



SERVICE MATRIX

October 2019

We will provide opportunities to instill and renew a sense of hope to communities and individuals, one person at a time by providing culturally relevant services to culturally diverse communities, through effective multi-cultural life coaching, prevention, education, and outreach services.

Services:	Open To:	8 Dimensions of Wellness:	Measurable Goals:	Location (s):	Referral:
<p><u>Direct Forensic Peer Support Services</u></p> <p>To provide individualized support services, education and skill building opportunities that build upon current knowledge and involvement in meaningful daily activities, provide experiences to improve and develop necessary skills for higher levels of engagement and independence in the community, identify needed resources and assist the individual in transitioning into independent use of community resources.</p> <p>Support the individual through their re/adjustment to new or re-entered communities and social integration activities; assist the individual in navigating through the community and system processes, connection to evaluation/treatment resources, and SMI systems, and act as a mentor and to help the individual build the skill of self-advocacy and communication skills.</p> <p><i>Facilitated by HLVLE Forensic Peer Support Specialists</i></p>	<p>Individual & Family</p> <p>1:1/group</p> <p>Pre-release planning during incarceration</p> <p>Release pick-up post incarceration</p> <p>Community Services re-engagement support</p> <p>Sessions are open to the unique needs of each person as an individual</p> <p>Adults (18+)</p>	<p>1. Emotional-coping effectively with life and creating satisfying relationships</p> <p>2. Environmental-good health by occupying pleasant, stimulating environments that support well being</p> <p>7. Social-developing a sense of connection, belonging, and a well-developed support system</p> <p>8. Spiritual-expanding a sense of purpose and meaning in life</p>	<p>Lowered rates of Recidivism to Criminogenic Behavior</p> <p><u>HEDIS Measures</u></p> <p>Prevention & Screening</p> <p>Behavioral Health Care Coordination</p> <p>Medication Management</p>	<p>The City of Phoenix Municipal Court – Behavioral Health Court; The City of Tempe – Mental Health Court; The City of Glendale Municipal Court – Mental Health Court; The City of Chandler – Mental Health Court; The Maricopa County Superior Court – SMI Probation Mental Health Court; Coconino County – Mental Health Court (Flagstaff); City of Flagstaff DUI/Drug Court;</p> <p><i>and</i></p> <p>Community-based mobile service; conduct activities/workshops/classes at various locations in the participants community</p>	<p>Intake & Referral Specialists: Phoenix Marvin Cotton Flagstaff Audrey Sambrano – referrals@vivehopelives.org 1-855-747-6522 x 108</p> <hr/> <p>Justice Liaison & Program Management for Phoenix: Alex Gilbert agilbert@vivehopelives.org 520-238-2488</p> <hr/> <p>Forensic Peer Program Manager: Flagstaff Casey Dennison cdennison@vivehopelives.org 928-315-9189</p>



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<p>Hope Lives Group (Peer Support Group; Attempt/Survivors of Suicide)</p> <p>The purpose of the group is to provide support service to those adult and families who have ideations/attempts and survivors of suicide.</p> <p>This group will be facilitated on the Hope Lives campus and/or garden environment. The <i>Hope Lives Group</i> will remain consistent to the adherence of the Whole Health Model and the peer support continuum of care. Group dialogue and activities will be kept confidential; open agenda; all participants will be respected regarding their culture, values and beliefs. Journaling thoughts, emotions and feelings will be used as a learning tool. Facilitators will encourage peers to share imminent thoughts and/or negative thinking with their Counselors and/or Psychiatrist on a regular basis to monitor safety plans.</p>	<p>1:1/group</p> <p>Sessions are open to the unique needs of each person as an individual</p> <p>Adults (18+)</p>	<ol style="list-style-type: none"> 1. Emotional-coping effectively with life and creating satisfying relationships 2. Environmental-good health by occupying pleasant, stimulating environments that support well being 4. Intellectual-recognizing creative abilities and finding ways to expand knowledge and skills 6. Physical-recognizing the need for physical activity, healthy foods, and sleep 7. Social-developing a sense of connection, belonging, and a well-developed support system 8. Spiritual-expanding a sense of purpose and meaning in life 	<p>Reduction of suicide attempts and suicidal ideation; Increased connection to community of support; Development of better connections with Integrated Health Home Team</p> <p><u>HEDIS Measures</u></p> <p>Prevention & Screening</p> <p>Behavioral Health</p> <p>Care Coordination</p> <p>Medication Management</p>	<p>Hope Live Main Campus (1551 W Van Buren St Phoenix, AZ 85007)</p> <p><i>and</i></p> <p>Community-based mobile service; conduct activities/workshops/classes at various locations in the participants community</p>	<p>Intake & Referral Specialists: Phoenix Marvin Cotton Flagstaff Audrey Sambrano –</p> <p>referrals@vivehopelives.org 1-855-747-6522 x 108</p> <hr/> <p>Justice Liaison & Program Management for Phoenix: Alex Gilbert</p> <p>agilbert@vivehopelives.org 520-238-2488</p> <hr/> <p>Forensic Peer Program Manager: Flagstaff Casey Dennison</p> <p>cdennison@vivehopelives.org 928-315-9189</p>
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<p>Thinking for a Change (T4C) Thinking for a Change is a problem solving program embellished by both cognitive re-constructing and social skills intervention. Group will learn to identify thinking, beliefs, attitudes and values. Individuals will be working in groups to invest and be empowered to participate in their own learning and self-development for continued skill and cognitive development. Cognitive Self Change, Social Skills and the 6 Step Problem Solving are the three sections individuals will learn these skills through during the 22 weeks session.</p>	<p>group</p> <p>Adults (18+), NTXIX SMI, TXIX SMI/GMH-SA</p> <p>Sliding fee scale for individuals that are not enrolled with the Regional Behavioral Health Authorities (Mercy Care and Maricopa Health Plans, CIC, Steward and Care 1st)</p> <p>Curriculum based: (25 weeks/2x per wk/3.5 hrs per day)</p> <p>Sessions are closed/must complete all sessions</p> <p>Attendance and punctuality incentives provided (100 hours of community service upon completion)</p>	<ol style="list-style-type: none"> 1. Emotional-coping effectively with life and creating satisfying relationships 2. Environmental-good health by occupying pleasant, stimulating environments that support well being 4. Intellectual-recognizing creative abilities and finding ways to expand knowledge and skills 6. Physical-recognizing the need for physical activity, healthy foods, and sleep 7. Social-developing a sense of connection, belonging, and a well-developed support system 8. Spiritual-expanding a sense of purpose and meaning in life 	<p>#17 Lowered rates of Recidivism to Criminogenic Behavior</p> <p><u>HEDIS Measures</u></p> <p>Prevention & Screening</p> <p>Behavioral Health Care Coordination</p>	<p>Community Based (by RBHA)</p> <p><u>Mercy Care and Maricopa Health Plans</u></p> <p>Hope Lives - Maricopa</p> <p>1551 W Van Buren St Phoenix, Arizona 85007</p> <p><u>Steward and Care 1st</u></p> <p>Hope Lives – Flagstaff</p> <p>2308 N 4th Street Flagstaff, Arizona 86004</p>	<p>Intake & Referral Specialists: Phoenix Marvin Cotton Flagstaff Audrey Sambrano –</p> <p>referrals@vivehopelives.org 1-855-747-6522 x 108</p> <hr/> <p>Justice Liaison & Program Management for Phoenix: Alex Gilbert</p> <p>agilbert@vivehopelives.org 520-238-2488</p> <hr/> <p>Forensic Peer Program Manager: Flagstaff Casey Dennison</p> <p>cdennison@vivehopelives.org 928-315-9189</p> <p><i>Facilitated by HLVLE Forensic Peer Support Specialists</i></p>
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<p><u>Moral Reconciliation Therapy (MRT)</u></p> <p>MRT is an evidence-based program recognized by SAMHSA that gives help to people facing a wide variety of life challenges. It leads members to make better decisions that can make a troublesome situation turn around and is specifically geared towards reducing recidivism among the forensic population Hope Lives' primarily serves. MRT participants are given a workbook that is used to complete the program during 13 weekly group sessions facilitated by MRT trained forensic peer support staff and is offered via face to face facilitation combined with tele-health link up between urban and/or rural locations holding groups simultaneously. MRT employs a combination of Self-Help Principles and CBT to deliver its message that changing the way we act can change the way we think.</p>	<p>13 sessions</p> <p>Individual & Family</p> <p>1:1/group</p> <p>Adults (18+)</p>	<ol style="list-style-type: none"> 1. Emotional-coping effectively with life and creating satisfying relationships 2. Environmental-good health by occupying pleasant, stimulating environments that support well being 4. Intellectual-recognizing creative abilities and finding ways to expand knowledge and skills 6. Physical-recognizing the need for physical activity, healthy foods, and sleep 7. Social-developing a sense of connection, belonging, and a well-developed support system 8. Spiritual-expanding a sense of purpose and meaning in life 	<p>Replacement of toxic "blaming others" thinking; Personal exploration and empowerment to clarify strengths and goals</p> <p><u>HEDIS Measures</u></p> <p>Prevention & Screening</p> <p>Behavioral Health</p> <p>Care Coordination</p>	<p>Community Based</p> <p>Mobile service; conduct activities/workshops/classes at various locations in the participants community</p>	<p>Intake & Referral Specialists: Phoenix Marvin Cotton Flagstaff Audrey Sambrano –</p> <p>referrals@vivehopelives.org 1-855-747-6522 x 108</p> <hr/> <p>Justice Liaison & Program Management for Phoenix: Alex Gilbert</p> <p>agilbert@vivehopelives.org 520-238-2488</p> <hr/> <p>Forensic Peer Program Manager: Flagstaff Casey Dennison</p> <p>cdennison@vivehopelives.org 928-315-9189</p> <p><i>Facilitated by HLVLE Forensic Peer Support Specialists trained by CCIMRT as MRT facilitators</i></p>
<p><u>Equine Therapy</u></p> <p>At Robinson Ranch:</p> <p>Animals are used in therapy because they can help people relax, minimize stress, and offer a sense of safety and unconditional acceptance that puts persons in therapy into conversation and the therapeutic process so they can get the most out of their therapy.</p>	<p>Individual & Family</p> <p>1:1/group</p> <p>Adults (18+)</p>	<ol style="list-style-type: none"> 1. Emotional-coping effectively with life and creating satisfying relationships 2. Environmental-good health by occupying pleasant, stimulating environments that 	<p>Members build relations, learn how to communicate, and realize the importance volunteer work, which lays the foundation in sustaining person-centered recovery, health and wellness,</p>	<p>Community Based in Maricopa County</p>	<p>Intake & Referral Specialists: Phoenix Marvin Cotton Flagstaff Audrey Sambrano –</p> <p>referrals@vivehopelives.org 1-855-747-6522 x 108</p> <hr/> <p>Justice Liaison & Program Management for Phoenix:</p>



