

Find Help Find Hope

Volume 31: Issue 1

March 2013



National Alliance on Mental Illness

Southern Arizona

Since 1983

Highlights

- NAMIWalks 2013
- Planned Giving
- NAMI FaithNet
- Support Group Schedule
- Book Review/Club
- NAMI Convention

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

NAMIWalks 2013

WHY DO WE RAISE FUNDS AND WALK?

- ◆ The goal of the WALK is to raise both money and awareness within our community to support a world-class treatment and recovery system for people with mental illness.
- ◆ Brings awareness to mental health and mental illness and provides hope.
- ◆ Brings families together.
- ◆ Increases the knowledge of mental illness and the programs that NAMI Southern Arizona offers free of charge including:
 - Family-to-Family / Familia a Familia
 - Peer-to-Peer / Persona a Persona
 - Basics
 - In Our Own Voice / En Nuestra Propia Voz
 - Parents & Teachers as Allies
 - FaithNet
 - Heart to Heart
 - Family & Friends Support Groups / Grupo de apoyo para familias y amigos
 - Connection Support Groups / Conexión NAMI
 - Expressive Arts Support Group
 - Client Advocacy

NEW FEATURES & ANNOUNCEMENTS!

- **New NAMIWalks fundraising web site!**
Check it out at www.namiwalks.org.
- **This year we will have the baseball field with lots of grass!** All of our activities will take place on the outfield area as well as our walk start line.
- **Have a Smartphone?** Raising funds and managing your fundraising page is easy on our new fundraising app.
- **Spread awareness and raise funds** through social media like Facebook and Twitter!

Did you know?

- * Our programs are offered for free.
- * We are the only organization that provides an evidence based program called Family-to-Family in both English and Spanish.
- * We were the 4th affiliate formed in the nation through our national organization.
- * We offer an extensive library filled with books related to mental illness.
- * One in four adults—approximately 57.7 million Americans—experience a mental health disorder in a given year. One in 17 adults lives with a serious mental illness such as schizophrenia, major depression or bipolar disorder and about one in 10 children lives with a serious mental or emotional disorder.



It's not too late to register or raise funds!

Register online at:

www.namiwalks.org/southernarizona

For paper registration forms, please visit www.namiwalksaz.org or stop by our office.

See pg. 6 for more on the walk.

VOLUNTEER OPPORTUNITIES

Why Volunteer?

- To gain new skills
- To meet new people
- To help yourself while helping others
- To make use of talents
- To develop greater knowledge and understanding of mental illness
- To explore career possibilities
- To receive personal satisfaction of making a difference
- To help replace stigma with understanding
- To put your bilingual skills to use
- To refresh work place skills for employment

Types of Volunteer Opportunities

- On-going
- Community Service
- Internships
- Short-term
- Special Events



Volunteer Application Steps

1. Fill out a Volunteer Application Form.
2. Upon receiving your application, a meeting will be scheduled.
3. Verification of your references will also be completed.

Please visit our website to find more information about volunteering and download a Volunteer Application Form.

Board of Directors

Hannis Latham, *President*

Doug Jones, *Treasurer*

Joan Cole, *Secretary*

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Mary Ann Johnson

Betty Jo Latham

Ann B. Lettes, MD

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Executive Director

H. Clarke Romans, Ph.D.

Advisory Board

Carolyn Kemmeries

Nancy Masland

Eleanor Schorr

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.

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

Rebecca Garfunkel, *Newsletter Editor*

Phone: (520) 622-5582, ext. 105

Email: rgarfunkel@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 FaithNet

National Alliance on Mental Illness

What is NAMI FaithNet?

NAMI FaithNet is a program that supports faith communities who want to develop a mental health ministry or simply educate their clergy/staff/congregations about mental illness and available community resources.

What can NAMI FaithNet do for your faith community?

