

# Winds of Wellness

A Bi-Monthly Publication of Wellness Connections (Formerly SEACRS) • (520) 452-0080  
[www.wellness-connections.org](http://www.wellness-connections.org)

**"Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that."**

**~ Martin Luther King, Jr.**

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## Our Success Stories

Wellness Connection's has more success's than we can count. We are very excited to have started new groups that help members set and reflect on current and future goals. We make time to discuss and celebrate those great successes members have. Some successes members have had over the past month include:

Andrew C (SV): 22 days sober

Deandre N (Saff): Facing Up class and sign up for Karate class

Walter C (SV): Received Culinary Certification & Completed probation successfully



Mara M (SV): Cut down on smoking and dealing with depression in a healthy, affective way

Josh C (Saff): Got a side job where he works three days a week

Chris (SV): Another day clean and sober

Lona S (SV): Cut down on smoking; back on her feet working as a care giver for an elderly woman and attending

Wellness Connections after being very ill

Nancy C & Paul C (Saff): No longer homeless and Nancy got a new walker

Darla B (SV): New dental work and "Loving myself!"

Margie (Saff): Got out of an abusive situation at home

Susan S (SV): Rabies shots for her dogs

Natalie M (SV): Regularly spending time at Wellness Connection Sierra Vista

These are just a few of the great success stories from Wellness Connections. Come join us and share your successes with us.

## Albert Regain Comes Home

Albert Regain has returned "home" after many years providing services around the county. Albert started out as a driver at Sierra Vista Wellness Connections, then known as "The Comfort Zone." Within six months Albert "reluctantly" took the Program Coordinator position. Albert was instrumental in starting Mobile Wellness Connections which used to be called The MORE Program. When Albert left SEACRS's employ he was acting Program Manager of both the Comfort Zone and MORE Program. I asked Albert what motivated him to work in the behavioral health field and he said, "It happened by accident or fate, as some would say." While Albert was in rehab he started answering

phones, assisting on HOPE, Inc's warmline, and doing ASH (AZ State Hospital) visits. He said, "Never would I have dreamed it would lead to a career." Compass Health Care offered Albert a position as Office Specialist. Albert was "happy to get office experience" because he thought this would be his career. Albert had "second thoughts" about taking the job at The Comfort Zone in 2002 because he wasn't sure he wanted to stay in the



# Safford Wellness Connections



Safford APPLIANCE  
CONNECTION'S  
Crew

APPLIANCE CONNECTIONS is the BIG news in Safford! Appliance Connections, a Safford Wellness Connection's project will ultimately result in their first Consumer Run Business. Appliances will be given or sold to Appliance Connections at a minimal price and then members, under the direction of Bill Sherlock, Safford Wellness Connection's Vocational Service/Site Manager, will restore the appliances to be sold in the community. Since December 2013, Appliance Connection's classes have

seen an average of 6 dedicated members. Classes run Tuesdays and Thursdays from 10:00am to 11:45am. Positions required to run a successful business have been structured. The group has designed forms including; Appliance Cleaning Checklists, Inventory, Receipts and other forms necessary for day to day business operations. Member's complete daily time cards and address at least one business related topic every group. Appliance Connections recently added a computer and large, flat screen television to

their inventory. The television was introduced with a YouTube video on electricity which was helpful and informative and "everyone loved it!"

Safford started a new cooking class led by Brandi, Program Coordinator. During their first group, members learned to make loaves of bread. Word is, "It was messy, but fun!" Members were able to knead the dough and shape it for placement in the loaf pans. After the bread cooked, members took their own loaves home to enjoy.

"New employees  
are everywhere at  
Wellness  
Connections ..."

