

Find Help Find Hope

Volume 30: Issue 3

November 2012



National Alliance on Mental Illness

Southern Arizona

Since 1983

Highlights

- Annual Holiday Potluck and Meeting
- NAMI Walks 2013
- Planned Giving
- NAMI FaithNet
- Upcoming Classes and Trainings

There is no health without mental health!

Contact Us

6122 E. 22nd St.
Tucson, AZ 85711
Tel: (520) 622-5582

E-mail

namisa@namisa.org

Website

www.namisa.org

Business Hours

Monday - Friday
9 AM to 5 PM

Contribute before 2013

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 and faith based communities?
- Received approximately 13,500 calls as of today for help this year?
- Has over 30 years of experience in Southern Arizona?
- Is free of charge?

When you or a family member is in need of help, where do you turn? If you're 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 2013.

Make a donation Online, through Mail or Call us with a credit card over the phone. Our contact information is below on the left. Thank you!

Holiday Potluck and Annual Meeting

Friday, December 7, 2012

6 PM - 9 PM

The Mini Time Machine Museum
4455 E. Camp Lowell Dr. (West of Swan Rd.),
*Bus Route #34

Holiday Potluck

Please bring one dish or food item.
(We will maintain a food/dessert sign-up sheet)
Beverages, utensils & plates provided by NAMI.

RSVP by December 5th either by:

Phone: (520) 622-5582

Online: www.namisa.org/potluck.html



Seasons Greetings

Featured Presentation

**Community and
Self Stigma Reduction**
Dr. Francisco Moreno

**NAMI will also present our accomplishments for the year along with our annual report..*

To the Executive Director

It is not every day that we 'thank' our NAMI Southern Arizona Executive Director, H. Clarke Romans. Clarke's life mission is to help break down the stigma surrounding mental illness.

With more than 30 years of experience in the mental health field, including personal experience, Clarke is a powerful advocate in Tucson as well as within the state of Arizona.



His passion is spread through his presentations, speaking to community partners and advocating at the legislative level.

Clarke has made it possible for our local affiliate to provide programs in both English and Spanish. Many NAMI affiliates are not able to offer many of the programs coming from our National NAMI office, but Clarke has found a way to incorporate these programs for our community.

Again, thank you Clarke for your tireless efforts and for making NAMI Southern Arizona what it is today!

Sincerely,
NAMI Southern Arizona Staff

Board of Directors

Hannis Latham, *President*
Doug Jones, *Treasurer*
Joan Cole, *Secretary*

Members

Lynn Flanagan
Mary Ann Johnson
Betty Jo Latham
Ann B. Lettes, MD
Francisco Moreno, MD
Kathy Prather
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Executive Director

H. Clarke Romans, Ph.D.

Advisory Board

Carolyn Kemmeries
Nancy Masland
Eleanor Schorr

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.

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

Rebecca Garfunkel, *Newsletter Editor*
Phone: (520) 622-5582, ext. 105
E-mail: rgarfunkel@namisa.org

Preferred method of submissions is via e-mail.

Connect with NAMI Southern Arizona!

- ◆ Volunteer
- ◆ Subscribe to our eNews
- ◆ Become a member or renew your annual membership
- ◆ Take one of our education classes
- ◆ Join a support group





NAMI In Our Own Voice

National Alliance on Mental Illness

In Our Own Voice (IOOV) is a unique public education program developed by NAMI, in which two trained individual speakers share compelling personal stories about living with mental illness and achieving recovery.

Throughout the IOOV presentation, audience members are encouraged to offer feedback and ask questions. Audience participation is an important aspect of IOOV because the more audience members become involved, the closer they come to understanding what it is like to live with mental illness and stay in recovery.

IOOV presentations are 90 minutes long and can some times be done in 60 minutes.

Presentations are given to peer groups, students, law enforcement officials, educators, providers, faith community members, politicians, professionals, inmates and interested civic groups.

All presentations are offered free of charge; we can accept donations.

To request a free IOOV presentation in either English or Spanish, please contact:

**George Leon,
IOOV & ENPV Coordinator**

Phone: (520) 622-5582

Email: gleon@namisa.org

***Free materials are included as part of the presentation.**

Over 50 presentations provided to our community this year!

Planned Giving

Many individuals and families have a very personal connection with NAMI Southern Arizona because of the ways that mental illness has affected their lives and the lives of people who are important to them. NAMI provides a wealth of knowledge, skills, support and friendship through both formal programs and informal networks.

Planned giving provides an additional source of funds so that the programs and services that NAMI provides here in Southern Arizona will continue to be available in the future.

There may be tax benefits to you now or to your estate in the future depending on the type of gift that you make.

Examples of planned gifts:

- Wills
- Beneficiary designation
- Charitable trust
- Charitable gift annuity

100% of gifts and donations made towards NAMI Southern Arizona stay right here in our community!



