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NAMI Calendar:

- 11/11/09 - Volunteer & Walk Info Meeting
- 11/18/09 - Annual Membership Meeting
- 12/04/09 - Holiday Potluck

Please RSVP for these events at (520) 622-5582.

Check our website for calendar updates.

CONTACT US!

NAMI of Southern Arizona
6122 E. 22nd St.
Tucson, AZ 85711
Tel: (520) 622-5582
Fax: (520) 623-2908
Email: namisa@namisa.org

Or Visit us on the Web!
www.namisa.org



Volunteer & Walk Information Meeting

The Volunteer & Walk Information Meeting for the 4th Annual NAMIWalks is November 11th at the Tucson Association of Realtors Building at 5:30 p.m. Snacks will be served and a short film reporting the steady growth of our Walk will be presented. Additionally everything you want to know about volunteering, walking and organizing a team will be provided. Please RSVP for this event at the NAMI office at (520) 622-5582 by Friday, November 6th.

Since our first Tucson walk three years ago NAMI of Southern Arizona has experienced explosive growth in the services, support and education we provide to our community. With the help of new volunteer resource specialists working daily in our office many people struggling to navigate the mental health system have been guided in the correct direction.

Numbers speak louder than words, so below is a table showing where we have been and where we are going. All of this with the generous contributions we receive from the NAMI-Walks fundraiser! It's a HUGE difference!

| PROGRAM TYPE | 2006 | Projected in 2010 |
|--|------|-------------------|
| CLASSES | | |
| Family-to-Family (12 wks/class) | 2 | 4 |
| De Familia a Familia (12 wks/class) | 0 | 3 |
| Peer-to-Peer (10 wks/class) | 1 | 3 |
| De Persona a Persona (10 wks/class) | 0 | 3 |
| Provider Education (9 wks/class) | 0 | 1 |
| NAMI Basics (6 wks/class) | 0 | 2 |
| PRESENTATIONS | | |
| In Our Own Voice (90 min/presentation) | 28 | 99 |
| En Nuestra Propia Voz (90 min/presentation) | 0 | 15 |
| Parents & Teachers as Allies (90 min/Presentation) | 0 | 8 |
| SUPPORT GROUPS | | |
| NAMI Connection (90 min/group) | 0 | 2 |
| Family & Friends Support Groups (90 min/group) | 3 | 7 |

If you are unable to make the meeting, but would like more walk and/or volunteer information, please contact Susan Moreno at (520) 622-5582 or by e-mail at smoreno@namisa.org. To help with organizing the event and assisting us in finding sponsors for the event, please also contact Susan Moreno!

SUPPORT: ONE WAY THROUGH MAZE

The Man in a Maze is a design often repeated in Native American art and culture. In Tohono O'odham oral history, the circular maze represents the journey of life. At the depicted entrance a lone figure stands contemplating his choices.

As a mental health worker for NAMI of Southern Arizona, this design depicting a person entering a labyrinth could as easily represent a consumer of mental health services. The maze is real and a quandary as to which way to turn is also tragically real.

Which way can the mentally ill turn in the confusion of various therapies; overburdened case managers, a frustrating bureaucracy, insurance companies that often deny coverage to those in desperate need of it and the down and dirty stigma that follows the mentally ill? Which way can their loved ones turn for support?

The National Alliance on Mental Illness quotes statistics we've probably all heard but may not have taken to heart: Approximately 22% of all Americans suffer from a serious mental illness in their life time, which amounts to one in five families, many of whom—for one reason or another—do not receive mental health services. Add to that the fact that American prisons have replaced psychiatric hospitals in housing the mentally ill. This unfortunate situation leads to an overload on the penal system which cannot provide adequate care for many of the incarcerated mentally ill.

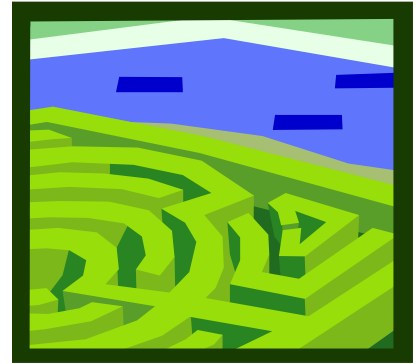
The ripple effect of these facts is mind-boggling when one considers how many friends and relatives are affected by their loved one's disease and confusing journey they must take through the maze of community mental health systems.

