BBS Buzz

Chief’s Corner – Cheryl Frazine

Welcome to our second issue of BBS Buzz!

We bring you this edition quickly but thoughtfully—the positive feedback from the field for the first edition has been remarkable!

All of us at BBS are hoping that you find this edition as helpful! Please let us know what else you would like to see us address in the future.

Regards, CLF

Cody Unser, Founder of the Cody Unser First Step Foundation (Transverse Myelitis), presented “Barbie in a Wheelchair” at the Metro BSC quarterly meeting, on January 11, 2017.

Interview with Cody awaits inside of this issue.

BBS Guru Corner

Q: At what point do IDT teams involve BBS?

A: There are several reasons BBS gets involved with teams. We get involved if a team needs technical assistance with an individual, the individual is receiving crisis funding and/or behavioral support, or has sexually inappropriate or offending behavior (to name a few). If a team feels they need BBS’ assistance, please call your regional BBS contact.

In This Issue

- Interview with Cody Unser
- Mindfulness
- Positive Supports
- Upcoming Training
Here is an honest, straight forward interview with Cody Unser, that shows her strength, inner beauty and driven passion to make a difference.

1- What are the pros/cons of being an Unser?

Pros: Having a well-known name raises awareness. I can reach more people and tell my story. The inherited Unser drive to go fast and get results drives me to get results.

Cons: Because you are known, you can’t be as bad as you may want to be. Being in the limelight can put some of your family’s challenges out in the public. “My family is crazy but I wouldn’t change it.” One way to deal with things that come in too fast, is to say, “I will deal with it tomorrow.”

2- What motivates/inspires you every day? The idea that I can make a difference in one person’s life. In forming the foundation, her strong desire was that no one would get Transverse Myelitis. “A lot is expected of me, and I expect a lot of me too. I expect a lot!”

3- Where do you see yourself in 5 years? I am a moment to moment person. I want the Foundation to do more and affect more people. I see myself as a Politician for individuals with Disabilities.

4- Do you have a hero/ idol? Someone you look up to? Who and Why.

My MOM is my role model. She is driven with a lot of emotion. She is a single mom of 4 kids. She has shown Cody what strength is truly about. Side note: Older brother, Al (into cars), and younger brother, Joey (into Extreme Sports e.g. snowboarding, scuba diving) that live in Albuquerque and a younger sister, Shannon (actress) that lives in San Francisco.

Christopher Reeve is my idol. First of all he’s Superman. “He taught me how to be the face and voice of something bigger than myself.” He became the face of paralyses and has brought quality of life and funding for research e.g. spinal cord injuries.

5- What type of groups and kind of information do you do presentations for? In 2007, she partnered with UNM to provide a medical conference which included having some John Hopkins physician specialists present. Open discussions on Transverse Myelitis was among the focus. Cody presented to the American Congress of Obstetrics and Gynecology on disabled women having some John Hopkins physician specialists present. Open discussions on Transverse Myelitis was among the focus. Cody presented to the American Congress of Obstetrics and Gynecology on disabled women’s current needs.

6- Do you have any advice for DDW professionals?

“It’s important to keep your minds open and never stop learning.” Take time to talk to an individual, and not treat them like a check off list.

7- If you could be an animal, what would you be and why?

A Jelly Fish. They are mesmerizing, pretty, silent but deadly.

8. You’re a new addition to the crayon box. What color would you be and why?

“All Glitter” so I can reflect all colors.

9. What’s the most interesting thing about you?

“My sense of humor.” “I find laughter in everything”. She went on to describe it as a strength that has brightened many of her days.

“I am brutally honest with no shame.”

10. What’s one of the latest movies you have seen? Collateral Beauty, “I loved it.”

11. What are some your favorite things to read? Autobiographies, Self-help books on topics to what is current with her life, some science and research materials.

12. Do you have a favorite phrase or motto? I’ll move on and I’ll deal with it. “I believe I became paralyzed for a reason.”

“If you can’t be normal, BE SPECTACULAR!” because after all what is normal? What does that really mean?”

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WHAT IS ALL THE "HOOPLA" ABOUT MINDFULNESS?

Let’s face it! Most of us live in the age of many distractions, struggles, and just plain business. How many of us respond, when we are asked, “How are you?”, with “Oh, I’m so busy!”

Mindfulness has been described as, “The New Science of Health and Happiness”, by a recent Time Magazine Special Edition. What does this involve? At its most basic level, it involves, “putting down our juggling balls for a little bit.” By slowing down, staying present or centered, versus being on autopilot, and “embracing the beauty of monotasking” or focusing on one thing at a time, we can cultivate calmness, greater clarity of mind, optimism, and happiness. Studies on mindfulness have shown that it can rewire the brain and have many physical and mental health benefits.

There are many ways to be mindful, and this will look different for each person based on individual likes. Some people like to meditate or pray, others like to walk or do Yoga, for example. One of the best things about mindfulness is that you can find very simple things that don’t take but a minute or two to do! Did you know that one of the best resources we have are our noses? Taking a few minutes to breathe deeply can make a big difference in how we feel throughout a stressful day. Other ways to be mindful are to try and get better sleep, take a break from our electronic devices (a 24-hr. “digital Sabbath”), and making it a point to express gratitude for the blessings in our lives.

“Life moves pretty fast. If you don’t stop and look around once in a while, you could miss it.” –FERRIS BUELLER (the movie)

101 Mindful Ways to Build Resilience, by Donald Altman, MA, LPC (2016).
Mindfulness-Based Interventions to Rewire the Brain—an upcoming workshop in Santa Fe (May 3) and Albuquerque (May 4)—sponsored by Pesi (www.pesi.com).

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The Bureau of Behavioral Support (BBS) provides statewide crisis prevention and intervention services to help support persons with Intellectual/Developmental Disabilities and their support networks to navigate when in a behavioral or medical crisis situation. BBS can provide technical assistance to an interdisciplinary team (IDT) as requested by any member of that team. BBS can also offer training, referral to other resources, mentoring and implementation of crisis staffing.

For anyone wishing to receive more information on Crisis Response services provided by BBS, please call your local regional office and ask to speak with the Crisis Specialist. For any provider who is interested in becoming a Crisis Supports provider, please contact the Statewide Crisis Coordinator/Administrator at 505-841-6633.
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