



March 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.

We Want to Include "You" in the Next Newsletter

Share program highlights, or let us know if you need collaborators and we'll include it in the next newsletter.

Email us at **Healthy Pima**

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 two years to improve community health.

Volunteer Opportunity

Healthy Pima has fantastic opportunities to make an impact in our

community, meet staff members, network, and have fun! Our Steering Committee is looking for representatives in Substance Use Disorder, Mental & Behavioral Health, Social Determinants of Health, Access to Care, and Healthy Aging. The next meeting will be via **TEAMS** on **March 8** at **10 a.m.** For more information or to receive the TEAMS link, please email **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 meets quarterly via **ZOOM** on the 4th Tuesday of the month.

The next meeting is Tuesday, April 25 from 3-4 p.m.

Please contact Julie Mack at **JUMACK@azcompletehealth.com** for meeting information.

Walk with NAMI in 2023



HELP RAISE MENTAL HEALTH AWARENESS AND SUPPORT NAMI SOUTHERN ARIZONA

NAMI is the National Alliance on Mental Illness, the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness with a mission of providing advocacy, education, support and public awareness so that all individuals and families affected by mental illness can build better lives.

NAMI Southern Arizona is an affiliate of the National NAMI and is hosting their premier fundraiser - NAMIWalks - in April as they aim to raise \$150,000 or more. These funds will be used to end stigma, raise mental

health awareness, and support NAMI Southern Arizona expenses so that they may offer important mental health services in our community by providing NO COST advocacy, education, and support programs to ALL affected by mental illness.

NAMIWalks 2023 represents a powerful chance to leave a significant mark on the local mental health landscape.

Dogs are welcome at this event! Please pick up after your furry friends and keep them leashed at all times.

**Saturday,
April 1, 2023
Kennedy Park Fiesta Area
3395 S. La Cholla Blvd.
Tucson, AZ 85713
Doors open 7:30 a.m.
Walk begins 9 a.m.
Event ends 11 a.m.**

[Click Here to Sign Up](#)

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 meets virtually via TEAMS on the 3rd Tuesday of each month.

The next meeting is Tuesday, March 28 from 2-3:30 p.m.

Please contact Alex Fernandez at nfernandez@codac.org for meeting information.

Strengthening Families Program

SLOW DOWN AND SPEND FOCUSED, POSITIVE TIME WITH YOUR KIDS

Gain valuable skills to strengthen your family in 11 weeks.

- Parents and children will learn:
- *How to build positive family communication*
 - *Skills to encourage good behavior and set goals*
 - *Ways to reduce problematic behaviors and family conflict*
 - *Skills to manage stress and deal with peer pressure*

For families with children ages 7 to 17
March 28, 2023 through June 6, 2023
Every Tuesday from 5:30-7:00 p.m. &
Every Thursday from 5:30-6:30 p.m.
Zoom

Receive a \$25 gift card for every week of participation.

[Register Here](#)

Access to Care

Diabetes Prevention Program for People at Risk for Type 2 Diabetes



Through this evidence-based program, gain support from a group of people with similar goals guided by a lifestyle coach to lose weight, get more activity, and reach health goals.

WEBINAR DATES
Every Tuesday
January 17, 2023, through January 16, 2024
7 p.m. – 8 p.m. MT

[Register Here](#)

Community Information

Healthy Arizona Worksites Program HAWP 101 Training

GET A JUMP ON WORKSITE WELLNESS

The Healthy Arizona Worksites Program (HAWP) is a statewide public health initiative developed to help employers implement evidence-based worksite wellness programs and strategies.

Join HAWP for a live interactive training to learn about:

- *How to design a comprehensive worksite wellness program*
- *National & local employer efforts to improve employee & organizational health*
- *How to apply for the Healthy Arizona Worksite Award*

Attending this seminar also is the first step in applying for the Healthy Arizona Worksite Award and being recognized by the Arizona Department of Health Services for your organization's worksite wellness efforts.

TRAINING DATES

Tuesday, March 22
1:00-2:30 p.m.

Wednesday, March 23
1:00-2:30 p.m.

[Register Here](#)



The Be Smoke Free Study is Testing a New Kind of Smoking Cessation Program!

IF YOU KNOW SOMEONE WHO WANTS TO STOP SMOKING TELL
THEM ABOUT THE BE SMOKE FREE STUDY

Work with a trained quit coach over the phone using ways that have helped others quit smoking for good!

Join a study to test a new kind of stop smoking program

Get 6 coaching phone calls & 4 weeks of nicotine patches or lozenges at no cost

*** No insurance needed***

Get up to \$100 for completing the study

Must be 18 or older

[Sign Up Here](#)



[Visit our Website](#)



Pima County Health Department | 3950 S. Country Club Road, Tucson, AZ 85714

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