



nAMI

National Alliance on Mental Illness

**Southern
Arizona**

*Bringing
Hope & Awareness
to You*



The Official Newsletter of NAMI Southern Arizona

Volume 29: Issue 1

February 2011

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NAMI Calendar:

- February 23, 2011 - Walk Kick-Off Luncheon
- April 2, 2011, NAMI-Walks @ Tucson Electric Park
- April 27, 2011 - Schorr Award

Visit our website for more calendar updates.

CONTACT US!

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Or Visit us on the Web!

www.namisa.org



nAMI Walks



National Alliance on Mental Illness

Guess what folks? It's that time of year again to have our largest fundraising and awareness campaign. This will be our 5th annual NAMIWalks – Changing Minds... One Step at a Time!

Don't know about our NAMIWalks program? It is our annual walk-a-thon for mental illness. On Walk day, thousands come together creating more awareness, promoting mental illness recovery and helping our local affiliate raise funds in order to offer our programs and services *free* of charge. NAMIWalks takes place all over the country and will have approximately 83 Walks in 2011.

This year, there are new and exciting additions to the Walk! There will be food and entertainment such as a children's folklorico dance group, Zumba, mariachis, a Veteran's Band Music Group, and much more! **SAVE THE DATE** - Our Kick-Off Luncheon is right around the corner. *(See page 7)*

We hope that you consider joining us in one or more of the following ways:

- Become a Team Captain
- Join an Existing Team
- Walk as an Individual
- Volunteer
(Before, During and After Walk Day)

Our Walk is needed **NOW MORE THAN EVER**. It's important to unite as a community to help others who may not know about NAMI or how to get help if someone is affected by mental illness whether it's a family member, one themselves, or a friend.

NAMIWalks Details:

Saturday, April 2, 2011
Tucson Electric Park
2500 E. Ajo Way
5k or 3 mi Walk

Registration Begins: 7:30 a.m.

Program: 8:00 a.m.

Walk: 9:00 a.m.

Fundraising Goal: \$125,000
of Participants Goal: Approx. 4,000

- ♦ No Registration Fee, but must register either online or on paper form.
- ♦ Wheelchair Accessible
- ♦ Dogs welcome on leash
- ♦ Walk Day -- Rain or Shine!
- ♦ For every \$100 raised per participant, a free NAMIWalks t-shirt will be provided.

It is not a requirement to walk, so bring a lawn chair and enjoy the entertainment and food!

PREMIER SPONSOR



Regional Behavioral Health Authority

Continued on pg 6

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 Francisco Moreno, M.D.
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 Carolyn Kemmeries
 Nancy Masland
 Eleanor Schorr

Executive Director

H. Clarke Romans, Ph.D.

From the Executive Director

Since the last Newsletter, our world has turned upside-down. The election brought into the State legislature people who seem determined to cut budgets regardless of the consequences. Our community is suffering from the recent tragedy and NAMI Southern Arizona is suffering in particular because of our close association with Gabe Zimmerman and Representative Giffords. The budget cuts already imposed have had a devastating impact on many individuals and family members. Are we in an impossible situation? Shall we throw up our hands and quietly endure the status quo? I say NO! I hope you will too! Let's look at NAMI Southern Arizona's Mission Statement:

"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."

We will not change our mission. We will continue to educate, advocate and support. You must help us speak out. Our needs are the same or greater and our message is the same only more urgent. Now is exactly the time to start dealing with the reality of the situation. You need to know the issues! That's why it's important to stay connected to NAMI Southern Arizona through the Newsletter, the Website (www.namisa.org) and other electronic sources like our eNews. Once you know the issues, the next step is to communicate with your elected officials. You can call, write, and e-mail.

In coming Newsletters, we will give you some templates for writing letters and we will be repeating the NAMI Smarts: Legislative Advocacy Series. We plan to offer training in how to meet with legislators and tell your story. A visit to an elected official lets them know that an issue is important to you. In fact, such visits give them real examples that they can use in their discussions. **Let us not be silent. Let us clearly and firmly say what we want and need in our community.** NAMI Southern Arizona will be working diligently to bring you information that will help you focus on the critical topics. - H. Clarke Romans

Calendar of Upcoming Events



Visit us online for a complete schedule of events, support groups & education classes!
www.namisa.org

Join us on Facebook!