To assist families and consumers, NAMI offers programs, advocacy and education to make the journey less intimidating. One such program consists of support groups for families. As a facilitator of a support group, I welcome people from all walks of life to our bi-weekly meetings in Tucson. Initially, many are nervous about "telling their stories" but in an atmosphere of non-judgmental support, they soon relax.

We start by reading the group guidelines which include starting and stopping on time, absolute confidentiality, empathy for others and an effort to "keep discussions in the here and now." Together we read the principles of support:

1. We will see the individual first, not the illness
2. We recognize mental illnesses are brain disorders
3. We aim for better coping skills
4. We find strength in sharing experiences
5. We reject stigma in ourselves and others
6. We won't judge anyone's pain as less than our own
7. We forgive ourselves and reject guilt
8. We embrace humor as healthy
9. We accept we cannot resolve all problems
10. We expect a better future in a realistic way
11. We will never give up hope.

I usually hear sighs as anxiety lessens and a feeling of "we're all in this together" prevails as individuals tell tales of attempting to locate a family member who was last seen sleeping under a bridge or walking the streets. A mother snuffles and reaches for tissues as she tells of being threatened physically by a grown son who because of his paranoia, insists that she is the enemy. A father musters his courage as he confesses to being less than patient with his teen-aged daughter who has dropped out of school and cuts herself.



My co-facilitator and I listen as though we are eavesdropping on the troubles of the world. We empathize, facilitate understanding and encourage people to move beyond anger and denial. Support among the participants is offered openly, "I've been there," some say. Others offer the benefit of their experience, "I know what you're going through with your son because that's what happened in our family and this is what we did..." This kind of support from others who are dealing with similar problems is extremely helpful.

In a support group, the work "support" becomes a living, breathing entity. It comes in the way of a hand reaching out for another; it comes in a burst of unexpected laughter or an exchange of phone numbers for friendship. After the allotted hour and a half, attendees—some regulars, some included for the first time—linger in the lobby of our NAMI of Southern Arizona office to select brochures and to exchange goodbyes. "See you next time," they say, "it sure helps to share."

Recently I heard one man say, "I may not be able to solve this problem with my daughter but at least I know I'm not alone."

-Lollie Butler

Board of Directors News



On October 8th four members of the Board of Directors participated in the educational panel: Open Your Mind About Health Care - Mental Illnesses are Biological Brain Disorders.

The Board Members who participated were Dr. Ann B. Lettes, M.D., Dr. Francisco Moreno, M.D., Susan Moreno and Scott Whitley. The panel which was co-sponsored by the Depression and Bipolar Support Alliance (DBSA) was one of the highlights of the Mental Illness Awareness Week activities.

Groundbreaking for the Crisis Recovery Center

On October 26, 2009 ground was broken for the Crisis Response Center (CRC), the Behavioral Health Pavilion and the UPH Hospital Psychiatric Emergency Department. The construction of these facilities to be built on the UPH Hospital Kino Campus was approved by Pima County voters in May 2006. The co-location of the CRC with the psychiatric emergency department and hospital will give the community a comprehensive psychiatric crisis and recovery capability that is unparalleled. The CRC will be equipped with a call center that will direct first responders to the appropriate part of the facility thus avoiding delays in getting individuals to the help they need. The facility will be a 'no refusal' facility so that no one in crisis will be required to seek help elsewhere. Law enforcement will have specialized access to the facility to speed transfer of individuals to the least restrictive and most appropriate treatment while allowing officers to complete required documentation and return to the community.

The medical and psychiatric triage aspect of the facility will again minimize the time any person must wait for specialized and appropriate treatment. The psychiatric residency program of the University School of Medicine will provide many of the practitioners for services at the new facilities. The design of the CRC will allow services for children and adults without the two populations encountering one another.

In addition to arrival via law enforcement or other first responders individuals and families may arrive at any time for evaluation and admission, if required. The CRC will have 23 hour beds and 3 to 5 day beds for adults and children and if necessary immediate admission to the psychiatric inpatient unit of the hospital. The 2011 opening of the facilities will bring Tucson and Pima County to the forefront of mental health crisis management. The cooperation of CPSA, Pima County, UPH Hospital and the University of Arizona have made these buildings become reality and will make the use of them a long awaited and much needed balm in this community.



NAMI Smarts for Advocacy: Telling Your Story

Part I

My name is Clarke Romans. I live in Tucson in district 30. My son Ken was diagnosed with schizophrenia when he was sixteen years old. My son's story is the reason I am asking you to oppose the massive cuts to the DBHS budget.

