

Find Help Find Hope

Volume 33: Issue 2

May 2015



National Alliance on Mental Illness

Southern Arizona

Since 1983

Highlights

- NAMIWalks Update & Sponsors
- Lovell Foundation Grant Update
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- NAMI in the Know
- 2015 Mustang Raffle

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!



2015 NAMIWalks Report & Highlights

Our 9th annual NAMIWalks was held on Saturday, March 28, 2015 at Kino Sports Complex North Soccer Stadium.

We had 77 teams and have exceeded our goal of \$140,000.

To date we have raised **\$151,190** which is \$31K higher than 2014!

We have set a **new goal of \$162,000 or more**, the amount raised in October 2014 at the Phoenix -Valley of the Sun NAMIWalks event.

Our website will stay open until May 28th, and we will continue to have incentives and prizes to keep our fundraising efforts going.

We have also exceeded our goal of 10 Walk Stars— individuals who raise \$1,000 or more, we now have **12 Walk Stars** and counting. All Walk Stars will be entered into a raffle to win a two night stay at Loews Ventana Canyon Resort, a value of \$550! The winner will be announced in June.

Weekly Fundraising Promotions, Raffles to Win a Fabulous Prize!

For each \$25 donation to NAMIWalks you will be entered into the weekly raffle. \$25= 1 raffle ticket, \$50=2 raffle tickets, \$75= 3 raffle tickets, etc.

Cinco de Mayo - April 27- May 5th

Win a \$25 breakfast or lunch gift card for Chaco's Downtown Café

Mothers Day - May 1 - 8th

 Donate to honor your Mother

Win— a \$100 floral bouquet from Inglis Florist

Dine in and Donate - May 11-18th donate what you would have spent on a dinner out or brown-bag it and donate to NAMIWalks!

Memorial Day - May 18th-26th, Win an American Flag pole and mounting bracket!

The NAMIWalks Website Officially Closes on May 28th!

Thank you NamiWalks Sponsors

2015

MEDIA

KOLD 13, My92.9, Radio Tejano, La Preciosa, KXCI, and Cox Communications

PREMIER

- ◆ Community Partnership of Southern Arizona
- ◆ Cenpatico

GOLD

- ◆ COPE Community Services Inc.
- ◆ La Frontera Arizona, Inc.
- ◆ Banner University Medical

SILVER

- ◆ Lundbeck/Takeda— NAMI National sponsors
- ◆ Behavioral Health Coalition of Southern Arizona
- ◆ CODAC Behavioral Health Services
- ◆ Otsuka Pharmaceutical
- ◆ Sonora Behavioral Health Hospital

START/FINISH

- ◆ HOPE, Inc.
- ◆ Palo Verde Behavioral Health
- ◆ Pasadera

BRONZE

- ◆ Connections of Southern Arizona
- ◆ University of Arizona, College of Pharmacy
- ◆ HSL Properties
- ◆ Tucson Medical Center
- ◆ Tucson Electric Power (TEP)

SUPPORTER

- ◆ CARF International
- ◆ Casa de los Niños
- ◆ Intermountain Centers for Human Development
- ◆ Merle's Automotive Supply, Inc.
- ◆ Tucson Federal Credit Union

KILOMETER

- ◆ Gospel Rescue Mission
- ◆ Joan Coal
- ◆ Linkages
- ◆ Peoples Healthcare Connection
- ◆ Tohono Oódam -Desert Diamond Casinos
- ◆ Providence of Arizona
- ◆ Pinal Hispanic Council

IN-KIND SPONSORS

Eegees, PartiesPlus, Tucson Recycling and Waste Services, Water Street Station, Loews Ventana Canyon Resort, Gadabout Salons, J Modela Salon, Jack in the Box, Pizza Hut, Dunkin Donuts, Chik-fil-A, Eclectic Café, Truck 54, The Good Shepard Truck, Café ala C'Art



Here are the Graduates of the 1st NAMI Southern Arizona Peer Specialist Training. Congratulations to all!

If you are interested in becoming a Certified Peer Support Specialist please sign up first for the Peer-to-Peer Recovery Education Course by contacting Yasmín García at (520) 622-5582.

For more details on the qualifications to become a Certified Peer Support Specialist please visit: www.namisa.org.

