

Find Help Find Hope

Volume 32: Issue 3

September 2014



Southern Arizona

Since 1983

Highlights

- Register & Vote
- Poet's Corner
- Meet our New Staff Members
- Legacy of Hope
- Mental Illness Awareness Week Calendar of Events

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



Mental Health Care gets my VOTE!



Message From the Executive Director

VOTE

IT'S YOUR RIGHT

IT'S YOUR POWER*

*REGISTER, GET ON THE PEVL
(Permanent Early Voting List)!

We can help you!



You can register at our office.

H. Clarke Romans, Executive Director

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Carolyn Kemmeries

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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.

Familia a Familia:

September 13-December 6, 2014

Every Saturday 10 a.m.-12:30 p.m.

Contact the NAMISA office to register.

NAMI Basics: A 6-class course for parents and caregivers of children with mental illness.

Peer to Peer*: A 10-class course for individuals with mental illness focusing on recovery.

Sept. 15-Nov.17, every Monday

6-8 p.m.

Contact the NAMISA office to register.

Persona a Persona*: A 10-class course

Sept. 24-Nov.26, Cada Miercoles,

5-7 p.m. Mentorras: Yazmin Garcia y Elsa Meza

Contact the NAMISA office to register.

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.

⇒ **Peer to Peer,** October 2014

⇒ **Persona a Persona—**October 2014

⇒ **Familia a Familia—** October 2014

In Our Own Voice—Presenter training
September 6 & 7 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

Web: www.NAMISA.org

**Available in Spanish*



Pima County Human Rights Committee is dedicated to ensuring human rights for people with mental illness. It is a local oversight committee, authorized by the Arizona Legislature, charged with promoting and protecting the human rights of children and adults who receive services from the public behavioral health care system. Volunteers are appointed by the Director of Arizona Department of Health Services (ADHS) and are approved by the committee.

Meetings are the 4th Tuesday of every month from 10:30 am to 12:30 pm at the Department of Health Services Office, 400 W. Congress St., Tucson, AZ 85701.

Meetings are open to the public and a portion of each meeting is devoted to public comment.....Please join us!

Contacts: Ken Karrels, Ph.D. Chair, Pima County Human Rights Committee, 400 W. Congress St. Tucson, AZ 85701 or Yisel Sanchez, Human Rights Committee Coordinator, 1-800-421-2124 or 602-364-4577

POETRY

Thwarting Despair

The swiftness of despair

Swept me off my feet

All I wanted to do was hide and retreat
Giving into defeat was not a part of my way

I gave myself a great big hug
And decided to change my day
I went out to help two or three
Sure enough when I came home
I was back to good old me.

By Ardith Powell

The One Thing That Saves Me, poems by Lollie Butler

The One Thing That Saves Me



Lollie Butler

*"In Spring, I have faith in
the brazen slay of Palo
Verde blossoms and the
bee's sweet addiction"*

Lollie Butler holds a fellowship in literature from the Arizona Commission on the Arts and has received a literary award from The Presidential Library at Texas A & M University, where her poem, "The One Free Woman in America,"

dedicated to civil rights activist Rosa Parks, remains on display. She has taught poetry and memoir writing to women inmates of the Arizona State Prison. Since two of her books for children were published, she presents prose and poetry programs in schools and libraries throughout the Southwest.

Lollie attended Alverno College in Milwaukee and the University of Iowa and holds a master's degree in Creative Writing from the University of Arizona. She lives in Tucson and Bisbee, Arizona.

\$14, paper - available online @ www.finishinglinepress.com

Join NAMI Southern Arizona, become a member!

Join or renew your annual membership at the \$35 level and 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!

Ways to join:

- Online through your local NAMI affiliate at www.NAMIsa.org
- By phone (520) 622-5582, or mail:
6122 E. 22nd Street, Tucson, AZ. 85711
- Through www.NAMI.org to join at the \$35 annual membership only.

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

Preferred method of submissions is via email.

Introducing NAMISA's Newest Staff Members...Welcome Aboard!



Dave Delawder began working for NAMI Southern Arizona in June of 2014 as the Program Director of the Education Programs, Support Groups and Advocates. Prior to NAMI Southern Arizona he worked at the University of Arizona Health and Wellness Center (Camp Wellness) as a Recovery Support Specialist and Volunteer Coordinator, and he marketed the program throughout the behavioral health community. Dave is also a member of the (US) Psychiatric Rehabilitation Association and was elected to the Board of Directors of the Arizona Psychiatric Rehabilitation Association in 2013 where he also serves as the National Chapter Representative.



