



2018
SEEDS CONFERENCE
awareness. advocacy. achievement.

May 16th, 2018
8:00am – 5:15pm
Glendale Community College

KEYNOTE SPEAKERS:

- Dr. Dennis D. Embry, President/Senior Scientist, PAXIS Institute
- Erin Callinan, Owner of Peace of My Mind LLC and Associate Director of Mental Health America of Arizona
- Town Hall Listening Session, Dawn Hunter, Aurora; Dr. Lily Deblieux and Jennifer Vogel-Rogers, Pendergast Elementary School District; Ron Blake
- THE BE KIND CREW® Dance Performers

MORNING BREAKOUT WORKSHOPS

Non-Adversarial Advocacy (Rm 120)

Denise Baker, Toni Donnelly; Family Involvement Center

Partnerships who attend this workshop will learn the history of family advocacy, explore seven basic steps within the advocacy process, understand various roles of leadership, and apply skills and methods to promote lasting partnerships. The differences between assertiveness and aggressiveness will be explored, as well as the impact non-adversarial advocacy can have upon systems. This theme of non-adversarial advocacy is critical when working with or navigating within any child or adult-serving systems. The benefits of building partnerships through non-adversarial advocacy can influence outcomes and increase service recipients' and families' influence at local, state and policy levels.

Don't Just Lead; Create a Movement! Speak Up, Stand Up, Save a Life (Rm 122)

Jennifer Rogers; Pendergast Elementary School District

In Arizona, much like the rest of the country, student deaths from suicide have increased exponentially and many youth related deaths have found to be preventable if only people had the tools to make a difference. Three brave women harnessed the power of a community that came together to create a movement with the Speak Up, Stand Up and Save a Life Conference in January 2018 with 4,000 people participating. The objective was to create a movement for students and advocates to take back to their schools and communities with the goal to inspire 50,000 students to speak up, stand up and save lives. In this session participants will learn how to join this movement and create their own.

Introduction to the Science and Art of Mindfulness and Meditation (Rm 126)

Dr. Fernando Romero, Glendale Community College

This presentation will provide an overview of the scientific basis for three areas: mindfulness, meditation, and positive psychology. This workshop will include interactive discussion, two short meditation practices, and a whole group discussion in order to help address the specific questions and needs of the audience. The areas of anxiety and stress management will be highlighted as examples on how this content can be better understood cognitively from a neuropsychological approach, but ultimately experienced through everyday practices.

Working with Law Enforcement (Rm 126)

Detective Amanda Stamps, Mesa Police Department; Natalie Summit, Scottsdale Police Department

Modern day policing is being tasked with addressing the growing mental health epidemic in the United States. In response to this need, police agencies are working hard to respond to mental illness at the patrol level with growing Crisis Intervention Team programs and are establishing highly-trained specialty units of law enforcement officers to address these complex interactions. This workshop will highlight the work being done at the Mesa Police Department including the increase in patrol level training and the creation of their Crisis Response Team (CRT). Scottsdale Police Department will provide information about a typical police response to a variety of calls such as domestic violence, family fights, runaway children, child and elder issues, grief/loss, and victim and witness assistance. A special focus will explore how those Police responses can be more complex when the individuals and/or families on scene are dealing with mental illness, addiction, and developmental disabilities.

Workplace Wellness (Rm 124)

Kristina Sabetta, Mental Health America of Arizona

Participants will gain information about the impact of mental illness on the workplace and recognize opportunities for employers to respond to potential challenges experienced by employees living with mental illness. There is a significant connection between the cost of mental illness and the company's bottom line and productivity; therefore, strategies will be explored to create healthy work environments that encourage all employees to thrive. This workshop will enhance participants knowledge about the steps employers can take to address mental health and wellness in the workplace.

