



Jenny Compton

I am 46 years old, divorced and the mother of a beautiful white Persian cat named Phat Whitey Compton. I moved to Tucson with my father and cat two years ago from Kansas City. We miss the BBQ and the Kansas City Chiefs; we don't miss shoveling snow, tornadoes or flooded basements.

I was always an awkward child, "eccentric" my parents called me. The onset of my mental illness was at about age twelve. A family trauma occurred and I didn't want to burden my parents with the resulting problems I endured from "friends" at school and in the neighborhood. I was young so I thought I would be called "crazy." My parents did get counseling for me, but I assured the psychologist that everything was fine and I refused to go more than about three times. Because of the original traumatic event and the abuse from other kids I lost all self-esteem. Making friends was difficult for me anyhow, so I kept pretty much to myself and read a lot. To numb my feelings and racing thoughts, I started to self-medicate with Dramamine and alcohol.

As the years went on, my behavior became more and more reckless and I was arrested at least three times before I was 18. I struggled in school, but somehow graduated high school and went on to earn a Bachelor's degree in Hotel and Restaurant Management at UNLV. I struggled through life dealing with my problems in private, trying to appear "normal" and "together." After college, I was officially diagnosed with Bipolar disorder and was prescribed medicine. I hated the way it made me feel so I only took it sporadically. I continued to drink and started using drugs. I sometimes blacked out, acted impulsively and lost jobs. I went to rehab and mental hospitals nine times in all, but the beneficial effects never lasted.

My rock-bottom happened when I got high and tried to steal a bicycle out from under the noses of the shop owner and other customers. This dumb act led to my arrest and conviction for felony robbery under the influence. That was my wake-up call. By trap-door at rock bottom. I knew at that point my life could go in a couple of different directions, and I was at the fork in the road. Thankfully I was sentenced in 2012 to serve nine months in a Kansas Therapeutic Community run by the Department of Corrections. What a wake-up call. I got mentally stable and I haven't been off my meds since.

Moving to Tucson was just the first step. I still needed a career and friends. I got certified as a Peer Support Specialist and I started to volunteer at NAMI. I also joined NAMI's Heart-to-Heart, a friendship program that brings people together who may otherwise have led a lonely, fringe-of-society existence. This program made me realize I am not alone and friends are so important in recovery. This was when optimism and hope reentered my life and I started feeling like the "old Jenny." Because of NAMI I was no longer scared of my own shadow and realized that I shouldn't give up on myself. NAMI has placed a huge amount of trust in me when they didn't have to help at all.

I started volunteering with NAMI, and I have taken every class and training opportunity available. I have learned a tremendous amount and my self-confidence is back. Since starting at NAMI, I have gained experience in assisting peer clients, creating a database of various community resources, answering public questions and concerns, explaining our programs and services during tabling events, training some new NAMI volunteers about their job responsibilities and continuing to advocate for myself with continued improvement. I am also a Peer-to-Peer Group Facilitator and I write medical documentation notes when assigned.

I attribute my personal and professional growth, successes and improvement to my experience working with NAMI. I look forward to a great future helping others and am proud to be a part of this magical organization.

NAMI SOUTHERN ARIZONA OFFICE RENOVATION PROJECT IS NEARING COMPLETION!

We plan to have an open house on October 5th so you can all see the improvements! To date we have received over \$3,500 in grants and cash donations for our renovations and thousands in donated materials, furniture and labor. We are hoping to raise an additional \$10,000 to cover costs and additional improvements. **To Donate to this project, see photos, our wish list, or volunteer needs go to namisa.org/office-renovation.html**



TO DO



TA DA!

We have met our goals to improve office aesthetics, energy and water efficiency, wheelchair accessibility and add storage!

Repairs have been made to the heating and cooling system throughout the office. All offices and the lobby have been painted and our advocate office has been soundproofed for more privacy. New energy efficient windows throughout the office are all installed—the traffic noise is much quieter now!

The main bathroom has been painted and is now wheelchair accessible. The staff bathroom has been painted and all new fixtures, a mirror, sink vanity and storage cabinet have been installed. Colored concrete floors in our conference room and 2 adjacent back

offices have been poured—bringing all office floors to the same level, recessed lighting and a ceiling fan was installed. Four 8' oak bookcases for the library were donated and the books are on the shelves. Three cabinets have been added to store brochures, office supplies and class materials.

