



**January 2023**



## **Welcome to the Healthy Pima Newsletter!**

This newsletter aims to provide ways to get involved in the community, learn about Healthy Pima workgroups, and share upcoming community events and trainings.

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## **We Want to Include "You" in the Next Newsletter**

Share program highlights with us, or let us know if your work is in need of collaborators and we'll include it in the next newsletter.

Email us at [Healthy Pima](#)

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**Healthy Pima action groups used the results of Pima County's 2021 Community Health Needs Assessment to develop action plans to address the county's four priority health needs**

- Mental & Behavioral Health-
- Substance Use Disorder-
- Social Determinants of Health-
- Access to Care-

We will implement goals, objectives, strategies, and activities over the next three years to improve community health.

## Volunteer Opportunity

The Healthy Pima Initiative has fantastic opportunities to make an impact in our community, get to know the staff, network, and have fun! Our Steering Committee is looking for more members and will hold its second meeting via TEAMS on **January 11 at 10 a.m.** For more information or to receive the TEAMS link, please email [Dedra](mailto:Dedra).

Once the Healthy Pima Steering Committee is formed, we will begin forming Access to Care and Social Determinants of Health action groups.

## Mental & Behavioral Health

### Pima County Suicide Prevention Task Force

Healthy Pima partnered with the PIMA COUNTY SUICIDE PREVENTION TASK FORCE, led by Arizona Complete Health, to coordinate action with community collaborators around suicide prevention and postvention efforts.



The group is currently meeting virtually via ZOOM on the 4th Tuesday quarterly.

The next meeting is January 31 from 3:00-4:00 p.m.

Please contact Julie Mack at [JUMACK@azcompletehealth.com](mailto:JUMACK@azcompletehealth.com) for meeting information.

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## Arizona Town Hall Recommendations Reports Now Available



In 2022, Arizona Town Hall directly engaged nearly 2,000 community

members in local and statewide gatherings. The meetings aimed to educate the public about the challenges associated with mental health, substance use, and homelessness and to catalyze solutions that work for diverse Arizona communities. Pima County participated in the Town Hall meeting at the end of October.

[Check Out the Report Here](#)

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## SAMHSA's 19th PREVENTION DAY

SAMHSA's Prevention Day is happening Monday, January 30, 2023, in conjunction with Community Anti-Drug Coalitions of America's National Leadership Forum at the Gaylord National Resort & Convention Center in Oxon Hill, Maryland. This national event will provide an opportunity to learn about what's new and innovative in substance misuse prevention and mental health and connect with your peers.

[Learn More](#)

## Substance Use Disorder

### CODAC Collaboration Meeting Group

Healthy Pima partnered with The CODAC COLLABORATION Meeting Group, led by CODAC, to increase substance misuse services for residents of Pima County.



The group is currently meeting virtually via **TEAMS** on the 3rd Tuesday of each month.

The next meeting is January 17, from 2:00-3:30 PM.

Please contact Alex Fernandez at [nfernandez@codac.org](mailto:nfernandez@codac.org) for meeting information.

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## University of Arizona College of Nursing

Mental Health & Substance Use Treatment Access Study

The study is to learn about how Hispanic adults get help for their mental and substance use issues.

If you know someone who meets the following eligibility requirements, they can call (520) 626-0076 or email [CON-TxAccessStudy@email.arizona.edu](mailto:CON-TxAccessStudy@email.arizona.edu)

### Eligibility Requirements

- \*Are at least 18 years old\*
- \*Are Hispanic, Latino, or Spanish origin\*
- \*Have been diagnosed with at least one mental health disorder\*
- \*Have been diagnosed with at least one substance use disorder\*
- \*Speak English or Spanish\*
- \*Have access to a telephone\*

[For More Information - English Flyer](#)

[For More Information - Spanish Flyer](#)

## Access to Care

**Arizona End of Life Care Partnership is a Partner in a New Exhibit at the Arizona State Museum called "Walking Each Other Home: Cultural Practices at End of Life"**



You can visit the exhibit now through February 25, 2023!

If you are not familiar with end-of-life care, it is the term used to describe the support and medical care given during the time surrounding death. This type of care does not happen only in the moments before breathing ceases and the heart stops beating. Older people and those living with chronic illness may need significant care for days, weeks, and even months before death. End-of-life care can also significantly impact the lives of caregivers of older people and those living with chronic illnesses.

The Arizona End of Life Care Partnership is anchored at the United Way of

Tucson and Southern Arizona and is the largest funded end-of-life community-based partnership of its kind in the United States.

To learn more about end-of-life care and attend partnership meetings [click here](#) or contact [Laura Vitkus](#).

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## AHCCCS EXPLAINS... THE END OF THE PUBLIC HEALTH EMERGENCY

In the latest episode of AHCCCS Explains, listen to Kristen Challacombe, AHCCCS' Deputy Director of Business Operations, explain what AHCCCS members should know about...

[Read More](#)

## Community Information

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THE UNIVERSITY OF ARIZONA  
COLLEGE OF MEDICINE TUCSON  
**RISE HEALTH &  
WELLNESS CENTER**  
Family & Community Medicine



### What does Camp Wellness do?

- \*Provides health and wellness education for adults receiving behavioral health services in Southern Arizona\*
- \*Classes are customizable to your wellness goals\*
- \*Offers a positive, challenging, and supportive learning community\*

### What makes Camp Wellness magical?

- \*We meet you where you're at, regardless of ability, activity level, availability or education\*
- \*Our community is supportive, kind and positive\*
- \*We have FUN with everything we do\*
- \*Kitchen on site, learn to cook healthy, affordable food\*
- \*Gym with treadmills, ellipticals and weights ON SITE\*
- \*No waiting, start when YOU are ready\*

### Who can attend Camp Wellness?

PRACTICALLY EVERYONE

\*Enrolled in AHCCCS, with either Banner University Family Care OR  
Arizona Complete Health Complete Care Plan\*

\*18 years or older\*

\*Receiving behavioral health services\*

How to enroll

CALL 520-621-7473!

It's that easy!

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## Beyond FREE Health Related Activities January 7-14



Join Beyond and the Arizona Trail Association for a **HIKE** at the **Gabe Zimmerman Trailhead** on **January 7 at 2 p.m.** for their annual celebration of community health and wellness.

[Click Here for Hike Details](#)

Join Beyond, Saguaro National Park, and the Southern Arizona Roadrunners on **January 8 at 8:30 a.m.** at **Saguaro National Park West** for a free, non-competitive **4-mile run/walk** or a **"1 mile run/walk"**.

[Click Here for Run/Walk Details](#)

Join Ironwood Tree Experience and youth leaders on the **Chuk-son Trail** for an urban interpretive walk that explores the rich culture, ecology, and communities of the past and present. Stroll **1 mile** of Tucson's historic barrios, arroyos, and alleyways on **January 14 from 8:30 a.m. to Noon.**

[Click Here for Walk Details](#)

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Visit our Website



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