

# Find Help Find Hope

Volume 31: Issue 3

December 2013



**Southern Arizona**  
*Since 1983*

### Highlights

- Annual Holiday Potluck and Meeting
- NAMI Walks 2014
- Planned Giving
- NAMI Ending the Silence
- Upcoming Classes and Trainings

***There is no health without mental health!***

### Contact Us

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

E-mail  
namisa@namisa.org

Web site  
www.namisa.org

Business Hours  
Monday - Friday  
9 AM to 5 PM

## Contribute before 2014

Did you know that NAMI Southern Arizona:

- Has an evidence-based program called *Family-to-Family* and is the only program in our community that trains family members to help their loved ones with mental illness?
- Provides presentations through our stigma reduction program, *In Our Own Voice*, to various groups such as the police department, schools and faith based communities?
- Received approximately 13,500 calls as of today for help this year?
- Has over 30 years of experience in Southern Arizona?
- Is free of charge?

**When you or a family member is in need of help, where do you turn?** If you're like many people in our community, you go to NAMI Southern Arizona.

**Why?** Because you know you will receive help from NAMI Southern Arizona staff who are knowledgeable, dedicated and compassionate.

**Please consider making a gift to help support our mission before 2014. Make a donation Online, through Mail or Call us with a credit card over the phone. Our contact information is below on the left. Thank you!**

## NAMI Southern Arizona 2013 Accomplishments

**Education Programs:** 26 Teachers & Mentors taught a total of 138 weeks of instruction to 222 students.

**Outreach and Awareness Programs:** 66 Presenters gave 64 presentations to more than 2,700 participants and set up and staffed 25 resource tables.

**Events:** 140 Volunteers & Staff organized 2 major events with over 4,500 participants.

**Support and Advocacy:** 30 Volunteers & Staff facilitated and advocated for 1,500 family members and consumers; had more than 7,500 advocacy contacts & held 202 group meetings.

**Communication s:** 40 Volunteers & Staff published and distributed 3 major publications to over 10,000 recipients.

**Volunteers and Members are:** *Teachers, Mentors, Facilitators, Advocates, Resource Specialists, Heart to Heart Friends, Receptionists, Bulk Mailers, Event Helpers, Board Members, Staff*

**300 Volunteer members facilitated and advocated; published and distributed; organized; gave, taught and befriended thousands of family members and consumers.**

## From the Executive Director

Yes, it is December and the year is rounding the final turn. You finally became accustomed to writing 2013 on your checks (those of you who still do that). Much has happened this year. By the time you receive this, it may be a New Year. Medicaid (AHCCCS) Restoration has become a reality and coverage for approximately 4,000 individuals who either lost or were restricted from receiving mental health services will have them restored on January 1, 2014. For others who still fall in the crack, the Health Care Exchanges ([www.healthcare.gov](http://www.healthcare.gov)) and Health-e-Arizona will provide coverage in spite of the rocky start.

For all that has been accomplished, we all know that the political cycle keeps on moving. I realize that one way or another most of my commentaries are about speaking out. Whether by voting or talking to your neighbor or legislator, it's all about talking about mental illness. Every conversation that you have about mental illness can have a positive influence on someone. Whether it is an empathetic dialogue with a friend or family member or correcting misinformation, you demonstrate that it is acceptable to have a conversation about mental illness. All of these conversations become part of the fabric of our community and society and they affect people who are in office or who vote for the people in office. Let your conversations influence how others think about mental illness and about how they act and whom they elect!

This is our last newsletter of 2013, so I am asking you to do two things before the final sunset of the year. Think about making a year-end donation to NAMI Southern Arizona. Like many of you, we are just making ends meet. In spite of a shortage of funds, we have been able to maintain our program activities in Advocacy, Support, and Education. Help if you can to ensure that these programs continue next year and beyond. The second request is to ask you to read this short commentary again and think carefully about whom you could have a conversation with on the topic of mental illness. Would you dare to have it with someone who doesn't know about your connection with mental illness?

Finally, before the year ends, take a moment to enjoy whatever you have. Turn your mind away from the deficits of life and focus for a moment on the possibilities! Happy Holidays!