Wish List/Volunteer Needs: We are looking for businesses or service groups to donate/install some rain gutters and window coverings for our new windows; to clean up and improve the front landscaping to add some water harvesting by directing the gutters to planting areas and add some low-water use plants.

Front porch—we are hoping to get some donations of materials (e.g. block) and labor or cash contributions to expand and screen the porch so that staff and clients who are less comfortable waiting inside have an outside space to enjoy in nice weather.

Kitchen— we plan to move the hot water heater outside to make room for a fridge in the kitchen, we have received a tile donation for the countertop and back splash, we are just getting started on this phase.

We still need a 10' conference table and would like to repave the back employee parking lot. If you or anyone you know can help, please contact Christina Bickelmann at (520) 622-5582 or email cbickelmann@namisa.org

The following businesses are generously supporting us in this effort. We recently received a donation of framed artwork for the office and chairs for the lobby from former board member Anne Lettes, M.D. which really perked up the place!





Louse Rempfer with Naomi Judd at the Authors Showcase

"Educate, Empower, Engage"

"I had my first NAMI National Convention experience this year and I can honestly say I will be going back next year! As a family member of several people who live with a Serious Mental Illness and a NAMI Advocate, I cannot possibly do my job 110% without attending that convention! There was so much information to see, do and learn that I needed another week to really attend everything.

We had wonderful movies presented to us for the first time. We had Author Showcases by Kay Jamison, Naomi Judd, Andrea Petersen, David Leite and Ron Powers. We had research updates, networking sessions, special interest sessions and the list goes on! One of my highlights was meeting with our representatives of Arizona. We had a sit down face to face with Martha McSally who I must say was the only one to meet us face to face and not just a staffer, but actually spoke with us in between testifying in Congress.

It was truly one of the most motivating and educational events I have ever attended in my 53 years of life! I would truly recommend anyone wanting to network with other family members, NAMI colleagues or just learn more about mental health to attend the NAMI Convention at least once in your life! So with that being said, on to New Orleans in 2018! - Louise Rempfer



Year-Round Recycling = Year-Round Fundraising

This fundraising program is an **evergreen, 365-day a year recycling drive**, not a limited-time recycling event. Lets make e-waste recycling an everyday habit in every household!

Recycle your ink cartridges and cell phones by dropping them by our office and we will send them in to benefit NAMI Southern Arizona!

Two Ways to Earn: Recycle, and Buy Recycled

Since Planet Green is both a recycling partner AND inkjet cartridge remanufacturer, they also make the Earth-friendly, remanufactured inkjet cartridges from the empties we send them! Whenever someone buys cartridges using the namisa link, **a percentage of the purchase price goes straight to our organization...** Visit Planet Green Recycle:

planetgreenrecycle.com/namisa



Southern Arizona Human Rights Committee is

dedicated to ensuring human rights for people with mental illness. It is a local oversight committee, authorized by the Arizona

Legislature, charged with promoting and protecting the human rights of children and adults who receive services from the public behavioral health care system. Volunteers are appointed by the Director of Arizona Department of Health Services (ADHS) and are approved by the committee.

Meetings are the 4th Wednesday of every month from 10:30 am to 12:30 pm at the Department of Health Services Office, 400 W. Congress St., Tucson, AZ 85701. Meetings are open to the public and a portion of each meeting is devoted to public comment.....Please join us!

Contacts: Ken Karrels, Ph.D. Chair, Pima County Human Rights Committee, 400 W. Congress St. Tucson, AZ 85701 or Yisel Sanchez, Human Rights Committee Coordinator, 1-800-421-2124 or 602-364-4577



Are you looking for another way to support NAMI Southern Arizona?

All proceeds from tickets sold by NAMI Southern Arizona will help support our no-cost advocacy, education and support programs.

With your **\$25 contribution (or 5 tickets for \$100)** you could win this awesome Ford Explorer!

This year they have added these prizes:

2nd Prize: 2 roundtrip first class airline tickets to anywhere in the world*

3rd Prize: \$5000 in cash. Stop by our office at 6122 E. 22nd St. and purchase your tickets until December 8, 2017. The drawing will be held on December 14, 2017.



STARS FOR our TROOPS

Needed: American Flags with embroidered Stars, that is tattered and being replaced. Stars about the size of a half dollar, are being cut and placed in a pouch with a note and given to our soldiers explaining.

