



QUARTERLY NEWSLETTER OF SOUTHWEST BEHAVIORAL & HEALTH SERVICES

TRANSITIONS

2019 QUARTER IV

CONTENTS ALSO INCLUDE

- P2 Dr. Bob Bohanske is honored as ASPPB Fellow
- P3 Southwest Behavioral & Health Services adds board member
- P4 InSHAPE delivers health results at SB&H
- P5 Holiday celebrations at SB&H

Bullhead City Facility Grand Re-opening



In partnership with Bullhead Area Chamber of Commerce, SB&H had a grand re-opening at its Bullhead City clinic on October 17th, after eight years in the community, to highlight its recent remodel including new flooring, paint and decor on both the children's and the adult side. It was an opportunity to give the community a chance to see what it looks like now and the changes that have been made.

Dr. Bob Bohanske is honored as ASPPB Fellow



Southwest Behavioral & Health Services announced that Dr. Bob Bohanske, known as Dr. Bob, has been appointed as a fellow of the Association of State and Provincial Psychology Boards (ASPPB). Selected by the ASPPB Board of Directors, the designation acknowledges outstanding contributions to the organization and the regulation of psychology.

“We are thrilled for Dr. Bob to be recognized for his accomplishments in the field of psychology,” said Southwest Behavioral & Health Services CEO Steven Sheets. “This award only reinforces that Dr. Bob is a master of his craft and we are very fortunate to have him on our team.” Established in 1990, ASPPB fellows are individuals who have given outstanding service to ASPPB and to the field of professional psychology regulation and licensing or certification.

“It’s an honor to be recognized for my commitment to psychology and bettering the community,” said Bohanske. “I’m eager to represent Arizona as the only current fellow from the state.”



Southwest Behavioral & Health Services adds board member

Southwest Behavioral & Health Services announced that Karen Evers, a recognized business leader with over 21 years of human resources and facilities experience, has been appointed to the board of directors.

Currently a senior vice president of human resources & facilities at Nautilus Insurance Group, Evers has been leading HR teams for over 13 years, working in a variety of industries including nonprofit, healthcare and insurance. Evers is president of the Arizona Insurance Institute and a director on the national Wholesale and Specialty Insurance Association Education Foundation board. She received her bachelor's degree from the University of Arizona and her Master's of Business Administration from the University of Phoenix.



Karen Evers

“Karen is an accomplished leader joining our board at an exciting time,” said Southwest Behavioral & Health Services CEO Steven Sheets. “As we continue to hit new milestones because of our innovative approaches to behavioral health, Karen’s unique perspective will complement our board’s vision for the future as we strive to build stronger communities.”



InSHAPE, a national program now offered at the Flagstaff Southwest Behavioral & Health Services outpatient clinic, pairs eligible clinic members with free health mentors to help them establish healthier lifestyles in the areas of physical activity, diet, smoking and community integration.

InSHAPE was founded in New Hampshire in 2003 and spread to 28 states after a study by Dartmouth College demonstrated its effectiveness in increasing activity, mood and social confidence, among improvements in physical health.

In Flagstaff, the program got its start in early 2017, when it began its two-year period as a participant in the ongoing Dartmouth research study. In order to join InSHAPE, people must have a serious mental health diagnosis, a body mass index of 25% or higher and/or be in the process of quitting smoking or tobacco use.

SB&H health mentors also host InSHAPE programs in Phoenix, Bullhead City and Kingman. Darcy Sawdy is the health mentor at the Flagstaff location and currently sees about 15 InSHAPE participants. Now that the research study has ended, Darcy has been able to accept more participants who may not meet the full criteria, based on doctor recommendation. "Change is very hard and people want to change so badly, but we all have different barriers and resistance to change," Darcy said. "I try to encourage participants to think about exercise not as something to just do for now, but something that has to be done for the rest of our lives, no matter what. We have to move every day."

Arizona Daily Sun Article; Flagstaff, AZ

HOLIDAY CELEBRATIONS AT SB&H



Every year staff partake in a celebration of the season to laugh, mingle and revel in old and new friendships at SB&H and this year was no exception!

High-spirited games made for a boisterous and competitive staff! Festivities included a Halloween Costume Contest, Halloween Department Decoration Contest, Christmas songs by Emoji, Pin the Nose on the Snowman, Antler Toss and the most infamous challenge of all, “Chubby Reindeer” (not for the faint of heart).

Yes, we’ll be talking about that for a long time.

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:

Dong Liang
3450 N. 3rd Street
Phoenix, Arizona 85012
Phone: (602) 351-6916
E-mail: dongli@sbhservices.org

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 **Lynda Riford** at lyndar@sbhservices.org.

3450

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

