

# Find Help Find Hope

Volume 32: Issue 2

June 2014



**Southern Arizona**  
Since 1983

**HIGHLIGHTS**

- NAMIWalks Awards
- Call for Volunteers
- 10 & 5 Year Sponsors
- Planned Giving
- Techie Tips
- Poet's Corner
- Santa Barbara Tragedy
- Programs & Services

*There is no health without mental health!*

**Contact Us**

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

**Email**  
namisa@namisa.org

**Website**  
www.namisa.org

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

## Thank You NAMIWalks Supporters!

### 2014 NAMIWalks Report & Highlights

Our 8th annual NAMIWalks was held on Saturday, March 29, 2014 at Kino Veterans Memorial Stadium.

**\$120,110 was raised - over \$13K higher than 2013!**

**We reached 80% of our goal of \$150,000.**

- ◆ Approximately 2,000 people walked and 4,000 people attended on Walk Day.
- ◆ 77 Teams consisted of families, friends and businesses-up 20 teams from 2013!
- ◆ Our Honorary Chairs for 2014 were former Congresswoman Gabrielle Giffords and Captain Mark Kelly.
- ◆ More than \$ 3,000.00 was given in in-kind donations such as food, snacks, water and discounts on equipment, as well as hundreds of volunteer hours!

#### Top 10 Fundraising Teams

Team Name	Team Captain	Total Raised
1. UAMC Psychiatry & Behavioral Health	Ole Thienhaus	\$5,180.00
2. Welcome Club NW	Connie Stevenson	\$3,639.00
3. In the Mood	Scott Whitley	\$3,070.00
4. Walking Together	Marion Gudinas	\$2,545.00
5. #LaFronteraStigmaStompers	Dax Franklin-Hicks	\$2,437.00
6. Lettes Fight Stigma	Ann Lettes	\$2,220.00
7. RECOVER NOW	Derry Dean	\$2,215.00
8. Hanging In There With Hope	Ardith Powell	\$1,655.00
9. Team Pasadera	Susan Arnold	\$1,240.00
10. The Primavera Trailblazers	Hannah Hafter	\$1,205.00

#### Top 10 Individual Fundraisers

Participant	Team Name	Total Raised
1. Mary Ann Johnson	In the Mood	\$2,050.00
2. Ardith Powell	Hanging In There With HOPE	\$1,285.00
3. Francisco Moreno	UAMC Psychiatry & Behavioral Health	\$1,000.00
4. Ann Lettes	Lettes Fight Stigma	\$810.00
5. Marion Gudinas	Walking Together	\$725.00
6. Lynn Flanagan	The Primavera Trailblazers	\$715.00
7. Suzy Brown	In the Mood	\$670.00
8. Gracie Peterson	Defenders Against Stigma	\$632.00
9. Kelly Watters	Walking Together	\$600.00
10. Linda Schaub	PwerWalkers	\$550.00

## From the Executive Director

NAMI Southern Arizona is gearing up for a big growth spurt. You will read elsewhere in this newsletter about our becoming a Community Service Agency (CSA-just so you know, it's genetically impossible to do anything in this kind of work without creating an acronym for the things you do). This change will give us some financial stability and significantly increase our work load. As many of you, know most of the heavy lifting in NAMI Southern Arizona is actually done by volunteers. The recent and very successful 2014 NAMI Walks is a good example. We had about 10 staff members and half a dozen Board members along with about 100 volunteers come together on one day to have a great Walk, raise community awareness and raise some money in the presence of about 4,000 community members.

These numbers are typical for most of the things that NAMI Southern Arizona does. For every staff member there are about 10 to 20 volunteers needed, depending on the activity. In the last five years we have offered 62 classes for individuals living with mental illnesses and their family members and friends. Classes range from 6 to 12 weeks for each course for a total of 650 class sessions and a grand total of 1,495 classroom hours. We have graduated over 1,100 people from these classes.

Beyond the classroom we offer support and advocacy to individuals and their family members and in the last five years we have had over 7,000 face-to-face contacts of this type involving about 100 different volunteers and 5 staff members. If you include our telephone contacts, the number rises to over 35,000.

