

# Find Help Find Hope

Volume 32 : Issue 4

November 2014



Southern Arizona

Since 1983

## Highlights

- Annual Meeting
- Annual Appeal
- Daniel Moreno Awards
- Candlelight Vigil
- Poet's Corner
- NAMIWalk 2015

*There is no health without mental health!*

## Contact Us

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## Website

[www.namisa.org](http://www.namisa.org)

## Business Hours

Monday - Friday

9 AM to 5 PM

## Annual Meeting & Harvest Potluck

Thursday, November 13, 2014

6:00 to 8:30 PM

The Arizona Historical Society Museum

949 E. 2nd Street (NW corner, 2nd St. & Park Ave.)

Free Parking Garage—NE corner, Euclid & 2nd St; East entrance marked "Arizona Historical Society Parking"

### Featured Presentation:

*"Going to pot-a cannabis, dopamine and psychosis connection?"*

*Dr. Ed French, Ph.D., Professor of Pharmacology, U of A College of Medicine*

NAMI will also present our accomplishments for the year.

Please RSVP by November 11th:

[www.namisa.org/annual-potluck-rsvp.html](http://www.namisa.org/annual-potluck-rsvp.html), or call (520) 622-5582

Please bring one dish or food item; let us know what you plan to bring when you RSVP.

## CONTRIBUTE before 2015- did you know that NAMI Southern Arizona:

- Has an evidence-based program called *Family-to-Family* and is the only program in our community that trains family members to help their loved ones with mental illness?
- Provides presentations through our stigma reduction program, *In Our Own Voice*, to various groups such as the police department, schools, service groups, businesses and faith based communities?
- Received approximately 5,871 calls as of the end of September for help this year?
- Has over 30 years of experience in Southern Arizona?
- Provides advocacy, education and support group programs at no charge?

**When you or a family member is in need of help, where do you turn?** If you are like many people in our community, you go to NAMI Southern Arizona.

**Why?** Because you know you will receive help from NAMI Southern Arizona staff who are knowledgeable, dedicated and compassionate.

**Please consider making a gift to help support our mission before 2015. Make a donation online, through the mail, or call us with a credit card over the phone.**

Thank you!



## From the Executive Director

Yes, it is November and the year is rounding the final turn toward winter. Yet it is about 85°F as I write this note so it's a bit difficult to know if we are coming or going. Medicaid (AHCOCS) Restoration has become a reality and coverage for approximately 4,000 individuals who either lost or were restricted from receiving mental health services had them restored

on January 1, 2014. For others who still fall in the crack, the Health Care Exchanges ([www.healthcare.gov](http://www.healthcare.gov)) and Health-e-Arizona provide coverage in spite of the difficulty of navigating them.

For all that has been accomplished, we all know that the political cycle keeps on moving, and by the time you get this the election will be over and there will be another set of elected officials who will be making decisions that affect us. I realize that one way or another most of my commentaries are about speaking out. Whether by voting or talking to your neighbor or legislator, it's all about talking about mental illness. Every conversation that you have about mental illness can have a positive influence on someone. Whether it is an empathetic dialogue with a friend or family member or correcting misinformation, you demonstrate that it is acceptable to have a conversation about mental illness. All of these conversations become part of the fabric of our community and society and they affect people who are in office or who vote for the people in office. This coming year will be filled with changes and difficult decisions. We know that there will be a budget shortfall and guess who is in the bull's-eye? That's right mental health services. Let your conversations influence how others think about mental illness and about how they act and the decisions they make!

This is our last newsletter of 2014, so I am asking you to do two things before the final sunset of the year. Think about making a year-end donation to NAMI Southern Arizona. We know there are many unmet needs and we are struggling to do our part. In spite of a shortage of funds, we have been able to maintain our program activities in Advocacy, Support, and Education. Help if you can to ensure that these programs continue next year and beyond. The second request is to ask you to read this short commentary again and think carefully about someone who has just been elected and with whom you could have a 'conversation' on the topic of mental illness. Many elected officials are woefully uninformed about mental illness, but are going to be asked to make decisions that seriously affect people living with these disorders.