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<p><u>Mission Statement:</u></p> <p>The mission of Robinson Ranch is to provide comprehensive educational programs for underprivileged and able-bodied children and adults, utilizing horses to facilitate growth, learning and healing. Pursuing this mission enriches the lives of our clients in a caring, safe, and challenging environment that will enable them to reach their full potential. Our population includes children & adults, those who have been abused or neglected, and those who are economically compromised.</p>		<p>support well being</p> <p>4. Intellectual-recognizing creative abilities and finding ways to expand knowledge and skills</p> <p>5. Occupational-personal satisfaction and enrichment with ones' work</p> <p>6. Physical-recognizing the need for physical activity, healthy foods, and sleep</p> <p>7. Social-developing a sense of connection, belonging, and a well-developed support system</p> <p>8. Spiritual-expanding a sense of purpose and meaning in life</p>	<p>and vocational goals.</p> <p><u>HEDIS Measures</u></p> <p>Prevention & Screening</p> <p>Behavioral Health</p> <p>Care Coordination</p> <p>Respiratory Coordination</p> <p>Cardio</p> <p>Diabetes</p> <p>Musculoskeletal Coordination</p> <p>Body Mass Index</p>		<p>Alex Gilbert</p> <p>agilbert@vivehopelives.org 520-238-2488</p> <hr/> <p>Forensic Peer Program Manager: Flagstaff Casey Dennison</p> <p>cdennison@vivehopelives.org 928-315-9189</p>
<p><u>Motivational Interviewing (MI)</u></p> <p>MI is an approach that helps people with mental health and substance use disorders and other chronic conditions such as diabetes, cardiovascular conditions, and asthma make positive behavioral changes to support better health.</p> <p>The approach upholds four principles:</p> <p>Expressing empathy and avoiding arguing Developing discrepancy Rolling with resistance, and; Supporting self-efficacy (Member's belief s/he can successfully make a change</p>	<p>Individual & Family</p> <p>1:1/group</p> <p>Adults (18+)</p>	<p>4. Intellectual-recognizing creative abilities and finding ways to expand knowledge and skills</p> <p>7. Social-developing a sense of connection, belonging, and a well-developed support system</p> <p>8. Spiritual-expanding a sense of purpose and meaning in life</p>	<p>Member develops skill in motivating self and others</p> <p><u>HEDIS Measures</u></p> <p>Prevention & Screening</p> <p>Behavioral Health</p> <p>Care Coordination</p>	<p>Community Based (by RBHA)</p> <p><u>Mercy Care and Maricopa Health Plans</u></p> <p>Hope Lives - Maricopa</p> <p>1551 W Van Buren St Phoenix, Arizona 85007</p> <p><u>Steward and Care 1st</u></p> <p>Hope Lives – Flagstaff</p> <p>2308 N 4th Street</p>	<p>Intake & Referral Specialists: Phoenix Marvin Cotton Flagstaff Audrey Sambrano –</p> <p>referrals@vivehopelives.org 1-855-747-6522 x 108</p> <hr/> <p>Justice Liaison & Program Management for Phoenix: Alex Gilbert</p> <p>agilbert@vivehopelives.org 520-238-2488</p>



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				Flagstaff, Arizona 86004	<hr/> Forensic Peer Program Manager: Flagstaff Casey Dennison cdennison@vivehopelives.org 928-315-9189
<p><u>Nutrition Kitchen Workshop</u></p> <p>Our innovative, fun & inspirational cooking and nutrition workshops are a part of our Person Centered Peer Support Whole Health Planning Activities.</p> <p>These planning and cooking activities: looks comprehensively at a person's health life-style; meal planning within tight budgets; cooking healthy from a food box; how healthy eating shapes chronic conditions; is a strength-based and focuses on a person's strengths, interests and natural supports; stresses creating new health life-style habits and disciplines; and provides education/awareness/prevention activities delivered by a certified Nutritionist/Peer Specialists to promote self-directed whole health.</p>	<p>Individual & Family</p> <p>1:1/group</p> <p>Sessions are open to the unique needs of each person as an individual</p> <p>Adults (18+)</p>	<p>6. Physical-recognizing the need for physical activity, healthy foods, and sleep</p>	<p>Increased interest and knowledge base of nutrition and meal planning; Better physical health self-care; reduction of poor nutrition/dietary based health outcomes</p> <p><u>HEDIS Measures</u></p> <p>Prevention & Screening</p> <p>Behavioral Health</p> <p>Care Coordination</p> <p>Respiratory Coordination</p> <p>Cardio</p> <p>Diabetes</p> <p>Musculoskeletal Coordination</p> <p>Body Mass Index</p> <p>Medication Management</p>	<p>Community Based</p>	<p>Intake & Referral Specialists: Phoenix Marvin Cotton Flagstaff Audrey Sambrano –</p> <p>referrals@vivehopelives.org 1-855-747-6522 x 108</p> <hr/> <p>Justice Liaison & Program Management for Phoenix: Alex Gilbert</p> <p>agilbert@vivehopelives.org 520-238-2488</p> <hr/> <p>Forensic Peer Program Manager: Flagstaff Casey Dennison cdennison@vivehopelives.org 928-315-9189</p>



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<p><u>PEER WHOLE HEALTH</u> <u>The Vitality Club</u></p> <p>The Vitality Club provides health education/prevention/awareness opportunities to support your efforts to improve and/or maintain your health and life rewards in achieving a healthier lifestyle. We recognize that physical activity is part of a healthy life; but we also want you to understand that eating a balanced diet, maintaining a healthy weight and managing your stress are equally important, and most of all having fun.</p> <p>The Vitality Club activities include (but are not limited to): Indoor basketball court Community walks in the park (both local and national) Weight training Aerobics Zumba Yoga Hiking Swimming Softball Ability 360 gym</p>	<p>Individual & Family</p> <p>1:1/group</p> <p>Sessions are open to the unique needs of each person as an individual</p> <p>Adults (18+)</p>	<p>6. Physical-recognizing the need for physical activity, healthy foods, and sleep</p> <p>7. Social-developing a sense of connection, belonging, and a well-developed support system</p>	<p>Increased physical health and physical resiliency; Community connection</p> <p><u>HEDIS Measures</u></p> <p>Prevention & Screening</p> <p>Behavioral Health</p> <p>Care Coordination</p> <p>Respiratory Coordination</p> <p>Cardio</p> <p>Diabetes</p> <p>Musculoskeletal Coordination</p> <p>Body Mass Index</p> <p>Medication Management</p>	<p>Community Based (by RBHA)</p> <p><u>Mercy Care and Maricopa Health Plans</u></p> <p>Hope Lives - Maricopa</p> <p>1551 W Van Buren St</p> <p>Phoenix, Arizona 85007</p> <p><u>Steward and Care 1st</u></p> <p>Hope Lives – Flagstaff</p> <p>2308 N 4th Street</p> <p>Flagstaff, Arizona 86004</p>	<p>Intake & Referral Specialists: Phoenix Marvin Cotton Flagstaff Audrey Sambrano – referrals@vivehopelives.org 1-855-747-6522 x 108</p> <hr/> <p>Justice Liaison & Program Management for Phoenix: Alex Gilbert agilbert@vivehopelives.org 520-238-2488</p> <hr/> <p>Forensic Peer Program Manager: Flagstaff Casey Dennison cdennison@vivehopelives.org 928-315-9189</p>
<p><u>Jewelry Making</u></p> <p>Name of Workshop: “Jewelry Making for Personal Discovery and Recovery”</p> <p>To teach independent living skills through an interactive and hands-on process of constructing a piece of jewelry and relating the skills they have used in jewelry making to the skills used for independent living. At</p>	<p>Individual & Family</p> <p>1:1/group</p> <p>Adults (18+)</p>	<p>1. Emotional-coping effectively with life and creating satisfying relationships</p> <p>2. Environmental-good health by occupying pleasant, stimulating environments that support well being</p>	<p>Members acquire a professional level of jewelry making; Creation of marketable products</p> <p><u>HEDIS Measures</u></p> <p>Prevention & Screening</p>	<p>Activity Center Based <i>and</i> Community Based</p> <p>Mobile service; conduct activities/workshops/classes at various locations in the participants community</p>	<p>Intake & Referral Specialists: Phoenix Marvin Cotton Flagstaff Audrey Sambrano – referrals@vivehopelives.org 1-855-747-6522 x 108</p> <hr/> <p>Justice Liaison & Program</p>