Part II

Ken was a bright, handsome, popular kid when his behavior abruptly changed. At age sixteen he was diagnosed with schizophrenia and our family's life was turned upside down. Hopes and dreams were dashed. It took Ken four years to finish his last year of high school. His friends moved on to school and jobs. Ken's medication didn't seem to help his 'voices' and substance abuse become a big problem. Finally, with an effective medication and services from the public mental health system Ken began to recover his life. He was able to work part time; he had a girl friend; in short, he began to HAVE a life.

Part III

To achieve this level of recovery Ken needed the support of his family, medications, substance abuse counseling, supported housing and a responsive case manager. Current legislative proposals reduce or eliminate many of these essential recovery services. I ask that you oppose these proposals and maintain the services and medications that are so vital to people with these no-fault biological brain disorders.

In the last newsletter (you do still have it!) I told you about my participation in the NAMI Smarts for Advocacy: Telling Your Story workshop at the NAMI National Conference. I said that your story is unassailable and, therefore, powerful. Above is my story and we learned to think about our stories as having a purpose beyond just being an account of someone's experience. We are telling it because we are advocating for something—**Part I:** Who you are and what you want. **Part II:** The story itself. and **Part III:** The ASK.

No one can dispute your story so it's up to you to take the simple truth and turn it into a powerful persuasive message with a purpose. NAMI of Southern Arizona will be running workshops on how you can use NAMI Smarts techniques to get your message across. In these very difficult economic times and in our political climate your message is needed more than ever before. Keep an eye on our website www.namisa.org for workshop announcements. *Clarke Romans*

MEET OUR RECOVERY AWARDEES

Not one – but five – amazing folks received this year’s Daniel Moreno Recovery Award for their successful efforts in coping with mental illness. The award is named after the son of Susan Moreno, development director, educator/presenter for National Alliance on Mental Illness of Southern Arizona and blogger for [Tucson Citizen’s Grey Matters](#) Blog. Daniel Moreno’s mental illness led him to suicide in 2005. For the rest of this article and to read the stories of each awardee, please visit our website at www.namisa.org. *Article by: Ryn Gargulinski of Rynski’s Blogski (Tucson Citizen).*

CONGRATULATIONS!!



George León



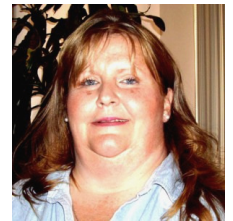
Haydeé Meza



Dan Steffy



Kathy Lewis



Susan Rasmussen

Looking for a way to improve your health while having some fun?

By Eric D. Stark CRSS

I am a Recovery Support Specialist and a Health Mentor with the new Health and Wellness Center. The Center is administered by the University of Arizona’s Recovery thru Integration, Support & Empowerment (RISE) and is funded by the Community Partnership of Southern Arizona (CPSA). The Center is dedicated towards enhancing the knowledge, skills, health and wellness of individuals with a serious mental illness. I am particularly excited about the Health and Wellness Center’s first program. Camp Wellness is an innovative 8 week program consisting of classes all taught by Health Mentors who are also Recovery Support Specialists. The classes are held on Monday, Tuesday, Thursday and Friday from 10:00 a.m. to 4:00 p.m. and include classes on:

- **Food & Nutrition** - Learn how to build a healthy diet, read food labels, eat on the go, plan meals for the week ahead, shop the sales, maximize coupons, and save money! Includes field trips to grocery stores, ways to supplement a food box, and much more!
- **Cooking Skills** - Learn how to cook tasty, healthy meals that won’t break the bank. The Center will provide a healthy lunch together each day at the center.
- **SPA** - Supported Physical Activity (SPA) is co-taught by local gym staff and Health Mentors. Learn safe, effective, fun exercises to shape your waist and tone up both body and mind, at home or in the gym. Each student who completes the course will receive a free gym membership to either Gold’s Gym or the YCMA.
- **Health Education** - Learn everything you ever wanted to know about major parts of the body and common diseases. Spend time with Dr. Kutob and our marvelous theatrical staff!
- **Meditation and Mindfulness** - Learn different ways of meditating and improving mindfulness, by practicing relaxation, deep breathing, positive thinking, guided imagery, and other techniques. Come clear your mind and discover all that meditation has to offer!
- **Stress Management and Hardiness** - In this class, we’ll learn a variety of ways to deal with daily hassles to increase your strength, patience and emotional well-being. Each class ends with a deep relaxation exercise, so you’ll leave the class feeling peaceful and refreshed.
- **Tobacco-Free Lifestyles** - Wish you could quit, but don’t know how? You’ve tried quitting a million times but just can’t stay off? Do you have a friend who needs to quit, and you’d like to help? Learn ways to create a tobacco-free lifestyle. We’ll explore fun facts about tobacco and ways to reduce your tobacco use or quit altogether. Apply what you learn to other lifestyle changes!