In addition to education and support for individuals and families coping with mental illness, NAMI Southern Arizona carries out a comprehensive program of community education. These presentations range from educating teachers on how to recognize possible signs of mental illness in school age children to putting a real face on mental illness by having trained individuals tell their personal stories to community groups, schools and businesses. In the last five years more than 330 such presentations have been made by 280 volunteer presenters, reaching more than 11,000 participants.

We are very proud of the number of people we have been able to help through education, support and advocacy, but the truth is that in an area of over 1,000,000 people there many thousands we have not reached. The new agency contacts we will have as a CSA will swell the demand for our no-cost services. We currently have about 200 active volunteers helping on a regular basis, ranging from several hours per week to once a year. Within the coming year we will need about 300 such people. With the hundreds of people we graduate each year and the thousands we touch, I am appealing to each and every one to consider giving back by volunteering for NAMI Southern Arizona. Many of our members and readers support us through money or time as they are able, but many do not. Some are hampered by lack of time or money or are burdened by the difficulties of coping with mental illness in their household. Many do not help simply because they are not asked. I am asking you here and now. This is important work; we train our volunteers well and the satisfaction you will receive is without measure.

Contact our Volunteer Coordinator, Sharon Nielsen, at 520-622-5582 or go to our website at [www.namisa.org/volunteer.html](http://www.namisa.org/volunteer.html) to find out more about Volunteer Opportunities at NAMI Southern Arizona. Thank you for your support!

### 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

Vicki Gotkin

Sheila McGinnis

Kathy Prather

Betty Seery

Scott Whitley

### Executive Director

H. Clarke Romans, Ph.D.

### Advisory Board

Carolyn Kemmeries

Nancy Masland

Eleanor Schorr



H. Clarke Romans, Executive Director

## 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 for programs and services that NAMI provides here in Southern Arizona, ensuring they 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 to 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)


## Techie's Tips: Use your keyboard





You can use your keyboard to select text by using the arrow keys while holding down the shift key. Place your cursor at the location you would like to start highlighting and then press and hold the shift key while you move your cursor with the keyboard's arrow keys. As long as you are holding down the shift key, as you move the cursor with the arrow keys, the data that you are moving the cursor over will become highlighted. Then use one of the methods to copy, cut or paste the highlighted area.

### Methods to copy, cut, paste and bold:

#### Use the applications Home tool bar to copy, cut, paste and bold:

Windows applications that support copy and paste will be on the Home tool bar . There is pair of scissors

sors  (**cut**), 2 sheets of paper  (**copy**), clipboard with paper  Paste (**Paste**) and capital B **B** (**bold**).

Continued from page 1



**Top 10 Teams by Size**

Team Name	Team Captain	Team Size
1. Team CODAC	Amber Howell	507
2. #LaFronteraStigmaStompers	Dax Franklin-Hicks	431
3. CPSA Steppers	Maya Luria	223
4. Team HOPE: We're In It Together	Eric Stark	83
5. U of A Wellness Walkers	Rita Romero	72
6. UAMC Psychiatry & Behavioral Health	Ole Thienhaus	60
7. COPE Wellness Warriors	Christina Anaya-Silva	57
8. Intermountain Bears	Karen Young	44
9. Stigma Stompers	Elaine Hixson	34
10. Pantano	Carrie Pile	25

**T-shirt Design Winners!**

**Team Category**

Karla Padres  
Team "For Ken"

**Business Category**

Amber Howell  
CODAC Behavioral Health, Inc.

**The 2014 NAMIWalks recognition and awards reception** was held on May 22nd at Café ala C'Art in downtown Tucson near the Tucson Museum of Art. In addition to the presentation of team and individual awards, NAMI Southern Arizona initiated a new award program for continuing sponsors. These awards will be given as organizations and businesses reach 5, 10 and 15 years as a NAMIWalks sponsor. We feel that it is very important to recognize those who have been, and continue to be, supportive of NAMI and the NAMIWalks event! The following sponsors received **10 year sponsor** awards:



**5 + NAMIWalks Sponsor Awards**

In an effort to get this new sponsorship recognition program on track, NAMISA presented 5-year awards to the following sponsors who were at or above the 5-year mark:

- Behavioral Health Coalition (7 yrs)
- Intermountain Centers for Human Development (7 yrs)
- Palo Verde Behavioral Health (6yrs)
- Pantano Behavioral Health Services, Inc. (7 yrs)
- Linkages (5 yrs)
- Merles Automotive Supply, Inc. (6 yrs)
- Pasadera Behavioral Health Network (SAMHC/COMPASS) (6 yrs)
- Sonora Behavioral Health (6 yrs)
- Tucson Federal Credit Union (6 yrs)
- Vantage West Credit Union (5 yrs)





2014 POET LAUREATE, NAMI Southern Arizona-Ardith Powell



**You Are Not Alone**

Have you ever felt down and blue  
 With no one to talk to?  
 The stresses of life can be hard to bear  
 We search everywhere  
 Looking for someone to care.  
 I've felt this way, too.  
 My life was lonely and lost, I wanted help at all cost.  
 I sought for and got understanding and support,  
 Bringing my life direction and worth.  
 Life isn't easy and often I fell,  
 More times I've risen and rung the living bell.  
 This can be your story.  
 Standing tall is my prayer  
 Hope and courage will take you there.

By Ardith Powell



**NAMI Southern Arizona  
 POET LAUREATE AWARD**

We Invite you to submit your poetry to be considered for the **2015 Poet Laureate Award**.

The winning poet will be announced at the 2015 NAMI Walks Awards Reception. The poetry by the annual Poet Laureate will be included in the NAMI Southern Arizona newsletter for one year.

**2014 NAMI WALK SPONSORS**

- PREMIER**-Community Partnership of Southern Arizona
- MAJOR**-Sonora Behavioral Health Hospital & Jason Foundation
- GOLD**
- COPE Community Services Inc.
- La Frontera Arizona, Inc.
- SILVER**-Behavioral Health Coalition of Southern Arizona
- SAMHC/Compass (now Pasadera)
- CODAC Behavioral Health Services
- Otsuka Pharmaceutical
- START/FINISH**- University of Arizona, Health Network
- BRONZE**-Carondelet Health Network
- Crisis Response Center
- HOPE, Inc.
- Palo Verde Behavioral Health
- Pima County Attorney's Office
- University of Arizona, College of Pharmacy
- Community Intervention Associates (CIA)

- SUPPORTER**
- Intermountain Centers for Human Development
- Merle's Automotive Supply, Inc.
- Pantano Behavioral Health Services
- TEP
- Tucson Federal Credit Union
- Vantage West Credit Union
- KILOMETER**
- Linkages
- Pyramid Federal Credit Union
- Mary Ann Johnson
- Parties Plus- in-kind discount
- Tucson Recycling and Waste Services-in-kind discount
- Water Street Station-in-kind discount
- Eegees- drinks for walkers-in-kind

**See you all on March 28th for the 2015 NAMI Walks!**

## **NAMI Statement: The Santa Barbara Tragedy; What Can Communities and Families Do?**

**ARLINGTON, Va., May 27, 2014** – Mary Giliberti, Executive Director of the National Alliance on Mental Illness ([NAMI](#)) has issued the following statement about the May 23 tragedy in Santa Barbara:

"NAMI shares the sadness of other Americans over the Santa Barbara tragedy and extends our sympathy to the families of all who were killed or wounded. NAMI is an organization of individuals and families affected by [mental illness](#), and we also recognize the pain experienced by the family of Elliot Rodger, who was responsible for the tragedy.

Clear facts in tragedies often emerge slowly. It is especially important not to speculate about diagnoses through the news media or rush to judgment about what went wrong. However, it does seem clear that Mr. Rodger received some mental health treatment and at least one welfare check by police.

When tragedies occur, it often is because something in the mental health care system went terribly wrong. It is important to closely examine each case and determine what contributed to the tragedy. In this case, police officers served as first responders and were required to make determinations that should have been made by mental health professionals. This is often the case in communities across the country, but no matter how compassionate or well-trained police officers are, they are not mental health professionals. It is not fair to place them in that role.