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<p>the completion of each workshop the person will possess a finished piece of recovery themed jewelry (e.g. pendant, ring, brooch, and bracelet) and will be presented with a certificate of completion.</p> <p style="text-align: center;"><u>Pending in Flagstaff</u></p>		<p>4. Intellectual-recognizing creative abilities and finding ways to expand knowledge and skills</p> <p>5. Occupational-personal satisfaction and enrichment with ones' work</p> <p>7. Social-developing a sense of connection, belonging, and a well-developed support system</p> <p>8. Spiritual-expanding a sense of purpose and meaning in life</p>	<p>Behavioral Health Care Coordination</p>		<p>Management for Phoenix: Alex Gilbert agilbert@vivehopelives.org 520-238-2488</p> <hr/> <p>Forensic Peer Program Manager: Flagstaff Casey Dennison cdennison@vivehopelives.org 928-315-9189</p>
<p><u>Recovery Talk</u></p> <p>Building a portable wellness toolbox to help us when faced with strong emotions and the actions associated with them. A wellness toolbox can help us be mindful of the things we do on a daily basis to maintain wellness;</p> <p>This workshop will begin by defining the concept of coping behaviors/skills and talking about what techniques we have used in the past and present to help when we are experiencing our mental health challenges in order to minimize the distress they have the ability to produce within us.</p>	<p>8 sessions</p> <p>Individual & Family</p> <p>1:1/group</p> <p>Adults (18+)</p>	<p>1. Emotional-coping effectively with life and creating satisfying relationships</p> <p>2. Environmental-good health by occupying pleasant, stimulating environments that support well being</p> <p>4. Intellectual-recognizing creative abilities and finding ways to expand knowledge and skills</p> <p>6. Physical-recognizing the need for physical activity, healthy foods, and sleep</p> <p>7. Social-developing a</p>	<p>Lowered crisis service contact; Lowered rates of inpatient stays; Increased resiliency; Effective use of Health Home Team and Community Supports</p> <p><u>HEDIS Measures</u></p> <p>Prevention & Screening</p> <p>Behavioral Health Care Coordination</p>	<p>Community Based</p> <p>Mobile service; conduct activities/workshops/classes at various locations in the participants' community, uses WRAP as basis for program classwork.</p>	<p>Intake & Referral Specialists: Phoenix Marvin Cotton Flagstaff Audrey Sambrano – referrals@vivehopelives.org 1-855-747-6522 x 108</p> <hr/> <p>Justice Liaison & Program Management for Phoenix: Alex Gilbert agilbert@vivehopelives.org 520-238-2488</p> <hr/> <p>Forensic Peer Program Manager: Flagstaff Casey Dennison cdennison@vivehopelives.org 928-315-9189</p>



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		<p>sense of connection, belonging, and a well-developed support system</p> <p>8. Spiritual-expanding a sense of purpose and meaning in life</p>			
<p><u>Creating a Personal Vision of Recovery</u></p> <p>Setting a Course for the Recovery Journey: During this workshop, we begin by reviewing the process of visioning, an important part of moving from the past to a more meaningful future. Envisioning our future is the first step in creating our future. In a research study regarding vocational outcomes: it was determined that people who experience mental health barriers - who could “see” themselves working, were much more likely to be employed within six months. Visioning is using your imagination and creativity to project or “see” a new reality</p>	<p>8 sessions</p> <p>Individual & Family</p> <p>1:1/group</p> <p>Adults (18+)</p>	<p>1. Emotional-coping effectively with life and creating satisfying relationships</p> <p>2. Environmental-good health by occupying pleasant, stimulating environments that support well being</p> <p>4. Intellectual-recognizing creative abilities and finding ways to expand knowledge and skills</p> <p>6. Physical-recognizing the need for physical activity, healthy foods, and sleep</p> <p>7. Social-developing a sense of connection, belonging, and a well-developed support system</p> <p>8. Spiritual-expanding a sense of purpose and meaning in life</p>	<p>Increased visualization skill set; Replacement of toxic “fatalistic” thinking; Personal empowerment to clarify and achieve goals</p> <p><u>HEDIS Measures</u></p> <p>Prevention & Screening</p> <p>Behavioral Health</p> <p>Care Coordination</p>	<p>Community Based</p> <p>Mobile service; conduct activities/workshops/classes at various locations in the participants community</p>	<p>Intake & Referral Specialist: Marvin Cotton</p> <p>referrals@vivehopelives.org 1-855-747-6522 x 108</p> <p><i>Facilitated by HLVLE Forensic Peer Support Specialists</i></p>



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<p><u>Illness Management & Recovery</u></p> <p>The overall goals of IMR are to—</p> <p>Learn about mental illnesses and strategies for treatment; Decrease symptoms; Reduce relapses and re-hospitalizations; and Make progress toward goals and toward recovery. IMR practitioners will— Work side by side with you to help you move forward in your recovery process; and Provide information, strategies, and skills that can help you manage psychiatric symptoms and make progress toward your goals. IMR includes— An orientation session to review the goals and expectations of the program; One or two sessions to get to know you better; Three to 10 months of weekly or biweekly sessions; Active practice of relapse prevention and recovery skills; and Optional involvement of significant others (family members, friends, practitioners, other supporters) to increase their understanding and support.</p>	<p>3 to 10 months of weekly or bi-weekly sessions</p> <p>Individual & Family</p> <p>1:1/group</p> <p>Adults (18+)</p>	<ol style="list-style-type: none"> 1. Emotional-coping effectively with life and creating satisfying relationships 2. Environmental-good health by occupying pleasant, stimulating environments that support well being 4. Intellectual-recognizing creative abilities and finding ways to expand knowledge and skills 6. Physical-recognizing the need for physical activity, healthy foods, and sleep 7. Social-developing a sense of connection, belonging, and a well-developed support system 8. Spiritual-expanding a sense of purpose and meaning in life 	<p>Members gain the tools needed to manage chronic health conditions successfully</p> <p><u>HEDIS Measures</u></p> <p>Prevention & Screening</p> <p>Behavioral Health</p> <p>Care Coordination</p> <p>Respiratory Coordination</p> <p>Cardio</p> <p>Diabetes</p> <p>Musculoskeletal Coordination</p> <p>Body Mass Index</p> <p>Medication Management</p>	<p>Community Based</p> <p>Mobile service; conduct activities/workshops/classes at various locations in the participants community</p>	<p>Intake & Referral Specialists: Phoenix Marvin Cotton Flagstaff Audrey Sambrano –</p> <p>referrals@vivehopelives.org 1-855-747-6522 x 108</p> <hr/> <p>Justice Liaison & Program Management for Phoenix: Alex Gilbert</p> <p>agilbert@vivehopelives.org 520-238-2488</p> <hr/> <p>Forensic Peer Program Manager: Flagstaff Casey Dennison</p> <p>cdennison@vivehopelives.org 928-315-9189</p>
<p><u>The Importance of Self-Talk</u></p> <p>This workshop explores; The importance of Positive Self-Talk; Staying on track with our journey to recovery Our weather forecasts for our journey Making positive changes in our lives When negative self-talk arises; Learn how it can become a relentless inner voice Reflecting on things that keep us from make</p>	<p>16 sessions</p> <p>Individual & Family</p> <p>1:1/group</p> <p>Adults (18+)</p>	<ol style="list-style-type: none"> 1. Emotional-coping effectively with life and creating satisfying relationships 2. Environmental-good health by occupying pleasant, stimulating environments that support well being 4. Intellectual- 	<p>Increased self-care skill set; Replacement of toxic “fatalistic” thinking; Personal empowerment to clarify goals</p> <p><u>HEDIS Measures</u></p> <p>Prevention & Screening</p>	<p>Community Based</p> <p>Mobile service; conduct activities/workshops/classes at various locations in the participants community</p>	<p>Intake & Referral Specialists: Phoenix Marvin Cotton Flagstaff Audrey Sambrano –</p> <p>referrals@vivehopelives.org 1-855-747-6522 x 108</p> <hr/> <p>Justice Liaison & Program Management for Phoenix: Alex Gilbert</p>