## New Employees

New employees are everywhere at Wellness Connections, especially at the Sierra Vista location. With the start of several new programs and more focus being placed on existing programs there has really been a BOOM of new hires. I asked some of the new employees to answer or comment on three questions. 1) Tell me about yourself in two sentences or less. 2) What

inspires you? 3) What motivated you to seek employment in the behavior health field? Here are a few answers: **Scott May, Sierra Vista Wellness Connection's Re-Entry Specialist** has lived in Sierra Vista since 1978. He said, "Grew up here, got in trouble here and got clean here." Scott is one of two Re-Entry Specialists at Wellness Connections. Scott's passion; "This work is

near and dear to my heart as I was in this situation before so I know where and how help is needed." Scott's hope is to reduce the recidivism rate in Cochise County. **Bill Sherlock, Safford Wellness Connection's Vocational Services & Site Manager** has lived in Safford since 1994 with his wife of 35 years and his daughter who recently graduated, with honors, from

## Health Corner ~ CFS

According to the Center for Disease Control, CFS also known as Chronic Fatigue Syndrome is a "debilitating, complex disorder characterized by intense fatigue not improved by bed rest and may worsen with physical activity or mental exertion." No cause for CFS has been identified and there are no conclusive testing procedures available. People with CFS generally function at a

lower level of activity than what they did before becoming ill.

In order to be "diagnosed" with CFS there are three required criteria. (1) The person has had severe and chronic fatigue for six or more consecutive months not due to ongoing exertion or other medical condition associated with fatigue. (2) The fatigue significantly interferes with everyday

living. (3) There are 4 or more of these 8 symptoms: post-exertion condition lasting more than 24 hours; unrefreshing sleep; significant short-term memory impairment; muscle pain; pain in joints without swelling/redness; headaches of a new type, pattern or severity; tender lymph nodes in neck or armpit; frequent, recurring sore throat.

For more information on CFS go to <http://www.cdc.gov/cfs/>



# Mobile Wellness Connections



**Benson Group**

Mobile Wellness Connections has much to be excited about!

Preparations for the new center based program, Douglas Wellness Connections, are underway and talk of the center results in more and more excitement from Douglas members. We are so excited that

Candace Weingart has accepted the position as Program Manager of the Douglas location. The transition will begin at the beginning of April, tentatively. This process will be bittersweet for Mobile Wellness Connection's staff and members. Mobile Wellness Connection's staff have been working with the same core group in Douglas for over eight years. Current staff have been with this group for up to 7 years. After all that time, Douglas members and the Mobile staff have

become like family. But the time has come to move forward and staff couldn't be more excited!

Benson keeps right on moving forward with new members coming to the group nearly every couple of months. Plans for some exciting events are in the works. If you live in Benson, St. David, Pomerene or Tombstone and would like to attend the program, please call (520) 559-5672.



**Douglas Group**



## New Employees - Continued

U of A, Tucson. Bill, who has been working with people who have substance use histories for over 22 years, is inspired by "people with disabilities doing life without complaining...I love helping people become better!" **Ron Fruchey, Sierra Vista Wellness Veteran's Support Coordinator** is a ten year veteran of the Army. He has been "in various countries and through various different situation in life." Ron said he, "strives to learn as much as I can about helping myself so I may be able to help others." As to his inspiration, Ron said, "Life inspires me. Everything about it. It is a beautiful and precious thing that too many people take for granted and do nothing with." Ron enjoys trying new things and experiencing what life has to offer. Because Ron knows there are others who have been through the same things he has and knows not all of them know how to deal with their experiences, he feels it's his

"duty in life" to assist others "to overcome obstacles and aid them in obtaining a higher appreciation of life." **Mike Oswalt, Veteran's Peer Support Specialist**, who started out as a driver for Sierra Wellness Connections is also a veteran and is currently "back" in school while supporting his wife who is expecting their baby. Mike's inspiration is his family, "both my new family and those who have been there forever." **Derrick Seawood, Sierra Vista Wellness Connection's Re-Entry Specialist** was born in Gary, Indiana, and is the youngest of five children. He relocated to Arizona in 2012. Derrick attends Jerusalem Community Church, where he serves as an Elder, a Youth Administrator, Sunday School Teacher and is Outreach Minister to Mary's Mission. Derrick is also very involved in the community where he serves on the Executive Board for the Re-Entry Coalition. Derrick's passion;

"Coming from a place of incarceration and having an understanding of the barriers for one such as this, I just want to assist in the navigation of things." Derrick chose behavioral health as a career because, "Having succeeded and being filled with the hope that my story can encourage, inspire and strengthen others."

