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# Transitions

A Quarterly Newsletter from Southwest Behavioral Health Services

QUARTER 4 2017

## QUARTER 4 ITEMS OF INTEREST:

- SB&H Grand Opening of SACE - Autism Spectrum Disorder Center of Excellence
- Check out our new websites at:  
[www.sbhservices.org](http://www.sbhservices.org)  
[www.saceaz.org](http://www.saceaz.org)

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## Southwest Autism Center of Excellence -SACE Opens!



Southwest Behavioral & Health Services held the Southwest Autism Center of Excellence (SACE) Grand Opening on Tuesday, October 3, 2017. The SACE program has opened its doors to provide integrated care to families and Autism Spectrum Disorder members.

The SACE philosophy is to serve Autism Spectrum Disorder (ASD) members throughout their life span by promoting high quality community based services that are tailored to each member and family - to deliver services in the most appropriate setting, in a timely fashion and in accordance with best practices, while respecting the members and family's cultural heritage. Individualized treatment plans are developed for each individual and their family, adapted to fit their particular strengths, needs and goals.

SACE provides a transdisciplinary professional evaluation, treatment and consultative services beginning from birth throughout the life cycle for individuals with ASD, behavioral and psychiatric disorders. The evaluation will produce a definitive diagnosis of ASD, identification of co-morbid conditions, and determination of the individual's level of functioning and profile of strengths and weaknesses. Evaluation and Care is provided by a dynamic team, including: Child Psychiatrist, Primary Care Provider, Physical Assistant, Registered Nurse, Clinical Psychologist, ABA Licensed Behavior Analyst, Speech Therapist, Occupational Therapist, Physical Therapist.

SACE will serve all clients throughout his/her lifespan. Keeping in mind the whole health approach to treatment, SACE functions as a fully integrated transdisciplinary system of care offering evidenced based interventions for treatment of ASD. Four distinct service packages are suggested over the lifespan, taking into consideration the unique developmental needs of each age group: Level I - Birth to 5 years (provided by Southwest Human Development Partnership), Level II - Children/Adolescents: School-aged 6-17 (provided by SACE), Level III - Transition to Adulthood, 18 -24 (provided by SACE) and Level IV - Adults, ages 25 and up covering the challenges of independent living (provided by SACE).

Our vision at SACE is to provide services under one roof to help families and ASD members have the best quality of life and to extend our impact in a coordinated effort with other organizations in advancing science, clinical innovation, excellence in education, community engagement and commitment to the individuals that we are privileged of serving.

- Steven Sheets



College of Medicine  
Phoenix



## CLINICAL SERVICES *Adriene Sessa*



### **SB&H Recognizes Dr. Robert Bohanske for ASPPB Service Award**

The Arizona Board of Psychologist Examiners is one of 64 Psychology Boards that comprise the international Association of State and Provincial Psychology Boards (ASPPB). The ASPPB spans all 50 states and Canadian Provinces and it is with great honor that SB&H announces that Dr. Robert Bohanske has been selected as winner recipient of the Association of State and Provincial Psychology Boards Service Award for 2017.

The ASPPB recognized Dr. Bohanske for his outstanding contributions to the promotion of psychologists' licensure in Arizona. Dr. Bohanske is currently serving a second term as Chairperson of the Arizona Board of Psychologist Examiners. The Arizona Board of Psychologist Examiners consists of nine members: six licensed psychologists and three public members. Board members are appointed by the Governor of Arizona for five year terms, subject to confirmation by the Arizona State Senate.

Throughout Dr. Bohanske's tenure on the Arizona Board of Psychologist Examiners, focus has been on the protection of the public by promotion of licensure mobility through the establishment of rules for tele-practice. And the adoption of PSYPACT, making Arizona the first state in the country to "enact the pact."

Dr. Bohanske's service contributions are innumerable both to the Arizona Board of Psychologist Examiners, the ASPPB and SB&H. Beginning in 2001, Dr. Bohanske established a psychology training program including pre-internship, internship and postdoctoral fellowship at SB&H (now the largest APA training program in public health).

Dr. Bohanske's innovations in psychology have significantly contributed toward addressing the critical shortage of internship and postdoctoral training sites available in Arizona. Dr. Bohanske has been a vocal advocate of temporary licensure in the State of Arizona.

Dr. Bohanske has received peer-reviewed recognition for his work in psychology and mental health. Dr. Bohanske is a current active participant on ASPPB committees and task forces to oversee and develop the implementation of the enhanced EPPP, which will establish competencies for national licensing.

Dr. Bohanske serves as a delegate from Arizona to the ASPPB, as a Clinical Consultant to the National Health Service, England. Dr. Bohanske serves as visiting Professor of Counseling Psychology at the Zhengzhou University, Zhengzhou China and has been a keynote speaker nationally and abroad for psychological forums in New Zealand, China, Canada and England.

Dr. Bohanske has served for the last ten years as a member of the teaching faculty at Midwestern University College of Health Sciences, Argosy University's School of Clinical Psychology Program and Ottawa University's Professional Counseling program.

Dr. Robert Bohanske was honored by his peers at a delegate luncheon the ASPPB held during their annual meeting in October 2017.

Congratulations Dr. Bob!!



# How Preventive Health Screenings Support Self-Care

- Maradell Peters



Self-care often translates to eating healthy and regular exercise, while going to the doctor is only associated with being sick. But visiting the doctor regularly for preventive care is an important part of staying healthy.

Annual exams save lives. Knowing important numbers like Blood Pressure, Cholesterol, Blood Sugar and BMI can save lives, including your own! Our SB&H insurance plan, like many other group plans, include not only a free annual exam, but a wide array of preventive care services at no charge to the individual. Regular screenings are important; the earlier a doctor can diagnose and treat a condition, the easier and more effective treatment generally is.