Families and communities want to know how to prevent future tragedies. Basic steps include:

- Fill the gaps in our community mental health care systems. That includes the creation and promotion of crisis services and partnerships between mental health professionals and all first responders.
- Improve communications between mental health professionals, individuals receiving care, and their families. Mental health privacy is important, but health care privacy laws should not stand in the way of coordinated information and action in a crisis.
- Talk about it—within families as well as with teachers, clergy, students and community leaders. Encourage conversation about mental health, about what we are experiencing and what we can do to help. By doing so, we create and promote the space for open and honest dialogue that saves lives."

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

*Preferred method of submissions is via email.*

### **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

## NAMI Southern Arizona is now a Community Service Agency!

NAMI Southern Arizona is proud to announce that we are officially a Community Service Agency (also known as a CSA) for those needing additional peer and family support documented in their recovery process. As a CSA, we can now enhance the work of your Comprehensive Service Provider (i.e., HOPE, Inc.; COPE; La Frontera; CODAC; Marana Health Care) for yourself and your family.

As always, NAMI will provide all of our services and support at no cost to individuals in need; however, in order to help NAMI secure funding to ensure these great no-cost programs can continue and even expand, we are encouraging persons who are members of the CPSA mental health community to talk to their case manager or contact NAMI directly at our office to see about adding NAMI peer and family classes and/or support groups to their individual service plan. For more information, please contact our office today!



## HELP US HELP OTHERS!

We are collecting toiletries for people coming out of the Crisis Response Center (CRS). Some of these individuals have no place to go when they are released, and it would be nice for them to leave with a small bag of hygiene essentials (e.g. soap,

toothpaste, a toothbrush, floss, deodorant, shampoo, sunscreen, lotion, a comb, etc.). You probably have some unused toiletries sitting in suitcases or in the back of a drawer just waiting to be put to good use!

You may even want to have your service group, co-workers or friends get together to collect and assemble them into quart size bags, or small drawstring sacks.

You can drop off your sample size toiletries between 9 a.m. and 5 p.m. Monday through Friday at the NAMI Southern Arizona office, located at this address:

6122 E. 22nd Street  
Tucson, AZ 85711

## NAMI Southern Arizona Programs & Services

### EDUCATION

**General Presentations\*:** We can 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. **A new class will be starting in July.**

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

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

**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.

### 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.*

### For more information:

**Office:** (520) 622-5582  
**Email:** [namisa@namisa.org](mailto:namisa@namisa.org)  
**Web:** [www.NAMIsa.org](http://www.NAMIsa.org)

*\* Available in Spanish.*

### 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.

**Expressive 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 trained and matched with individuals who have mental illness to talk and participate in social activities.

**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.



**Southern  
Arizona**

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

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## Need Immediate Help?

If you are having a crisis related to your mental health, alcohol, or other substances, call:

### The Community-Wide Crisis Line

520-622-6000 or 1-800-796-6762

**24 hours a day, 7 days a week, including holidays.**

**WALK-IN help is also available at the following locations:**

### Crisis Response Center

520-622-6000 or 1-800-796-6762

2802 E. District St.

(S. of Ajo Way and Country Club)

**24 hours a day, 7 days a week.**

### PASADERA (formerly known as SAMHC)

520-618-8600

**8:00 a.m. - 8:00 p.m. daily.**

2502 N. Dodge Blvd.,

(north of Grant Road, entrance on Flower St.)

## Join NAMI Southern Arizona, become a member!

Join or renew your annual membership at the \$35 level and receive a free t-shirt.

- \* Receive membership benefits such as a subscription to *The Advocate*; receive special event invitations and support group, program and training announcements; have access to our library; and much more!

### Ways to join:

- Online through your local NAMI affiliate at [www.NAMIsa.org](http://www.NAMIsa.org)
- By phone (520) 622-5582, or mail: 6122 E. 22nd Street, Tucson, AZ. 85711
- Through [www.NAMI.org](http://www.NAMI.org) to join at the \$35 annual membership only.

The mission of NAMI Southern Arizona is to improve the quality of life for those affected by mental illness including individuals, family members and the community at large by providing education, advocacy and support that is high quality, recovery oriented, and culturally sensitive.