HAS YOUR ADDRESS, E-MAIL OR PHONE NUMBER CHANGED??

Call Carol Swanson to update your information at (520) 622-5582 or send her an e-mail at: cswanson@namisa.org



Don't miss out on any announcements or events!

Stay Connected with our Electronic Updates!

Subscribe to our Electronic News so that you are always up-to-date on mental health issues, events, announcements, advocacy issues and much more! Visit our website www.namisa.org and subscribe to our list(s).

ANNOUNCEMENT

Free NAMI Southern Arizona T-shirt



Free NAMI t-shirt for those who renew their membership or Join at the \$35 level.

Visit our website to see the various designs and colors or stop by our office to check them out.

Already a NAMI member?

Purchase 1 shirt for \$10, or 2 shirts for \$16

Education Programs Update

Upcoming Education Classes

- Family to Family - March and April, TBA
- De Familia a Familia - Begins 2/23/11
- Peer to Peer - 2/16/11
- De Persona a Persona - March, TBA
- NAMI Basics - Begins 2/24/11

Upcoming Trainings

- In Our Own Voice Presenter Training - 2/12 to 2/13
- Family Support Group Facilitator Training - 3/18 to 3/20
- NAMI Basics - April, TBA

Need a Presentation? Free for our community.

- **In Our Own Voice** (English/Spanish) - Two presenters give their testimonies and share their stories on mental illness recovery.
- **Parents & Teachers as Allies** - A 90 minute in-service mental health education program for school personnel, parents and the community.

Education and Support Group Team:

<u>Carlos Alcalá:</u>	Education Director and NAMI Basics and De Familia a Familia Coordinator
<u>Judy Kowalick:</u>	Family to Family Coordinator
<u>Haydeé Meza:</u>	Peer to Peer/Persona a Persona Coordinator
<u>Judi Maikoff:</u>	Parents and Teachers as Allies Coordinator
<u>George Leon:</u>	In Our Own Voice/En Nuestra Propia Voz Coordinator
<u>Scott Whitley:</u>	NAMI Connection Coordinator



NAMI returns to the heartland for its 2011 National Convention.

The Midwest--where NAMI originally coalesced as an organization--continues to be a vital source of new ideas, new energy and new hope for families living with mental illness.



The 2011 convention will feature:

- Top-notch researchers and clinicians providing information and tools to advance and sustain recovery from mental illness.
- 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 that we can learn from each other on how to make change on the local level.
- Inspiration, innovation and an exhilarating four days in one of America's great cities.

Make your plans now to attend this life-changing event: July 6-9 at the Chicago Hilton!

Register early and save money.

Hotel rates at the magnificent Chicago Hilton—right smack on the city's Magnificent Mile—are \$149 per night (plus tax) for a double or single room.

Call toll free--(877) 865-5320--to make your reservation by **June 1** to receive these great hotel rates!

NAMI Convention staff are currently in negotiations with airlines for special travel deals to the 2011 convention.

Continuing Education For Nurses, Social Workers And Counselors

NAMI is accredited to offer continuing education credit to registered nurses, social workers and licensed counselors for attending the 2011 annual convention. Although the exact number of CEs has not yet been determined, our program typically offer between 16 and 20 credits. The fee for applying for CEs is just \$15.

Community Response to Tucson's January 2011 Tragedy

Many people have asked and many are probably wondering if any good can come out of the recent tragedy here in Tucson. Some elected officials have called for more civility amongst politicians and others have reported friendlier interactions between people in public places. Beyond this not unpleasant reduction in the strident tone, some thoughtful community leaders are working even as I write to begin a community dialogue.