### Board of Directors

Mary Ann Johnson, *President*  
Francisco Moreno, MD, *Vice President*  
Ann B. Lettes, MD, *Treasurer*  
Lynn Flanagan, *Secretary*

### Members

Joan Cole  
Laura H. Fairbanks  
Doug Jones  
Sheila McGinnis  
Kathy Prather  
Betty Seery  
Scott Whitley

### Executive Director

H. Clarke Romans, Ph.D.

### Advisory Board

Carolyn Kemmeries  
Nancy Masland

**For Newsletter Inquiries, Suggestions, Recovery Stories, Article Submissions in either English or Spanish - please contact:**

Christina Bickelmann, *Newsletter Editor*  
Phone: (520) 622-5582, ext. 105  
E-mail: [cbickelmann@namisa.org](mailto:cbickelmann@namisa.org)

Preferred method of submissions is via e-mail.



### Connect with NAMI Southern Arizona!

- ◆ Volunteer
- ◆ Subscribe to our eNews
- ◆ Become a member or renew your annual membership
- ◆ Take one of our education classes
- ◆ Join a support group



## Ending the Silence



Ending the Silence is a new signature program that incorporates education and the lived experience into a 50-minute presentation. This presentation will be presented to high school students during class time.

The format is a power point and a video that explains that mental illness is biological in nature. It also explains eight different mental disorders seen in youth and cameos four youth who describe their disorder. After the power point a NAMI volunteer tells his/her journey of living with a mental illness. This program encourages the youth viewing the presentation to try to understand and support others with mental illnesses. Resources are given for youth to use for further information and help.

Each team of presenters has two people: one living with mental illness and one family member.

Volunteers are an integral part of this outreach into the school districts and to the community.

Onsite training at the NAMI Southern Arizona office will take place on February 4, 2014.

Volunteers interested in being part of this presentation are welcomed! Please contact Judi Maikoff at 520-622-5582, ext. 110.

Teachers in Tucson's school districts will give permission for this presentation to take place. Interested teachers, principals and other school personnel, please contact Judi Maikoff.

## Planned Giving

Many individuals and families have a very personal connection with NAMI Southern Arizona because of the ways that mental illness has affected their lives and the lives of people who are important to them. NAMI provides a wealth of knowledge, skills, support and friendship through both formal programs and informal networks.

Planned giving provides an additional source of funds so that the programs and services that NAMI provides here in Southern Arizona will continue to be available in the future.

There may be tax benefits to you now or to your estate in the future, depending on the type of gift that you make.

### Examples of planned gifts:

- Wills
- Beneficiary designation
- Charitable trust
- Charitable gift annuity

*100% of gifts and donations  
made towards NAMI  
Southern Arizona stay right  
here in our community!*



**HELP NAMI'S  
FUTURE GROW**

**For more information on planned giving, please contact:**

H. Clarke Romans, Executive Director  
NAMI Southern Arizona  
6122 E. 22nd Street  
Tucson, AZ 85711  
520-622-5582,  
[cromans@namisa.org](mailto:cromans@namisa.org)

## Programs from NAMI Southern Arizona

### For Family Members and Friends

**Family to Family\***: A 12-class educational course for family members and friends who have a loved one with mental illness.

**NAMI Basics**: A 6-class course that provides support and education to parents and caregivers of a child with a mental illness.

### For Those with Mental Illness

**Peer to Peer\***: A 10-class course on recovery for people with a mental illness diagnosis.

**Heart to Heart**: A friendship program where volunteers are trained and matched with individuals who have mental illness to talk and participate in social activities.

### Advocacy\*

Staff advocates and resource specialists are available for both individuals with mental illness and for family members. You or your loved one may ask us about patient rights, how to obtain quality mental health services, and more.

Due to high volume, we are requesting those in need of services to schedule an appointment.

### Interested in a NAMI Presentation?

**In Our Own Voice\***: An interactive presentation offered to community groups; two individuals with mental illness present their stories and an educational video.

**Parents and Teachers as Allies**: An in-service education program presented to school professionals or other agencies working with children and adolescents.

### **General Presentations\***

We can provide presentations on NAMI services as well as about mental illness.