Wellness Connection's is so pleased with those we've recently hired. As a company we are excited about all the possibilities coming about as the result of these new, awesome individuals.

When adding the new staff to the existing really incredible staff, we are confident in our ability to provide the absolute BEST peer support around.



**A few new employees  
Scott, Lorri, Ron &  
Derrick**

# Sierra Vista Wellness Connections



SIERRA VISTA  
CREW

Sierra Vista Wellness Connections has begun implementing the Eight Dimensions of Wellness as defined by SAMHSA, Substance Abuse and Mental Health Services Administration. Starting this month our groups are tailored to include these eight dimensions

which included areas like financial, spiritual, emotional and occupational. Groups based on these dimensions have been

added to our every expanding calendar.

We are also offering Culinary training classes which begin March 3<sup>rd</sup> through the 6<sup>th</sup> and March 12<sup>th</sup> through the 14<sup>th</sup>, with testing at the completions of the training on the 14<sup>th</sup>. Additionally, P.E.T. (Peer Employment Training) will be offered to individuals interested in pursuing a career in peer support services. Those classes begin on March 24<sup>th</sup> and run through the 31<sup>st</sup> and April 1<sup>st</sup>,

2<sup>nd</sup> and 7<sup>th</sup> through the 9<sup>th</sup>.

There is a mandatory orientation that will take place on the 7<sup>th</sup> or 17<sup>th</sup> of March.

In other news, our Re-Entry Coalition has begun outreach in the community. We are working to establish relationships with the Parole/ Probation departments in order to fortify our place in this community as a resource for individuals being released from incarceration.

*“The settlement (Arnold v Sans) allows for the provision of community-based services and programs...”*

## In the News - Arnold v Sarns

On January 8th, 2014, an agreement was reached in a case beginning over 30 years ago, Arnold v. Sarn. The lawsuit was filed in Maricopa County for residents with a classification of Seriously Mentally Ill (SMI) who wanted a state law that would provide continued care. The settlement allows for the provision of community-based services and programs such as supported employment, crisis services,

housing support, assertive community treatment, life skills training and family and peer support. Respite care services will also be available. Key elements of the settlement include:

Assertive Community Treatment (ACT) teams providing crisis services and 24-hour case and medication management. Eight ACT teams will be established.

Supported Housing to help

actualize that housing is health care.

Supported Employment to help up to 750 people find and maintain local employment.

Peer and Family Support Services to help up to 1,500 peers and families as they deal with SMI challenges.

An annual assessment will be conducted to determine progress of the elements of the settlement.

## Wellness Connection's Re-Entry

Wellness Connections has dedicated two recently hired peer support specialists as “Re-Entry Program Specialists” at their Sierra Vista site. The Re-Entry Program is being developed by Derrick Seawood and Scott May. These two gentlemen have the background and knowledge to create an outstanding program. The goal of

Wellness Connection's Re-Entry Program is to provide assistance to members who are in the transition phase from jail/prison/felony conviction to main stream society. The objective is to use local resources, outsourcing when necessary, in order to make the transition as seamless as possible. Our Re-Entry Special-

ists will provide assistance in moving around barriers that may be a result of having been incarcerated and/or convicted of a felony offense. A collective effort is being made between the Re-Entry Program and Wellness Connection's own Outreach Program's Annick Price.