The Schorr Family is leading the effort to organize an event that will draw the community together for a meaningful discussion about the recent events and possible steps that can be taken in the future that will result in better outcomes for all individuals with mental illnesses and their families. For those who may not be familiar with the Schorr Family Award it has been celebrated for approximately 15 – 20 years. The focus has always been more than the stigma of mental illness but also the “consciousness” of mental illness. In past years, many individuals have been recognized for their work in raising awareness about mental illness.

This year's event is on Wednesday, April 27th. The Honoree and keynote speaker this year is Dr. Thomas Insel and there will be additional panelists who will participate. More details from NAMI Southern Arizona as they become available.

SAVE THE DATE Wednesday April 27th Schorr Award and Community Forum

**Dr. Thomas Insel, Director of NIMH
Honoree and Keynote Speaker**

Thomas R. Insel, M.D., is Director of the National Institute of Mental Health (NIMH), the component of the National Institutes of Health charged with generating the knowledge needed to understand, treat, and prevent mental disorders. His tenure at NIMH has been distinguished by groundbreaking findings in the areas of practical clinical trials, autism research, and the role of genetics in mental illnesses. *Reprinted from <http://www.nimh.nih.gov>*

Past Schorr Award Recipients:

- Pete Earley, *Author and Journalist*
- Sylvia Nasar, *Journalist and Author of “A Beautiful Mind”*
- Richard Miranda, *Chief of the Tucson Police Department*

In Remembrance of Gabe Zimmerman

The Board, Staff and Members of NAMI Southern Arizona extend our deepest sympathy and prayers to the family and friends of Gabe Zimmerman on his tragic death on January 8, 2011.

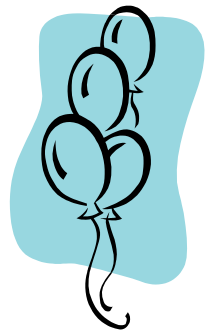


Gabe Zimmerman was a great supporter of NAMI. Gabe last participated at NAMI's Unmasking Mental Illness event in October '10 and gave a presentation on behalf of Rep. Gabrielle Giffords. We are truly devastated by this loss and our sympathy goes towards his parents, family and friends.

JOIN US ON SATURDAY, APRIL 2, 2011!

We hope that you join us as we will be honoring Gabe Zimmerman and Rep. Gabrielle Giffords at our next NAMIWalk on April 2, 2011 as both Gabrielle and Gabe have always supported our annual event and NAMI.

A statement will be made at the NAMIWalk honoring both Gabe and Gabby, a moment of silence will be held and a balloon release will take place.



Healing is a matter of time, but it is sometimes also a matter of opportunity.
– Hippocrates

New Sign for NAMI Southern Arizona

Thanks to Mr. Doug Jones who is also a NAMI Board Member, we now have a brand new sign for our office!

Ever since we moved into our building almost 6 years ago, our sign confused many people and some wondered if we provided chiropractor services.

We have since received many compliments and we expect that now people will find us much easier. If you haven't seen the sign yet, drive by!



Photographed: H. Clarke Romans, Executive Director

Again, thank you Doug Jones for your generous donation and for helping make NAMI more visible!

Lovell Foundation Grant

The mission of the David and Lura Lovell Foundation is to fulfill the wishes of its founders and to share their good fortune through grants to deserving groups and organizations in the communities where its trustees reside. The Lovell Foundation will primarily use its resources to fund programs in the areas of mental illness and integrative medicine. The Foundation also supports spiritual and cultural advancement. The Foundation supports projects in the communities in which the Lovell family members live and that includes Tucson, Arizona.

NAMI Southern Arizona was recently awarded a grant and would like to thank the Foundation for its support.

The grant will fund the replacement of an outdated computer database system in which client information is kept. This project will improve our ability to enter, retrieve and analyze client information. It will greatly enhance our ability to accurately and efficiently report our activity levels and communicate more effectively with family members and provider organizations.



VOLUNTEER OPPORTUNITIES

NAMIWalks

- Help out with: Promoting the Walk, Walk-day setup, Registration Tables, Handing out T-shirts, & much more!
- Visit www.namiwalksaz.org for a complete listing.