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<p>positive changes in our lives Discussing the effect of negative self-talk As part of this unit participants are encouraged to complete a Self-talk (Self-Assessment) and activities that can help us shift from negative to positive self-talk</p>		<p>recognizing creative abilities and finding ways to expand knowledge and skills</p> <p>6. Physical-recognizing the need for physical activity, healthy foods, and sleep</p> <p>7. Social-developing a sense of connection, belonging, and a well-developed support system</p> <p>8. Spiritual-expanding a sense of purpose and meaning in life</p>	<p>Behavioral Health Care Coordination</p>		<p>agilbert@vivehopelives.org 520-238-2488</p> <hr/> <p>Forensic Peer Program Manager: Flagstaff Casey Dennison cdennison@vivehopelives.org 928-315-9189</p>
<p><u>Community Activity</u></p> <p>We have come to learn just how important others are for our well-being. For example, we know that people who have a close confidant(s), friend(s), or spouse live longer and are healthier than those who do not!</p> <p>People give social support to each other in ways that are both practical and emotional. Social support includes giving and receiving encouragement, practical help, positive feedback and rewards, understanding and caring, and role modeling. Another aspect of social support is knowing where to go to obtain the right type of social support. People's social support network usually extends to friends, family of choice, health care workers and co-workers. It is not the number of people you know but the quality of care and support those people provide that matters.</p>	<p>8 sessions</p> <p>Individual & Family</p> <p>1:1/group</p> <p>Adults (18+)</p>	<p>2. Environmental-good health by occupying pleasant, stimulating environments that support well being</p> <p>7. Social-developing a sense of connection, belonging, and a well-developed support system</p>	<p>Increased satisfaction in relationships; Lowered usage of first responder and crisis services</p> <p><u>HEDIS Measures</u></p> <p>Prevention & Screening</p> <p>Behavioral Health Care Coordination</p>	<p>Community Based</p> <p>Mobile service; conduct activities/workshops/classes at various locations in the participants community, material created for program is based on WRAP, an evidence based program out of the Copeland Center and Family Psycho-education from SAMHSA</p>	<p>Intake & Referral Specialists: Phoenix Marvin Cotton Flagstaff Audrey Sambrano – referrals@vivehopelives.org 1-855-747-6522 x 108</p> <hr/> <p>Justice Liaison & Program Management for Phoenix: Alex Gilbert agilbert@vivehopelives.org 520-238-2488</p> <hr/> <p>Forensic Peer Program Manager: Flagstaff Casey Dennison cdennison@vivehopelives.org 928-315-9189</p>



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<p>ASIST</p> <p>Each ASIST workshop shares many core features that make up the LivingWorks international standard. Here is what you can expect at your ASIST training:</p> <p>ASIST is held over two consecutive days for a total of 15 hours.</p> <p>ASIST is based on principles of adult learning. It values participants' experiences and contributions and encourages them to share actively in the learning process.</p> <p>ASIST workshops always have a minimum of two active ASIST trainers present for the entire two days. If there are more than 30 participants, there will be at least three trainers. Workshops over 45 participants are not recommended and should be split into two separate sessions instead.</p> <p>Trainers show two award-winning videos in the course of the workshop. <i>Cause of Death?</i> provides a common starting point for the discussion of attitudes about suicide, while two versions of <i>It Begins with You</i> illustrate the process of a suicide intervention.</p> <p>Some parts of ASIST take place with all participants together, and others take place in a smaller work group. This helps create a balance between safety and challenge. Participants need not disclose personal experiences to the whole group.</p> <p>Local resources are provided and their availability in the community is discussed.</p> <p>Participant materials include a 20-page workbook, wallet card, and stickers. Participants also receive a certificate upon completing the workshop.</p>	<p>2 full-day sessions</p> <p>Individual & Family</p> <p>open to the community</p> <p>group</p> <p>Adults and Young Adults(16+)</p>	<p>4. Intellectual-recognizing creative abilities and finding ways to expand knowledge and skills</p> <p>6. Physical-recognizing the need for physical activity, healthy foods, and sleep</p> <p>7. Social-developing a sense of connection, belonging, and a well-developed support system</p> <p>8. Spiritual-expanding a sense of purpose and meaning in life</p>	<p>Knowledge of evidence based suicide intervention techniques</p> <p>HEDIS Measures</p> <p>Prevention & Screening</p> <p>Behavioral Health</p> <p>Care Coordination</p>	<p>Community based statewide</p> <p>Mobile service; conduct activities/workshops/classes at various locations in the participants community</p>	<p>Intake & Referral Specialists: Phoenix Marvin Cotton Flagstaff Audrey Sambrano – referrals@vivehopelives.org 1-855-747-6522 x 108</p> <hr/> <p>Justice Liaison & Program Management for Phoenix: Alex Gilbert agilbert@vivehopelives.org 520-238-2488</p> <hr/> <p>Forensic Peer Program Manager: Flagstaff Casey Dennison cdennison@vivehopelives.org 928-315-9189</p> <p>ASIST Trainer: Christopher Gonzalez, ME cgonzalez@vivehopelives.org 1-855-747-6522</p>
<p>Drama Workshop</p> <p>In this workshop, activities & exercises which focus on self-expression,</p>	<p>Workshop Sessions</p>	<p>1. Emotional-coping effectively with life and creating satisfying</p>	<p>Increased communication skill set; Healthy expression</p>	<p>Community Based</p> <p>Mobile service; conduct activities/workshops/classes</p>	<p>Intake & Referral Specialists: Phoenix Marvin Cotton Flagstaff Audrey Sambrano –</p>



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<p>communication, the arts in theatre and support of personal wellness and empowerment.</p> <p>Everyone's path to happiness is different, but research suggests community-based theatre arts program involvement consistently tends to have a positive impact on people's overall happiness, self-expression, esteem, and community inclusion.</p> <p>The Drama Workshop Tracks lead into our annual theatre production during Mental Health Awareness Month in May.</p>	<p>101</p> <p>102</p> <p>200</p> <p>200-A</p> <p>300</p> <p>VHL Members group</p> <p>Adults (18+)</p>	<p>relationships</p> <p>2. Environmental-good health by occupying pleasant, stimulating environments that support well being</p> <p>4. Intellectual-recognizing creative abilities and finding ways to expand knowledge and skills</p> <p>7. Social-developing a sense of connection, belonging, and a well-developed support system</p> <p>8. Spiritual-expanding a sense of purpose and meaning in life</p>	<p>of emotions; Community validation of personal journey and lived experience</p> <p><u>HEDIS Measures</u></p> <p>Prevention & Screening</p> <p>Behavioral Health</p> <p>Care Coordination</p>	<p>at various locations in the participants community</p>	<p>referrals@vivehopelives.org 1-855-747-6522 x 108</p> <hr/> <p>Justice Liaison & Program Management for Phoenix: Alex Gilbert</p> <p>agilbert@vivehopelives.org 520-238-2488</p> <hr/> <p>Forensic Peer Program Manager: Flagstaff Casey Dennison</p> <p>cdennison@vivehopelives.org 928-315-9189</p>
<p><u>State Certification for Peer Support Training</u></p> <p>Obtain your State of Arizona Peer Support Specialist Certification</p> <p>Peer Support Specialist</p> <p>Forensic Peer Support Specialist</p> <p>Life Support Specialist</p>	<p>Classroom/ Internship</p> <p>Internship Supervision</p> <p>Adults (18+)</p> <p><i>12 weeks total w/ 7 weeks in a classroom setting and 5 weeks of Activity Center and community based Program Internship & Supervision</i></p>	<p>3. Financial-satisfaction with current and future financial situations</p> <p>4. Intellectual-recognizing creative abilities and finding ways to expand knowledge and skills</p> <p>5. Occupational-personal satisfaction and enrichment with ones' work</p>	<p>Member gains an employable skill set; Increased communication skills; Greater understanding of the Integrated Health System</p> <p><u>HEDIS Measures</u></p> <p>Prevention & Screening</p> <p>Behavioral Health</p> <p>Care Coordination</p>	<p>Classroom, Activity Center, and Community Based</p> <p>Statewide</p> <p>Activities/workshops/classes at Hope Lives and at various locations in the participants community</p> <p><i>We can bring training to your facility as well!</i></p>	<p>Intake & Referral Specialists: Phoenix Marvin Cotton Flagstaff Audrey Sambrano</p> <p>referrals@vivehopelives.org 1-855-747-6522 x 108</p> <hr/> <p>Justice Liaison & Program Management for Phoenix: Alex Gilbert</p> <p>agilbert@vivehopelives.org 520-238-2488</p> <p>Forensic Peer Program Manager: Flagstaff Casey Dennison</p> <p>cdennison@vivehopelives.org 928-315-9189</p>