To be eligible for one of the 45 scholarships provided each session you must be (1) diagnosed with a Serious Mental Illness, (2) have AHCCCS, (3) be 18 years or older, (4) have a Body Mass Index (BMI) of 25 or greater, (5) have access to cooking facilities in your home or community, and (6) have written permission from a doctor that indicates you are “cleared for physical activity as tolerated”. You must also have a wellness goal on your Individual Service Plan (ISP) that says you want “to improve my health and wellness” and have your Case Manager complete a Community Service Agency (CSA) packet.

For questions about Camp Wellness or the Health and Wellness Center please feel free to contact R.I.S.E. at 626-7473.

Open Your Mind About Health Care: Mental Illnesses are Biological Brain Disorders

As part of Mental Illness Awareness Week NAMI of Southern Arizona along with the Depression and Bipolar Support Alliance sponsored an educational panel on October 8th at UMC's Duval Auditorium. The audience responded with so many questions the panel could not answer them all so the panel has generously responded with answers to a few more here in the November Newsletter.

Panel Members: Dr. Francisco Moreno, MD, Dr. Ann B Lettes, MD, Gabe Zimmerman, Susan Moreno and Scott Whitley

Question #1: Give us the best websites for Illness specific clinical studies and research.

Answer #1 (Francisco Moreno): The National Institute of Mental Health has a great inclusive page: <http://www.nimh.nih.gov/site-info/site-map.shtml> in which you can click links for information in many conditions, including treatment studies, and research. Some of the topics include: [ADHD](#), [Anxiety Disorders](#), [Autism](#), [Bipolar Disorder](#), [Depression](#), [OCD](#), [Panic Disorder](#), [PTSD](#), [Schizophrenia](#), [Suicide Prevention](#), [Child & Adolescent Mental Health](#), [Older Adults and Mental Health](#), [Women and Mental Health](#).

Question #2: Since patients may not be able to or will not accurately report their symptoms or history wouldn't doctors be able to make a better diagnosis if HIPAA didn't prevent doctors from communicating with family members?

Answer #2 (Francisco Moreno): Of course, doctors would be better able to diagnose and treat their patients if they made it possible to meet with the family and collect collateral information. Whether HIPAA or other ways of safeguarding Protected Health Information makes it so that doctors can't talk to families is not as black and white, what is clear is that HIPAA fear has created an environment in which people err on the side of caution often at the cost of family and patient's needs. Keeping ourselves and providers informed about the real restrictions from HIPAA could minimize these unneeded impacts. For more information on HIPAA click <http://www.hhs.gov/ocr/privacy/hipaa/understanding/index.html>

Question #3: How prevalent is Bipolar disorder in children under 12 years old and do they respond well to medication?

Answer #3 (Ann B. Lettes): One of the problems is that there are not good prevalence studies for childhood onset bipolar disorder. The best current information indicates a 1.5 - 2% prevalence of type I Bipolar Disorder under age 18 and a 5% prevalence of any Bipolar diagnosis under 18 years. One of the key ongoing research questions is how many of those children continue to manifest Bipolar Disorder as adults. There is an on-going longitudinal study which has now reported results about 8 years out that indicate persistence if the diagnosis is type I Bipolar and less predictable persistence if it is some other Bipolar diagnosis. Yes, children and adolescents do respond to treatment, which includes not only the medication, but the lifestyle and therapy components as well. There is no one "best" medication, but Lithium is still the gold standard for long-term maintenance treatment in children and adolescents.

MEMBERSHIP

Your voice counts....the more numbers to show for membership, the stronger our voice becomes for legislative purposes when advocating for people with mental illness!

Membership:

\$35 Regular
\$3 Open Door

Receive the following:

- The Advocate (NAMI National's publication)
- Announcements/Event Information
- NAMI Southern Arizona's Newsletter
- Discounts at the NAMI Store, Events and Conferences

Don't forget to renew your annual membership!

For more info, contact Carol Swanson at (520) 622-5582 or eswanson@namisa.org.