# In & Around Town

## Sierra Vista Activities:

Sierra Vista - **March 1<sup>st</sup>** – Drip Irrigation Basic, Sierra Vista U of A Campus Froth Hall, Public Meeting Rm. More info: 520-458-8298 & 9th Annual Cultural Diversity Fair. “Greet Yourself, Sierra Vista!” 10 – 3, Thunder Mountain Activity Cntr, Ft. Huachuca. More info: 402-739-3300. **March 4<sup>th</sup>** – Cochise Writer’s Grp, 4:30, Tues (4th), Sierra Vista Public Library’s Conference Room. More Info: 520-378-3607. **March 6<sup>th</sup>** – Tucson Symphony Orchestra, 4 & 7:30, St. Pat’s Church. Advanced tickets \$18, \$20 at the door. More info: 520-432-0558 & Patterson Observatory Public Night, 7pm at Patterson Observatory – U of A, South. Free admission More Info: 520-417-6960. **March 8<sup>th</sup> & 9<sup>th</sup>** – 2014 Tombstone Western Music Festival, Schieffelin Hall & Downtown. Free entertainment. 8<sup>th</sup> Concert, 7pm, Red Hot Rhythm Rustlers, Kristyn Harris. 9<sup>th</sup> Concert – Call of the West, Jon Messenger, Keeter Stewart, Concert - \$15 adult, 16 & under free. **March 11<sup>th</sup>** - Glenn Miller Big Band Orchestra, 7pm, Arts Cntr. Tickets \$30 @ SV Herald, 102 Fab Ave., Sierra Vista. **March**

**13<sup>th</sup>** – Dixie Devotions, Faith Presbyterian Church. Free will offering for SV City Band, Fort charity & Good Neighbor Alliance. More info: 520-459-4779. **March 15<sup>th</sup>** - Berean Academy Car Show, 9 – 2. 1169 N. Colombo Ave. Music, fun, food, yard sale & more. Free Admission. More info: 520-459-4113. **March 22<sup>nd</sup>** - Kartchner Astronomy Program –, 5:30, David O’Brien. Lecture & viewing. Bring a jacket. Table Tennis/Ping Pong, 9am - **Monday, Thursday & Friday**, Ethel Burger Center. More info: www.SierraVista TableTennis-Club.org **Saturday - Sunday** Pedro River Walk, 9am. Meet at San Pedro House. Slow-paced, 2 mile walk w/docent. Learn about mammals, reptiles, amphibians & birds. Dress appropriately, More info: 520-459-2555

**Saturday** - Upper San Pedro Valley Writer’s Group, Library Conf Rm. Networking & socializing. More Info: 520-378-3607

**Saturday** - Community Market, 10 – 2, More Info: sierravistacommunitymarket.com

**Saturday** – Friends of San Pedro History Walks. March 1st – Presid-

io Santa Cruz de Terrenate. March 8th – Murray Springs Clovis Sight. March 15th – Fairbank. March 22nd – South Fairbank. March 29th – Clanton Ranch Ruins. More Info: 520-459-2555

**Sunday** – SV Environmental Operations Park (EOP) Bird Walk, 8am, Meet at Viewing Platform off Hwy 90. Dress appropriately. More info: 5220-459-2555

**Tuesday** - Huachuca Hiking Club, 7pm, Cochise County Conference Center on Foothills. More info: 520-378-4941

## Safford Activities:

**Thursday & Friday** – Bingo, 6:45, Veterans of Foreign Wars, Thatcher. Ages 18 & up. More info: 928-428-1021

**Daily** - Alcoholics Anonymous (AA) Safford or Pima. Call 928-428-1484 for times & locations

**May 28th & 29th** – 2 Day Suicide Prevention Skills Workshop. Quality Inn Suites. \$30 includes materials & lunch for both days. Registration deadline – May 23rd. More info: Kathy Grimes, 928-428-6050 ext. 1751.

Information  
brought to  
you from  
Sierra Vista  
Herald and  
Eastern  
Arizona  
Courier

## Albert Regain Comes Home ~ continued

field. Now here he is 13 years later back with this organization. Albert who described himself as a “loving father” and “devoted husband” gives God the glory for the blessings in his life. I asked Albert to tell us a little about what inspires him. He said, “Seeing people recover and achieve their potential. My

wife and kids are a major inspiration to me. Watching my kids grow up is amazing and I know my wife will always be by my side. They drive me to be a better person. Finally and most important is my faith in Jesus whom has impacted me the most. Becoming a “Christian” has helped me understand the

term “dry drunk.” As the new Training Coordinator and Peer Navigator, Albert hopes to “Help people become successful.” Albert knows what it takes to run a successful program with many resources and much to offer the staff and members at Wellness Connections.