- Initiate a mental health ministry to educate congregations and to welcome and support persons and families living with mental illness.
- Present educational sessions on mental illness and the vital role spirituality plays in recovery.
- Provide information about community mental health resources.
- Provide a NAMI resource table for your health or community event.
- Collaborate with your faith community during the annual Mental Illness Awareness Week and our Community Walk for Mental Illness-NAMIWalks.
- Train persons in your congregation to provide caring support to person with a mental illness and their families through prayer, hospital and home visits, support groups, and inclusion in worship and other social activities.

To request a presentation, training, and/or more information, please contact:

**Sharon Nielsen,
NAMI FaithNet Coordinator**

Phone: (520) 622-5582

Email: faithnet@namisa.org

****Free materials are included as part of this program.***

Helping create more supportive and caring congregations in Tucson!

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

Book Review: The Road Less Traveled

By Paul Wine

To people who have an interest in living a happier, more meaningful life, I highly recommend *The Road Less Traveled*, an iconic self-help book by the late psychiatrist, M. Scott Peck. A truly timeless guide to psychological and spiritual growth, it's a wise and remarkably hopeful book by a man who believes that everyone is capable of personal transformation.

Peck doesn't promise, however, that the process of change will be easy. After all, he tells us, in one of the most memorable (and seemingly obvious) opening lines in the entire self-help genre, "life is difficult." That simple statement, he writes, encapsulates one of life's most significant truths. Unfortunately, Peck laments, most of us never completely grasp the truth it expresses, making life, therefore, more difficult than it has to be.

The problem, Peck tells us, is primarily one of perspective. Human beings, he writes, have a tendency to take the travails of existence personally, frequently complaining that their lives are unfairly overstocked with difficulties, "as if life were generally easy, as if life *should* be easy." He says that once we realize that life is hard for everyone, that it's *naturally* difficult--just as the sky is naturally blue--life becomes noticeably easier because then "the fact that life is difficult no longer matters."

Life is difficult, Peck explains, because it consists of an endless caravan of problems--and the retinue of painful emotions which always accompanies them. To one degree or another, he contends, we all try to avoid problems, "fearing the pain involved." This universal inclination to evade challenging situations, Peck declares, always ends up making matters worse. However, learning to face problems, he says, not only makes life easier, but also fosters the growth of the human spirit.

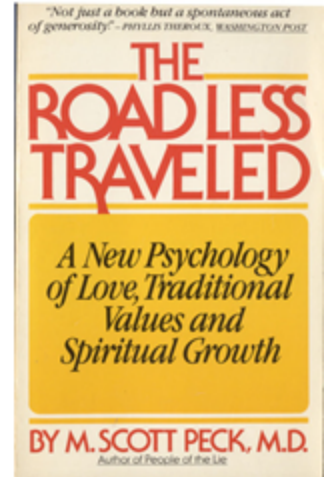
Writing that problems "call forth our courage and wisdom," Peck tells us that in order to grow it's important to take total responsibility for our lives; live in a balanced and flexible manner; learn how to delay gratification; and, perhaps most importantly, commit

ourselves fully to truth, which requires continuously probing "the mystery of reality, ever enlarging and refining and redefining (our) understanding of the world and what is true."

One of the book's most interesting ideas involves the connection between psychological growth and depression. Peck writes that growing, by its very nature, requires giving up old ways of thought and behavior, but that this process of letting go is almost always accompanied by some degree of grief and depression. Therefore, he tells us, depression, unpleasant as it is, is frequently a "normal and basically healthy phenomenon," signaling that we're beginning--often without even knowing it--an important psychological transition. He believes that depression is pathological only when it becomes entrenched. When that happens, he says, it's generally because something is blocking our often unconscious efforts to grow.

Peck believes that psychotherapy is indispensable when it comes to treating depression (and all other mental and emotional disorders), giving readers a number of tips on how to choose a competent therapist. He also believes that the unconscious is a vast (and usually untapped) reservoir of wisdom which can, through slips of the tongue, seemingly random thoughts and the symbolic content of dreams, provide life-changing insights into our problems. Most encouragingly, he's convinced that even the most severe mental and emotional illnesses are incapable of extinguishing our natural impulse to grow.

