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Transitions

A Quarterly Newsletter from Southwest Behavioral Health Services

QUARTER 2 2017

QUARTER 2 ITEMS OF INTEREST:

- SB&H has been selected as Autism Spectrum Disorder Center of Excellence
- SB&H will host a Community Cultural Diversity Event & Wellness Fair on October 28th (flyer with details on page 4)
- Check out our new website at:
www.sbhhservices.org

INSIDE THIS ISSUE:

SB&H Promotoras Attend "5 de Mayo Sin Alcohol" 2

SB&H Staff Kayla Hyun is Miss Arizona International 2017 2

SB&H Summer Programs 3

Save the Date—SB&H Cultural Diversity & Wellness Event 4

SB&H Gratefulness Garden for Mental Health Month

Mental Health Month is observed each year in May and works to raise awareness about mental health conditions and help break the stigma that surrounds them. This year, a "Gratefulness Garden" was created to celebrate Mental Health Month and the health benefits that come from being grateful and practicing random acts of kindness. Research has shown that being grateful individuals and expressing your gratitude is very impactful to having positive mental health. When you constantly feel stressed, regretful, resentful and envious and have a lower self-esteem, these are all ways that can easily spiral into depression or another mental health problem. Being grateful and expressing that gratitude can reverse these emotions, so your mental health is improved.

Top Photo Left to Right: SB&H Gratefulness Garden creators Melanie Petersen, Laura Silver, Irma Garcia



Throughout the month of May, SB&H staff and clients were encouraged to practice the act of gratefulness by creating their own Gratefulness Gardens, as our HOPWA program did, or by filling out leaves with sayings or photos of what they are grateful for and sending them in to be included on the display at Administration. Special thanks to Melanie Petersen, Irma Garcia, and Laura Silver for creating this display, which was also featured during Mental Health Month on both AZTV 7's Arizona Daily Mix and on ABC 15!

We encourage everyone to talk about gratefulness! The benefits it provides are tremendous and there are easy ways to start expressing gratitude more consistently, like through a Gratefulness Garden.

-Lynda Wood

Bottom Photo: SB&H HOPWA staff showcase their program's Gratefulness Garden

Richard Herold of Snell & Wilmer Joins SB&H Board



Southwest Behavioral & Health Services has elected Richard Herold, a partner of Snell & Wilmer, to serve on its Board of Directors. As a member of the Board of Directors, Mr. Herold will promote Southwest Behavioral & Health Services' Mission and continue to improve the communities the organization services.

"We are excited to have Richard join our Board of Directors," said Jeff Jorde, Southwest Behavioral & Health Services President/CEO. "As a former Board member of DrugFreeAZKids.org, we are confident he will be a valuable asset to furthering our Mission of helping others and improving our communities."

Mr. Herold earned his Bachelor's degree from Emory University and law degree from the George Washington University School of Law. He also serves on the Ethics Committee of the State Bar of Arizona and has served as a Judge Pro Tempore on the Maricopa County Superior Court and is active with the Volunteer Lawyer's Program, the Valley of the Sun United Way's Resource Management Committee, the Urban Land Institute and the Economic Club of Phoenix.

Originally from Bernardsville, NJ, Mr. Herold moved to Arizona in 1997 and currently resides in Paradise Valley.

-Lynda Wood

SB&H Promotoras Attend “5 de Mayo Sin Alcohol”



On Saturday, May 6, our Promotoras joined the **COPE** coalition for their "5 de Mayo Sin Alcohol" event. This event was planned to raise awareness among community members to promote an alcohol-free Cinco de Mayo celebration for children, youth, adults and families. Our Promotoras know that underage drinking is a serious problem among youth. They worked hard to engage parents and to encourage them to talk to their kids about the risk and dangers of underage drinking, to be involved in their lives, and to practice with them ways to say no and resist peer pressure. Along with disseminating information about underage drinking, Promotoras also invite parents to our parent-to-parent workshops that consist of an hour of education, preparation and empowerment for a positive change free of alcohol and other drugs.