Albert Regain







# MARCH 2014

WELLNESS CONNECTIONS SIERRA VISTA  
 1201 E. Fry Blvd Suite #3 • Sierra Vista, AZ 85635  
 (520) 459-2624 • (888) 459-2624

SUN	MON	TUE	WED	THU	FRI	SAT
2	3 9:00 AM Kickoff 9:00 Garden Project 10:00 Douglas Trouble 11:00 Explore Alternatives 12:30 Coping Skills 1:30 Critics Club	4 9:00 AM Kickoff 10:00 Smart Nutrition 11:00 Cultural Communication 12:30 Addiction Recovery 1:30 Consumer Council 5:30 VA Support Group	5 9:00 AM Kickoff 10:00 Business Workshop w/Maggie 12:30 Life Skills 101 1:30 Co-Occurring Disorders	6 9:00 AM Kickoff 10:00 Mind & Movement 12:30 Thoughts & Expressions 1:30 Member Creation	7 9:00 AM Kickoff 10:00 Thoughts & Express 10:00 Learn to Cook 10:00 Women's VA Support Group 12:30 Week in Reflection 2:00 Recreation Hour	8
9 <b>Good Deeds Day</b>	10 9:00 AM Kickoff 9:00 Garden Project 10:00 Double Trouble 11:00 Explore Alternatives 12:30 Coping Skills 1:30 Individual Jobs Club & Job Club Individual	11 9:00 AM Kickoff 10:00 Smart Nutrition 11:00 Cultural Communication 12:30 Addiction Recovery 1:30 Consumer Council 5:30 VA Support Group	12 9:00 AM Kickoff 10:00 Let's Work on It 11:00 Smart Money 12:30 Life Skills 101 1:30 Co-Occurring Disorders	13 9:00 AM Kickoff 10:00 Mind & Movement 12:30 Thoughts & Expressions 1:30 Member Creation	14 9:00 AM Kickoff 10:00 Thoughts & Express 10:00 Learn to Cook 10:00 Women's VA Support Group 12:30 Week in Reflection 2:00 Recreation Hour	15 <i>Bowling for Vet's! 2pm - ? Call Ron for details (520) 559-0248</i>
16	17 9:00 AM Kickoff 9:00 Garden Project 10:00 Double Trouble 11:00 Exploring Alternatives 12:30 Coping Skills 1:30 Critics Club <b>Happy St. Patrick's Day</b>	18 9:00 AM Kickoff 10:00 Smart Nutrition 11:00 Cultural Communication 12:30 Addiction Recovery 1:30 Consumer Council 5:30 VA Support Group	19 9:00 AM Kickoff 10:00 Let's Work on It 11:00 Smart Money 12:30 Life Skills 101 1:30 Co-Occurring Disorders	20 9:00 AM Kickoff 10:00 Mind & Movement 12:30 Thoughts & Expressions 1:30 Member Creation	21 9:00 AM Kickoff 10:00 Thoughts & Express 10:00 Learn to Cook 10:00 Women's VA Support Group 12:30 Week in Reflection 2:00 Recreation Hour	22
23	24 9:00 AM Kickoff 9:00 Garden Project 10:00 Double Trouble 11:00 Exploring Alternatives 12:30 Coping Skills 1:30 Critics Club	25 9:00 AM Kickoff 10:00 Smart Nutrition 11:00 Cultural Communication 12:30 Addiction Recovery 1:30 Consumer Council 5:30 VA Support Group	26 9:00 AM Kickoff 10:00 Job Workshop 10:00 Smart Nutrition 11:00 Addiction Recovery 12:30 Life Skills 101 1:30 Co-Occurring Disorders	27 9:00 AM Kickoff 10:00 Mind & Movement 12:30 Thoughts & Expressions 1:30 Member Creation	28 9:00 AM Kickoff 10:00 Thoughts & Express 10:00 Learn to Cook 10:00 Women's VA Support Group 12:30 Week in Reflection 2:00 Recreation Hour	29 <b>VA Support Group 5:30pm</b>
30	31 9:00 AM Kickoff 9:00 Garden Project 10:00 Double Trouble 11:00 Exploring Alternatives 12:30 Coping Skills 1:30 Critics Club	<i>Come and be a part of the Consumer Council. Meetings held every Tuesday at 1:30pm</i>				