Support Group Facilitators

- Become a Family Support Group facilitator to help family members and friends with loved ones with mental illness. These groups provide understanding, hope and encouragement.



Receptionists

- Many slots available for weekday receptionists.



Resource Specialist

- Help our clients (family members, those living with mental illness and professionals) by providing education, support and advocacy. Training in February.

For more information on volunteering, please call Carol Swanson at (520) 622-5582 or contact by e-mail at cswanson@namisa.org.

VOLUNTEER SPOTLIGHT

Denise Jennings - Denise is a NAMI volunteer who is full of energy and keeps us NAMI staff on our toes! She has lived in Tucson for 6 years and has a supportive family.



Denise has been with NAMI since 2009, is a dedicated Receptionist for two days of the week and is part of our Heart to Heart program.

Denise feels that our Heart to Heart program has helped her be more social and outgoing. Her Heart to Heart friend, Jessica, has also been very supportive of Denise and they often meet up at the bookstore, go to the movies and for coffee!

Favorite Food and Drink: Stuffed shells and Italian Soda
(she made it a point that she is part Italian)

Least Favorite Food: NO hot and spicy anything

Favorite Movie: Miss Congeniality

Favorite Type of Music: Celine Dion, Josh Groban, Bon Jovi

Why would you want to participate in the NAMIWalk?

- To Walk on behalf of a loved one.
- For mental illness recovery.
- Walk in memory of a loved one.
- To show support from your business.
- To help bring awareness to mental illness.

T-Shirts

Don't forget! You can create cool and exciting Team T-shirts! Make your team stand out with bright colors and/or cool designs! You don't have to use wear your t-shirts one day out of the year - you can wear your team shirts all year-round helping promote awareness and helping our community speak out about mental illness!



Need help with your design or finding a vendor for t-shirts?
Call the NAMIWalks Manager for more information.

NAMIWalks Honorary Chair

Dr. Nelba Chavez

Dr. Nelba Chavez joins our NAMIWalk this year as our honorary chair and NAMI Southern Arizona is thrilled to have her participate!

Dr. Chavez has an outstanding background due to her dedication to her work. She was nominated in 1994 by President Bill Clinton as the first Administrator of the Substance Abuse and Mental Health Services Administration. Dr. Chavez was also the first Hispanic/Latina to head a public health agency in the history of the Department of Health and Human Services.



Reprinted with permission from Moving Organizations Ahead

Dr. Chavez will be at our NAMIWalks Kick-off Luncheon on February 23rd to help motivate us for the Walk.

Message from Dr. Nelba Chavez:

“NAMIWalks 2011 offers us a way to show our support and take another step in this courageous and compassionate journey. By walking together with people living with and in recovery from mental illness, our community will show the way forward for America. I am honored to serve as Honorary Chair for NAMIWalks 2011 this year and urge you to join us and become part of the journey.”

Other Reasons Why We Are Walking...

- 1 in 4 people are diagnosed with a serious mental illness.
- More than 100,000 in Pima County alone have mental illness.
- Recovery is Possible and Treatment Works!
- There is HOPE!

There will be prizes given to the following:

- Individual who raises the most money
- Team who raises the most money all-together
- Team who has the most walkers
- Super Team who raises the most money
- Super Team with the Highest fundraiser
- Super team who has the most walkers
- Best T-shirt contest (Regular teams)
- Best T-shirt contest (Super Team)

**A Super Team is a team who is part of a business/ organization or who usually have more than 50 Walkers.*



For More Information on our NAMIWalks Event, please contact:

Rebecca Garfunkel, NAMIWalks Manager

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

E-mail: namiwalks@namisa.org

There are still opportunities to be a Sponsor, Exhibitor and to Volunteer!

Visit our NAMIWalks Website at:

www.namiwalksaz.org

Kick-Off Luncheon ~ NAMIWalks

Wednesday, February 23rd, 2011

11:30 a.m. - 1:00 p.m.