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<p><u>Setting Wellness Goals</u></p> <p>In this Workshop; We explore our wellness strengths. Journaling our <u>current</u> wellness strengths. Looking at what strengths we have used in the <u>past</u> to improve our wellness. Mapping out and setting health and wellness goals we want to achieve in the <u>future</u>. We then consider what strengths and resources we can use in order to reach those wellness goals.</p>	<p>8 sessions</p> <p>Individual & Family</p> <p>1:1/group</p> <p>Adults (18+)</p>	<p>2. Environmental-good health by occupying pleasant, stimulating environments that support well being</p> <p>6. Physical-recognizing the need for physical activity, healthy foods, and sleep</p>	<p>Lowered crisis service contact; Lowered rates of inpatient stays; Increased resiliency; Effective use of Health Home Team and Community Supports</p> <p><u>HEDIS Measures</u></p> <p>Prevention & Screening</p> <p>Behavioral Health</p> <p>Care Coordination</p> <p>Respiratory Coordination</p> <p>Cardio</p> <p>Diabetes</p> <p>Musculoskeletal Coordination</p> <p>Body Mass Index</p> <p>Medication Management</p>	<p>Community Based</p> <p>Statewide</p> <p>Mobile service; conduct activities/workshops/classes at various locations in the participants community</p>	<p>Intake & Referral Specialists: Phoenix Marvin Cotton Flagstaff Audrey Sambrano –</p> <p>referrals@vivehopelives.org 1-855-747-6522 x 108</p> <hr/> <p>Justice Liaison & Program Management for Phoenix: Alex Gilbert</p> <p>agilbert@vivehopelives.org 520-238-2488</p> <hr/> <p>Forensic Peer Program Manager: Flagstaff Casey Dennison</p> <p>cdennison@vivehopelives.org 928-315-9189</p>
<p><u>Healthy Lifestyle Assessment</u></p> <p>In this workshop, we examine our current wellness lifestyle and approach to wellness in a three-page assessment; Looking at different approaches to wellness. Whether we currently practice them. Whether we would like to try them. Or, whether we have no interest in trying them</p>	<p>4 sessions</p> <p>Individual & Family</p> <p>1:1/group</p> <p>Adults (18+)</p>	<p>1. Emotional-coping effectively with life and creating satisfying relationships</p> <p>2. Environmental-good health by occupying pleasant, stimulating environments that support well being</p> <p>3. Financial-satisfaction with current and future financial situations</p>	<p>Working knowledge of the 8 Dimensions of Wellness, including how to measure current wellness in each dimension</p> <p><u>HEDIS Measures</u></p> <p>Prevention & Screening</p> <p>Behavioral Health</p> <p>Care Coordination</p>	<p>Community Based</p> <p>Statewide</p> <p>Mobile service; conduct activities/workshops/classes at various locations in the participants community</p>	<p>Intake & Referral Specialists: Phoenix Marvin Cotton Flagstaff Audrey Sambrano –</p> <p>referrals@vivehopelives.org 1-855-747-6522 x 108</p> <hr/> <p>Justice Liaison & Program Management for Phoenix: Alex Gilbert</p> <p>agilbert@vivehopelives.org</p>



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		<p>4. Intellectual-recognizing creative abilities and finding ways to expand knowledge and skills</p> <p>5. Occupational-personal satisfaction and enrichment with ones' work</p> <p>6. Physical-recognizing the need for physical activity, healthy foods, and sleep</p> <p>7. Social-developing a sense of connection, belonging, and a well-developed support system</p> <p>8. Spiritual-expanding a sense of purpose and meaning in life</p>	<p>Respiratory Coordination</p> <p>Cardio</p> <p>Diabetes</p> <p>Musculoskeletal Coordination</p> <p>Body Mass Index</p> <p>Medication Management</p>	<p>520-238-2488</p> <hr/> <p>Forensic Peer Program Manager: Flagstaff Casey Dennison cdennison@vivehopelives.org 928-315-9189</p>
<p><u>Forging a Higher Path: The Spiritual Domain</u></p> <p>Spirituality is one of the most important dimensions of life for most people. For this reason, spirituality plays an important part in each of our recovery journey. Most of us do hold important values that can help guide our recovery journey. This workshop, offers the opportunity explore the Importance of Spirituality is in each of our lives</p>	<p>8 sessions</p> <p>Individual & Family</p> <p>1:1/group</p> <p>Adults (18+)</p>	<p>8. Spiritual-expanding a sense of purpose and meaning in life</p>	<p><u>HEDIS Measures</u></p> <p>Prevention & Screening</p> <p>Behavioral Health</p> <p>Care Coordination</p>	<p>Community Based</p> <p>Statewide</p> <p>Mobile service; conduct activities/workshops/classes at various locations in the participants community</p> <p>Intake & Referral Specialists: Phoenix Marvin Cotton Flagstaff Audrey Sambrano – referrals@vivehopelives.org 1-855-747-6522 x 108</p> <hr/> <p>Justice Liaison & Program Management for Phoenix: Alex Gilbert agilbert@vivehopelives.org 520-238-2488</p> <hr/> <p>Forensic Peer Program Manager:</p>



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					Flagstaff Casey Dennison cdennison@vivehopelives.org 928-315-9189
<u>Interpersonal Communication Workshop</u> Communication Foundations Active Listening Perception Non-verbal Communication Use of Language Understanding Self Values Conflict Management Decision Making Relation Communication Employment	25 sessions Individual and family 1:1/group Adults (18+)	1. Emotional-coping effectively with life and creating satisfying relationships 2. Environmental-good health by occupying pleasant, stimulating environments that support well being 4. Intellectual-recognizing creative abilities and finding ways to expand knowledge and skills 5. Occupational-personal satisfaction and enrichment with ones' work 7. Social-developing a sense of connection, belonging, and a well-developed support system	Reduction of recidivism; Increased ability to communicate with others on both personal and professional levels <u>HEDIS Measures</u> Prevention & Screening Behavioral Health Care Coordination Respiratory Coordination Cardio Diabetes Musculoskeletal Coordination Body Mass Index Medication Management	Community Based Statewide Mobile service; conduct activities/workshops/classes at various locations in the participants community	Intake & Referral Specialists: Phoenix Marvin Cotton Flagstaff Audrey Sambrano – referrals@vivehopelives.org 1-855-747-6522 x 108 <hr/> Justice Liaison & Program Management for Phoenix: Alex Gilbert agilbert@vivehopelives.org 520-238-2488 <hr/> Forensic Peer Program Manager: Flagstaff Casey Dennison cdennison@vivehopelives.org 928-315-9189 <i>Facilitated by HLVLE Forensic Peer Support Specialists</i>
<u>v Community Activities</u> Library Outings Recovery Bingo Games Recovery Hike Travel Training Bowling Top Golf	Individual and family 1:1/group Adults (18+)	1. Emotional-coping effectively with life and creating satisfying relationships 2. Environmental-good health by occupying pleasant, stimulating	Members explore their community, finding new activities and companions <u>HEDIS Measures</u> Prevention &	Community Based Mobile service; conduct activities/workshops/classes at various locations in the participants community	Intake & Referral Specialists: Phoenix Marvin Cotton Flagstaff Audrey Sambrano – referrals@vivehopelives.org 1-855-747-6522 x 108 <hr/>



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<p>Seasonal/Annual Events</p>		<p>environments that support well being</p> <p>7. Social-developing a sense of connection, belonging, and a well-developed support</p>	<p>Screening</p> <p>Behavioral Health</p> <p>Care Coordination</p> <p>Respiratory Coordination</p> <p>Cardio</p> <p>Diabetes</p> <p>Musculoskeletal Coordination</p> <p>Body Mass Index</p> <p>Medication Management</p>		<p>Justice Liaison & Program Management for Phoenix: Alex Gilbert agilbert@vivehopelives.org 520-238-2488</p> <hr/> <p>Forensic Peer Program Manager: Flagstaff Casey Dennison cdennison@vivehopelives.org 928-315-9189</p>
<p><u>Substance Use Treatment & Support</u></p> <p>Smart Recovery Narcotics Anonymous Weekly meeting in Center Weekly meetings in Community Hope Lives works closely with the Member's Clinical Team & Integrated Care Team to identify and address Substance Use issues with service coordination and advocacy for the appropriate level of recovery services</p>	<p>Weekly</p> <p>Group</p> <p>Adults 18+</p>	<p>4. Intellectual-recognizing creative abilities and finding ways to expand knowledge and skills</p> <p>7. Social-developing a sense of connection, belonging, and a well-developed support system</p>	<p>Members become familiar with 12 step and/or Smart Recovery formats in a familiar environment</p> <p>The Member, Hope Lives and the Member's Providers coordinate care for a comprehensive approach to the life threatening disease of addiction</p> <p><u>HEDIS Measures</u></p> <p>Prevention & Screening</p> <p>Behavioral Health</p> <p>Care Coordination</p> <p>Respiratory Coordination</p>	<p>Center & Community Based</p> <p>Mobile service; conduct activities/workshops/classes at various locations in the participants community</p>	<p>Intake & Referral Specialists: Phoenix Marvin Cotton Flagstaff Audrey Sambrano – referrals@vivehopelives.org 1-855-747-6522 x 108</p> <hr/> <p>Justice Liaison & Program Management for Phoenix: Alex Gilbert agilbert@vivehopelives.org 520-238-2488</p> <hr/> <p>Forensic Peer Program Manager: Flagstaff Casey Dennison cdennison@vivehopelives.org 928-315-9189</p>



