

# Find Help Find Hope

Volume 30: Issue 2

June 2012



National Alliance on Mental Illness

Southern Arizona

Since 1983

## Highlights

- Mental Health Care Gets My Vote
- NAMI Walks
- NAMI Convention
- NAMI Faithnet
- Support Group Schedule

***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

## Mental Health Care Gets My Vote!



### make a statement

### let candidates and others know what you think

If you want mental health care to be a priority in the 2012 elections, you don't have to wait to ask a question.

#### ASK A QUESTION

Are candidates talking about mental health care? If not, get them started and ask a question. Learn where they stand on the issue you're passionate about.

#### MAKE A STATEMENT

If you want mental health care to be a priority for candidates, you don't have to wait to ask a question. You can make a statement.

#### MEET WITH CANDIDATES

If you think our country is not prioritizing mental health care and you'd like to do something about it, meet with candidates. Share our priorities and build candidate awareness.

#### RESPOND POSITIVELY

When you talk with a candidate about our priorities, it's important to be prepared. If you encounter opposition, don't be defensive and don't argue, respond positively.

#### CONNECT WITH CANDIDATES

Developing a relationship with candidates is the best way to shift attitudes and increase support for mental health care. Stay in touch and serve as a resource.

*Continued on page 4*

## Community Walk for Mental Illness Awareness!

Our 6th annual  Community Walk for Mental Illness Awareness was a success!

Approximately 4,000 attended the Walk on March 31st at Kino Veterans Memorial Stadium.

We had live music, food and lots of fun!

NAMI Southern Arizona thanks all those who contributed to the Walk whether it was by raising funds, volunteering and helping raise awareness on mental illness.

*See page 3 for more on the NAMI Walk*

### Walk Stats

**Participants --> 4,000**

**Funds Raised --> About \$125,000 was raised!**

**Approximately 80 teams**

*All proceeds to stay in Tucson and will fund NAMI Southern Arizona's programs!*

## From the Executive Director

Why do people continue with abusive relationships? The reasons are far ranging, but a common truth is that the person being abused doesn't often know how to set limits or how to enforce them. In fact, it is not easy to know what limits to set and sometimes limits are set without the will or means to enforce them.

This is an election year and there will be plenty of words spoken by candidates for political office. What we need to do as people who are concerned with the lives of individuals living with mental illness is to set limits for those running for office. We can do this by understanding the issues that concern us.

We can ask candidates how they stand on the issues and if they have been in office we can look at their voting record on the issues of concern. Enforcing the limits is clear: if a candidate's record or position is contrary to the interests of those living with mental illness, we can vote for candidates who support our issues. One example of an important issue is the Affordable Care Act (ACA).

It will be a big topic of conversation and there are many components which will have a huge impact on people with mental illness.

We will post information on our website that will help you know what the issues are and how they impact people with mental illnesses. Find out where a candidate stands on this and other important issues. To enforce the limits you have to **VOTE** (try the convenient 'Vote by Mail' if you haven't done so already).

**To vote -- you have to be registered to vote.** If you have a voter registration card, make sure it shows your current address, otherwise, you can't vote. Visit the link below to change your address or to register to vote. If you don't know what to do, be sure to call the NAMI office and ask for me, Clarke Romans.

<http://www.recorder.pima.gov/regvote.aspx>



### Board of Directors

Hannis Latham, *President*

Doug Jones, *Treasurer*

Joan Cole, *Secretary*

### Members

Lynn Flanagan

Jo Evelyn J. Ivey

Mary Ann Johnson

Betty Jo Latham

Ann B. Lettes, MD

Francisco Moreno, MD

Kathy Prather

Scott Whitley

### Executive Director

H. Clarke Romans, Ph.D.

### Advisory Board

Carolyn Kemmeries

Nancy Masland

Eleanor Schorr

*Our mission is to improve the quality of life for individuals who live with mental illness and for their family members 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  
E-mail: [rgarfunkel@namisa.org](mailto:rgarfunkel@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



Continued from page 1



## NAMI Southern Arizona

### THANKS YOU

#### For supporting our 6th annual NAMI Walk!

A HUGE thank you to our Walk Committee,  
Volunteers, NAMI Staff and Board Members!