A BIG THANK YOU TO THE LOVELL FOUNDATION! Progress Report on Grant-Funded Projects

NAMI Southern Arizona has been very fortunate to receive grant funding from the Lovell Foundation (<http://lovellfoundation.org/>) over the past few years and we have been awarded a two-year grant for 2015-16 to move forward on two important initiatives.

Here's some background on what has been done so far. In 2013 grant funding enabled us to engage a consulting group to conduct an organizational survey and a joint Board of Directors and staff all-day retreat to focus on future priorities for action.

Growing out of those efforts, in 2014 the Board of Directors worked with a second group of consultants to strengthen our board governance skills through a series of retreats and workshops that enabled the Board to increase our professionalism both within our organization and in the community.

Also in 2014, we began a volunteer project. Our volunteers are vital to the success of NAMI Southern Arizona and we want to build on the passion that they bring to their work by supporting them in every way possible. We hired a consulting group to help develop a coordinated program to increase the recruitment, training, retention, and support of all our volunteers with particular focus on those who teach and facilitate the NAMI education and support programs.

And here's where we're headed now. The 2015-16 grant funding will focus on two main efforts. First of all, we will complete the volunteer project with the help of our consultants. This effort will include implementing the communication system to stay in regular touch with and solicit feedback from our volunteers and prospective volunteers, training current volunteers on recruitment techniques and scheduling and conducting regular continuing education and social events for our teachers and facilitators.

Our second effort beginning in 2015 will involve a strategic planning process to develop organizational priorities and direction for the next 3-5 years. We have engaged consultants who are in the process now of conducting surveys, focus groups and interviews with staff, Board, volunteers, program participants, funders, donors and community members to get feedback on where they see NAMI Southern Arizona now and in the future. Beginning in May, a Strategic Planning steering committee made up of Board and staff members will use this input to work with the consultants to write a draft strategic plan that will be reviewed, revised and approved by the Board. In 2016 efforts will revolve around initial implementation of the approved strategic plan and likely will include development of expanded funding and marketing plans.

NAMI Southern Arizona is grateful for the confidence that the Lovell Foundation has shown in our ability to grow and strengthen our organization so that we can continue to offer and expand our programs and services to individuals and families affected by mental illness. Look for future updates on our progress!

Mary Ann Johnson, President
NAMI Southern Arizona Board of Directors

Board of Directors

Mary Ann Johnson, *President*

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H. Clarke Romans, Ph.D.

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In March of 2015, an article appeared in the Albuquerque Journal. It showcased Tucson for its police departments' Mental Health Investigative Support Team.

The Mental Health Investigative Support Team (MHIST) are sworn law enforcement officers that specialize in answering calls when the mentally ill are involved. The police officers use unmarked cars and wear civilian clothes. The goal of the MHIST is to help put people on a path to recovery and to avoid confrontation and violence.

Tucson's MHIST is also responsible for serving court orders issued when mentally ill people break the law. If a condition of a man's release from a criminal proceeding is that he gets mental health treatment, for example, officers from the unit are sent when the man doesn't show up. The unit has handled 300 court orders since it was formed in January 2014. No MHIST officer has ever had to use force when serving an order, says Paul Sayre, the Tucson police captain who runs the department's investigations division, to which MHIST belongs.

In Albuquerque, the Tucson Police Department is known for "successfully and nonviolently defusing crises brought on by mental illness. Tucson and Pima County have what appears to be one of the better mental health treatment systems in the nation", the newspaper reported.

Also, explained in the article was Tucson's mental health treatment center. Built 4 years ago in the southern part of town, the Crisis Response Center is on a campus that includes a psychiatric hospital, a mental health center, the county health department, a University of Arizona medical school facility and a number of outpatient programs. The center is the door through which anyone can access the county mental health system, no matter how ill or whether he or she can pay for treatment. Before the center was built, police officers either tried to get someone they picked up into an emergency room, a process that could take eight hours, or book him into the jail, a one-hour exercise.

Paul Hopkins, a veteran mental health counselor in Albuquerque and a member of the Greater Albuquerque Chamber of Commerce mental health systems task force, said the key difference between the cities is that the Tucson area has a system with which to deliver mental health services and the Albuquerque area does not.

(Albuquerque Journal article summarized by Judi Maikoff.)

NAMI SOUTHERN ARIZONA IS PARTICIPATING IN THE JIM CLICK AUTOMOTIVE TEAM RAFFLE. YOU COULD WIN A 50TH ANNIVERSARY EDITION 2015 FORD MUSTANG!

