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Celebrating Recovery through September

Millions of Americans live improved and transformed lives in recovery from mental illness and addiction every day.

Each September, the Substance Abuse and Mental Health Services Administration (SAMHSA) dedicates the month to the topic of Recovery. This is an excellent opportunity to highlight the great achievements that people are making in their personal recovery.

At CODAC, we know that with support and treatment, recovery is possible for people living with the affects of mental illness and substance abuse disorders.

We invite you to read this issue of the Member Newsletter which is focuses on recovery. In this issue, you will find personal stories from members as well as upcoming recovery events taking place right here in our community!

Join us in celebrating recovery!

To follow more stories and to read recovery related material, please follow us on Facebook at www.facebook.com/CODACTucson.
Walk for Suicide Prevention

Did you know that a person dies by suicide nearly every thirteen minutes in the United States? Suicide is the fourth leading cause of death in the nation.

You can help raise awareness and support for suicide prevention by participating as part of Team CODAC in the Out of the Darkness Walk and Recovery Expo taking place on Saturday, October 14, 2017 at Reid Park.

The event features a 3k walk, face-painting, food vendors, community resources, live entertainment and more!

CODAC is participating and you can be part of our team! To sign up and for more details, go to http://ow.ly/WL8H30eNCCM. If you register before September 29, you’ll get a free Team CODAC t-shirt!

A Personal Recovery Story

By: D.C.

When I first started this journey, it was due to the loss of my mom, favorite aunt, and her husband in the span of two years that put me in a deep depression. Also, I had PTSD from verbally abusive relationships and I was a recluse for about two years (not going anywhere or seeing anybody).

I just sat in my recliner day after day and night after night — watching TV or sleeping. After a year or so of me not getting up and exercising, I lost a lot of muscle function in my body and couldn’t walk without a walker cause I would lose my balance and fall a lot. Then, later, I was put on disability.

Soon, realized I couldn’t make it in California on disability so I decided to move here to Tucson because my oldest son lived here and the cost of living here is much cheaper. So, when I moved here with my son, I got a doctor and she immediately got me into CODAC’s Cactus Bloom Program.

Not happy at first, I didn’t want to participate. I just went to groups they suggested and listened. After going for about a month, I started to participate and I actually started to enjoy it and I actually met people. I met my very best friend Venus!!! I don’t know what I would do without her.

I would like to give a special shout out to Daniel Barajas and Cactus Bloom CODAC for a lot of my transformation cause I have lost almost 100 pounds because of his support and teaching. Because of him, I no longer need the walker because of his Tai Chi class and balancing exercises. I would like to give shout outs to Alfonso and Sean for all the great work they do at the front desk. I would like to acknowledge my other two group leaders Pennie Bell-Casillas and Gwen Facciano who are also very awesome and all the other staff members. Without them I would not be here to this day. Thank you all so much for being who you are!!!
Recovery Through Art Awakening

By: Vickie C.

When I first started out in my recovery from bipolar depression, my case manager told me about PSA Art Awakenings and that it would be a good place to try out. I told her that I would give it a try, and see how it goes.

On my first day at art awakening I had to do an intake. The staff member that did my intake was a very nice and respectable person. Then I knew it was going to be a really good place to do my art, and it is a fun place to be, and that is what I was looking for good people to help me. Then next I went into the studio for the very first time. I was told to have a seat anywhere I want to, and someone would be with me to tell me about the things I could do. This is good for me, because I’ve been through a lot of not trusting anybody or anything. I even didn’t trust myself on doing anything most of the time. Now, it came to the time to be told about everything that can be done in the studio. The classes that I could take sounded like a lot and then I had a panic attack. I was telling myself to calm down (I can do this). I decided to get supplies and paint me a picture of a butterfly to send to my sister for her birthday.

For a year and a half I did most of the classes, including ceramic, bead work and painting. My panic attacks had stopped, and with the help from the staff, and their kindness of love, I feel awesome about everything in my life. I can trust everybody and everything even myself. I’m in the second part of my recovery now and that is in the warehouse where you do the same things, but it is with less people (smaller room). All is very good.