So speak with your doctor during your annual exams to discover your important numbers, and find out which of the below screenings are right for you. According to the U.S. Preventive Care Task Force, the frequency for each screening varies by age and sex, but they are all important aspects of your health. See what they recommend from the below list.

## Annual Check-up

Annual wellness visits (also called Check-ups or Physicals) typically include height and weight measurements, blood pressure and pulse readings. Sometimes this also includes a blood test that can identify diabetes, cholesterol and thyroid levels. Be sure to ask your insurance company if lab work is covered as a preventive service – often it is not. Your check-up is an opportunity to discuss your current health concerns, your health history and any questions you might have. The healthcare professional may ask or counsel you about your lifestyle choices such as drinking, smoking, nutrition, or physical activity. A skin check is common if you are at high risk for skin cancer.

## Colonoscopy

A colonoscopy screens for ulcers, colon polyps, tumors and areas of inflammation or bleeding in the inner lining of your large intestine. During this procedure, the doctor collects any abnormal tissue for a biopsy and removes small abnormal growths. This screening enables doctors to identify possible problems very early on and can significantly reduce the risk of colorectal cancer. The National Institute for Health (NIH) recommends this test for individuals age 50 or older, with frequency determined by the presence or absence of any abnormalities. Earlier and more frequent screenings are possible, based on a family history of colorectal cancer or adenomatous polyps.

## Prostate Exam

Prostate exams are an important screen for men; they are one of the best ways to diagnose rectal tumors, prostate disorders, digestive disorders and other forms of cancer. These conditions are most treatable when identified early. Because of this, medical professionals recommend screenings begin between the ages of 40 to 50 years old. The frequency of the exam depends on your risk level – be sure to talk to your doctor.

## Female Annual

Annual female gynecological exams generally include a pelvic exam, a breast exam and a pap test. The pelvic exam checks internal reproductive organs and can identify ovarian cysts, uterine fibroids and abnormalities. The pap smear takes cell tissue from the cervix, which helps identify cervical dysplasia or cancer. The breast exam checks for concerning cysts or lumps, a possible indication of breast cancer. Many healthcare professionals also counsel women on sexual activity, contraceptives, pregnancy and domestic violence in these exams. The NIH recommends women get these exams every 1-3 years, depending on risk and health history.

-continued on page 4



### Mammogram

A mammogram is an early detection and diagnostic tool for breast cancer. It is an x-ray picture of the breast that screens for tumors or deposits of calcium that can form in the tissue. These exams are vital because many forms of breast cancer are much more treatable if detected early. The NIH recommends screenings start for women around the age of 40, depending on risk and health history.

### Bone Density

A bone density test screens for osteoporosis (the loss of bone mass) which is most common in older women. It uses X-rays to measure calcium and other bone minerals density in a segment of bone. The NIH recommends screenings

for men and women over the age of 65, unless you experience a fracture or have a higher risk due to family history.

### Eye and Dental

Annual vision exams and bi-annual dental exams are important for everyone. They help maintain vision and oral health. These exams typically include screenings for vision and oral diseases, including eye cancer, glaucoma, cataracts, throat cancers, periodontal disease and much else.

Healthcare providers are here to help everyone stay healthy and well, as well as treat the injured and ill. This brief overview of preventive care services highlights the services available to ensure good health, inside and out. Be sure to talk to your doctor about what preventive screenings you need, and how often. Contact your health insurance provider if you have any questions about coverage.

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## The CRC Recovery College; Fresh Progressive Learning Opportunities - Deborah Woodard

The CRC's new "Recovery College" training program is gaining merits quickly as a fresh and dynamic method of approaching staff training for today's learner. The College teaches progressive practical skill application that the learner can put to use in the field on the same day and targets direct care staff's training needs. The new effort kicked off with its pilot groups over the summer and has rave reviews so far. The idea is to progress staff through a carefully orchestrated learning experience and skill assessment such that each participant learns and benefits from the program. Staff participating receive training on all the core basics to include: completing assessments, service planning, documentation, basic counseling, professional practice skills, and broader level system navigation; all the "musts" to perform well on the job. Progression starts with Professional Development week followed by several years of annual and required college trainings. Participants graduate levels of the College similar to a University style of learning progression. Each class comes with a skill assessment designed to help each participant benefit fully from learning the required skill and practice. The Recovery College is headed by CRC Clinical Director Abra Arlinsky, who has worked very hard along with a core group of Volunteer Senior Staff to write and deliver the training materials. The result is months of detailed work and planning. The CRC expects to grow the Recovery College into a well-recognized training methodology and marketable SB&H property along with eventually writing a similar guide for client progression in learning, self-discovery, and recovery.







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. Phoenix, AZ 85012  
Parking is available for free at Phoenix Financial Ctr. 3442 N. Central Ave. Phoenix, Arizona



### Southwest Behavioral & Health Services Is proud to present the.... First Annual Cultural Diversity & Wellness Event 2017

This day will be fun-filled with different cultural presentations, games for kids and families of all ages, live music, and healthy food trucks. Attendees will be able to move freely from booth to booth and explore different cultures and traditions. Come explore cultural diversity and wellness!

Feel free to bring your kids in costume so they can participate in our costume parade and contest being held at 3:30p.m.

Come and join us for free blood pressure exams, vision screening, child/passenger safety demonstrations, and raffles. Local agencies will also be present sharing information about community resources and services. Can't wait to celebrate with you!



## 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](mailto:jeffj@sbhservices.org).