WELLNESS CONNECTIONS SAFFORD  
 1717 w. Thatcher Blvd • Safford, AZ 85546  
 (928) 428-1207 • (855) 300-1207

# MARCH 2014

SUN	MON	TUE	WED	THU	FRI	SAT
2	3 8:00 Staff Meeting 9:00 Check-In 10:00 Life Skills 11:00 Crafts 12:00 Lunch/Clean-Up 1:00 Advisory Council 2:00 Reflection	4 9:00 Check-In 10:00 Vocational Training 12:00 Lunch/Clean-Up 1:00 Coping with Emotions 2:00 Reflection	5 9:00 Check-In 10:00 <b>OUTING: Mountain Trip</b> 	6 9:00 Check-In 10:00 Vocational Training 12:00 Lunch/Clean-Up 1:00 Healthy Lifestyle 2:00 Reflection	7 9:00 Check-In 10:00 Making & Keeping Friends 11:00 Cooking 12:00 Lunch/Clean-Up 1:00 Journaling 2:00 Reflection	8
9 <b>Good Deeds Day</b>	10 8:00 Staff Meeting 9:00 Check-In 10:00 Life Skills 11:00 Crafts 12:00 Lunch/Clean-Up 1:00 Advisory Council 2:00 Reflection	11 9:00 Check-In 10:00 Vocational Training 12:00 Lunch/Clean-Up 1:00 Coping with Emotions 2:00 Reflection	12 9:00 Check-In 10:00 <b>OUTING: Mission San Javier del Bac</b>  <i>With/Mobile Wellness Connections Douglas Group</i>	13 9:00 Check-In 10:00 Vocational Training 12:00 Lunch/Clean-Up 1:00 Healthy Lifestyle 2:00 Reflection	14 9:00 Check-In 10:00 Making & Keeping Friends 11:00 Cooking 12:00 Lunch/Clean-Up 1:00 Journaling 2:00 Reflection	15
16	17 8:00 Staff Meeting 9:00 Check-In 10:00 Life Skills 11:00 Crafts 12:00 Lunch/Clean-Up 1:00 Advisory Council 2:00 Reflection <b>St. Patrick's Day</b>	18 9:00 Check-In 10:00 Vocational Training 12:00 Lunch/Clean-Up 1:00 Coping with Emotions 2:00 Reflection	19 9:00 Check-In 10:00 <b>OUTING: Mountain Trip</b> 	20 9:00 Check-In 10:00 Vocational Training 12:00 Lunch/Clean-Up 1:00 Healthy Lifestyle 2:00 Reflection	21 9:00 Check-In 10:00 Making & Keeping Friends 11:00 Cooking 12:00 Lunch/Clean-Up 1:00 Journaling 2:00 Reflection	22
23	24 8:00 Staff Meeting 9:00 Check-In 10:00 Life Skills 11:00 Crafts 12:00 Lunch/Clean-Up 1:00 Advisory Council 2:00 Reflection	25 9:00 Check-In 10:00 Vocational Training 12:00 Lunch/Clean-Up 1:00 Coping with Emotions 2:00 Reflection	26 9:00 Check-In 10:00 <b>OUTING: Tombstone</b> 	27 9:00 Check-In 10:00 Vocational Training 12:00 Lunch/Clean-Up 1:00 Healthy Lifestyle 2:00 Reflection	28 9:00 Check-In 10:00 Making & Keeping Friends 11:00 Cooking 12:00 Lunch/Clean-Up 1:00 Journaling 2:00 Reflection	29
30	31 8:00 Staff Meeting 9:00 Check-In 10:00 Life Skills 11:00 Crafts 12:00 Lunch/Clean-Up 1:00 Advisory Council 2:00 Reflection	<b>CALENDARS ARE SUBJECT TO CHANGE WITHOUT NOTICE</b>				