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			Cardio Diabetes Musculoskeletal Coordination Body Mass Index Medication Management		
<p><u>Family Support Services</u></p> <p>Family Psycho-education An evidence-based practice, gives members and family information about mental illnesses, helps them build social supports, and enhances problem-solving, communication, and coping skills.</p> <p>Parenting Workshop Niños Bien Educados Parenting Workshop 12 sessions Healthy Family Relationships Conflict Resolution Less stressful methods to work with your children's discipline</p> <p>Fatherhood Workshop Personal Development 5 sessions Life Skills 4 sessions Responsible Fatherhood 7 sessions Relationships 4 sessions Healthy and Sexuality 5 sessions Helping your organization help others</p>	Family Individual & Group Sessions are open to the unique needs of each person and their family as an individual Adults (18+)	<ol style="list-style-type: none"> 1. Emotional-coping effectively with life and creating satisfying relationships 2. Environmental-good health by occupying pleasant, stimulating environments that support well being 3. Financial-satisfaction with current and future financial situations 4. Intellectual-recognizing creative abilities and finding ways to expand knowledge and skills 5. Occupational-personal satisfaction and enrichment with ones' work 6. Physical-recognizing the need for physical activity, healthy foods, and sleep 7. Social-developing a sense of connection, belonging, and a well- 	Increase of natural support that is mutual <u>HEDIS Measures</u> Prevention & Screening Behavioral Health Care Coordination Medication Management	Community Based Mobile service; conduct activities/workshops/classes at various locations in the participants community	Intake & Referral Specialists: Phoenix Marvin Cotton Flagstaff Audrey Sambrano – referrals@vivehopelives.org 1-855-747-6522 x 108 <hr/> Justice Liaison & Program Management for Phoenix: Alex Gilbert agilbert@vivehopelives.org 520-238-2488 <hr/> Forensic Peer Program Manager: Flagstaff Casey Dennison cdennison@vivehopelives.org 928-315-9189



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		<p>developed support system</p> <p>8. Spiritual-expanding a sense of purpose and meaning in life recovery and Resiliency</p> <p>Whole health</p> <p>Education/prevention/awareness</p>			
<p><u>Heartmath De-stress</u></p> <p>Understand how increasing coherence and managing stressful emotions can improve your health, well-being and relationships. Learn how to make clearer choices and decisions in challenging situations (time-crunches, unexpected changes, etc.) Learn how to consciously create more flow and ease as you navigate through life's daily interactions with family, effective resilience building techniques that can be used before, during and after stressful challenges. Create and commit to a personal practice plan.</p> <p>Heartmath De-stress uses bio-feedback to measure heart rate before during and after relaxation exercises.</p>	<p>15 sessions</p> <p>Individual & Family</p> <p>1:1/group</p> <p>Adults (18+)</p>	<p>1. Emotional-coping effectively with life and creating satisfying relationships</p> <p>2. Environmental-good health by occupying pleasant, stimulating environments that support well being</p> <p>3. Financial-satisfaction with current and future financial situations</p> <p>4. Intellectual-recognizing creative abilities and finding ways to expand knowledge and skills</p> <p>5. Occupational-personal satisfaction and enrichment with ones' work</p> <p>6. Physical-recognizing the need for physical activity, healthy foods, and sleep</p> <p>7. Social-developing a</p>	<p>Increased physical and mental health; self-awareness and a working knowledge of what stress is and how to manage it successfully</p> <p><u>HEDIS Measures</u></p> <p>Prevention & Screening</p> <p>Behavioral Health</p> <p>Care Coordination</p> <p>Respiratory Coordination</p> <p>Cardio</p> <p>Medication Management</p>	<p>Community Based</p> <p>Mobile service; conduct activities/workshops/classes at various locations in the participants community</p>	<p>Intake & Referral Specialists: Phoenix Marvin Cotton Flagstaff Audrey Sambrano –</p> <p>referrals@vivehopelives.org 1-855-747-6522 x 108</p> <hr/> <p>Justice Liaison & Program Management for Phoenix: Alex Gilbert agilbert@vivehopelives.org 520-238-2488</p> <hr/> <p>Forensic Peer Program Manager: Flagstaff Casey Dennison cdennison@vivehopelives.org 928-315-9189</p> <p><i>Facilitated by HLVLE Forensic Peer Support Specialists</i></p>



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		<p>sense of connection, belonging, and a well-developed support system</p> <p>8. Spiritual-expanding a sense of purpose and meaning in life</p>			
<p><u>Stages of Change: Employment</u></p> <p>This workshop reviews the stages of change in relation to employment, which include various activities that are participant led.</p> <p>Stages of change;</p> <p>Pre-contemplation Contemplation Preparation Action Maintenance</p> <p>The principles of this workshop will bridge self-awareness, education, real-world learning situation(s), and social and community integration. This curriculum is built around social and community interaction, pre-employment, mental health barriers, collaboration, involvement, intrinsic and extrinsic learning. Through this project participants will actively engage in a process of understanding subject material, experienced through meaningful activities and self-relation to others in their community</p>	<p>Individual</p> <p>1:1/group</p> <p>Sessions are open to the unique needs of each person as an individual</p> <p>Adults (18+)</p>	<ol style="list-style-type: none"> 1. Emotional-coping effectively with life and creating satisfying relationships 2. Environmental-good health by occupying pleasant, stimulating environments that support well being 3. Financial-satisfaction with current and future financial situations 4. Intellectual-recognizing creative abilities and finding ways to expand knowledge and skills 5. Occupational-personal satisfaction and enrichment with ones' work 6. Physical-recognizing the need for physical activity, healthy foods, and sleep 7. Social-developing a sense of connection, belonging, and a well-developed support 	<p>The creation of a bridge to employment built upon key components and skills necessary to seek and maintain gainful employment</p> <p><u>HEDIS Measures</u></p> <p>Prevention & Screening</p> <p>Behavioral Health</p> <p>Care Coordination</p>	<p>Community Based Statewide</p> <p>Mobile service; conduct activities/workshops/classes at various locations in the participants community</p>	<p>Intake & Referral Specialists: Phoenix Marvin Cotton Flagstaff Audrey Sambrano –</p> <p>referrals@vivehopelives.org 1-855-747-6522 x 108</p> <hr/> <p>Justice Liaison & Program Management for Phoenix: Alex Gilbert</p> <p>agilbert@vivehopelives.org 520-238-2488</p> <hr/> <p>Forensic Peer Program Manager: Flagstaff Casey Dennison</p> <p>cdennison@vivehopelives.org 928-315-9189</p>