Quotes

“The two most powerful warriors are patience and time.”
- Leo Tolstoy

“An arrogant person considered himself perfect. This is the chief harm of arrogance. It interferes with a persona’s main task in life—beginning a better person.”
- Leo Tolstoy

“The whole difference between construction and creation is exactly this: that a thing constructed can only be loved after it is constructed; but thing created is loved before it exists.”
- Charles Dickens

New Case Management Coordination Changes

New changes at CODAC mean that you no longer have to have an assigned Recovery Coach (Case Manager) to receive case management services! This means that a variety of staff on your treatment team are skilled and ready to support you with case management services. These may include:

- Supportive services to enhance your recovery
- Assistance in connecting you with a variety of social services including medical care, food stamps, child-care, etc.
- Coordinating your care with other medical providers and involved supports
- Advocating for as needed to ensure progress in recovery

First, there was a crash. Then came, “Now what?”

A search led to Vocational Rehabilitation. My Case Manager referred me to CODAC. Another path availed itself. I went to CODAC. Once there, I did an intake, was referred to a group, got a doctor and began medications.

Now journeying to a hopefully better place. It has been a short while, but, I’m going to give it time... as long as is needed or possible.
Make Multi-Colored Roses

Here is a step by step guide to make your own Rainbow Roses.

STEP 1: Cut or buy a white rose from your garden with an 8-9 in. stem.

STEP 2: Choose four water soluble colors. Colors should be much different from each other with high contrast value. Do not choose both blue and indigo but replace one with violet. In the same way do not choose both orange and red. I shall suggest these combinations:

- red, blue, green, yellow
- violet, red, blue yellow

STEP 3: Collect four cups or glasses filled with water. Add color to the water and stir well. Add drops of color until the water becomes totally opaque. Each cup will contain a different color solutions.

STEP 4: Split the end part of the severed stem. Use a knife or sharp blade to cut lengthwise up to 6 inches. USE CAUTION.

STEP 5: The four ends of the split stem is now should be dipped into four color cups. It should stand erect. Otherwise give support to it.

STEP 6: Wait for 24 hours and see the magic. Look at the transformation of your simple white rose! Now take it out. After that bind the split ends using adhesive tape.

Tip: Do not keep it in direct sunlight. The rose will be dried and the petals will be dropped with the slightest touch.

Give to your friends and loved ones and do not forget to notice the surprise in their faces.

Trout with Garlic Lemon Butter Sauce

By: Debbie C.

Prep Time: 10 minutes | Cook Time: 20 minutes | 4 servings

Ingredients:

- 1.5 pounds trout (or salmon, or arctic char)
- 2 large fish fillets with skin on the bottom
- 2 tablespoons olive oil (more, if needed)
- 1 tablespoon Italian herb seasoning (dried thyme, oregano, parsley, combined)
- Salt, to taste
- 4 garlic cloves, diced
- 3 tablespoons lemon juice, freshly squeezed
- 2 tablespoons white wine (optional)
- 2 tablespoons butter, softened
- 2 tablespoons parsley, chopped

Instructions

Season the top of fish fillets with Italian herb seasoning and salt (generously). Fish fillets will have skins on the bottom - no need to season the skins.

In a large skillet (large enough to fit 2 fish fillets), heat 2 tablespoons of olive oil on medium heat until heated but not smoking. To the hot skillet with olive oil, add fish fillets skin side up - flesh side down. Cook the flesh side of the fish for about 3-5 minutes on medium heat, making sure the oil does not smoke, until lightly browned. Flip the fillets over to the other side, skin side down (add more oil, if needed). Cook for another 2-4 minutes on medium heat (to prevent oil from burning). Remove the skillet from heat, close with the lid, and let the fish sit for 5-10 minutes, covered, in the skillet, until flaky and cooked through completely.

After the fish is cooked through, off heat, using spatula, carefully remove fillets to the plate, separating the fish from the skin. Carefully remove or scrape the fish skin off the bottom of the pan, making sure to leave all the cooking oils in the pan.

Add diced garlic, lemon juice, and white wine to the same pan with oil. Cook on medium-low heat for about 1 minute, until garlic softens a bit. Remove from heat. Add 1 tablespoon of chopped parsley, and 2 tablespoons of butter, off heat, to the sauce, stirring, until the butter melts and forms a creamy mixture.

Add fish to the pan, spoon sauce over the fish, top the fish and sauce with the remaining 1 tablespoon of parsley, and serve.

Artwork Corner

These painted decorative river rocks (left) and painted Dandelions (top) were created in the Cactus Bloom Art of Expression Group which takes place from 10:30-12:00 p.m. on Fridays at CODAC at Broadway. (3130 E. Broadway Blvd.)