"I am part of our American flag that has flown over the U.S.A. I can no longer fly. The sun and winds have caused me to become tattered and torn. Please carry me as a reminder that **You are not forgotten.**"

These pouches are given to those that served and are serving.

NAMIsa hopes to collect 300 stars to distribute at the Tucson Veterans Day Parade on Saturday, November 11, 2017. Many movements are growing across this great country to show support to our Troops, and the Star Project is one way that you can participate. Please wash and drop off your flag at our office at 6122 E 22nd Street. Thank you for helping us support our Veterans and Troops.

START THE CONVERSATION EDUCATE YOURSELF ON THE IMPACT OF MENTAL ILLNESS

COME LISTEN TO THE EXPERTS AND ASK QUESTIONS

6:30 p.m. at Duval Auditorium,
Banner-University Medical Center
1501 N Campbell Ave,
Tucson, AZ 85724

A SERIES OF 6 FORUMS ON MENTAL ILLNESS

Thursday, Sept. 7:
Mental Illness, An Overview

Tuesday, Sept. 19:
Mental Illness and Youth

Thursday, Oct. 5:
Mental Illness and Geriatrics

Thursday, Oct. 19:
Mental Illness and Law Enforcement

Thursday, Nov. 2:
Mental Illness and Incarceration

Thursday, Nov. 16:
Mental Illness and Psychopharmacology



From the Director

We have a small and extremely dedicated staff. We do a lot for the community with relatively limited resources. However, compared to you, our members and friends, our volunteers and supporters the impact we have is not profound. Or, perhaps, I should have said is the impact you could make can be tremendous. What I am talking about is your voice! I have often asked, no, begged, you to register to vote and to vote which is a big part of the voice you have. If you do not vote, you simply hand the microphone to someone else. However, we only get to vote from time to time in spite of the fact that issues that affect us and our loved ones come up all the time.

Lately, the health care issue has been an almost daily news item and many of you have spoken out, by calling your Senators and Representatives. I believe that by exercising our voice we have influenced the conversation and the decisions that have ultimately been made. At the recent NAMI Convention over 1,000 NAMI members when to Capitol Hill to talk to Senators, Representatives and very importantly, their staff. A couple of weeks after the convention we heard in press briefings some of our own words echoed back to us. Someone said to me. "That's what we said". If you speak they will listen; if you speak they can learn; if you are passionate they will feel your concern. This is not a fast process; it is a slow process.

These are real people and they listen to real people. This is why we will soon be offering a series of classes called NAMI SMARTS for Legislative Advocacy that will teach you how to be an effective communicator to your elected and appointed officials. I have heard many of you at Family to Family and Peer to Peer graduations say that you want to get involved. Now you can. Now you must!

Now more than ever before, issues are on the table and those outcomes will affect you and your loved ones. Speak now or forever wish you had.

H. Clarke Romans, Executive Director

NAMI Southern Arizona **DEPENDS** on you.
THERE ARE MANY WAYS TO HELP.
 BECOME A MEMBER, VOLUNTEER OR DONATE.

Board of Directors

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**OUR FATHERS
GRACE**

By Ardith Powell

Everyone is special and everyone is unique.

We all need love and care for life to be complete.

For God has given each of us the strength to rise above.

He gave us signs of hope in the peace of a dove.

The sun that warms our hearts. The kind words that bring a smile.

The tender summer breeze and the budding of a flower.

All tell us our Creator is ever present in our world.

That all people are equal in the eyes of our Lord.

My wish for you in these last lines

Is that you will know and you will find

The fullness of life and your very own place

In the loving arms of our Father's grace.

NAMI Southern Arizona Programs & Services – all programs offered at no charge to the participant.

EDUCATION

General Presentations*: We provide presentations on NAMI services as well as about mental illness.

Family to Family*: A 12-class course for family and friends of adults with mental illness.

Upcoming class: for information email Judy Kowalick at jkowalick@namisa.org or leave a message at 520-622-5582

NAMI Basics: A 6-class course for parents and caregivers of children with mental illness.

Peer to Peer (P2P)*: A 10-class course for individuals with mental illness focusing on recovery.

Upcoming classes: We are currently taking names for January 2018 classes for information email Yazmin Garcia at ygarcia@namisa.org or leave a message at 520-622-5582

In Our Own Voice*: A presentation given by individuals with mental illness providing their testimonies.

Ending the Silence: An early intervention program that engages students in mental health education and discussion.