**HELP NAMI'S
FUTURE GROW**

For more information on planned giving, please contact:

H. Clarke Romans, Executive Director
NAMI Southern Arizona
6122 E. 22nd Street
Tucson, AZ 85711
520-622-5582,
cromans@namisa.org

Ways to Tackle Unreliability

By Charles Bloeser

Memory has been defined as “the mental capacity or faculty of retaining and reviving facts, events, impressions, etc. or of recalling or recognizing previous experience.” But that definition is rather dry.

Memory is the way that humans are able to do their jobs, evaluate them and differentiate among and within social circles. It is memory that allows a person who knows nobody in a room to have confident conversations with many because he/she recalls recent articles, they have read or heard stories on the radio, the retelling of which serve as social lubricant. It is memory of notes, of dance steps and basic principles of light and color that give the world the arts. And it is memory of the human himself that guides the surgeon’s hand.

For many with mental illness, though, memory has proven to be an unreliable partner. Whether from the condition itself, from medications or other treatments or from the inability to learn a fact in the first place, the frustration is profound for those living with memory loss.

Al, a computer expert, says that memory loss has “affected all areas of my life, income, work/task memorization, forgetting stuff I’ve known for years, and it takes months to remember names of acquaintances I don’t see too often.” He notes that he has had to cut back the largest source of his income and that “cognitive and memory problems have dominated my life in the worst possible way.” But some who suffer from mental illness have found some successful ways to fight memory loss.

Maria has suffered from bipolar-related, short - and long-term memory deficits for over twenty years. “My relationships have suffered,” she said, “because I can’t recall details of conversations or how to pronounce a word.” She’s thankful for the life she’s had, but is convinced that it could have been much richer without the memory problems.

Maria has tried several ways to compensate for her

memory loss. She sticks notes to doors or sometimes walks back into a room to trigger a memory of why she was there. She uses a portable planner, avoids distractions while working and has even called her own answering machine to leave herself a message.



Rhona says that Electroconvulsive Therapy (ECT) is largely responsible for her short and long-term memory problems. She notes that she can’t recall what people tell her even after a short period and that she has trouble reminiscing about trips and events because they aren’t clear. Because her daily tasks are more difficult she makes notes, rereads information, asks questions and even takes pictures. She visualizes sometimes absurd images to imbed memories deeper into her psyche. Like Maria, Rhona tries not to let memory loss get in the way of what she wants to accomplish.

Not being able to remember what he learned in medical school or to handle the memory demands of a physician’s practice have been the greatest cost of Michael’s memory loss, which he believes was triggered by a stroke and benzodiazepines. His memory loss is almost completely long-term and he feels he has had part of his past stolen. “I can’t recall even those great high school football games or my own bachelor party,” he said. So Michael combats the lost memories by returning to places where he was before or watches movies that trigger periods in his life.

Perhaps some of the methods that have worked for Maria, Rhona and Michael seem too simplistic to work. But given that memories are such a great part of the human experience, they are worth the effort to recover.

Remember—you are not alone.



Join NAMI's Faith Network!

What can NAMI do for your congregation?

- Provide a training curriculum for congregation personnel and/or study groups.
- Initiate a health or mental health ministry.
- Collaborate with NAMI during the annual Mental Illness Awareness Week and our Community Walk for Mental Illness - NAMI Walks.
- Provide a NAMI resource table for your health or community event.
- Presentations upon request.
- We can provide materials such as flyers and brochures.
- Join our FaithNet Coalition!

Contact your local NAMI affiliate:

Call: (520) 622-5582 or

Email: faithnet@namisa.org

www.NAMIsa.org

Free, Upcoming Classes and Trainings

For more information, contact the
NAMI office at (520) 622-5582.

New education classes and trainings beginning in January!

**Program available in Spanish.*

UPCOMING CLASSES

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

Dates for upcoming classes: Begins Monday, January 7th, 6 PM - 8:30 PM (Central Tucson) and Tuesday, January 8th: 11 AM - 1:30 PM (Sahuarita).

Coordinator: Judy Kowalick (jkowalick@namisa.org)

Peer-to-Peer: A 10-week course with a focus on recovery for people with a mental illness diagnosis.* **Coordinator:** Haydeé Meza (hmeza@namisa.org)

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

Contact: H. Clarke Romans (cromans@namisa.org)



UPCOMING TRAININGS

Peer-to-Peer Training: Teach this program if you have already taken Peer-to-Peer or Persona a Persona.

Training Date: February 8 - 10, 2013

In Our Own Voice (IOOV) Presenter Training: Become an IOOV presenter and share your personal story with several different audiences and help us reduce stigma by educating our community.

Training Date: February 23 & 24, 2013



SAVE THE DATE!

Saturday, April 6, 2013
Kino Veterans Memorial Stadium
2500 E. Ajo Way

7th Annual NAMI Walk!

Last year we raised approximately
\$131,000.

This year's goal is \$150,000!

NAMI Walk Sub-Committees - Volunteers Needed!

- Sponsorships
- Marketing & Communication
- Outreach/Team Recruitment
- Walk Day Logistics

NEW FEATURES AND ANNOUNCEMENTS!