"We all have," Peck declares, "a sick self and a healthy self. No matter how neurotic or even psychotic we may be, even if we seem to be totally fearful and completely rigid, there is still a part of us, however small, that wants us to grow, that likes change and development, that is attracted to the new and the unknown, and that is willing to do the work and take the risks involved in spiritual evolution."





2013 Highlights:

- Advancing Recovery
- Emerging Technologies to Improve Care
- Life After High School
- I'm Not Sick, I Don't Need Help (Dr. Xavier Amador)
- Research Plenary
- New Research on Borderline Personality Disorder and Post-Traumatic Stress Disorder
- Celebrating NAMI and the Arts

Registration discounts for NAMI members!

Not sure of your NAMI member status?

Call our office at (520) 622-5582 and ask for Marion.

In loving memory of Edna Limmer
March 24, 1923 - February 24, 2013

Edna Limmer, a longtime resident of Tucson and supporter of NAMI Southern Arizona, recently passed away. She was involved with NAMI and with the original founders. She and her husband, Shem, both participated in the early days for NAMI events.



They were also active in the community with their synagogue for 33 years. Edna personally sold entertainment books as one of our fundraisers. During her many years at NAMI, she also volunteered as the receptionist.

She is greatly missed by those she worked with and all the lives she touched.

A MESSAGE FROM NAMI PROGRAM COORDINATORS:

If you are interested in taking one of our NAMI Signature programs (listed below), please make sure to call ahead at (520)622-5582 or send an email to the program coordinator to get on our sign-up list.

By doing this, you will find out the dates/times of classes as they are set by each coordinator.

Family-to-Family or Familia a Familia: A 12-week educational course for family members and friends who have a loved one with mental illness.

Coordinator: Judy Kowalick (jkowalick@namisa.org)

Peer-to-Peer or Persona a Persona: A 10-week course with a focus on recovery for people with a mental illness diagnosis. **Coordinator:** Haydeé Meza (hmeza@namisa.org)

NAMI Basics: A 6-week course that provides support and education to parents and caregivers of a child with a mental illness. **Contact:** H. Clarke Romans (cromans@namisa.org)

NAMI BOOK CLUB ON MENTAL HEALTH

All enrollments will be handled by our book club administrator, Candy Aguilar, at caggie01@gmail.com or (520) 982-4779.

*There is a limit of 15 book club participants, so enroll ASAP.

1st Book Club Meeting:

Tuesday, May 14, 2013

(every second Tuesday of the month after May 14)

Place and Time:

Quincie Douglas Community Library, 1585 E. 36th St. (594-5335), between 6:30 PM and 8:00 PM.

May Reading:

I Am Not Sick, I Don't Need Help!
How To Help Someone With Mental Illness
Accept Treatment

By Xavier Amador, Ph.D., with Anna-Lisa Johanson, Vida Press.





SAVE THE DATE!

WALK DAY ENTERTAINMENT SCHEDULE

- 7:00 Registration / DJ - Millennium Sound
- 7:30 Face painter arrives
- 8:00 Announcements/Sabar Shrine Clowns arrive
- 8:15 Davis Monthan Honor Guard
Judith Williams - National Anthem
- 8:25 Introduction of dignitaries/Proclamation/Tributes
- 8:50 Zumba
- 9:00 Ribbon cutting/Walk begins/Balloon release
Tucson Pipers/Tucson Taiko Kyokai Drummers
- 9:30 Frank Groppo performs
U of A Spirit Group
- 10:00 The Gotes perform
Ronald McDonald arrives
- 10:30 Los Diablos Azules Folklorico, Sunnyside High School
- 11:00 The Fields Sisters
- 11:15 Mariachi Aztlán de Pueblo High School

GET A FREE NAMIWALKS 2013 T-SHIRT!

Raise at least \$100 and you will receive a NAMIWalks t-shirt.