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		system 8. Spiritual-expanding a sense of purpose and meaning in life			
<p><u>Pre-vocational Workshop</u></p> <p>Pre-vocational Skills Building Meaningful Community Involvement Resume Preparation Job Application Preparation Interviewing Preparation Computer Job Seeking Skills</p> <p>A few things we will be working on</p> <p>Interview preparation How to conduct yourself during an interview How to answer questions Asking questions – Employers like to be interview too. After the interview / Follow - up How to research companies Re-entry Criminal history Professional appearance Dress for success hygiene <i>Pending in Flagstaff</i></p>	<p>20 sessions</p> <p>Individual</p> <p>1:1/group</p> <p>Adults (18+)</p>	<p>5. Occupational-personal satisfaction and enrichment with ones' work</p>	<p>Job readiness</p> <p><u>HEDIS Measures</u></p> <p>Prevention & Screening Behavioral Health Care Coordination</p>	<p>Community Based Statewide</p> <p>Mobile service; conduct activities/workshops/classes at various locations in the participants community</p>	<p>Intake & Referral Specialists: Phoenix Marvin Cotton Flagstaff Audrey Sambrano –</p> <p>referrals@vivehopelives.org 1-855-747-6522 x 108</p> <hr/> <p>Justice Liaison & Program Management for Phoenix: Alex Gilbert</p> <p>agilbert@vivehopelives.org 520-238-2488</p> <hr/> <p>Forensic Peer Program Manager: Flagstaff Casey Dennison</p> <p>cdennison@vivehopelives.org 928-315-9189</p>
<p><u>Cultural Competency 101</u></p> <p>This training will provide participants with comprehensive skills to work effectively with individuals and colleagues from other cultures, backgrounds, and belief systems. The goal is to provide awareness, education, and guidance on providing culturally and linguistically appropriate care for all individuals.</p> <p><u>Cultural Competency 200</u></p>	<p>1 session 5hrs; group</p> <p>Offered in PST class & in the greater community</p>	<p>1. Emotional-coping effectively with life and creating satisfying relationships</p> <p>2. Environmental-good health by occupying pleasant, stimulating environments that support well being</p> <p>4. Intellectual-</p>	<p>Greater social connectedness; Increased communication skills</p> <p><u>HEDIS Measures</u></p> <p>Prevention & Screening Behavioral Health Care Coordination</p>	<p>PST Classroom Community Based Statewide</p> <p>Mobile service; conduct activities/workshops/classes at various locations in the participants community</p>	<p>Intake & Referral Specialists: Phoenix Marvin Cotton Flagstaff Audrey Sambrano –</p> <p>referrals@vivehopelives.org 1-855-747-6522 x 108</p> <hr/> <p>Justice Liaison & Program Management for Phoenix: Alex Gilbert</p>



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<p>This training focuses primarily on providing culturally and linguistically appropriate care for all individuals who self-identify with the LGBTQIA population.</p>	<p>1 session 5hrs; group Offered in PST class & in the greater community</p>	<p>recognizing creative abilities and finding ways to expand knowledge and skills 7. Social-developing a sense of connection, belonging, and a well-developed support system 8. Spiritual-expanding a sense of purpose and meaning in life</p>			<p>agilbert@vivehopelives.org 520-238-2488 Forensic Peer Program Manager: Flagstaff Casey Dennison cdennison@vivehopelives.org 928-315-9189</p>
<p><u>Multi-Cultural Community Education</u> This type of education offers the student or trainee instruction and design for interacting and communicating with cultures of various races in society, while providing an approach in building respect and fostering cultural diversity within race and ethnicity (Banks, 2006). This teaching provides the opportunity for the learner to connect with and understand their individual systems of practices, values and beliefs, while accepting that others may vary in these practices, that there may be no right or wrong, that it is okay to disagree with another individuals or groups practices, values and beliefs; when this is acknowledged the learner understands themselves better and can communicate and interact with others at a much higher level, their interpersonal communication abilities are enhances (Angus, 2011).</p>	<p>Individual 1:1/group Sessions are open to the unique needs of each person as an individual Adults (18+)</p>	<p>1. Emotional-coping effectively with life and creating satisfying relationships 2. Environmental-good health by occupying pleasant, stimulating environments that support well being 3. Financial-satisfaction with current and future financial situations 4. Intellectual-recognizing creative abilities and finding ways to expand knowledge and skills 5. Occupational-personal satisfaction and enrichment with ones' work 6. Physical-recognizing the need for physical activity, healthy foods,</p>	<p>Awareness of our Community and an appreciation for the diversity surrounding us <u>HEDIS Measures</u> Prevention & Screening Behavioral Health Care Coordination</p>	<p>Community Based Statewide Mobile service; conduct activities/workshops/classes at various locations in the participants community</p>	<p>Intake & Referral Specialists: Phoenix Marvin Cotton Flagstaff Audrey Sambrano – referrals@vivehopelives.org 1-855-747-6522 x 108 Justice Liaison & Program Management for Phoenix: Alex Gilbert agilbert@vivehopelives.org 520-238-2488 Forensic Peer Program Manager: Flagstaff Casey Dennison cdennison@vivehopelives.org 928-315-9189</p>



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		<p>and sleep</p> <p>7. Social-developing a sense of connection, belonging, and a well-developed support system</p> <p>8. Spiritual-expanding a sense of purpose and meaning in life</p>			
<p><u>General Education Diploma (GED) Prep Support</u></p> <p>Study services; 1:1 services Group services Materials provided Tutoring Math English Social studies Science eNavigate</p>	<p>Individual 1:1/group</p> <p>Sessions are open to the unique needs of each person as an individual</p> <p>Adults (18+)</p>	<p>2. Environmental-good health by occupying pleasant, stimulating environments that support well being</p> <p>3. Financial-satisfaction with current and future financial situations</p> <p>4. Intellectual-recognizing creative abilities and finding ways to expand knowledge and skills</p> <p>5. Occupational-personal satisfaction and enrichment with ones' work</p>	<p>Obtain GED in order to pursue education and employment goals</p> <p><u>HEDIS Measures</u></p> <p>Prevention & Screening</p> <p>Behavioral Health</p> <p>Care Coordination</p>	<p>Community Based</p> <p>Mobile service; conduct activities/workshops/classes at various locations in the participants community</p>	<p>Intake & Referral Specialists: Phoenix Marvin Cotton Flagstaff Audrey Sambrano –</p> <p>referrals@vivehopelives.org 1-855-747-6522 x 108</p> <hr/> <p>Justice Liaison & Program Management for Phoenix: Alex Gilbert</p> <p>agilbert@vivehopelives.org 520-238-2488</p> <hr/> <p>Forensic Peer Program Manager: Flagstaff Casey Dennison</p> <p>cdennison@vivehopelives.org 928-315-9189</p>



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<p><u>Financial Coaching (increasing financial stability)</u></p> <p>To help become financially independent, and help individuals increase their income and move out of poverty.</p> <p>Goal: to help meet the short-term needs of individuals and families while working with them to begin the longer-term process of saving and building assets.</p> <p>Money, Beliefs and Emotions</p> <p>Money Management Learned as a child</p> <p>Monthly Income and Expenses worksheet & Monthly Payment Schedule</p> <p>Net worth worksheet</p> <p>Personal Financial Priorities worksheet</p> <p>Risk Assessment</p>	<p>Individual & Family</p> <p>1:1/group</p> <p>Sessions are open to the unique needs of each person as an individual</p> <p>Adults (18+)</p>	<p>2. Environmental-good health by occupying pleasant, stimulating environments that support well being</p> <p>3. Financial-satisfaction with current and future financial situations</p> <p>4. Intellectual-recognizing creative abilities and finding ways to expand knowledge and skills</p>	<p>Financial IQ</p> <p><u>HEDIS Measures</u></p> <p>Prevention & Screening</p> <p>Behavioral Health</p> <p>Care Coordination</p> <p>Respiratory Coordination</p> <p>Cardio</p>	<p>Community Based</p> <p>Statewide</p> <p>On site at Hope Lives Training Facility</p> <p>Mobile service; conduct activities/workshops/classes at various locations in the participants community</p>	<p>Intake & Referral Specialists: Phoenix Marvin Cotton Flagstaff Audrey Sambrano –</p> <p>referrals@vivehopelives.org 1-855-747-6522 x 108</p> <hr/> <p>Forensic Peer Program Manager: Flagstaff Casey Dennison</p> <p>cdennison@vivehopelives.org 928-315-9189</p>
<p><u>Garden Club</u></p> <p>The benefit of gardening propels lasting change and ongoing recovery for an individual physically, mentally, and emotionally. It increases cultural and social connection to their community and with other community members.</p> <p>Gardening education and activities promote relationship between plant and human to induce relaxation and reduce tension, anger, fear and blood pressure. This type of activity increases self-esteem, confidence, community pride, and relationships. Our goal is to increase equality, self and community enrichment.</p> <p>In this workshop, you are invited to explore the meaning of recovery as it relates to mental health, to nurture and be nurtured.</p>	<p>Individual/Family</p> <p>1:1/group</p> <p>Sessions are open to the unique needs of each individual</p> <p>Adults (18+)</p>	<p>2. Environmental-good health by occupying pleasant, stimulating environments that support well being</p> <p>4. Intellectual-recognizing creative abilities and finding ways to expand knowledge and skills</p> <p>5. Occupational-personal satisfaction and enrichment with ones' work</p> <p>6. Physical-recognizing the need for physical activity, healthy foods, and sleep</p>	<p>Therapeutic connection to earth and nature; Creation of community</p> <p><u>HEDIS Measures</u></p> <p>Prevention & Screening</p> <p>Behavioral Health</p> <p>Care Coordination</p> <p>Respiratory Coordination</p> <p>Cardio</p> <p>Diabetes</p> <p>Musculoskeletal Coordination</p> <p>Body Mass Index</p>	<p>Community Based</p> <p>Statewide</p> <p>Hope Lives- Vive La Esperanza</p>	<p>Intake & Referral Specialists: Phoenix Marvin Cotton Flagstaff Audrey Sambrano –</p> <p>referrals@vivehopelives.org 1-855-747-6522 x 108</p> <hr/> <p>Justice Liaison & Program Management for Phoenix: Alex Gilbert</p> <p>agilbert@vivehopelives.org 520-238-2488</p> <hr/> <p>Forensic Peer Program Manager: Flagstaff Casey Dennison</p> <p>cdennison@vivehopelives.org</p>