Jessica Fraley is a native to Tucson; she recently graduated *Summa Cum Laude* from the University of Arizona with a Bachelor's Degree in Psychology. She plans to further her education by attending graduate school in the near future. She conducted her internship with NAMI Southern Arizona in the fall of 2013 and stayed on as a volunteer because she enjoyed being affiliated with an organization with significant community purpose. Jessica became a staff member of NAMI Southern Arizona in February 2014 as the Program Services Manager. She also continues to volunteer at the V.A. Hospital every week, co-facilitating a Community Resources Recovery Group.



Marsha Power became a staff member in February 2014 as the Information Technology and Quality Assurance Manager. She started volunteering for NAMI Southern Arizona in June of 2012 and became a member at the same time; she is also a Peer-to-Peer Mentor and gives In Our Own Voice presentations for NAMI.

Marsha is a native of California and a graduate of California State University, Chico with a bachelors in Business. She worked in South Korea as a conversation language teacher after graduation. She retired from IBM after 14 years in 2010.



Marisol De La Rosa started in June as our new bilingual Volunteer Coordinator. She heard about the NAMI Walk at her son's school this past February and decided that she would like to volunteer at NAMI. "I was immediately enamored with the staff at NAMI. My curiosity about mental illness and a desire to help my community led me to accept an offer to work for NAMI full time. My family tree has a significant branch and history of mental disorders ranging from minor to acute. My desire to fully understand these debilitating illnesses provides all the motivation I need to lead the volunteer services duties I perform daily.

I thoroughly enjoy the company of my co-workers and the dedication we all share for providing the information and assistance the mentally ill and their loved

ones desperately need. I feel that NAMI was the "lock" that my "key" was desperately looking for, and I'm grateful for this opportunity to help my community and the members who immediately benefit from all the resources that NAMI provides."



George Storm started as a volunteer resource specialist with NAMI and he “absolutely fell in love with both the people working here, and with NAMI’s mission.” He started officially working as an advocate at NAMI in June.

George arrived in Tucson in 1993 which was also the first year of his personal recovery. It was not until 15 years later when he was finally exposed to professional counseling that he finally achieved some success in his own recovery. At that time, wanting to help others as he had been helped, he took the advice of one of his counselors who simply said “You can do it,” at which point he decided that he wanted to change careers after 33 years as an Operating Engineer and do something where he had an opportunity to give back.

George entered into the Bachelor of Human Services Program at the University of Phoenix. Near the same time he also went through the Recovery Support Institute and got his first job in behavioral health as a Recovery Support Specialist (RSS) for La Frontera where he spent 5 great years, eventually becoming the Thornydale Ranch Team Lead. He still works part time on Sundays for La Frontera facilitating an equine care group and a garden group.

Community & Nationwide Resources

Community Resources

WALK-IN help is also available at the following locations:

Crisis Response Center

520-622-6000 or 1-800-796-6762

2802 E. District St.

(S. of Ajo Way and Country Club)

24 hours a day, 7 days a week.

PASADERA (formerly known as SAMHC)

2502 N. Dodge Blvd., north of Grant Rd,
entrance on Flower St.

Daily 8:00 a.m. - 8:00 p.m. daily.

520-617-0043

Substance Use Concerns or for Detox:

PASADERA formerly Compass Health Care
(Adults) 520-882-5608

Open 24 hours, 7 days a week

When you just need to talk:

The Warm Line

520-770-9909 or 1-877-770-9912

5:00 pm - 10:00 pm (M-TH.), 3:00 pm -
11:00 pm (Fri.), 1:00 pm - 10:00 (Sat. - Sun.)

