



AAIR

Access to
American Indian
Recovery

Monthly Update

May/June 2009

Recovery Success Story

Staying Connected: A Story of Recovery



My life is different today. A lot different. In November '07, I was released into a transitional program, then I was introduced to Sacramento Native American Health Clinic (SNAHC) and the Red Road. SNAHC took me under their wing. I have a lot to thank them for.

Today, I've got my kids back, I got an apartment, I went back to school, and I still work on my recovery every day. Before I went to prison, I wasn't connected with anybody. That

changed when I got out. Through SNAHC, I got involved with Warrior Down. We drum together, eat together, and connect outside the group. We're a strong group with a solid core of people who have been involved for a while. We welcome new people too and give them a hand when they need it. If they need rides, we support them; we listen when they need to talk.

For me, the most important part of my recovery has been being around my people and reconnecting with my culture. I intern at SNAHC and go to workshops at CRIHB, and I stay connected with positive people.

It wasn't easy. At first I didn't think I was an alcoholic. But, as I started listening to what people said, I started seeing things differently. It was humbling. I experienced a lot of dissonance. For a long time, every day was a struggle. I didn't know what I was doing. I felt like I didn't deserve something better. Those were hard, frustrating days, and I did what I had to do. I didn't look back.

But change is good, however you do it: Red Road, White Bison, Narc-Anon, whatever your road, there's help. You don't have to do it by yourself. You've got support, people who care. If I can do it, you can do it!

Sure change is scary. Maybe alcohol is your comfort zone, but give recovery a chance. It opens doors to many things you even dreamed of: be it a good day or a good job or getting your family back. You can do it! You could be the baddest guy there is, but you can do it if you want to change. There's a lot of good programs available and a lot of good Indian people to help.

I got to be part of the Sacred Hoop when it came here. That was mov-

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Good News! AAIR Funds Restored

We are glad to report SAMHSA has approved our Year One carryover request. This action restores some AAIR funds, enabling us to offer a broader range of vouchers for new AAIR clients—those enrolled after April 30, 2009.

In response, the AAIR Advisory Working Group has developed the following approach to address client needs, while meeting ATR program requirements:

Residential Vouchers: Maximum of one 30-day Residential voucher (adult or adolescent) per client. These clients may not receive other services vouchers of any type through the AAIR program. Note that these vouchers are available on a first-come-first-served basis. Be sure to contact the AAIR Call Center: (866) 350-8772 to make sure vouchers are still available before enrolling a client. See the Voucher Inventory below for details on initial voucher availability.

Outpatient and Recovery Support Services Vouchers: Maximum of two Outpatient and/or Recovery Support Services vouchers per client for the duration of the AAIR program

Note: Outpatient, Recovery Support, and Sober Living vouchers are valid for 60 days each. Two

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A program of the
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Current Voucher Inventory

With the addition of Year One carryover funds, \$5 million remains for AAIR vouchers during the current year, which ends September 30, 2009. This includes over \$3.4 million for meth-related clients.

To meet SAMHSA target client numbers, we need to serve an additional 2,134 clients by the end of September, or about 500 new clients per month, on average. For the past few months, only about 100 new clients per month, on average, have been enrolled in the AAIR program. That's approximately one new client per provider organization in the AAIR provider network.

However, client enrollment began to climb dramatically once

residential treatment vouchers became available again. In the first week after the announcement, providers enrolled 75 new clients into the AAIR program. As noted above, expect these vouchers to be used up very quickly.

The table below reports the current inventory of vouchers available through AAIR, the value of each voucher, and the number of vouchers available, by type.



AAIR Voucher Inventory as of May 6, 2009

Voucher Type	Value	Quantity	Issued	Remaining
Recovery support without clinical services (evaluations)	\$ 95	954	6	948
Recovery support services	\$ 600	300	7	293
Continuation	\$ 600	300	0	300
Transitional Housing	\$ 750	300	0	300
Continuation	\$ 750	300	0	300
Clinical screening, assessment, and diagnosis	\$ 255	1,560	115	1,445
Outpatient treatment voucher	\$ 800	800	43	757
Continuation	\$ 800	800	0	800
Residential treatment voucher	\$2,700	760	68	692
<i>Voucher Inventory through 9/29/2009</i>				

The AAIR program is funded by the Substance Abuse and Mental Health Services Administration (SAMHSA) and administered by the California Rural Indian Health Board, Inc. (CRIHB). To learn more about AAIR, call toll-free: (866) 350-8772 or visit: www.crihb.org/AAIR

Staying Connected Continued

ing. I believe the Creator does everything for a reason. And I would go through it all again, to be the person I am today. I'm happy with who I am. I give back to people. For me, it's about the community.

It's good to be back. I'll have two years of sobriety on June 22. My two youngest kids, my son Sisario and my daughter Love, are 4 and 3 years old. They're one big reason I'm working to put my life back together. My parents have also very much been a part of my recovery.

I've got my kids in a cultural school, Buena Vista Child Development Center. They each have their little drums and stuff. It's good. Sure it's work and sometimes frustrating, but I'm really happy. It's so fulfilling. I thought I was saving my kids, but they saved me.

Thanks to Michael Duncan, a counseling intern at Sacramento Native American Health Clinic, for sharing his journey of recovery.

Good News Continued

of the same voucher may be issued to a client, or two different vouchers, depending on the person's needs. Provider organizations that offer both outpatient treatment and sober living may use both outpatient and sober living vouchers at the same time.