Finally, before the year ends, turn your mind away from the deficits of life and focus for a moment on the possibilities! Happy Holidays! 2015, Excelsior ↑

### Board of Directors

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## Candlelight Vigil for Mental Illness Recovery and Understanding



As part of Mental Illness Awareness Week, NAMI Southern Arizona held a candlelight vigil and prayer service at Reid Park's Cancer Survivors Plaza on October 8th. The vigil served to remember the lives lost to mental illness and to remind those struggling with it today that they can find help. The opening Prayer was given by the Rev. Dr. Wm. F. Dean, followed by a candle lighting ceremony read by Carl Schroer, retired minister from Rincon Church. Ten candles were lit representing Faith, Truth, Healing, Understanding, Grace, Hope, Justice, Peace, Thankfulness and Steadfast Love.

At least 50 people ignored the rain to participate in the vigil. As a way to break down the stigma of being mentally ill **In Our Own Voice** presenters Christina Jasberg, Mary Lopez, Lisa Fore and Melissa Clayton all shared their stories of personal struggle and the process of recovering from mental illness

Mary Lopez was diagnosed with schizophrenia and bipolar disorder. At her darkest moments she turned to alcohol, drugs and even tried committing suicide to cope with her illness. But with the help of family members and NAMI, Lopez said she was able to get the help she needed. "You just got to reach out and get it. You got to go out there and look for it. If you really want it, you can find it. Like me, I didn't think I wanted it but I found it. I felt good. I feel good," Lopez said.

Mental illness impacts 60 million Americans and an estimated 100,000 people in the Tucson area alone. NAMI plans to make the vigil an annual all faith public event on the NAMI National Day of Prayer (the first Tuesday in October) for mental illness recovery and understanding.

NAMI of Southern Arizona schedules several group meetings at various locations throughout Southern Arizona. Schedules are posted here: <http://www.namisa.org/nami-groups.html>

### **Bored? Bummed? Better!!**

Looking for something to get involved with? Want to work in the mental health field?

Eight years ago, I was severely depressed. I was getting up in the late morning hours and crying and feeling hopeless. I didn't know what to do with myself. I have a mental illness and had left my job as a registered nurse because of the immense pressures of the hospital work. I was drifting along.

I had heard about NAMI and gave them a shot. I called them and was invited down to speak to NAMI'S volunteer director. There was work for me to do there!

I started telling my story at NAMI events. I developed a written story about the events that led up to my mental illness, the days of struggle and then of finding NAMI. I committed to volunteer time and kept the promise to myself that I would help myself and help our town. I knew I could successfully do this by talking about my illness and letting the public know there is no shame in having a mental illness. I moved into wellness.

Volunteers are the backbone of NAMI. You never know where volunteering may lead you. Two of NAMI's programs, Parents and Teachers and Allies and Ending the Silence help to educate the community about mental illness in youth.

Did you have symptoms in your youth? Want to talk about it? Call me—I listen. Then take it one step further and get involved in our programs. Judi Maikoff, 622-5582 and [jmaikoff@namisa.org](mailto:jmaikoff@namisa.org).

## Two of NAMI's own are recipients of Daniel Moreno Awards!

The 6th annual Daniel Moreno awards took place on October 9, 2014 at Skyline Country Club.



In 2007, the family of the late Daniel Moreno founded the *Daniel Moreno Recovery Award*, to recognize individuals in our community that represent the journey and hope that signifies mental health recovery. The award has since been presented to fourteen individuals, and seeks to reduce stigma and create awareness about the reality of recovery.

It takes an integrated approach to wellness, as well as a supportive team, to motivate, inspire, educate and care for people living with mental illness. In recognition of these teams, three additional awards were added in 2012: Educator, Advocate and Direct Service Provider. These awards honor a team effort and are presented to individuals that demonstrate the knowledge, skills and attitudes that foster the conditions supporting a person's mental health recovery.

**Recovery:** The Daniel Moreno Signature award is the Recovery Award. The word "recovery" refers to the process in which people are able to live, work, learn, and participate fully in their communities. For some individuals, recovery is the ability to live a fulfilling and productive life despite a disability. For others, recovery implies the reduction or complete remission of symptoms. The Recovery Award Event provides positive recognition of a person's struggle, progress and of the courage needed to overcome often overwhelming adversity and stresses.