You Have Rights: Psychiatric Service Animals and the American with Disabilities Act (Rm 128)

Asim Deitrich, Arizona Center for Disability Law

This workshop will provide attendees with information about the rights of persons with mental illness under the Americans with Disabilities Act. The workshop will also provide information about the obligations of employers, public places, and the government entities with respect to the rights of persons with mental illness under the Americans with Disabilities Act. Additionally, this workshop will discuss the definition of service animals under the Americans with Disabilities Act and the rights of persons with mental illness who are accompanied by service animals. Conference attendees will also be provided information regarding the various tasks psychiatric service animals can perform to assist persons with mental illness, and examples of discrimination against persons with mental illness who are accompanied by service animals. Lastly, this workshop will provide information about enforcing an individual's rights if such individual has experienced disability-based discrimination, and the available remedies for discrimination under the Americans with Disabilities Act.

AFTERNOON BREAKOUT WORKSHOPS

Parent Behavioral Health Toolkit for Schools (Rm 120)

Sheri George, Dr. Shari Thomas; San Tan Valley Substance Abuse Coalition

Schools do not have comprehensive resources to provide to parents when a child is suffering with a mental health/substance use disorder. The coalition partnered with the Pinal County Coalition for Schools, comprised of principals, school counselors, administrators, county agencies, and service providers to discuss topics to be included in a one stop Parent Behavioral Health Toolkit. From this amazing cross section of voices nineteen criteria were identified. The parent behavioral health toolkit provides information for parents and schools as a one stop destination to assist kids with substance use and mental health disorders. Five sections include; 1. Arizona Governor's RX 360 Initiative, 2. Substance Use, Mental Health, Bullying, Self-Harm, 3. Suicide, 4. ACE's Program, 5. Prevention/Treatment Resources. The coalition will present two versions; a pdf for Maricopa/Pinal County which any school in any County can download. Other schools can make it County specific.

Cognitive Enhancement Therapy: A Critical but Missing Ingredient in Recovery Services in Our Community (Rm 122)

Dr. Michael Shafer, ASU Center for Applied Behavioral Health Policy; Adalesa Meek, Marc Community Resources

This workshop provides an overview of Cognitive Enhancement Therapy– a cognitive rehabilitation program for adults with chronic or early-course schizophrenia or schizo-affective disorder. CET involves cognitive training to improve memory skills and social functioning. Application of Cognitive Enhancement Therapy for individuals with cognitive impairments related to other disorders will be discussed in the training. Attendees will become familiar with the components of CET and learn of the process to implement CET in behavioral health agencies in Maricopa. Resources for further exposure to CET will be provided.

Suicide Prevention in the Construction Workplace (Rm 124)

David James, FNF Construction

The CHC has identified construction as the industry with the highest levels of suicide deaths. This program will explore the workplace risk factors common to the construction industry. Participants will learn the facts, understand risks and warning signs encountered in the construction workplace, and hear ideas on prevention techniques. This workshop will help build a business care model for Suicide Prevention and discuss the need for addressing it in the workplace and identify the value of proactive suicide prevention and consequences of inaction.

Vocational Work Adjustment Training Program (WAT) (Rm 125)

Chris Watters, Raymond Razo, Mickey Vargas; Spectrum Healthcare

Presenters will describe the impact and importance of using peer specialists in WAT and share a personal recovery story through the WAT experience. This will include what it takes to start a successful WAT program, client expectations, the roles of staff, and community partnership benefits. Presenters will discuss the training tools used from soft skills to more specialized skill sets in culinary and creative to better prepare clients for RSA, jobs in the community, volunteer work, meaningful activity or schooling post WAT. Presenters will show tracked statistics of the clients who have gone through WAT with less utilization of hospitalization, improved overall health outcomes and how barriers are addressed. Participants will learn how WAT can expand to become a sustainable business and how Spectrum is able to hire some clients upon completion of WAT. Speakers will discuss the benefits in using peers in WAT and share their own personal journeys in WAT with participants. By the end of the presentation participants will be able to go back to their

organization and educate management on benefits so that everyone will want to start a WAT program.