\*\*\*\*\*

**For more information, contact the NAMI Office!**

**(520) 622-5582**

**E-mail: [namisa@namisa.org](mailto:namisa@namisa.org)**

**Or, visit us online:  
[www.namisa.org](http://www.namisa.org)**

*\*Program available in Spanish.*

---

## NO COST, UPCOMING CLASSES AND TRAININGS - Beginning January 2014

---

### CLASSES

**Family-to-Family**: Monday, January 6, 2014; 6-8:30 PM (*Speedway & Country Club*); Tuesday, January 7th, 11 AM-1:30 PM (*Sahuarita*); Monday, January 20th; 2-4:30 PM (*Oracle & Orange Grove area*).

**Coordinator**: Judy Kowalick ([jkowalick@namisa.org](mailto:jkowalick@namisa.org))

**Familia a Familia**: January 20th to April 7th. Every Monday from 5-7 PM. (*Speedway & Country Club*).

\* **Coordinator**: Haydeé Meza ([hmeza@namisa.org](mailto:hmeza@namisa.org))

**Peer-to-Peer**: January 22<sup>nd</sup> to March 26th. Every Wednesday from 5-7 PM (*Speedway & Country Club*).

\* **Coordinator**: Haydeé Meza ([hmeza@namisa.org](mailto:hmeza@namisa.org))

**Persona a Persona**: January 21st to March 25th. Every Tuesday from 5-7 PM (*Speedway & Country Club*). \* **Coordinator**: Haydeé Meza ([hmeza@namisa.org](mailto:hmeza@namisa.org))

**NAMI Basics**: January 7th to February 11th; Every Tuesday from 5:30-8:00 PM (*Tucson Blvd. & Broadway*).

**Coordinator**: Judi Maikoff ([jmaikoff@namisa.org](mailto:jmaikoff@namisa.org))



### TRAININGS

**Ending the Silence**: This training is for team members who are interested in speaking to high school students about mental illness. Please register with Judi Maikoff ([jmaikoff@namisa.org](mailto:jmaikoff@namisa.org)).

Training will take place on February 4th, 4:00 - 5:30 PM (*22nd & Wilmot*).

**Peer-to-Peer Training**: Teach this program if you have already taken Peer-to-Peer.

Training: TBD

**Coordinator**: Haydeé Meza ([hmeza@namisa.org](mailto:hmeza@namisa.org))

**In Our Own Voice (IOOV) Presenter Training**: Become an IOOV presenter and share your personal story with several different audiences to help us reduce stigma by educating our community.

Training Dates: February 8-9th; 9 AM - 5 PM (*Speedway & Country Club*). **Coordinator**: George Leon ([gleon@namisa.org](mailto:gleon@namisa.org)).

---



**Join NAMI's  
Faith Network!**

### What can NAMI do for your congregation?

- Provide a training curriculum for congregation personnel and/or study groups.
- Initiate a health or mental health ministry.
- Collaborate with NAMI during the annual Mental Illness Awareness Week and our Community Walk for Mental Illness - NAMI Walks.
- Provide a NAMI resource table for your health or community event.
- Offer presentations on mental illness.
- Schedule NAMI classes and support groups.
- Join our FaithNet Coalition!

**Contact your local NAMI affiliate:**

**Call: (520) 622-5582 or**

**Email: [faithnet@namisa.org](mailto:faithnet@namisa.org)**

**[www.NAMIsa.org](http://www.NAMIsa.org)**

## NAMI Book Club 2014 Reading List



### January 8, 2014—Discussion #8

Anatomy of an Epidemic: Magic Bullets, Psychiatric Drugs, and the Astonishing Rise of Mental Illness in America (2010) by Robert Whitaker, Broadway Paperbacks, 362 pp.

### February 12, 2014—Discussion #9

Tormenting Thoughts and Secret Rituals: The Hidden Epidemic of Obsessive-Compulsive Disorder (1999) by Ian Osborn, Dell Press, 336 pp.

### March 12, 2014—Discussion #10

Substance Use Disorders (2nd Edition) (Practical Guides in Psychiatry) (2006) by Stuart Gitlow, Lippincott Williams & Williams, 352 pp.

### April 9, 2014—Discussion #11

Anger: Wisdom for Cooling the Flames (2002) by Thich Nhat Hanh, Riverhead Trade Publishing, 240 pp.