**MOBILE WELLNESS CONNECTIONS**  
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[mobile@wellness-connections.org](mailto:mobile@wellness-connections.org)

**MARCH 2014**

SUN	MON	TUE	WED	THU	FRI	SAT
2	3	4	5	6	7	8
	Office Open 8am - 4pm	Douglas Ocotillo Village 10:00am - 2:00pm One on One Peer Support Lunch & Depression Workbook Fitness is Fun Thoughts & Feelings Social Recreational Group	Douglas Visitor's Center 10:00am - 2:00pm One on one Peer Support In the News Lunch & Good Deeds Group Communications 101 Social Recreational Group	Benson Community Center 1:00pm - 5:00pm One on One Peer Support In the News Lunch & Good Deeds Group Fitness is Fun Emotions Group Recreational Group	Office Open 8am - 4pm	
9	10	11	12	13	14	15
Good Deeds Day	Office Open 8am - 4pm	Douglas Ocotillo Village 10:00am - 2:00pm One on One Peer Support Lunch & Depression Workbook Fitness is Fun Thoughts & Feelings Social Recreational Group	<b>Douglas Outing San Javier del Bac Mission 8:30am - 4:30pm</b>  with/Safford Wellness Connections Group	Benson Groups on the Road 1:00am - 6:00pm Blog Discussion in the Van In the News Lunch & Daily Om Recreational Activity in the Van	Office Open 8am - 4pm	
16	17	18	19	20	21	22
	Office Open 8am - 4pm	Douglas Ocotillo Village 10:00am - 2:00pm One on One Peer Support Lunch & Depression Workbook Fitness is Fun Thoughts & Feelings Social Recreational Group	Douglas Groups on the Road 10:00am - 3:00pm Blog Discussion in the Van In the News Lunch & Daily Om Recreational Activity in the Van	<b>Benson Outing Funtasticks 10am - 4:30pm</b> 	Office Open 8am - 4pm	
23	24	25	26	27	28	29
	Office Open 8am - 4pm	<b>Douglas "Terrific Tuesday" Sierra Vista Wellness Connections Lunch &amp; Intro to Center Life 9:30am - 4pm</b> 	Douglas Visitor's Center 10:00am - 2:00pm One on one Peer Support In the News Lunch & Daily Om Communications 101 Social Recreational Group	Benson Community Center 1:00pm - 5:00pm One on One Peer Support In the News Lunch & Daily Om Fitness is Fun Emotions Group Recreational Group	Office Open 8am - 4pm	
30	31	<p><b>PERSONAL ASSISTANCE PROVIDED UPON REQUEST/LIMITED TRANSPORTATION AVAILABLE</b></p> <p><b>CALENDAR SUBJECT TO CHANGE WITHOUT NOTICE</b></p>				

Office Open  
8am - 4pm

Wellness Connection's Mobile Program, formerly known as the MORE Program (Mobile Outreach for Recovery Empowerment) was established in 2004. The purpose of the program is to start peer-run programs in areas outlying from Sierra Vista with a final goal of establishing permanent sites in those areas. Mobile Wellness Connections did just this in Safford where Sierra Vista's first sister site is located. The mobile program has been going to Douglas since it's inception and a second sister site, Douglas, is in the development stage. Douglas Wellness Connections should be up and running well before 2015 arrives. Other locations the mobile program provides services to include Benson, Tombstone, St. David and Bisbee. Mobile Wellness Connections interested in establishing a site in Willcox and/or Patagonia & Sonoita. We are open to suggestions from the community about other location possibilities.