Empowerment Tools: One-page Solutions to Systems Problems (Rm 126)

Chaz Longwell, Kathy Bashor, Susan Junck, Yisel Sanchez; AHCCCS

Many of the challenges and barriers faced by AHCCCS members, their families and people working in the system come from misinformation and/or lacking knowledge of the public system. These barriers are often co-created when there is a mutual misunderstanding of how coordination and service delivery are supposed to work. The AHCCCS Office of Individual and Family Affairs has created "One-Pagers" as empowerment tools for people facing barriers to care. These single-page solutions can be freely distributed, reproduced and are backed by AHCCCS policy and state statutes. This workshop will explore the nuances that create commonly encountered problems such as wait lists, delays in service, misunderstanding HIPAA and ways in which they can be resolved when encountered.

"In Our Own Voice" Living with Mental Illness (Rm 128)

Terry McDermott, Arthur Jackson; NAMI Valley of the Sun

The presenters will share their personal stories of dark days, acceptance, treatment, coping skills and successes, hopes and dreams. The sharing of their own recovery experience has been shown to reduce stigma and give hope to people with a mental illness, family members, nurses, doctors, police, fire, high school students, etc. Examples: 'I quit dreaming years ago, but now I can see hope for the future'. 'I believe that God put you here to change lives and help those who feel hopeless'. 'I wasn't accepting of people with a mental illness prior to this presentation'. At the conclusion of the presentation, the audience will be able to identify the essential parts of the recovery process for mental illness: Acceptance, Treatment, Coping Skills and Success, Hopes and Dreams. They also will be able to restructure their understanding of the stigma of mental illness. Audience members are encouraged to ask questions. NAMI programs that are provided at no charge to the public will be explained and resource materials provided.

PRESENTER BIOS

Denise Baker, Associate Director of Training, Family Involvement Center

Denise is a parent of an amazing and talented young adult son who experiences emotional, cognitive, and life-long medical challenges. As Denise began to navigate systems as early as 1995 to meet her son's needs, she saw how other parents and families were struggling, and ultimately left the field of financial services and self-employment to begin work in the public behavioral health system in Arizona in 2002. During the past 15 years Denise has worked in direct service roles, facilitated and coached teams in a wrap-around practice model, supervised and trained Family Support Partners, and helped launch Arizona's first Parent Peer Support Program at the Family Involvement Center in 2004. Denise has had the privilege of speaking at System of Care meetings in three states and has presented multiple times at the National Federation of Families for Children's Mental Health Conference, in Washington, D.C. with presentations focusing on the development and implementation of peer parent supports and family involvement in systems of care. Denise served as Family Involvement Director at a home and community based direct support provider agency in Phoenix for 10 years, where she developed a statewide parent program evaluation processes, peer parent supports involved with front door engagement at Intake, and ongoing peer parent support. Denise is currently serving as Associate Director of Training and

Family Services at Family Involvement Center, a family-run organization in Phoenix, AZ and is pursuing her Master's Degree in Clinical Mental Health Counseling.

Be Kind People Project

Be Kind People Project offers unique and culturally relevant youth development programs that effectively combine academics, character education, fitness, nutrition, digital citizenship, civic awareness, teacher appreciation, and family engagement. THE BE KIND CREW® is the face of the organization and CONNECTS with students through hip hop, spoken word, and positive interaction. The message shows what TO do, instead of what NOT to do. They go to schools nationwide to show students why it's COOL to Be Kind using The Be Kind Pledge! Visit BKPP.org for more information and to bring the THE BE KIND CREW to your school!