### May 14, 2014—Discussion #12

Rethinking Madness: Towards a Paradigm Shift in Our Understanding and Treatment of Psychosis (2012) by Paris Williams, Sky's Edge Publishing, 398 pp.

### June 11, 2014—Discussion #13

Why People Die by Suicide (2007) by Thomas Joiner, Harvard University Press, 288 pp.

### July 9, 2014—Discussion #14

What a Life Can Be: One Therapist's Take on Schizo-Affective Disorder (2011) by Carolyn Dobbins, Bridgeross Communications, 226 pp.

### August 13, 2014—Discussion #15

Anxiety Disorders: The Go-To Guide for Clients and Therapists (2011) by Carolyn Daitch, W. W. Norton & Company, 256 pp.

### September 10, 2014—Discussion #16

On Depression: Drugs, Diagnosis, and Despair in the Modern World (2013) by S. Nassir Ghaemi, Johns Hopkins University Press, 232 pp.

### October 8, 2014—Discussion #17

Borderline Personality Disorder Demystified: An Essential Guide for Understanding and Living with BPD (2004) by Robert O. Friedel, Da Capo Press, 272 pp.

### November 12, 2014—Discussion #18

The Mindful Way Through Depression: Freeing Yourself from Chronic Unhappiness (2007) by Mark Williams, John Teasdale & Zindel Segal, The Guilford Press, 273 pp.

**To enroll or for more information including a reading list, please contact: Phone: (520) 270-4794  
Email: [ddelavina@gmail.com](mailto:ddelavina@gmail.com)**



# SAVE THE DATE!

**Saturday, March 29, 2014**  
**Kino Veterans Memorial Stadium**  
**2500 E. Ajo Way**

**8th Annual NAMI Walk!**

**Last year we raised approximately \$109,000.**

**This year's goal is \$150,000!**

### **NAMI Walk Sub-Committees - Volunteers Needed!**

- Sponsorships
- Marketing & Communication
- Outreach/Team Recruitment
- Walk Day Logistics

### **NEW FEATURES AND ANNOUNCEMENTS!**

- New NAMI Walks fund raising website! Check it out at [www.namiwalks.org](http://www.namiwalks.org).
- Have a Smartphone? Fundraising and managing your fundraising page is easy on our new fundraising app.

### **Interested in helping with our 2014 Walk?**

Contact Christina at the NAMI office or by email at [namiwalks@namisa.org](mailto:namiwalks@namisa.org) or at (520) 622-5582.

Depending on your time constraints there are a variety of opportunities available.

## ***Donate a Car, Boat, RV, or Other Vehicle!***

Donating your car, truck, van, SUV, boat, motorcycle, ATV, RV, trailer or airplane has never been easier! Simply choose NAMI Southern Arizona to donate your car or other vehicle!

Contact Charitable Auto Resources (CARS) to make a donation:

1. Donation specialists are available 7 days a week to assist you with any questions you have about donating your vehicle to charity.
2. Call the toll free number **877-537-5277** or fill out our online form to get started by visiting [www.donatingiseasy.org](http://www.donatingiseasy.org).
3. Pick up of your donated vehicle is always **free** and most vehicle donations can be picked up within 24-72 hours. You will be given a receipt upon pickup that may be used for a tax deduction.

Free yourself from the hassles of selling your vehicle and give something to your community at the same time. Donate today! It's easy!



### **You will need:**

- A donation form which can be filled out online [www.donatingiseasy.org](http://www.donatingiseasy.org)
- The *Certificate of Title* upon pickup of vehicle.

### **Have question s?**

Call (877) 537-5277

## NAMI Support Group Schedule & Programs

### For those with Mental Illness

**Conexión NAMI**  
*(en español) Cada Miercoles*  
*Every Wednesday*  
5:00 p.m. - 7:00 p.m.  
Mission Library  
3770 S. Mission Rd.