## Wellness Connections

1201 E. Fry Blvd. Suite #1  
Sierra Vista, AZ 85635  
P.O. Box 2648  
Sierra Vista, AZ 85636  
Phone: 520-452-0080  
Email: [admin@seacrs.com](mailto:admin@seacrs.com)



**NONPROFIT ORG.  
U.S. POSTAGE PAID  
Sierra Vista, AZ  
Permit No. 25**

Return Service Requested

## Wellness Connections Staff

**Aleesha Allred** ~ Safford Program Manager  
**Regina Autry** ~ Sierra Vista Program Manager  
**Julia Baker** ~ Sierra Vista Culinary Coordinator/CPSS  
**Deanna Bellinger** ~ Executive Director  
**Bud Blanchard** ~ Sierra Vista CPSS  
**Kimberly "Kim" Burk** ~ Mobile Program Coordinator  
**Paul Clark** ~ Safford Custodian  
**Kent Clonts** ~ Safford Driver  
**Sheldon Cowles** ~ Sierra Vista Veteran's Specialist - Men/CPSS  
**Kari L. Ferrell** ~ Mobile Program Manager  
**Ronald Fruchey** ~ Sierra Vista Veteran's Program Coordinator  
**Mike Garcia** ~ Safford Driver  
**Nancy Garcia** ~ Mobile PSS/Bridgeway Outreach Liaison  
**Rosemary Griffin** ~ Sierra Vista Veteran's Specialist - Women/CPSS  
**Tim Hart** ~ Safford Vocational Services Program Manager  
**Jace Hughes** ~ Safford CPSS  
**Jamar Ingram** ~ Sierra Vista Custodian  
**Esteves Jones** ~ Sierra Vista CPSS  
**Pamela Jones** ~ Sierra Vista CPSS  
**Michelle King** ~ Claims Specialist  
**John Mathis** ~ Mobile PSS  
**Scott May** ~ Re-Entry PSS  
**Emily Mitchell** ~ Accountant  
**Roxanne Moreno** ~ Sierra Vista Program Coordinator  
**Cynthia "Cindy" Noble** ~ Sierra Vista Administrative Assistant  
**Martha Nordine** ~ Clinical Director  
**Kirby Oliver** ~ Sierra Vista CPSS  
**Avion "Avi" Preston** ~ Safford CPSS/Outreach  
**Annick Price** ~ Sierra Vista Outreach/Job Training Specialist  
**Albert Regain** ~ Training Coordinator & Peer Navigator  
**Scott Rein** ~ Operations Manager  
**Larry Reynolds** ~ Safford CPSS  
**Gloria Sandoval** ~ Safford Driver/Billing Associate  
**Roberta Sandoval** ~ Safford CPSS  
**Derrick Seawood** ~ Re-Entry PSS  
**William "Bill" Sherlock** ~ Safford Vocational Services/Site Manager  
**Tom Spinosa** ~ Business Development & Vocational Serv. Manager  
**Linda Vincent** ~ Nursing Consultant  
**Lorri Taylor** ~ Safford CPSS  
**Rachel Waterbury** ~ Office Manager  
**Brandie Ybarra** ~ Safford Program Coordinator

## Wellness Connections Board Members

Joe De Francesco, Chair  
Laura Lindsay, Vice Chair  
Ruanda Dolak, Secretary  
Lynette Land, Treasurer

Carol Goupil  
Erik Heyer

If you are interested in becoming a part of the Wellness Connections Board, please contact us at [admin@seacrs.com](mailto:admin@seacrs.com) or (520) 452-0080.

## Wellness Connections' Mission Statement & Overview

### Mission Statement

**"Wellness Connections is committed to providing peer-led, life-enhancing opportunities for mental health recovery and wellness."**

### Overview

Wellness Connections has provided behavioral health and addiction recovery services based on a peer-led model since February 2002. Wellness Connections maintains a qualified staff of Recovery Support Specialist, Peer Support Specialist and Behavior Health Technicians.

The expected outcome for all Wellness Connections' program members is a significantly improved quality of life. Funding is provided through contracts with Cenpatico, the Department of Veteran's Affairs, Bridgeway and the DES Department of Vocational Rehabilitation. Fundraising and grant funding are also pursued in support of Wellness Connections' mission.

*Wellness Connections is a 501(c)3 tax-exempt non-profit organization.*

*Your gifts and donations are tax-deductible!*

*Tax ID#86-1037850*