- Submitted by Aidee Covarubbias and Nora Lozano

Kayla Hyun is Miss Arizona International 2017



Miss Arizona International 2017 is an SB&H employee! Kayla Hyun is a school based clinician in the Peoria Unified School District within the Community Services Department. She was recently crowned and awarded the title of Miss Arizona International 2017 in May. "The year ahead as Miss Arizona International will be hard work but will also be very rewarding," said Kayla. She started her pageant journey when she was just a baby with her first award and crowning as baby Arizona. She also competed in Miss Teen Arizona when she was 14 and began her pageant journey again last year in 2016. Kayla works closely with Streetlight USA. Streetlight is a residential community for girls ages 11-17

who are at risk of or effected by sex trafficking. "I am honored to be able to mentor one of the girls that lives at Streetlight and I am able to be a speaker ambassador for them as well. My goal is to bring awareness for these innocent people and hope for their future. " Kayla is a tremendous asset to the school based counseling program with her previous experience in behavior coaching high need kiddos. Her spunky personality, bright smile and never-ending positive attitude make her such a pleasure to be around. Thank you for all that you do, Kayla!

-Carrie Monica



SB&H Summer Programs

The summer can pose an interesting challenge to both parents and children. Many behaviors tend to spike due to lack of structure and supervision. A child's mind can deteriorate over the summer months, and can be difficult to transition back to the learning environment when school resumes each fall. Over the past few years, Southwest Behavioral & Health Services outpatient clinics have offered summer programs housed out of schools and our outpatient clinics to provide intense skills training three to four times a week, with the goal being to assist children in retaining information and find success in school. Each program is unique and offers skill based topics such as meditation, how to focus, building positive friendships, bully prevention, healthy lifestyle, along with many other topics.



Our summer programs have been very successful each year; last year we had on average 120 kids each month who participated between all of our outpatient clinics including school based services located in the West Valley during the months of June and July. Currently, in 2017, there has been an increased number of partnerships with school districts within the West Valley and our outpatient sites have partnered to receive free lunches and snacks for our site based programs. Our current average has been providing services to 200 children for the month of June. We anticipate that this number will increase each summer due to continuing partnerships with school based and community based services.



This program has been effective and successful due to our continued effort and flexibility in providing quality care to students. Outpatient staff work diligently with students in the midst of day to day struggles to help teach skills and gain ability to manage their life. The result has shown success within home and school settings. Children enjoy groups that are offered and have become so familiar with them, even asking each year when they begin. Parents have provided feedback that children who participate are learning skills and are able to manage emotions in a more positive way.

-Kathy Villa



If you have suggestions for future newsletter topics or would like to be added to our email list, please contact:

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Seeking Solutions, Creating Change

Our Mission:

**We Inspire People to Feel Better
And Reach Their Potential.
Through Helping People
Discover Their Strengths,
We Improve Our Communities.**

Transitions is published quarterly to keep the community informed about new developments at Southwest Behavioral & Health Services.

Don't forget to "like" us on Facebook, follow us on Twitter and LinkedIn and view us on YouTube!



Save the Date—SB&H Cultural Diversity & Wellness Event

Who: SB&H

What: Cultural Diversity and Wellness Event 2017

When: Saturday October 28, 2017 from 11:00am-5:00pm

Where: SB&H Parking lots 3450 N. 3rd St.

Parking is available at Phoenix Financial Center 3443 North Central Avenue, Phoenix, Arizona 85012

We welcome you to our Cultural Diversity and Wellness Event 2017!! Our goal is to promote a culture of connectedness, interaction, collaboration and celebration of differences within SB&H, the medical profession and the community-at-large.

At Southwest Behavioral & Health, we value diversity as a means of helping people discover their strengths. We respect and embrace these individual differences to build collaboration among our workforce members, our stakeholders, our service recipients and the communities we serve. Diversity encompasses all aspects of the work we do here at SB&H in order to achieve our mission of inspiring people to feel better and reach their potential. We strive to ensure that every aspect of our business practices and individual conduct reflects our core value of embracing the strength of individual diversity in serving our communities.

Join Us!!!

Please join us in building a community that prides itself on connectedness, inclusion and celebration of differences.

Choose one aspect of culture that your organization would like to present and RSVP to hrtraining@sbhservices.org.

Feel free to bring your own marketing materials and information about your organization to share with the community.

Abby's Place

SBH's Thrift Store

Hours: 9:30 to 4:30, Monday-Friday

We gladly accept most items! To donate gently used items, bring them to the store or, to schedule a pick-up, call (602) 234-3338.

- Clothing
- Household Goods
- Home decorating items
- Jewelry
- Bedding

Ask about our amazing member discount!

Bring in this coupon to receive 20% off your purchase in our store!

5707 N. 7th Street • Phoenix • 85014

Interested in Being on the Board of Directors?

Are you, or is someone you know, interested in serving on the Board of Directors of Southwest Behavioral Health Services and making a difference in the community? Contact Jeff Jorde, President/CEO at jeffj@sbhservices.org.