Parents & Teachers as Allies: An in-service education program for school professionals, parents, and agencies working with children and adolescents.

Homefront-NEW: a six-session education program for family, friends and significant others of Military Service Members and Veterans with mental health conditions. If you would like to understand how to better support your loved one please contact Judy Kowalick at jkowalick@namisa.org or leave a message at 520-622-5582

ADVOCACY *

Our Advocates are available to act as your second voice and to help you:

- Understand your rights whether you are an individual with mental illness or a family member.
- Obtain mental health services and information.
- Work with the public/private mental health and legal systems.

Due to high volume, we are requesting that those in need of services please schedule an appointment, thank you!

SUPPORT

Family & Friends Support Groups*: Provide the sharing of experiences, knowledge, hope and coping skills for family members and friends with a loved one with mental illness.

NAMI Connection*: A weekly recovery focused group for adults living with mental illness.

Creative Arts Group: For those with mental illness who want to explore different art forms.

Heart to Heart: A friendship program for people with mental illness. Volunteers are matched with individuals who have mental illness and are trained to talk and participate in social activities together.

NAMI FaithNet: Supports faith communities who want to develop a mental health ministry or simply educate their clergy, staff, and congregations about mental illness and available community resources.

Office: (520) 622-5582
namisa@namisa.org
NAMISA.org

**Available in Spanish*



Southern Arizona

Since 1983

Highlights

- **Ending the Silence study results**
- **Renovation update**
- **Directors Report**
- **Forums on Mental Illness**
- **NAMI National Convention**

There is no health without mental health!

Contact Us

**6122 E. 22nd St.
Tucson, AZ 85711
(520) 622-5582**

namisa@namisa.org

namisa.org

Business Hours

**Monday - Friday
9 AM to 5 PM**



Youth Benefit from Mental Health Education

10 high schools from 5 different areas of the United States took part in a NAMI National research project. During the 2016 school year, these high schools' tested the effectiveness of the NAMI Ending the Silence presentation. NAMI Southern Arizona was among the five affiliates to participate in this project.

The goal of the Ending the Silence (ETS) presentation is to create a generation of high school students who are well-positioned to end the silence and stigma surrounding mental illness. Another goal of the ETS presentation is to educate these students about the early warning signs seen with mental illness and to give them resources to help them to seek help if they suspect an illness within themselves or a friend.

932 students took part in the research project nation-wide. Three days of research took place in which there were pre and post control groups and groups of students who received the ETS presentation. All the students completed a 12 item questionnaire which measured knowledge and attitudes related to mental health conditions and help-seeking attitudes.

The knowledge and attitudes for the students receiving the ETS presentation increased significantly following the presentation and remained elevated over the pre ETS presentation scores at the 4-6 week follow up. The scores of the Control group students remained the same across all three administrations of the questionnaire.

Because of this research, the conclusion was that the NAMI ETS presentation is effective in changing the high school student's knowledge and attitudes in a positive way toward mental health conditions and toward help-seeking. This effect is a robust one, occurring across different presenters, across different study schools, and across the diverse populations within those schools.

During the spring of 2017, middle school students were also involved in the same research project with results of this effort yet to be released.

NAMI Southern Arizona first began ETS presentations in 2014.

Mark Your Calendar

Serious Mental Illness costs the U.S. economy over \$193 billion annually! Call NAMI Southern Arizona to schedule a presentation to your group, school, business or organization. We can tailor our talk to meet your interests and demographics. Learn the warning signs and the resources available in our community. Everybody knows someone!

- ◆ **September 7**, First in a Series of 6 Forums on Mental Illness, see page 3 for topics and a complete schedule.
- ◆ **October 1-7 is Mental Illness Awareness Week**—we will hold our annual Candlelight Vigil for Mental Illness Recovery and Understanding on Tuesday, October 3rd from 6-7 p.m. at the Reid Park Cancer Survivors Plaza on 22nd St and Lakeshore Drive, across from McDonalds-rain or shine!
- ◆ **October 5, 2017**—**NAMI Southern Arizona Open house** from 4– 6 p.m. Stop by to see our newly renovated office space!

Has your Address, E-mail, or Phone Number Changed? Call our office or send us an e-mail. Don't miss out on any announcements or events!

Not a NAMI member? Join NAMI Southern Arizona Today!!

Join NAMI Southern Arizona on Social Media