NAMI Southern Arizona is helping lessen the stigma and create understanding, especially among those who may not understand the personal effects of mental illness.

#### FUN FACTS!

##### Top 3 Fundraising Family Teams

Keepin' It Real	\$4,459
Family to Family Tucson	\$3,851
In Loving Memory of Chris Castellanos	\$2,845

##### Top 3 Individual Fundraisers

Pam Shack ( <i>Keepin' It Real</i> )	\$2,250
Cynthia Fairbank ( <i>In Loving Memory</i> )	\$1,895
Clarke Romans ( <i>For Ken</i> )	\$1,628

##### Top Fundraising Business Teams

LFC Stigma Stompers (Trophy)	\$2,865
Team SAMHC	\$2,560
Team CODAC	\$2,113

##### Team with the Most Walkers on a Business/ Organization Team (Trophy)

CODAC Behavioral Health Services, 411 participants

##### Team T-shirt Winner – Family/General Team

George Leon (*Los Leones, Follow the Pride*)

##### Team T-shirt Winner – Business/Organization Team

COPE Community Services (*COPE Recovery Racers*)

Interested in helping out with our 2013 Walk? Contact Rebecca at the NAMI office or by email at [namiwalks@namisa.org](mailto:namiwalks@namisa.org). Opportunities range from minimal to more involved.

#### Our 2012 NAMIWalk Sponsors!!

Community Partnership of Southern Arizona

The University of Arizona Medical Center

COPE Community Services, Inc

eegee's

La Frontera Center

CODAC

SAMHC

Behavioral Health Coalition of Southern Arizona

Crisis Response Network

Palo Verde Hospital at TMC

Sunovion

Pima County

Sodexo

The University of Arizona, College of Pharmacy

Tucson Electric Power/Bright Solutions

The Jim Click Automotive Team

Intermountain Centers for Human Development

Jack in the Box

Merle's Automotive Supply, Inc.

Sierra Tucson

Sonora Behavioral Health

Vantage West Credit Union

Compass Behavioral Health Care

Desert Star Solutions LLC

HOPE Inc.

Pantano Behavioral Health Services

Pizza Hut

Pyramid Federal Credit Union

Tucson Federal Credit Union

Quad-Lock Building Systems





## WHERE WE STAND

The National Alliance on Mental Illness (NAMI) works to ensure that children, youth and adults living with mental illness receive the treatment and supports they need to lead full and satisfying lives as valued members of the community.

**Some of us feel as though we cannot make a difference or that our voices are not heard. Our voices are not heard if we do not attempt to make a difference!**

The 2012 elections will play a crucial role in health care in the United States. In order to ensure that this nation truly enhances the health and mental health of its citizens, thus improving the quality of life for those affected by mental illness, your voice and vote counts!

Regardless of your political views, it is important that you make every effort to connect with candidates. Help them understand that mental illness affects millions of individuals, from all cultures, races and income levels across our great nation.

Our elected officials must address critical problems this year. It is our job and obligation to inform them of issues and how their decisions will affect us. Your outreach, your votes will help influence how individuals and families affected by mental illness will experience treatment and support in the future; so please get involved.

You can help. Talk to candidates about mental illness and NAMI's priorities—and vote. Your efforts will help shape how candidates vote on important issues like coverage for mental health care and mental health services.

It's easy to get started. Visit the Mental Health Care Gets My Vote home page for questions to ask candidates, statements to post and suggestions on starting a dialogue. Download the Candidate Kit and educate candidates—and your community—about NAMI's priority issues.

Join NAMI in making a difference this election year—vote mental health.

Thank you for your support of NAMI and for all you do for those affected by mental illness.

*By Henry Acosta, M.A., M.S.W., L.S.W.,  
NAMI Board of Directors*

*Reprinted from NAMI.org/election*

### NAMI's Policy Objectives

1. Protect public mental health services
2. Expand access to mental health coverage
3. Ensure that effective mental health services are available
4. Promote integration of mental health, addictions and primary care
5. Improve the mental health of children, youth and young adults
6. Meet the mental health needs of service members, veterans and their families
7. Provide homes and jobs for people living with mental illness
8. Eliminate disparities in mental health care
9. End the inappropriate jailing of people living with mental illness

To view the full report on NAMI's policy objectives and for more tips and resources, please visit:  
[www.nami.org/election](http://www.nami.org/election)

NAMI has made resources and materials available to help us all be active members in our community.