- New NAMI Walks fund raising website! Check it out at www.namiwalks.org.
- This year we will have the baseball field/outfield with lots of grass! All of our activities will take place on the outfield area as well as our walk start line.
- Have a Smartphone? Fundraising and managing your fundraising page is easy on our new fundraising app.

Interested in helping out with our 2013 Walk?

Contact Rebecca at the NAMI office or by email at namiwalks@namisa.org or at (520) 622-5582.

Opportunities range from minimal to more involved.

Donate a Car, Boat, RV, or Other Vehicle!

Donating your car, truck, van, SUV, boat, motorcycle, ATV, RV, trailer or airplane has never been easier! Simply choose NAMI Southern Arizona to donate your car or other vehicle!

Contact Charitable Auto Resources (CARS) to make a donation:

1. Donation specialists are available 7 days a week to assist you with any questions you have about donating your vehicle to charity.
2. Call the toll free number **877-537-5277** or fill out our online form to get started by visiting www.donatingiseasy.org.
3. Pick up of your donated vehicle is always **free** and most vehicle donations can be picked up within 24-72 hours. They will provide you with a receipt upon pickup that may be used for a tax deduction.

Free yourself from the hassles of selling your vehicle and give something to your community at the same time. Donate today! It's easy!



You will need:

- A donation form which can be filled out online at www.donatingiseasy.org.
- The *Certificate of Title* upon pickup of vehicle.

Have question s?

Call (877) 537-5277

NAMI Support Group Schedule & Programs

For those with Mental Illness

NAMI Connection

Every Tuesday of the week

6:00 p.m. to 7:30 p.m.

HOPE Inc.

1200 N. Country Club

Conexión NAMI (*en español*)

Every Wednesday of the week

5:00 p.m. to 7:00 p.m.

Mission Library

3770 S. Mission Rd.

Expressive Arts Group

Every 4th Sunday

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

Main Library

101 N. Stone

(Children's Meeting Room)

For Family Members & Friends with a Loved One

Northside Family & Friends

1st Thursday of the month

6:00 p.m. to 7:30 p.m.

Ascension Lutheran Church

1220 W. Magee Rd.

Eastside Family & Friends

2nd Wednesday of the month

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

NAMI Southern Arizona

6122 E. 22nd St.

Oro Valley Family & Friends

2nd Saturday of the month

1:30 p.m. to 3:00 p.m.

Rancho Vistoso Urgent Care

13101 N. Oracle Rd.

Westside Family & Friends

3rd Monday of the month

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

Maranatha SDA Church

934 N. Main

Eastside Family & Friends

4th Tuesday of the month

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

NAMI Southern Arizona

6122 E. 22nd St.

Green Valley Family & Friends

Last Wednesday of the month

10:30 a.m. to 12:00 p.m.

Friends in Deed Building

301 W. Camino Casa Verde

Other Programs from NAMI Southern Arizona

For Family Members and Friends

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

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

For Those with Mental Illness

Peer to Peer*: A 10-week course on recovery for people with a mental illness diagnosis.

Heart to Heart: A friendship program where volunteers are trained and matched with individuals who have mental illness to talk and participate in social activities.

Advocacy*

Staff advocates and resource specialists are available for both individuals with mental illness and for family members.

You or your loved one may ask us about patient rights, how to obtain quality mental health services, and more.

Due to high volume, we are requesting those in need of services to schedule an appointment.

Interested in a NAMI Presentation?

In Our Own Voice*: An interactive presentation offered to community groups; two individuals with mental illness present their stories and an educational video.

Parents and Teachers as Allies: An in-service education program presented to school professionals or other agencies working with children and adolescents.

General Presentations*: We can provide presentations on NAMI services as well as about mental illness.

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

Office: (520) 622-5582

E-mail: namisa@namisa.org

Web: www.namisa.org

**Available in Spanish.*



**Southern
Arizona**

6122 E. 22nd St. | Tucson, AZ 85711

NONPROFIT ORG.
U.S. POSTAGE
PAID
TUCSON, ARIZONA
PERMIT NO. 2125

Need Immediate Help?

Community-Wide Crisis Line
(520) 622-6000 or (800) 796-6762

Walk-in Crisis Situations

Crisis Response Center
2802 E. District
(University of Arizona Medical Center - South
Campus)

SAMHC - 2502 N. Dodge Blvd., Ste. 120

**Both Crisis Line and Walk-in Centers are
available 24/7.*

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

Join NAMI Southern Arizona for an Annual Membership!

You can receive a free t-shirt if you **Renew**
your annual membership or **Join** at the \$35
level.

*Receive membership benefits such as a
subscription to *The Advocate*, receive
invitations and announcements, access to our
library, and much more!

Ways to join:

- Through Mail
- Online through your local NAMI affiliate at
www.NAMISa.org
- By phone at (520) 622-5582
- Through www.NAMI.org to join at the \$35
annual membership only