**NAMI Connection**  
*Every Tuesday of the week*  
6:00 p.m. - 7:30 p.m.  
HOPE Inc.  
1200 N. Country Club  
*Between Speedway & Grant*

**Expressive Arts Group**  
*Write, Make Art & Music, Move, Act, Listen & Share*  
*4th Sunday of every month*  
2:00 p.m. - 4:30 p.m.  
Joel D. Valdez Main Library  
101 N. Stone  
*Children's Meeting Room*  
Contact NAMI prior to your 1st visit: [expressivearts@nami.org](mailto:expressivearts@nami.org) or 622-5582

### For Family Members & Friends with a Loved One

**Eastside Family & Friends**  
*2nd Wednesday of the month*  
7:00 p.m. - 8:30 p.m.  
NAMI Southern Arizona  
6122 E. 22nd St.  
*Between Craycroft & Wilmot*

**North Central Family & Friends**  
*1st Wednesday of every month*  
2:00 p.m. - 3:30 p.m.  
St. Philip's In The Hills  
Episcopal Church  
4440 N. Campbell Ave.  
*Northeast corner of Campbell & River Road*

**Northwest Side Family & Friends**  
*1st Thursday of the month*  
6:00 p.m. - 7:30 p.m.  
Ascension Lutheran Church  
1220 W. Magee Rd.  
*Between Oracle and La Cañada-park in north lot*

**Eastside Family & Friends**  
*4th Tuesday of the month*  
7:00 p.m. - 8:30 p.m.  
NAMI Southern Arizona  
6122 E. 22nd St.  
*Between Craycroft & Wilmot*

**North Central Family & Friends**  
*4th Wednesday of every month*  
2:00 p.m. - 3:30 p.m.  
St. Philip's In the Hills Episcopal Church  
4440 N. Campbell Ave.  
*(Northeast corner of Campbell and River Road)*

**NAMI Book Club**  
*Every 2nd Wednesday of the month*  
6:30 p.m. - 8:00 p.m.  
St. Philip's In The Hills  
Episcopal Church  
4440 N. Campbell Ave.  
La Parroquia Building, Mesquite Room  
*Northeast corner of Campbell & River Road*

**Familias y Amigos**  
*(en español)*  
*Grupo para los que tienen un familiar o amigo con una enfermedad mental*  
*El tercer Jueves del mes;*  
*Third Thursday of the month*  
6:00 p.m. - 7:30 p.m.  
San Juan Church  
602 W. Ajo Way  
*Corner of Ajo & 12th Ave*

**Limit of 15 participants per meeting, to Enroll:**  
Email [ddelavina@gmail.com](mailto:ddelavina@gmail.com)  
Or Call 270-4794

Seasons Greetings

**Green Valley Family & Friends**  
*Last Wednesday of the month*  
10:30 a.m. to 12:00 p.m.  
Friends in Deed Building  
301 W. Camino Casa Verde  
*West of La Cañada Dr*

More support groups listed on our website at [www.NAMIsa.org](http://www.NAMIsa.org) or call our office at (520) 622-5582.

*Groups falling on holidays will be cancelled.*



**Southern  
Arizona**

**6122 E. 22nd St. | Tucson, AZ 85711**

NONPROFIT ORG.  
U.S. POSTAGE  
**PAID**  
TUCSON, ARIZONA  
PERMIT NO. 2125

## Need Immediate Help?

### Community-Wide Crisis Line

**(520) 622-6000 or (800) 796-6762**

### Walk-in Crisis Situations

#### **Crisis Response Center**

**2802 E. District**

(University of Arizona Medical Center - South Campus). *Available 24 hours/7 days a week.*

**SAMHC - 2502 N. Dodge Blvd., Ste. 120**

**(520) 617-0043**

*\*Open 8:00AM- 8:00 PM daily.*

**Or if you need to call 911**, ask for a CIT (*Crisis Intervention Trained Officer*) who is equipped in handling a mental health crisis situation or request the MAC (*Mobile Acute Crisis*) Team.

## Join NAMI Southern Arizona for an Annual Membership!



You can receive a free t-shirt if you **Renew** your annual membership or **Join** at the \$35 level.

\*Receive membership benefits such as a subscription to *The Advocate*, invitations and announcements, access to our library, and much more!

### **Ways to join:**

- Through Mail
- Online through your local NAMI affiliate at [www.NAMIsa.org](http://www.NAMIsa.org)
- By phone at (520) 622-5582
- Through [www.NAMI.org](http://www.NAMI.org) to join at the \$35 annual membership only