The best part is that by purchasing your raffle tickets at the NAMI Southern Arizona office, 100% of your contribution will support our programs and services. NAMI will keep all the proceeds from our tickets. A maximum of 100,000 tickets will be sold.

The drawing will be held November 13, 2015.
Entries must be received by November 6, 2015.
Ticket Price is \$25 or 5 for \$100!

Drop by our office at 6122 E 22nd Street to purchase tickets, or send us a check and we will send you your tickets!

Community & Nationwide Resources

COMMUNITY RESOURCES

Publicly-funded Behavioral Health Services:

Community Partnership of Southern Arizona
(CPSA)

(520) 318-6946 or (800) 771-9889

Mental Health Crisis:

Community-Wide Crisis Line
(520) 622-6000 or (800) 796-6762
Open 24 hours, 7 days a week

Substance Use Concerns or for Detox:

Pasadera Walk-in Clinic
(520) 617-0043

Detoxification Services
(520) 618-8700
Open 24 hours, 7 days a week

When you just need to talk: The Warm Line

(520) 770-9909 or (877) 770-9912
5:00 p.m. - 10:00 p.m. (M-Th.)
3:00 p.m. - 11:00 p.m. (Fri.)
1:00 p.m. - 10:00 p.m. (Sat. & Sun.)

Suicide Prevention Lifeline:

(800) 273-TALK (8255) Includes a Hotline for
Veterans

WEBSITES

Crisis Intervention Team

www.citinternational.org/

Depression & Bipolar Support Alliance (DBSA)

(520)-477-9179
www.dbsalliance.org

Mental Health America

www.nmha.org/

Mental Health Ministries

www.mentalhealthministries.net/

National Alliance on Mental Illness

www.nami.org

National Institute of Mental Health

www.nimh.nih.gov/

Substance Abuse & Mental Health Services Administration (SAMHSA)

www.samhsa.gov/

What a Difference a Friend Makes

www.whatadifference.org

MENTAL HEALTH CRISIS INFO

If you are in immediate crisis, whether it be for you or your loved one, call

Community Wide 24-hour crisis line:

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

**Pasadera is Pima County's mental health crisis center.*

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

For More Community Resources:

Information and Referral Helpline
(520) 325-2111 or (888) 575-2111

Revised April 2015



STIGMA-What know they of how we feel?

For us sometimes life is so unreal.
Ignorance about our illness leads to what we think.
While our pain often leads us to the brink.
Our struggles by many are misconceived.
Lord, help them accept, understand, and believe,
Only the truth reveals what we can be.
The right to unjustifiably live free.

By Ardith Powell



Stomping out STIGMA with every step you take!



ARDITH POWELL

After almost a lifetime of struggle with multiple mental illnesses, Ardith Powell's life has about - faced. Her dreams have come to fruition, and her hope, faith, and service to others has been the source of her newly-found happiness. Her motto is, "I will give as the sun gives warm light, a glad outpouring of the best that is in me." Powell says there is hope and tells other people with mental illnesses not to give up.

Ardith's light continues to shine brightly for all she encounters. Ardith is a member of NAMI Southern Arizona. She has been trained and certified to present the NAMI program, In Our Own Voice. She is also speaking out about mental illness and stigma in her community. NAMI Southern Arizona has honored her as our Poet Laureate for 2014.

Here, **Ardith Powell** shares why she has joined the **Legacy of Hope Society**.

My entire life has been spent struggling with mental illnesses. At age twelve I became suicidal. I went around saying, "I wish I had never been born." In later years it changed to, "I wish I were dead." Because I know of the darkness and pain of living with mental illness it seems I am drawn with compassion and understanding to reach out to others with this affliction., to help in any way I can to assuage the suffering mental illness causes. I have been fortunate to have had the needed treatment and care that has kept me alive. Now it is my turn to give back this privilege to ensure that others get adequate and proper treatment now and for future generations. My planned giving to NAMI Southern Arizona is a gift from my heart. This legacy of hope is vitally needed and it is imperative that it continues. It is pledged in appreciation and gratitude to NAMI Southern Arizona for all their caring and support that has given my life a new sense of worth and purpose. NAMI helps all of us with mental illness to rise to the challenge, embrace hope, and to never give it up. We are all in this together in bright or stormy weather. MY MANTRA IS HOPE. MY PEN HATH WRIT.

