



QUARTERLY NEWSLETTER OF SOUTHWEST BEHAVIORAL & HEALTH SERVICES

TRANSITIONS

2020 QUARTER I

A MESSAGE FROM OUR CEO ABOUT COVID-19

March 17, 2020

To the Southwest Behavioral & Health Family and Clients:

As we continue to feel the impact of the coronavirus (COVID-19), SB&H continues to take steps that we believe will help protect the health and safety of our clients and employees, which is always our top priority.

We continue to closely monitor local and national reports through the Arizona Department of Health Services and the CDC, on the evolving impact of COVID-19. As you may be aware, this situation changes frequently and we are committed to respond in ways that protect our employees and clients.

Over the past week our housekeeping and sanitation processes have been enhanced. We are frequently disinfecting common surfaces such as door handles, countertops, keypads, restroom surfaces, telephones, etc., we also continue to ask that all of our employees and clients follow the CDC guidelines to prevent the spread of infection.

SB&H is prepared to take steps necessary if any employees contract COVID-19 or symptoms associated with this illness. As a healthcare agency we will continue to provide services throughout the State. We have dedicated employees here at SB&H who are committed to serving our clients and help in times of uncertainty.

To our clients: If you have any questions or concerns, please talk to your clinician. We understand you have many options to choose a healthcare provider and we are grateful you have chosen SB&H. Throughout this time, we know coming in for appointments may be a challenge or concerning. We would like to inform each of you that we have the ability to offer video and phone appointments if this would be more comforting to you. If these options are of interest please talk with the staff you work with directly or a front office staff member.

SB&H continues to do our part to keep everyone safe.

Steven Sheets
President & CEO
Southwest Behavioral & Health Services

SOUTHWEST
BEHAVIORAL & HEALTH SERVICES
SEEKING SOLUTIONS, CREATING CHANGE

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SB&H RECEIVES GRANT FROM THE SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION

(PHOENIX – March 12, 2020)

Southwest Behavioral & Health Services (SB&H), an innovative leader in behavioral health, received a \$524,659 grant from The Substance Abuse and Mental Health Services Administration (SAMHSA). The funds will be used to expand Medication Assisted Treatment (MAT) services to Maricopa County's criminal justice population, the fourth largest jail system in the nation.

The SAMHSA grant will enable SB&H to increase MAT access and other supportive services to individuals with Opioid Use Disorders (OUD) in the criminal justice system. The comprehensive program will include a full array of treatment including coordinated and integrated care, recovery support services, and prevention activities to increase the treatment rate of individuals with OUD encountering the criminal justice system. The program will serve 200 individuals with OUD annually and 600 people throughout the lifetime of the project.

"This SAMHSA grant paves the way in bringing valuable resources to a group of individuals who need easily accessible substance abuse and dependence treatment," said Southwest Behavioral & Health Services CEO Steven Sheets. "This partnership will increase MAT

services and enhance access to care. Our goal is to improve outcomes for individuals suffering from opioid use addiction and the systems trying to help them."

The program is supported and has commitment from the presiding chief justice, the sheriff, chief probation officer of Maricopa County probation, and the medical director of the correctional health system along with community behavioral health providers. Using the Collective Impact Model, the partnership will work to build funding mechanisms and service delivery models to provide improved treatment and recovery support services that effectively treat individuals with OUD and facilitate long-term recovery.

Added Sheets, "Most U.S. correctional facilities do not initiate MAT services for incarcerated individuals or continue services upon their release from prison. Because of this, the highest rates of opioid overdose for individuals in the criminal justice population occur within weeks of being released from prison. We hope to change that."

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SB&H Hosts INTERNSHIP MATCH PROGRAM

Southwest Behavioral & Health Services is a member of the Association of Post-Doctoral and Psychology Internship Centers (APPIC) and as a member, the organization participates each year in the Match process, in order to recruit doctoral psychology interns for the upcoming training year. The 2020 Doctoral Psychology National Internship Match Phase One has ended with great success. The program received 107 applications and interviewed 75 highly qualified applicants from across the country. Nineteen positions were filled



company wide and the incoming doctoral interns will begin in September, 2020. Additional positions may be filled in Phase II of the Match, potentially making the SB&H internship program the largest one in the country.

This is again, one of the most diverse doctoral intern cohorts in the history of the training program. The interns represent a variety of cultural backgrounds and diversity groups. With this incoming cohort, SB&H will have the pleasure of training interns who have immigrated from Russia and Germany. Five of them are bilingual, speaking languages including Spanish, Russia and German.

The incoming interns represent schools from across the country as well as educational institutions in Arizona, including, Northern Arizona University, and Midwestern University. Some are moving from California, Louisiana, Washington, New Jersey, Puerto Rico, Oregon, Virginia, Oregon, Florida coming from schools such as Regent University, Nova Southeastern University, William Paterson University, Pepperdine, Ponce Health Services University, Pacific University, University of Washington, University of California- Los Angeles, and the Chicago School of Professional Psychology. Three of the incoming interns are current practicum students at SB&H who chose to continue their training as interns. One incoming intern is a former SB&H practicum student who chose to return to SB&H.

The 2021 highly competitive Match process begins again next fall. The Clinical Training Department plans to continue to add internship positions, as needed, throughout the organization in an effort to produce quality trainees who are well trained in public health.

Submitted by Dr. Lynette Livesay



SOUTHWEST BEHAVIORAL & HEALTH SERVICES CELEBRATES RECOVERY COLLEGE GRADUATES

Southwest Behavioral & Health Services (SB&H) celebrated recent graduates of the 200 and 300 level courses of Recovery College in a ceremony on Jan. 9. Recovery College offers educational courses about mental health and recovery which are designed to teach positive psychology strategies for their own personal and professional growth at SB&H and to support their work with the organization's members.

"Everything we do is focused on inspiring people to feel better and reach their potential," said Southwest Behavioral & Health Services CEO Steven Sheets. "When we help people discover their strengths and give them the tools to be their best, we improve the community around us. I congratulate all of the graduates on

a job well done. It's a rigorous course and they did it!"

The goal of the Recovery College is to provide increased educational opportunities to enhance learning, as well as meet the demands for continuing education. Currently, Recovery College provides ongoing continuing education and training services in the behavioral health field for clients and staff.

Mayor Kate Gallego's community relations director Cepand Alizadeh attended the event and presented a congratulatory letter praising the organization's efforts to make Phoenix a mental health friendly city. Added Sheets, "We appreciate the Mayor's recognition of our tireless effort to make Phoenix a leader in mental health advocacy. Our organization will continue to

deliver innovative approaches to care and champion the behavioral health needs of our community."

The recent graduates of the Recovery College are all SB&H staff members. In order to complete the program, the graduates participated in classroom and online engagement – in addition to their regular duties as employees of Southwest Behavioral & Health Services.





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

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

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