(Registration begins at 11:00 a.m.)

Community Partnership of
Southern Arizona (CPSA)

2502 N. Dodge Blvd.

(North of Grant)

Carpooling is highly suggested

Lunch will be provided.

**Please RSVP by
Monday, February 21st.**

RSVP online at www.namiwalksaz.org or
by calling the NAMI office at (520) 622-5582.

This Kick-off Luncheon is for anyone who wants to:

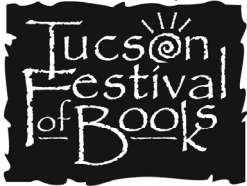
- Create a walk team
- Help Fundraise
- Learn more about the Walk
- Hear about the many opportunities to participate in this exciting event!

Can't make it to the Kick-Off, but want information? Simply contact the NAMI office.

Giveaways!

**Get into a Raffle
just for showing up!**

Arizona Daily Star



with the University of Arizona

Presented by:



EXHIBITOR

When: March 12 -13, 2011

Where: University of Arizona

Time: 9:30 a.m. to 5:30 p.m.,
both days

We need Volunteers to help us at our booth. Contact the NAMI office to help out.

FOOD

MUSIC

ENTERTAINMENT

Love Books? So do we!

NAMI Southern Arizona will be an exhibitor at the *The Tucson Festival of Books* this year, which brings together authors, publishers and the reading public in a family-friendly community event.

We are excited to participate in this wonderful event, which expects to have approximately 100,000 people. NAMI's goal is to be the voice on mental illness during this event. We want our community to know the NAMI exists and that we even have our own lending library filled with books on mental illness. Stop by and visit us!

What will we have at our booth you wonder?

- ◆ NAMI literature including brochures and flyers on the various mental illnesses and our programs
- ◆ Publications from organizations such as NIMH (National Institute of Mental Health) and SAMHSA (Substance Abuse and Mental Health Services Administration).
- ◆ Giveaways such as bookmarks, magnets, pens
- ◆ NAMIWalks information
- ◆ T-shirts for purchase or a free t-shirt if you become or renew your membership.

<http://www.tucsonfestivalofbooks.org>





**Southern
Arizona**

**6122 E. 22nd Street
Tucson, Arizona 85711**

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**JOIN OR RENEW
YOUR MEMBERSHIP
ONLINE AT WWW.NAMISA.ORG**

NAMI Support Group Schedule

Please call our office to confirm dates and times of support groups at (520) 622-5582. Or visit us online at www.namisa.org for a current support group schedule.

Support Group	Where
NAMI Connection (for those w/ mental illness) Every Tuesday, 6:00 p.m. - 7:30 p.m.	HOPE Inc./Nueva Luz Center 236 S. Tucson Blvd.
Conexión NAMI (in Spanish/en español) Every Wednesday, 5:00 p.m. - 7:00 p.m.	Mission Library 3770 S. Mission Rd.
Northside Family & Friends 1st Thursday of the month, 6:30 p.m. - 8:00 p.m.	La Paloma Urgent Care 4001 E. Sunrise Dr.
Family & Friends 2nd Wednesday of the month, 7:00 p.m. - 8:30 p.m.	NAMI of Southern Arizona 6122 E. 22nd St.
Westside Family & Friends 3rd Monday of the month, 7:00 p.m. - 8:30 p.m.	Ward 1 Office 940 W. Alameda St.
Eastside Family & Friends 4th Tuesday of the month, 7:00 p.m. - 8:30 p.m.	NAMI of Southern Arizona 6122 E. 22nd St.
Green Valley Family & Friends Last Wednesday of the month, 10:30 a.m. - 12 p.m.	Friends in Deed Building, Rm E 301 W. Camino Casa Verde

Groups falling on or near a holiday have been rescheduled.

Need Help?

Community-Wide Crisis Line

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

Walk-in Crisis Center

Southern Arizona Mental Health
Corporation (SAMHC)

2502 N. Dodge Blvd., Ste. 190

**Both Crisis Line and SAMHC
are available 24/7.*

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.