**Advocate:** a person who speaks and/or writes in support of an under-represented person or a cause. Examples include but are not limited to a Politician, Parent Partner, Support Coordinator, Social Worker, Recovery Support Specialist, journalists, writers, volunteers or family members.

**Educator:** a person that shares information and knowledge with others, enabling them to increase understanding or skills to enhance their lives. Examples include but are not limited to a training professional, presenter, public speaker, teacher or resource specialist.

**Direct Service Provider:** a person who coordinates services to promote the well-being of another. Examples include but are not limited to: supervisors, doctors, nurses, nurse practitioners, case managers, Recovery Coaches or clinicians.

### JUDI MAIKOFF – 2014 Daniel Moreno Educator Award



There are people in this world that make a difference, that make good and that give much. Judi is one of those people. She is a juggler of sorts and keeps a lot of "balls in the air". Along with coordinating three education programs; NAMI BASICS, a state-wide PARENTS & TEACHERS AS ALLIES program and ENDING THE SILENCE, Judi is also a state trainer for PEER TO PEER. She was also a member in good standing of the HEART TO HEART program, where she gave love and support to her friend Linda for nine years.

After a twenty-three year career as a registered nurse, Judi found herself faced with a sadness that was overwhelming and decided to do something about it. She made a phone call to NAMI that would change her life. It took enormous courage to face down depression; to seek help and to give back help in the way of volunteering her time and becoming a staff member of NAMI.

"She has given up chunks of her own life to care for her ailing sister and even now, she volunteers hours of her time for those who suffer from mental illness. Judi makes a difference in my life and in the lives of many." Lollie Butler



### **LOLLIE BUTLER- 2014 Daniel Moreno Advocate Award**

Lollie's connection to mental illness began early as her mother was diagnosed with Bi-polar, schizo-affective disorder in 1956 during Lollie's childhood. Her mother died in 1985. Lollie grew up in Portland, Maine, which is the birth town of Henry Wadsworth Longfellow. When asked if she had been influenced at all by this historical 19<sup>th</sup> century literary figure, she explained that yearly visit's to the author's home and seeing his feathered quill, might have inspired her to pursue her career as she did.

At the age of 17, she and her mother moved to Tucson looking for a change in climate.

While in graduate school at the University of Arizona, Lollie managed the Arts and Crafts Socialization Program for Cope Community Services. She earned her Master's degree in creative writing, with a minor in psychology.

In the early 1990's, Lollie and Norma Carlson created the NAMI Heart To Heart Program. This program is an "uncommon Commitment" to helping mentally ill persons develop a friendship with a community volunteer. She co-coordinated Heart To Heart with Carol Swanson for 10 years.

Lollie also served as a NAMI Board member for 18 years and now continues her dedication to helping the mentally ill. She is doing this by participating in the NAMI Parents and Teachers as Allies outreach presentations and will soon be presenting to high school students in NAMI's program Ending the Silence.

She has been a NAMI Friends and Family Support Group Facilitator for 6 years. Although gentle and loving, Lollie Butler is fiercely determined. She's determined to improve the quality of life for the mentally ill in our town.

Lollie holds a Fellowship in Literature from the Arizona Commission on the Arts, and taught writing and poetry to women inmates at the Arizona State Prison. She was an advocate for mentally ill inmates and was appointed to the Governor's Committee to Assist Incarcerated Women. Because of her service to the community, she was elected Tucson Citizen of the Year in 2003.

She continues her outreach to the mentally ill by talking about real life situations in the NAMI presentations Parents and Teachers as Allies and Ending the Silence. She's articulate and speaks out about mental illness from the child's point of view. She is able to get the point across that early intervention is of utmost importance.

"Lollie co-created the Heart to Heart friendship program for NAMI in the late 90's and I heard about it in 2002. I was interested. I needed a friend, had a mental illness and was lonely. Lollie met with me, matched me with my new, dear friend Linda. With kind encouragement from Lollie, Linda and I were able to sustain a friendship for 10 years until Linda passed away. When Linda was so ill and in the ICU, Lollie was right there, comforting and supporting us. She is more than a co-founder and director of the program, she is a friend." - Judi Maikoff

Other winners include:

**Kathy Tribolet, 2014 Daniel Moreno Recovery Award**

Kathy has been a Parent Support Partner with MIKID for the past 11 years. Kathy is an important piece in the Mental Health Community since advocating for her own family. As a mother of 3 children that were challenged with severe learning disabilities in school - one diagnosed with ADHD, Bi-Polar disorder and eventually the diagnosis of Schizo-affective, Kathy saw a need for advocacy and family support. From then on Kathy began her mission of speaking for those without a voice and advocating for this community.