Erin Callinan, Associate Director, Mental Health America

Erin is the Founder/Owner of Peace of My Mind LLC through which she authored and published her autobiography, "Beautifully Bipolar: An Inspiring Look into Mental Illness" in 2013. Through stigma reduction, promoting healthy help-seeking behaviors, and focusing on prevention efforts, Erin strives to provide messages of hope, resiliency, and possibility. As the Associate Director of Mental Health America of Arizona, Erin engages in state level policy work, advocacy, training and awareness. Her passion lies in systemic change and connecting with who seek to promote trauma informed services and person-centered approaches. Since 2015, Erin has served on the board of directors for MIKID (Mentally Ill Kids in Distress) and has volunteered as a mentor at New Pathways for Youth since 2013. Erin is a graduate student at Arizona State University and will complete her Master in Social Work in May 2019. From 2011-2017, Erin worked as the Director of Domestic Violence Response Initiatives at the Arizona Coalition to End Sexual and Domestic Violence.

Asim Dietrich, Attorney, Arizona Center for Disability Law

Asim Dietrich has been a staff attorney at the Arizona Center for Disability Law since 2011. He advocates for the legal rights of individuals with various disabilities. His work includes the representation of individuals who have experienced discrimination due to their disability, the investigation of cases of abuse and neglect against people with disabilities, and the representation of individuals who have been denied medical and mental health care services. Before joining the Arizona Center for Disability Law, Mr. Dietrich worked with Community Legal Services and was a Fellow at the William E. Morris Institute for Justice. He was admitted to the State Bar of Arizona in 2010 after earning his law degree in 2009 from the Sandra Day O'Connor College of Law at Arizona State University.

Antoinette T. Donnelly, Director of Training & Innovation, Family Involvement Center

Toni develops training curriculum and educational supports to family groups who have children with emotional, behavioral, physical, and mental health needs. She is responsible for providing ongoing education and training for peer parent staff to promote their growth and enhance leadership skills. Toni provides local, state, and national training, coaching and technical assistance around the peer parent support role, family leadership, and building and sustaining family run organizations within systems of care. Toni is certified as a Trainer for Adverse Childhood Experiences, Trauma and Trauma Informed Approaches, Cultural Competency, Embracing Diversity (Arizona), ASIST (Applied Suicide Intervention Skills Training) and Adult Mental Health First Aid Training. Toni also facilitates events such as family-professional partnership workshops and children's mental health awareness activities. Through an agreement between Maryland's Innovations Institute and Family Involvement Center, Toni functions as the lead trainer/coach in sites that are interested in continuing their development of peer parent support capacity. She is currently working with Illinois and Northern

California implementing an effective training and coaching model of authentic peer parent support that is anchored in a parent's unique journey and identifies six "meta-skills" critical for the delivery of effective peer parent support. Toni's most important role has been raising three sons with emotional and behavioral health challenges. She and her children have had experience in both the public and private sectors of behavioral health. Her advocacy as a parent on behalf of her children, coupled with her growing ability to navigate the behavioral health system, have compelled Toni to become actively involved in the family movement. She has worked in the children's behavioral health field for 15 years. Her personal experience coupled with her professional history makes her a passionate and inspiring speaker. When Toni is not working she enjoys music, reading, golf with her husband, Arizona sunrises and sunsets and coming alongside women who are seeking to deepen their relationship with God. Toni is currently in her second year of a two-year residency program SELAH, to become a Spiritual Director from Leadership Transformation, Inc.

Sheri George, Chair San Tan Valley Substance Abuse Coalition, Board Member, Mental Health America

Sheri was the Store Manager of Best Products for 23 years prior to its closure, and now owns a local towing company and works strictly for law enforcement. She founded the San Tan Valley Substance Coalition in 2011 due to what happened to her son. The PBS Channel profiled her coalition which is now posted on You Tube by PBS.

Dawn Hunter, Aurora

Dawn is the former Arizona Area Director for the American Foundation for Suicide Prevention. In 2008, Dawn lost her son to suicide. As she worked through her grief, she knew she needed to do more and become a suicide prevention advocate in our community and has been saving lives through education and advocacy since 2009. Dawn has extensive experience with community engagement through the Out of the Darkness and Campus Walks and believes that communities can make a difference. She continues her involvement with the AFSP as a dedicated volunteer and is willing to share her experience to inspire and provide hope to others. She feels that suicide is truly preventable through community education, advocating at the National and State level, and by reminding everyone that treatment works and recovery is possible.