**You do not have to be present on walk day in order to raise funds or to receive a t-shirt.*



T-SHIRT CONTEST

CONTEST RULES

1. A team t-shirt must either be submitted at:
 - NAMI office before Walk day or,
 - Day of walk at the t-shirt table located at Gate B.
2. Deadline for submissions is Saturday, April 6, 2013 at the NAMWalks event at Kino Veterans Memorial Stadium.

PRIZES

The winner will receive:

1. A \$50 gift card.
2. Will be featured in an upcoming NAMI Southern Arizona newsletter and posted online.
3. Submission into the nationwide NAMIWalks contest for walks held during Spring/Summer. National winner will receive a check from NAMI National.

Our 2013 NAMIWalks Sponsors as of 3-11-13.

Please support our sponsors or thank them!

- Behavioral Health Coalition of Southern Arizona
- CODAC Behavioral Health Services
- Community Partnership of Southern Arizona
- Compass Behavioral Health Care
- COPE Community Services
- Crisis Response Network of Southern Arizona
- HOPE, Inc.
- Intermountain Centers for Human Development
- La Frontera Arizona
- Linkages
- Merle's Automotive Supply Inc.
- Palo Verde Hospital
- Pantano Behavioral Health Services
- Pima Federal Credit Union
- Pyramid Federal Credit Union
- Sage Entertainment
- Sonora Behavioral Hospital
- University of Arizona College of Pharmacy
- Vantage West

Interested in helping out with our Walk?

Sign-up online at:

<http://www.namiwalksaz.org/volunteer.html>

Or contact Raquel, Volunteer Coordinator, phone or email at volunteers@namisa.org or (520) 622-5582.

Opportunities range from minimal to more involved.

NAMI Support Group Schedule & Programs

For those with Mental Illness

NAMI Connection

Every Tuesday of the week

6:00 p.m. to 7:30 p.m.

HOPE Inc.

1200 N. Country Club

Conexión NAMI (*en español*)

Every Wednesday of the week

5:00 p.m. to 7:00 p.m.

Mission Library

3770 S. Mission Rd.

Expressive Arts Group

Every 4th Sunday of the month

2:00 p.m. to 4:30 p.m.

Main Library

101 N. Stone

For Family Members & Friends with a Loved One

Northside Family & Friends

1st Thursday of the month

6:00 p.m. to 7:30 p.m.

Ascension Lutheran Church

1220 W. Magee Rd.

Oro Valley Family & Friends

2nd Saturday of the month

1:30 p.m. to 3:00 p.m.

Rancho Vistoso Urgent Care

13101 N. Oracle Rd.

Eastside Family & Friends

4th Tuesday of the month

7:00 p.m. to 8:30 p.m.

NAMI Southern Arizona

6122 E. 22nd St.

Grupo de Apoyo Familias y

Amigos

3rd Thursday of the month

6:00 p.m. to 7:30 p.m.

Iglesia San Juan

602 W. Ajo Way

Eastside Family & Friends

2nd Wednesday of the month

7:00 p.m. to 8:30 p.m.

NAMI Southern Arizona

6122 E. 22nd St.

Westside Family & Friends

3rd Monday of the month

6:30 p.m. to 8:00 p.m.

Maranatha SDA Church

934 N. Main

Green Valley Family & Friends

Last Wednesday of the month

10:30 a.m. to 12:00 p.m.

Friends in Deed Building

For more information, contact the NAMI office at (520) 622-5582. You can also call to confirm a support group date/time.

Other Programs from NAMI Southern Arizona

For Family Members and Friends

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

NAMI Basics: A 6-week 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-week 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 NAMI Presentations or Outreach?

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.

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

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

For more information:

Office: (520) 622-5582
Email: namisa@namisa.org
Web: www.NAMISa.org

**Available in Spanish.*



**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)

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

**Both Crisis Line and Walk-in Centers are
available 24/7.*

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*, receive
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
- By phone at (520) 622-5582
- Through www.NAMI.org to join at the \$35
annual membership only