The Board of Directors of NAMI Southern Arizona has established a Planned Giving Program called the **Legacy of Hope Society** to provide an additional source of funds so that the programs and services that NAMI provides here in the Tucson area will continue to be available well into the future. **A planned gift is one that you make by way of a will, trust, beneficiary designation or through a charitable gift annuity or trust arrangement.** Most simply and directly you can designate NAMI Southern Arizona as a beneficiary in your will or trust or as a beneficiary (or partial beneficiary) on a life insurance policy, IRA, 401(k) or any other financial asset. The **Legacy of Hope Society** honors those who have made a provision for a future gift to NAMI Southern Arizona.

If you are interested in learning more about planned giving and the **Legacy of Hope Society**, please contact Clarke Romans, Executive Director, at 520-622-5582 or at clromans@namisa.org

NAMI Southern Arizona is a nonprofit 501(c) (3) organization



NAMI In the Know Workshop – Providing support, education, and advocacy focusing on a common topic of interest. We will work together to explore and enhance our recovery tools and overall wellness, to create and meet personal goals, and learn while having fun!

Join us on May 20th at 1671 W. Grant from 1-4 p.m. for NAMI In the Know – this month our interactive workshop will focus on Environmental Wellness. We will learn about how our environment impacts our wellbeing, and ways to improve and enhance our environment for a better quality of life. Space is limited - Please RSVP for the workshop by calling (520) 622-5582.



IN MEMORIAM -members of our NAMI Community that we have recently lost:

Dr. Scott D. Harrington 51, passed away January 20, 2015. He was a Tucson pharmacist and an advocate of public healthcare safety. Scott was a State Trainer for NAMI's In Our Own Voice Program. He was a member of: the American Society of Health-System Pharmacists, the American Medical Writers Association, Tucson Men's Social Network, and MENSA.

Curtis I. Anderson 90, of Tucson, passed away March 27, 2015. Curt moved with his wife and children to Tucson in 1971. He is survived by wife, Elly (58 years); daughters, Meryn (Cliff) Finity, Mary Jane (Ken Taylor) and son, Peter. Curt was a WWII B29 radio operations crew member, a University of Minnesota Journalism School graduate, and ran his own advertising company until his retirement. Curt and Elly were among the founders of the Southern AZ Alliance for the Mentally Ill, Curt served on its board for 20 years. He enjoyed had a keen sense of humor (which sometimes got him into trouble) and zest for life. Donations to NAMI of Southern AZ appreciated.

** Please let us know when we have lost someone in our NAMI family by emailing information to namisa@namisa.org. We will make every effort to honor their lives in our newsletter.*

NAMI Southern Arizona Programs & Services – all programs at no charge

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. **New classes will begin on May 5th; May 12th and in July.**

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.

- **May 4- June 3, 2015** every Mon - Wed from 10-12 pm call for info
- **June 3 - Aug 5, 2015** every Wed from 5-7 pm call for info
- **June 30 - July 30, 2015** every Tue - Thurs from 10-12 pm call for info

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.

UPCOMING TRAINING OPPORTUNITIES

P2P Mentor training June 16, 17 & 18, 2015. Training is already full

Peer Support Specialist Training June 23, 26 & 30, 2015

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.

** 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.

For more information:

Office: (520) 622-5582

Email: namisa@namisa.org

Web: www.NAMISA.org

Mark Your Calendar

May is Mental Illness Awareness Month— Flyers are available in English and Spanish at www.namisa.org. Each year millions of Americans face the reality of living with a mental health condition. During the month of May, NAMI and the rest of the country are bringing awareness to mental illness. Each year we fight stigma, provide support, educate the public and advocate for equal care.

- **National Children's Mental Health Awareness Week**- Children's Mental Health Awareness Week, May 3-9, helps raise awareness around children's mental health. NAMI joins communities around the country in raising awareness about the mental health needs of America's youngest citizens. It is a day to focus on children and youth living with mental illness and to come together to advocate for a full array of effective services and supports for children affected by mental illness.

May 28th – 2015 NAMIWalks fundraising website officially closes

July is Minority Mental Health Awareness Month— share your story and be a strong advocate for mental health education and support among individuals of diverse communities.

Mental Illness Awareness Week October 4-10th

- ◆ **Tuesday, October 6th– Candlelight Vigil for Mental Illness Recovery and Understanding**
6-7 p.m. Cancer Survivors Plaza, Reid Park. This event is open to the public, people of all faiths are welcome.

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.