VOLUNTEER SPOTLIGHT

FACTS ABOUT MARTHA:

Favorite Hobbies: Bird watching, Reading, growing things, hiking, photography

Favorite Food: Peaches

Favorite Book: This is a tough one—A Path With Heart by Jack Kornfield, Rolling Thunder by Doug Boyd and Angle of Repose by Wallace Stegner

Volunteer work with NAMI: Parents and Teachers as Allies, Resource Specialist, various talks as a family member to classes or groups around town, represent SE AZ on NAMI state board

Martha Auslander is a wonderful asset to NAMI! She brings great enthusiasm, inspires hope, and shows dedication to issues surrounding mental illness. Martha also demonstrates true volunteerism—whenever we need help with a community presentation or Martha's assistance in a training—she does her best to be there.

Martha—Thank you for all of your hard work and for being YOU!





"The only reward of virtue is virtue; the only way to have a friend is to be one."

- Ralph Waldo Emerson

NO MAN IS AN ISLAND

(An article written by my Heart to Heart friend, Linda Kipnis. Marlene and Linda have given their permission to be named. Judi Maikoff)

The emphasis of this writing is friendship. I have had periods in my life where I have been out of touch with others and myself. As time has passed, I have been blessed with a few special and unique friends who have made the difference for me in my recovery.

One of these special friends is Marlene. We met in a psychiatric facility where I was a volunteer and Marlene a patient. After meeting each other and exchanging our perspectives, we shared phone numbers and began what has turned out to be a decade of quality, meaningful friendship. We support each other by getting outside of ourselves and we focus on the other persons' needs. We work together on projects, we talk a lot and aren't afraid of the other person's illness. In helping each other, we strengthen ourselves.

I feel that I can believe in myself because of the love I have received from friendships.

And it doesn't stop here. The friendships I've developed are like stepping stones to more relationships.

By Linda Kipnis



**—HELP WANTED—
Volunteer
Opportunities!**

NAMI is having difficulty in locating FREE (or close to free) meeting room space in which to have classes, support groups, trainings, etc. Does your church or synagogue have space available or do you have suggestions about other options? If so, please call the NAMI office @ 622-5582.

We need family members and consumers to train to teach our NAMI Signature classes. Please call the NAMI office.

We need volunteers and bilingual (English/Spanish) volunteers as Receptionists and Resource Specialists (four hours per week). We will train you and you will be helping people who really are in need.

Join our *Heart-to-Heart* program, our friendship program! Volunteers are needed to be paired with individuals with mental illness. We especially need male volunteers to participate.

Many volunteer opportunities available for our NAMI Walks event in March. We could use your help before, during and after the event!!



NAMI Basics Education Program Update

NAMI Basics is a 6-session education course for parents and caregivers of children with suspected or diagnosed mental illness. The sessions will include specifics of brain development, learning about the stages of emotional response to the trauma of mental illness and learning skills that can be used to improve day-to-day communication. The participants will review record keeping for the child in the medical and school systems and learn tips for developing a crisis and relapse prevention plan.



NAMI of Southern Arizona recently completed the NAMI Basics Teacher Training, graduating 3 teachers for southern Arizona and one from southeastern Arizona.

The education program is scheduled to begin in January of 2010.

For more information and to register for the sessions contact Judi Maikoff at 622-5582.

Education Program Update

More NAMI Education Programs were available this year than in the past. We are adding NAMI BASICS to our list of programs beginning in 2010 (*see pg. 6*).

One Familia a Familia and two Family-to-Family Classes graduate the beginning of November. It was a busy year for this program. The next class is a daytime class to be scheduled in January.

Persona a Persona and Peer to Peer graduated October 28th. A new class began at the Southern Arizona VA Health Care campus in October and will graduate December 16th.

The **NAMI BASICS** education program will begin early in 2010. This education program is for parents and caregivers of children with mental illness. Teachers were trained in October. If anyone is interested in this course please call Judi Maikoff at the NAMI office, 622-5582.

The **NAMI Connection Support Group** continues to meet weekly at Hope, Inc. 236 S. Tucson Blvd. every Tuesday evening.

Family Support Groups meet once per month. Starting this November there are five Family Support Groups offered.

Be sure to check the schedule in this issue or look online at www.namisa.org and always call NAMI Southern Arizona, 622-5582 the day of a group to make sure the group is meeting that month.

We keep waiting lists for our NAMI Education Programs. The classes fill quickly so be sure to call and get on the list for the next series of classes.