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<p>We will explore the concepts of recovery and resiliency; health and wellness.</p>		<p>7. Social-developing a sense of connection, belonging, and a well-developed support system</p> <p>8. Spiritual-expanding a sense of purpose and meaning in life</p>	<p>Medication Management</p>		<p>928-315-9189</p>
<p><u>Smoking Cessation</u></p> <p>To provide individuals a support group for those who want to or are trying to quit the use of tobacco. The Peer- to-Peer Tobacco Recovery Groups provide participants with information about health and wellness, information about tobacco use and tobacco cessation strategies. These groups offer a supportive, safe and non-judgmental environment where individuals can share their personal experiences as they take steps towards Tobacco Recovery goals. Individual will learn about Healthy Behaviors, Truth About Tobacco, Changing Behaviors, Coping with Cravings, Managing Stress and how to Plan Ahead. Individuals will work with Peer Tobacco Recovery Advocates for appropriate referrals to providers.</p>	<p>Individual & Family</p> <p>1:1/ group</p> <p>Sessions are open to the unique needs of each individual.</p>	<p>2. Environmental-good health by occupying pleasant, stimulating environments that support well being</p> <p>3. Financial-satisfaction with current and future financial situations</p> <p>6. Physical-recognizing the need for physical activity, healthy foods, and sleep</p> <p>7. Social-developing a sense of connection, belonging, and a well-developed support system</p>	<p>Reduction or abstinence from smoking; increase of disposable income</p> <p><u>HEDIS Measures</u></p> <p>Prevention & Screening</p> <p>Behavioral Health</p> <p>Care Coordination</p> <p>Respiratory Coordination</p> <p>Cardio</p> <p>Diabetes</p> <p>Musculoskeletal Coordination</p> <p>Body Mass Index</p> <p>Medication Management</p>		<p>Intake & Referral Specialist: Marvin Cotton referrals@vivehopelives.org 1-855-747-6522 x 108</p>
<p><u>Ladders of Change</u></p> <p>Restoration of Civil Rights (RCR)</p> <p>Removing Barriers to:</p> <p>Employment</p> <p>Voting</p> <p>Housing</p>	<p>Individual</p> <p>1:1/ group.</p> <p>Adults (18+)</p>	<p>7. Social-developing a sense of connection, belonging, and a well-developed support system</p> <p>8. Spiritual-expanding a sense of purpose and</p>	<p>Members learn to successfully navigate the barriers that involvement with the courts or incarceration create upon release</p> <p><u>HEDIS Measures</u></p>	<p>Community Based</p> <p>Statewide</p> <p>Mobile service; conduct activities/workshops/classes at various locations in the participants community</p>	<p>Intake & Referral Specialists: Phoenix Marvin Cotton Flagstaff Audrey Sambrano – referrals@vivehopelives.org 1-855-747-6522 x 108</p>



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<p>Birth Documents Identification</p> <p>Successful Completion of Probation/Parole Weekly Groups</p>		<p>meaning in life</p>	<p>Prevention & Screening</p> <p>Behavioral Health</p> <p>Care Coordination</p>		<p>Justice Liaison & Program Management for Phoenix: Alex Gilbert agilbert@vivehopelives.org 520-238-2488</p> <hr/> <p>Forensic Peer Program Manager: <i>Flagstaff</i> Casey Dennison cdennison@vivehopelives.org 928-315-9189</p>
<p><u>Peer Whole Health</u></p> <p>Whole Health (program) encourages interaction and support between participants, and maintains efforts in reaching their goal(s), document measurable results of the program. This model and approach provides a</p> <p><i>Person Centered, Peer Supported, Whole Health Planning and Activity(s) designed to help a person explore areas related to creating a healthy life style; healthy eating, physical activity, restful sleep, stress management, service to others, and support network.</i></p> <p><u>Classes Offered</u></p> <p>CPR/FA Health Coaching Ability 360 classes (in community M/W a.m.) Smoking Cessation Smoothies Hikes CC101 CC200 Food Handler's Card</p>	<p>Individual 1:1/ group Adults (18+)</p>	<p>6. Physical-recognizing the need for physical activity, healthy foods, and sleep</p> <p>7. Social-developing a sense of connection, belonging, and a well-developed support system</p> <p>8. Spiritual-expanding a sense of purpose and meaning in life</p>	<p>Members learn to look at the “big” picture in ones’ recovery journey.</p> <p><u>HEDIS Measures</u></p> <p>Prevention & Screening</p> <p>Behavioral Health</p> <p>Care Coordination</p> <p>Respiratory Coordination</p> <p>Cardio</p> <p>Diabetes</p> <p>Musculoskeletal Coordination</p> <p>Body Mass Index</p> <p>Medication Management</p>	<p>Activity Center Based</p>	<p>Intake & Referral Specialists: <i>Phoenix</i> Marvin Cotton <i>Flagstaff</i> Audrey Sambrano – referrals@vivehopelives.org 1-855-747-6522 x 108</p> <hr/> <p>Justice Liaison & Program Management for Phoenix: Alex Gilbert agilbert@vivehopelives.org 520-238-2488</p> <hr/> <p>Forensic Peer Program Manager: <i>Flagstaff</i> Casey Dennison cdennison@vivehopelives.org 928-315-9189</p>



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<p>Benefits:</p> <p>Specialists on staff to assist you with applying for, renewing or answering questions regarding.....</p> <p>AHCCCS (DES/SSI MAO) Social Security Admin. (SSA) SSI/SSDI Ticket to Work Freedom to Work</p>	<p>Individual</p> <p>1:1/ group. Adults (18+)</p>	<p>3. Financial-satisfaction with current and future financial situations</p>	<p>Members gain an understanding of the Benefits they receive and/or are eligible for, and how going back to work affects benefits currently received by Member</p> <p>HEDIS Measures</p> <p>Prevention & Screening Behavioral Health Care Coordination</p>	<p>Activity Center Based</p>	<p>Intake & Referral Specialists: <i>Phoenix</i> Marvin Cotton <i>Flagstaff</i> Audrey Sambrano referrals@vivehopelives.org 1-855-747-6522 x 108</p> <hr/> <p>Justice Liaison & Program Management for Phoenix: Alex Gilbert agilbert@vivehopelives.org 520-238-2488</p> <hr/> <p>Forensic Peer Program Manager: <i>Flagstaff</i> Casey Dennison cdennison@vivehopelives.org 928-315-9189</p>
<p>A.C.E.</p> <p>Adverse Childhood Experiences</p> <p>The ACE Study breaks new ground in exposing the physical manifestations of childhood trauma.</p> <p>Trauma Informed Care: Not “What’s wrong with you?” instead “What happened to you?” Symptoms (substance abuse, etc) are adaptations to trauma Shift from “The denial stops here.” to “The recovery starts here.”</p>	<p>Individual & Family</p> <p>1:1/group</p> <p>Sessions are open to the unique needs of each person as an individual</p> <p>Adults (18+)</p>		<p>HEDIS Measures</p> <p>Prevention & Screening Behavioral Health Care Coordination</p>	<p>Community Based</p> <p>Statewide</p> <p>Mobile service; conduct activities/workshops/classes at various locations in the participants community</p>	<p>Intake & Referral Specialists: <i>Phoenix</i> Marvin Cotton <i>Flagstaff</i> Audrey Sambrano referrals@vivehopelives.org 1-855-747-6522 x 108</p> <hr/> <p>Justice Liaison & Program Management for Phoenix: Alex Gilbert agilbert@vivehopelives.org 520-238-2488</p> <hr/> <p>Forensic Peer Program Manager: <i>Flagstaff</i> Casey Dennison cdennison@vivehopelives.org 928-315-9189</p>



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Outreach

This service offers person's developing mental health barriers or experiencing a mental health crisis an introduction to and overview of services available in the individuals' community.

This outreach is continued until appropriate services and supports are received and the member feels connected.

Ongoing Service Evaluation/Assessment

Ongoing service evaluation/assessments are organized as a part of the continuum of care and will consist of dialogue and reporting sessions that will spotlight an ongoing assessment of the following services to be delivered;

Evaluation/assessment will be predominantly engaged through DLA20; Hope Lives' MCIW-BH, suited for attaining diverse perspectives about the program outcomes. The benefits of the evaluation/assessment exploration are comprised of gaining insights into the outcomes of service/support delivery and people's increased knowledge of health and wellness.

Evaluation/assessment is particularly useful when there are diversities between the group participants to allow for a variety in opinions, use of language and culture of particular groups or communities. The evaluation/assessment will be utilized at various stages of services delivery to evaluate, adapt and/or develop a particular program/service of activities that will fit the needs of service recipients; the evaluation/assessment will be utilized to assess its impact and cultural competencies. This evaluation can also generate measurable outcomes.

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