Arthur Jackson, NAMI Valley of the Sun

US Navy Veteran, In Our Own Voice presenter, Crisis Intervention Presenter, Member VA Mental Health Advocacy Committee, Lived Experience

David James, CFO, FNF Construction

David James is CFO for FNF Construction, Inc. a heavy highway contractor based in Tempe, Arizona. FNF performs work in Arizona, New Mexico, Texas, California and North Dakota. David oversees the company's Finance, Human Resources and Information Technology Departments. He brings more than 34 years of financial experience to FNF and the construction industry and is a Certified Public Accountant (CPS) and Certified Construction Industry Financial Professional (CCIFP). David is active in the local and national Construction Financial Management Association (CFMA); as well as committee involvement in other industry associations such as AGC, ARPA, and ATRA; He is a member of the American Institute of Certified Public Accountants, the Arizona Society of CPA's, and Valley Leadership. In 2016, David was appointed to the National Action Alliance for Suicide Prevention and serves on the Construction Committee within this group. He also serves on the Construction Industry Alliance for Suicide Prevention, a task force under the CFMA umbrella. He has been active within FNF, CFMA and other industry associations in bringing to the forefront the issue of suicide prevention in the construction industry.

Terry McDermott, NAMI Valley of the Sun

BS, MA, AW, US Navy Veteran, In Our Own Voice presenter and State Trainer, Crisis Intervention Presenter, NAMI Connection Peer Support Group Facilitator, Peer Program Coordinator NAMI Valley of the Sun, Lived Experience

Raymond Razo, WAT Manager, Spectrum Healthcare

For the past 11 years Raymond has worked with SMI adults. Raymond is a native of Arizona growing up near the border, as his father worked in the mine in Ajo and his mom worked in health care there. After the mine was closed, Raymond and his family moved to Cottonwood in 1983 where he finished his school years, graduating from High School in Cottonwood. Raymond also worked with his family in their Mexican food restaurant from the age of 14, assisting in the kitchen with everything from helping prep food to washing dishes. After a couple of years, Raymond was able to move to the floor as a bus boy and, eventually, was a Food Manager. To this date, he still works in the restaurant as a server for three nights a week. He has been in the food industry for 38 years. Raymond went to a local junior college to pursue a degree in nursing in 1990 but he did not finish as he was offered a high paying job (at 19 years old) with Coca Cola. He worked here full time for 10 years along with his part time job of working evenings at the family restaurant. After 10 years at Coca Cola, Raymond was offered a higher paying job as a route supervisor for the Pepsi Cola Company which Raymond worked for a total of 7 years. In 2006, he decided to try a different line of work in the Mental Health field. He had seen from examples within his own family and with friends who had mental illness, that there was a need for people to be more compassionate and help the mentally ill deal with the multiple issues they often had. He wanted to be a part of helping individuals get the help they needed and gain insight into their illness so they could have better and more meaningful lives. Raymond worked as a Behavioral Health Worker (BHW) at Spectrum Healthcare (then Verde Valley Guidance Clinic) for 8 years and was promoted to Lead BHW in 2013. In this position, he trained staff in their role as a BHW and in proper documentation procedures. He was instrumental in assisting with the creation of the WAT program that started almost 3 years ago. He was recently promoted to WAT Manager and oversees the daily operations of many different WAT programs (as WAT has continued to expand).