**Daniel Haley, CEO Hope, Inc. 2014 Daniel Moreno Direct Service Provider Award**

## NAMI Southern Arizona Programs & Services

### 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. *Next class starts January 12, 2015*

**Familia a Familia: La siguiente clase empieza en Febrero 11, 2015**

**NAMI Basics:** A 6-class course for parents and caregivers of children with mental illness. *The next class starts in January 2014.*

**Contact Judi Maikoff to register**  
[jmaikoff@namisa.org](mailto:jmaikoff@namisa.org)

**Peer to Peer\*:** A 10-class course for individuals with mental illness focusing on recovery. *The next class starts January 14, 2015*

**Persona a Persona: La siguiente clase empieza en Febrero 3, 2015**

**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.

### 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.*

### UPCOMING MENTOR TRAININGS:

Contact the NAMISA office to register.

**Persona a Persona—El siguiente entrenamiento empieza en**  
*November 7, 8, 9, 2014*

### 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](mailto:namisa@namisa.org)**

**Web: [www.NAMISA.org](http://www.NAMISA.org)**

## Join NAMI Southern Arizona, become a member!

Join or renew your annual membership at the \$3 open door level; for the \$35 level you will also receive a free t-shirt.

- ◆ Receive membership benefits such as a subscription to *The Advocate*; receive special event invitations and support group, program and training announcements; have access to our library; and much more!

# POETRY



## A PRAYER FOR PEACE

Our creator God and Author  
of peace, we humbly come before

you. We have many concerns Lord, for our families our friends, our country, and our world. Our faith and hope lies with you Lord. Our mission is to minister to the needs of others, as you have taught us. We pray that you will guide our steps with compassion and open hearts and minds. Give us wisdom and understanding in making decisions. Fill us with the courage to live by the true values and morals you expect of us. Always seeking truth and justice. We praise your glory and grace knowing goodness and mercy will prevail.

In your Holy name we pray, Amen.

By Ardith L. Powell

# Seasons Greetings

## Do you want to improve your overall health and well-being? Come to NAMI in the Know!

By combining the three major services that NAMI Southern Arizona offers —Support, Education, and Advocacy, we were able to develop and initiate a new workshop series called “**NAMI in the Know**”.

These hour long workshops are offered in both English and Spanish and cover a wide range of rotating topics. Workshops are designed to help individuals acquire new skill sets used in daily living and to encourage overall wellness.

This series focuses on a common wellness topic of interest for two weeks, including:

- ◆ *Emotional*
- ◆ *Financial*
- ◆ *Social*
- ◆ *Spiritual*
- ◆ *Occupational*
- ◆ *Physical*
- ◆ *Intellectual*
- ◆ *Environmental*

Each week our advocates will help you develop life skills that will reflect on the above dimensions.

The class is capped at 10 people due to the size of the NAMI library. However, we plan to offer more classes in the future as demand grows.

More and more people are taking advantage of what NAMI Southern Arizona has to offer; it is an exciting time in the growth of NAMISA.

NAMI in the Know classes in English are held every Wednesday from 10-11 am and 3-4 pm (both sessions cover the same topic). Classes in Spanish are held every other Friday from 3-4 pm.

**Please call (520) 622-5582 to register and guarantee your spot in the class.**

## NAMIWalk 2015 SAVE THE DATES

- December 2014 - NAMIWalk website opens for team/walker registration
- January 20, 2015 - Kick-off Breakfast for Team Captains and Sponsors
- Saturday, March 28th - 9th Annual NAMIWalks event at Kino Veterans Memorial Stadium



### 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

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

Christina Bickelmann, *Newsletter Editor*

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

Email: [cbickelmann@namisa.org](mailto:cbickelmann@namisa.org)

*Preferred method of submissions is via email.*

**To receive your newsletter electronically go to:**

<http://www.namisa.org/subscribe-to-e-mail-list.html>

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.