention, and coordination of care through contracted network providers. **Transition Point** is a time-limited residential facility with 16 beds for individuals (18 and older) who need targeted overnight support or planning for transition back to the community. The facility is located at 824 N. 99th Ave., Avondale, AZ 85323. *~*

Special Recognition from the Phoenix Police Department



Linda Smith, from CBI's training team, recently received a Certificate of Appreciation from the Phoenix Police Department recognizing her commitment and willingness to go "above and beyond" to help make the Crisis Intervention Training (CIT) training program one of the best in the country. Well-deserved Linda! *~*

In this photo- Linda Smith- CBI & Sgt. Nick Margiotta- Phoenix Police Department

Prevention Programs in Action

CBI Staff Help to Build a Park in a Day

CBI staff and members of the Mesa Prevention Alliance showed up on the 9/11 Day of Remembrance to help “Build a Park in a Day” in Mesa.



Joronda Montano & Karen Frias-Long- CBI prevention staff caught in action on 9/11 in Mesa.

“Kermes” Family Block Party a Success!

Families from the East Valley are working together to build a better Mesa. These likeminded adults and teens have been focused on reducing youth substance abuse through education, prevention and healthy alternatives. The adults (Guardian Angels) are Mesa residents greatly concerned about the impact underage drinking has on their community. Lead by Cinthia Martinez, Community Education Specialist, with Community Bridges, Inc., the group meets weekly to develop and implement strategies on a grassroots level to reduce youth substance abuse.

Many of the Guardian Angels have teens who serve as youth leaders working as ALAD’s (Alliance of Leaders Against Drugs). ALAD’s, ages 12-18 years of age, are committed to helping teens stay away from drugs and alcohol and also meet weekly. The Guardian Angels and ALAD’s are all members of the Mesa Prevention Alliance (MPA). Together, they hosted their first annual “Kermes” Block Party to celebrate and support the groups’ work. Over 110 people came out on October 1st to support this fundraising event packed with delicious homemade food, a mariachi band, and families from the local community.

**The word Kermes is applied in the United State to any entertainment, especially one organized in the interest of charity.*

Protect. Don't Provide.

Why We Protect.

- The brain doesn't mature until the age of 25. Damage from underage drinking can be irreversible. (NIH, 2005)
- At least 4 out of 25 Mesa youth get alcohol from an adult. (AYS, 2010)
- 13.2 is the average age a Mesa youth starts to drink. (AYS, 2010)

Don't Provide. It's Illegal.

(ARS 4-241 and 4-244)

Penalties for giving or selling alcohol to someone under age 21 may include:

- A fine of \$2,500, increasing with each offense.
- A maximum jail sentence of 6 months.
- A suspended driver's license- 30 days on the first conviction, 6 months the next time.



480-818-MPA7(6727)
Sign the Safe Homes Pledge
JoinMPA.org



Recovery Month 2011

The 6th Annual Art of Recovery Expo Celebrates National Recovery Month

The Art of Recovery held its 6th annual event that attracted thousands to the Phoenix Convention Center on September 24th, 2011. CBI was an official sponsor and our Peer Support team was on hand to offer resources and solutions for treatment and prevention. Stephanie Siete, Director of Community Education, also provided an engaging workshop about the impact of social media and youth substance abuse.



We would like to thank Barbara Brown for her dedication to local recovery programs and her commitment to keeping this event the largest and most successful for Arizona families. ~

Learn more about the Expo: www.artofrecoveryexpo.com



From left to right- CBI staff Brenda Rodarte, Anthony Hernandez, Laura Schario, and Jeff Yoder



Stephanie Siete- CBI & Kimberly Cabral- Founder of MASK

The Hopi Tribe Participates in Recovery Month

CBI participated in a proclamation made by the Hopi Tribe on September 1st, 2011. Chairman LeRoy N. Shingoetewa invited all residents of the Hopi tribe to participate in National Alcohol and Drug Addiction Recovery Month. CBI is proud to be a partner with the Hopi Substance Abuse Prevention Center, the Hopi Alliance Against Substance Abuse (HAASA), and the Hopi Behavioral Health Program.

National Recovery Month is a national observance that educates Americans on the fact that addiction treatment and mental



health services can enable those with a substance use or mental disorder to live a healthy and rewarding life. The observance's main focus is to laud the gains made by those in recovery from these conditions, just as we would those who are managing other health conditions such as hypertension, diabetes, asthma and heart disease. Recovery Month spreads the positive message that behavioral health is essential to overall health, that prevention works, treatment is effective and people can and do recover. ~

CBI Employees Who Inspire



Commission on the Accreditation
of Rehabilitation Facilities




Lori Heron & Melissa Devaney -
CBI employees

We would like to share a recovery success story that came from one of our employees working at our Stabilization and Recovery Unit (SRU) in Payson, AZ. Shortly after Dr. Frank Scarpati, President/CEO of CBI, asked for staff to start telling their own inspiring stories of recovery, we received one from Lori Heron. What made this one special was the fact that she shared a story about one of her co-workers.

Meet Melissa Devaney. She is a single mom of two children with a history of drug and alcohol abuse and felony charges that resulted in prison time. Since she has gained employment at CBI as a Peer Support Specialist, she has advocated for herself, sought the support of others, and was able to get off probation early in order to pursue a career in the medical field as an EMT. Melissa took and passed that EMT course and recently became a full time college student in pursuit of a degree in Nursing.

Melissa is also one of 20 individuals that applied for a local Habitat for Humanity home in the Payson community. She recently found out that she was only one of five who was chosen for a brand new home to live in with her children. Shortly after this great news, Melissa's felonies were forgiven in court for charges in the Gila County area when she pursued the courts to regain more of her rights back.

Melissa has succeeded greatly in part to her employment at the Payson SRU. This came from the support and encouragement she got from her fellow co-workers and family, but mostly from her own determination...daring to do the impossible and challenging herself to the very limits of what she is capable of. I am very proud of her and of her personal accomplishments. She is definitely living proof that you can make positive changes with hard work and the will to keep trying. - Lori Heron

Since Lori shared this story with all of us at CBI, we have since learned that Melissa finally did get that home of her own at a recent ribbon cutting ceremony in Payson on October 1st. Melissa, we all congratulate you for this amazing accomplishment! 

How You Can Help

Community Bridges
makes it easy to donate online.

Visit our website to learn more about designating your contribution to a specific program, region, or in someone's honor.

All donations are tax deductible.
CommunityBridgesAZ.org/
Contribute




Other Ways to Support CBI

Baby Showers for Women at the Center for Hope

Be a part of the celebration and show your support with baby shower gifts. We've set up a registry at Babies"R"Us® to make it easy for you to give.

www.babiesrus.com
Registry number: 47567157

We also accept donations of lightly used items for the families in our program. If you have items you would like to donate, please call us at 480-719-0849. 



Hygiene Kits for the Homeless Community

We believe in making a difference every day. Join us in distributing hygiene kits to the homeless. Get your family and friends together and build hygiene kits with the following items:

- plastic combs
- hand & body lotion
- toothbrush
- deodorant
- anti-bacterial soap
- toothpaste
- hand sanitizer
- anti-bacterial wipes
- facial tissue

Call us at 480-719-0849 to schedule a pick up or if you would like more information.