Jennifer Rogers, graduated cum laude from the Walter Cronkite School of Broadcast Journalism at Arizona State University. Rogers began her career as an on-air reporter and sports anchor for CBS in Washington state, and continued to work on-air for NBC in Lubbock, Texas. The next move was back to her hometown in Phoenix, Arizona where she worked as a reporter for NBC. She was featured on MSNBC and nominated for an Emmy Award. Rogers hosted and executive produced a 30-minute show on Fox Sports Houston for the Astros called, "Here's the Pitch," and was hired as executive producer and host of "Anything That Rolls" on Channel 39 in Houston. While producing these shows, Jennifer created a successful social media video company. Rogers grew her brand to Arizona and began consulting for companies in Public Affairs, Media Affairs, and Business Development. Jennifer has run successful, award-winning, campaigns for companies such as Central Recovery, Angel MedFlight Air Ambulance, and the City of Buckeye, earning her the title of "Marketer of the Year" from the Phoenix Business Journal. Jennifer and her husband, Kyle, former pitcher for the Texas Rangers organization, now live back in Arizona, and grew their family with a son and daughter.

Dr. Fernando Romero, Glendale Community College

Dr. Romero is a Full Time Residential Faculty at GCC and his doctorate degree was awarded by the Learning Program in the Division of Psychology in Education at Arizona State University. Dr. Romero

has 20 years of teaching experience which includes teaching in K-12 environments as well as in higher education institutions. He's been faculty at GCC since 2005 where he teaches positive psychology, human development, cultural psychology, and introduction to psychology. He also consults and conducts training with organizations that are interested in integrating mindfulness, meditation, and positive psychology principles for personal and professional development.

Kristina Sabetta, Executive Director, Mental Health America of Arizona

Kristina Sabetta is a Licensed Masters Social Worker and a passionate mental health advocate. She has previously served in the role of CEO for CHEEERS Recovery Center in Phoenix, the President/CEO for Mental Health America of Wisconsin and on the board for the American Occupational Therapy Association. Kristina currently sits on the board for Southwest Network and is the Vice President for Stand Together and Recover Centers. She is also the Executive Director of Mental Health America of Arizona (MHA AZ) and the Owner of Sabetta Consulting, LLC. MHA AZ is the state's oldest organization dedicated to all aspects of mental health, mental illness and behavioral health disorders. MHA AZ's mission is "To promote the mental health and well-being of all Arizonans through education, advocacy, and the shaping of public policy". Sabetta Consulting, LLC provides consulting services in the following areas: nonprofit management; executive leadership; capacity building; behavioral health advocacy and education; and program design and implementation. Kristina continues to be successful in guiding agencies to a level of financial stability, while maintaining a focus on their mission and purpose. In doing so, she makes time to address the impact of mental illness throughout the community, including schools, workplaces, churches, health providers, emergency rooms, etc. She has led systematic change initiatives and has been successful in uniting the community to address unmet needs. Kristina fights stigma and works to reduce treatment and health disparities, with the end goal of saving lives. Kristina has been a recipient of the Dryhootch of America Founder's Award and the "Women Putting Their Stamp on Metro Milwaukee" Award.

Dr. Michael Shafer, ASU Center for Applied Behavioral Health and Policy

Michael S. Shafer, Ph.D. is a professor at Arizona State University's College of Public Service and Community Solutions where he also holds appointments in the School of Social Work and the School of Criminology and Criminal Justice. Dr. Shafer is the founding director of the Center for Applied Behavioral Health Policy which has, for the past 25 years, conducted cutting edge research on the adoption and implementation of innovative practices in behavioral health care. Dr. Shafer has authored more than 40 peer-reviewed research articles and generated more than \$45 million in grants and contracts that target capacity building and innovation in behavioral health services. Dr. Shafer earned his Ph.D. in Education in 1988 from Virginia Commonwealth University. He has received numerous awards and citations, including the 2013 ASU Founders Day and recognition from the U.S. Department of Justice. Dr. Shafer is a frequent contributor to professional literature and he consults with behavioral health agencies throughout the country.