You can find this information at [www.nami.org/election](http://www.nami.org/election).

You may also contact NAMI Southern Arizona to help you with your efforts and/or for materials.  
(520) 622-5582

*Please remember that NAMI is nonpartisan and does not endorse any candidate or political party.*



## 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.
- Presentations upon request.
- We can provide materials such as flyers and brochures.
- Join our FaithNet Coalition!

**Let's work together in bringing hope to those affected by mental illness.**

### 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)**

## Are you a family member or friend of a loved one with mental illness? Or, do you have mental illness?

Education classes will be taking place towards the end of summer and the beginning of fall. Please contact NAMI or email the education coordinators for more information. Classes fill up quickly. *\*Program available in Spanish.*



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

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



A 6-week course that provides support and education to parents and caregivers of a child with a mental illness.

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Coordinator: Carlos Alcalá  
Email: [calcala@namisa.org](mailto:calcala@namisa.org)



A 10-week course with a focus on recovery for people with a mental illness diagnosis.\*

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

## 2012 NAMI Convention, June 27 - 30

*Think, Learn and Live: Wellness, Resiliency and Recovery*



### Our 2012 National Convention program will feature:

- Top-notch researchers and clinicians providing information and tools to increase resiliency and advance recovery.
- People living with mental illness and their families providing their own important perspectives.
- Presenters that are diverse in perspective and demographics to best connect with diverse audiences.
- The country's keenest minds and savviest policymakers offering strategies and tactics to effectively advocate for changing the mental health system in our nation.
- Abundant networking opportunities so we can learn from each other about how we can improve the lives of all people living with mental illness and their families.
- Inspiration, innovation, and an exhilarating four days in one of America's most beautiful cities.


Visit [www.nami.org/convention](http://www.nami.org/convention)  
or call (800) 950-NAMI.

**Make your reservations today!**

### Workshop from Arizonan, Elizabeth Drucker

**MENTAL HEALTH 101: RESILIENCY ON CAMPUS**  
*Elizabeth Drucker, University of Arizona, Tucson, AZ*

SAVE THE DATE




## 2012 Behavioral Health and Older Adults Conference

TRENDS • ISSUES • SOLUTIONS


Friday, June 15, 2012

CASINO DEL SOL  
Conference Center  
5655 W Valencia Rd., Tucson, AZ

Major Sponsorship and Support  
provided by  
**Community Partnership of Southern Arizona**  
and  
**Pima Council on Aging**



**Community Partnership**  
of Southern Arizona  
*Regional Behavioral Health Authority*



**PCOA**  
PIMA COUNCIL ON AGING  
*Advocacy. Action. Assistance.*

[conference@bhacsa.com](mailto:conference@bhacsa.com)

CPSA receives funding from the Arizona Department of Health Services (ADHS), Arizona Health Care Cost Containment System (AHCCCS), and Substance Abuse and Mental Health Services Administration (SAMHSA).

PCOA receives funding from the Older Americans Act through the Division of Aging & Adult Services.

## NAMI Support Group Schedule & Programs

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### 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*

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

Main Library

101 N. Stone

(Children's Meeting Room)

### 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.

#### Eastside Family & Friends

*2nd Wednesday of the month*

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

NAMI Southern Arizona

6122 E. 22nd St.

#### 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.

#### Westside Family & Friends

*3rd Monday of the month*

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

Maranatha SDA Church

934 N. Main

#### Eastside Family & Friends

*4th Tuesday of the month*

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

NAMI Southern Arizona

6122 E. 22nd St.

#### 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

## Other Programs from NAMI Southern Arizona

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### 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 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.

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**Simply call our office for more information or visit us online!**

**Office: (520) 622-5582**

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

**Web: [www.namisa.org](http://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](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