NEW NAMI STAFF MEMBER

We are pleased to introduce Carlos Alcalá as the most recent addition to our staff. Carlos is our bilingual Volunteer Coordinator and will be reporting to Carol Swanson, Volunteer Director. Carlos will participate in recruiting and assist in interviewing volunteer applicants. He will develop volunteer information for Spanish speaking volunteers and other translations. Carlos is a family member, a Familia a Familia Teacher and a State Trainer of Trainers for Familia a Familia. Carlos lives in Tucson with his family. ¡Bienvenido Carlos!



Happy Birthday Jean

Jean Balcezak and Judy Kowalick, staff members of NAMI Southern Arizona take 1st place in the photography division for over 46 in the 10th Annual Community Mental Health Art Show October 6th.

Judy's photograph of Jean at her birthday celebration with her colleagues was a study in character and personality. After many photographs taken that day one stood out and was entered in the art show.

NAMI SUPPORT GROUPS

**Please call our office to confirm dates & times of groups.
(520) 622-5582**

Eastside Family & Friends

Meets: 4th Tuesday of every month, 7:00 p.m.

Where: NAMI of Southern Arizona
6122 E. 22nd St. (Between Craycroft & Wilmot)

Family & Friends Support Group

Meets: 2nd Wednesday of every month, 7:00 p.m.

Where: NAMI of Southern Arizona
6122 E. 22nd St. (Between Craycroft & Wilmot)

Westside Family & Friends

Meets: 3rd Monday of every month, 7:00 p.m.

Where: Ward 1 office
940 W. Alameda St. (Grande Ave. & Alameda St.)

Green Valley Family & Friends Support Group

Meets: Last Wednesday of every month, 10:30 a.m. - 12 p.m.

Where: Friends in Deed Building, Room E
301 W. Camino Casa Verde
Green Valley, AZ

NAMI Connection

Meets: Every Tuesday from 6:00 p.m. - 7:30 p.m.

Where: HOPE Inc. (Nueva Luz Center)
236 S. Tucson Blvd. (South of Broadway)
Groups falling on holidays will be cancelled.

Northside Family & Friends Support Group

Meets: 1st Thursday of every month, 6:30 p.m. - 8:00 p.m.
Note: Hours may change.

Where: La Paloma Urgent Care
4001 E. Sunrise Dr.

¡Pláticas! For Family & Friends (en español)

Meets: 1st Monday of every month, 4:30 p.m. - 6:00 p.m.

Where: Sam Lena Library
1607 S. 6th Ave. (Near 22nd St.)

Board Members

Cindy Coco
 Joan Cole
 Doug Jones
 Ann Lettes, M.D.
 Betty Jo Latham
 Hannis Latham
 Francisco Moreno, M.D.
 Susan Moreno
 Scott Whitley

Advisory Board

Dr. Richard Eck, Ph.D.
 Carolyn Kemmeries
 Nancy Masland
 Eleanor Schorr

Executive Director

H. Clarke Romans, Ph.D.

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From the Executive Director

Mental illnesses are treatable. They are difficult, but they are treatable. A recent newspaper article quotes the Interim Director of Arizona Health Services, Will Humble, as stating that "... the only place left to slash \$68 million is in programs for mental health." He goes on to say that these cuts would mean the abolition of Arizona's mental health crisis system. People would be taken to hospital emergency rooms if they had a crisis. They may also get taken to jail. Hospitals and jails are the two most expensive places to deal with a mental health crisis. Every intervention that avoids a hospital trip or jail is less costly and much better for the individual. Knowing this, one wonders why our legislators are so willing to cut funding for services to people with mental illnesses? Is it the stigma surrounding these illnesses? Stigma can be overcome through education. Is it that legislators are not affected by mental illness? No! Mental illnesses occur in every segment of our population. Is it to save money? It doesn't! Maybe they haven't personally experienced mental illness so that's where our members and friends come in. Whether you are a family member, friend or individual with a diagnosis, you can tell your story! Let me repeat **YOU CAN TELL YOUR STORY!** The second installment of the new NAMI Smarts for Advocacy: Telling Your Story is in this issue.

Believe it or not the 2010 NAMIWalks is coming to a location near you. The 2010 NAMIWalks Volunteer Information Meeting is November 11 at 5:30 p.m. This is the first event of the NAMIWalks season. You may already have your invitation!

Finally, the Annual Membership meeting will be held on November 18, 2009 at the St. James Methodist Church located at 3255 N. Campbell Ave. at 7:00 p.m. An educational program will be followed by a short business meeting. Hors d'oeuvres and beverages will be served. A summary of the years' activities will be presented. - *H. Clarke Romans*

www.namisa.org

We're on the web!



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