Detective Amanda Stamps, Crisis Response Team/Crisis Intervention Team Program Coordinator, Mesa Police Department

Detective Amanda Stamps has been with the Mesa Police Department almost 20 years. During her career, she has worked as a patrol officer, a field training officer, a detective with the Special Victim's Unit, in Community Engagement and Youth Development, and most recently as the department's Crisis Intervention Team Program Coordinator. Detective Stamps is recognized as a subject matter expert in Mental Illness and Crisis Intervention. Detective Stamps teaches mental illness and crisis intervention to all officers both at the academy level and in their continuing training and provides training to communication and detention personnel. In 2015, Detective Stamps

became the 1st full-time CIT Program Coordinator for the Mesa Police Department and began working with the East Valley CIT Program Collaboration to build a model program that has been replicated across the state. In 2016, Mesa hosted its first Mental Health Community Fair and established a Mental Health Advisory Board to provide guidance to the department on mental health policies, training, and community issues. Detective Stamps passion for improving interactions between law enforcement and those in mental health crisis is a career long endeavor and extends to her personal life. Detective Stamps has been a CIT officer since 2004 and has a BA in Psychology from the University of Alabama-Huntsville and a M.Ed. in Counseling and Human Relations from Northern Arizona University.

Natalie Summit, Police Crisis Intervention Specialist, Scottsdale Police Department

Natalie Summit, LPC. has worked with Scottsdale Police Department (SPD) as a Police Crisis Intervention Specialist for 18 years. She earned a Master of Counseling from ASU. Natalie is a trained negotiator and currently serves as a mental health professional on the SPD Crisis Negotiations Team. Currently, she is serving in the capacity of Mental Health Coordinator for the SPD Crisis Intervention Team (CIT) and participates on the East Valley CIT Program (EVCIT) Collaboration. Ms. Summit has volunteered for National Alliance on Mental Illness - (NAMI) as a Family-to-Family teacher and is currently a NAMI Valley of the Sun board member.

Dr. Shari Thomas, Co-Chair, San Tan Valley Substance Abuse Coalition

Doctorate in Divinity and Pastoral Counseling, Certified Family Counselor, Dr. Shari Thomas and her teams are badged in Maricopa and Pinal County jails and go into both facilities to provide services, Instructor, Phoenix Dream Center, Director, part-time, the Compassion Care Center

Mickey Vargas, Peer Recovery Specialist, Spectrum Healthcare

He became a Peer Recovery Specialist at Spectrum Healthcare in November of 2017 after graduating from the WAT program. Mickey was born in Flagstaff Arizona and has lived in Arizona his entire life. Mickey attended college at Yavapai College in Prescott for a semester prior to returning to Cottonwood and re-engaging in services at Spectrum where he joined their WAT program. While working in the WAT program Mickey realized his desire and potential to help others in their journey to recovery. He graduated from the Peer Support Program and joined Spectrum as an employee where he supports clients in recovery and helps them to utilize life skills that enable them to live fulfilling lives and achieve their own personal goals. Mickey is an intelligent and caring young man who comes from a close-knit family who daily express their pride in him and in the good choices that he has made in his own life. Mickey has become very involved in working with Spectrum's Vocational Rehab Coordinator to educate others on the value of the Work Adjustment Training Program at Spectrum Healthcare.

Chris Watters, Vocational Rehabilitation Coordinator, Spectrum Healthcare

For the past 15 years Chris has worked with children, young adults, disabled adults and adults with behavioral health issues. Before immigrating to the United States from Ireland in 2011, Chris worked with a children's youth center, as well as with troubled youth in a training center which gave them a career goal after 2 years of intensive study. During this 8-year period in Ireland Chris also studied child and adult psychology and early childhood development. Once in America, Chris used his skills and knowledge working for the Boys and Girls Club as a program coordinator for 2 years. After the club closed, Chris became a manager for a day treatment center for adults with developmental disabilities. In February 2015 Chris accepted a position at Spectrum Healthcare as a Behavioral Health Worker and Vocational Specialist and was a part of the team that formed the WAT (Work Adjustment Training) Program and was instrumental in its planning and growth. After

working on the WAT Program for 2 years, Chris was promoted to the position of Vocational Rehab Coordinator, where he now leads the vocational team that helps guides the WAT Program as well as following up with the clients for their future vocational goals and dreams.