Mental Health Crisis Info

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

The Community-Wide Crisis Line

520-622-6000 or 1-800-796-6762

**24 hours a day, 7 days a week,
including holidays.**

Suicide Prevention Lifeline

(800) 273-TALK (8255)

Includes Hotline for Veterans

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

Websites:

Crisis Intervention Team

www.citinternational.org/

Depression & Bipolar Support Alliance

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/



Norma Carlson, a long-time NAMI Southern Arizona member, former Board member and tireless volunteer has joined the **Legacy of Hope Society**. Here Norma shares why she has made this commitment—

In 1991, my youngest son, Charlie, died by suicide at age 24. Our family was devastated, shocked and ignorant of reasons this happened to our beloved Charlie. He was the youngest in a family of 4 kids and a sweet personality whom everyone loved. When he was in high school, he changed and seemed more intense, anxious and definitely not interested in school. His father and I were going through a divorce and his siblings were away at college so we attributed his mood change to this situation. He was willing to go to counseling, but the results did not give us any new information other than at some point he became "mute." He got into a fight after a party where someone threatened his roommate. The other guy ended up in the hospital and Charlie told us he was deeply upset with himself. He was trying Pima College again after a few other attempts, but did not have the follow through. We sent him to a gastroenterologist because of his complaints of a chronically bad stomach. Shortly after, the doctor told him his tests had come back negative but he wanted to try one more thing. Charlie didn't wait.

My involvement in NAMI Southern Arizona was partially to assuage my grief and to help start the *Heart to Heart Program*. It gave me a purpose and I felt that I was able to help others as well as myself and our family. I spoke in the community, facilitated a group of family members and ultimately was asked to join the Board. People at NAMI Southern Arizona helped me to see that Charlie died of an undiagnosed mental illness, most probably Bipolar II Disorder. My sister had been diagnosed with Bipolar I Disorder and had been hospitalized, but we knew little about the illness. She lived out of state and I slowly learned to be an advocate for her with her family. I now know that my family was riddled with depression, anxiety and mood disorders and that these conditions are genetic. I have done my best to educate my other children as I have 5 grandchildren. I am hoping that this will not happen again in our family.

I decided to join the **Legacy of Hope Society** as a lasting memorial to Charlie and his sister Cari who died of breast cancer 4 years ago. My involvement with NAMI Southern Arizona has helped make my life purposeful and of value.

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

Mental Illness Awareness Week, October 5-11, 2014

In 1990, the U.S. Congress established the first full week of October as Mental Illness Awareness Week (MIAW) in recognition of NAMI's efforts to raise mental illness awareness. Since then, mental health advocates across the country have joined with others in their communities to sponsor activities, large or small, for public education about mental illness.

MIAW coincides with the National Day of Prayer for Mental Illness Recovery and Understanding (Oct. 7) and [National Depression Screening Day](#) (Oct. 10).

2014 MIAW Calendar of Events -Tucson

Sunday, October 5th, 9 a.m. - noon

Out of the Darkness Expo and Community Walk to Prevent Suicide –AFSP Arizona Chapter

Location: Reid Park, Ramadas 14 & 15; Registration 8 a.m.; Walk Time 9:15 a.m.

www.afsp.org/walk

Monday, October 6th, 5:30 - 7 p.m.

Meet me at Maynards– NAMISA will have a resource table, drop by and say hello and walk downtown!

The mission of Meet Me at Maynards is to bring active adults and families to the Downtown Tucson area to enjoy healthy exercise; experience the beauty, history and architecture of our unique neighborhoods; and to appreciate and patronize local businesses.

Location: 400 N. Toole, Downtown Tucson in the Hotel Congress parking lot



Wednesday, October 8th, 6 -7 p.m.

Candlelight Vigil for Mental Illness Recovery and Understanding

Location: Richard & Annette Bloch Cancer Survivors Plaza, Reid Park, SE corner of E. 22nd St and Lakeshore Lane

October 7-11th

Community Partnership of Southern Arizona (CPSA) 15th Annual Community Mental Health Arts Show

Location: CPSA Training Center in Plaza Arboleda (2502 N. Dodge Blvd). Open to the Public, Free of Charge

The Public Reception will be held on Tuesday, **Oct. 7th, from 5 p.m.- 6:30 p.m.**

Art Show Hours: October 8-10 from 11 a.m. - 7 p.m., Saturday 11 a.m. – 5 p.m.

I HAVE FOUND MY WAY

By Ardith Powell



I've reached the summit

And found my way

I'm determined to bring
hope and light

To others now and always

The road I've traveled has taught me much
Wisdom and a heartfelt touch

The hurdles and barriers along the way

Have given me strength to face every day

Daring to care and committed to win

Loving all and being a friend

Contribute before 2015 **Save the Date– 2015 Annual Meeting,** **November 13, 2014, 6-8 p.m.**

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 4,047 calls as of today 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'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 2015. Make a donation online, through mail or call us with a credit card over the phone. Our contact information is on the front page. Thank you!

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.