



# Bringing Hope & Awareness to You



The Official Newsletter of NAMI Southern Arizona

Volume 29: Issue 3

September 2011

## Unmasking Mental illness



Our 2nd annual *Unmasking Mental Illness - Fundraiser Benefit & Recovery Celebration* will take place on Saturday, October 8th at 6 p.m. at the Savoy Opera House.

This event will be the finale of Mental Illness Awareness Week (October 2nd - 8th). The focus of this event is to celebrate those with mental illness, families, communities involved and to bring awareness to mental health recovery.

### Why Celebrate Recovery?

In recent years, there has been increased recognition that recovery can refer to a person's improved capacity to lead a fulfilled life that is not dominated by illness and treatment. This is known as the "recovery approach" or "psychosocial rehabilitation".

In contrast to the medical approach, the recovery approach does not require people to experience reduced symptoms or the reduced need for medical and social care. It is more about experiencing the improved quality of life and higher levels of functioning despite the illness.

Recovery in this sense does not mean that the illness has gone into complete remission. It means that over time what for many is a long and difficult process, individuals can come to terms with their illness by first learning to accept it and then moving beyond it. They can learn to believe in themselves as individuals by learning their strengths as well as their limitations and coming to realize that they do have the capacity to find purpose and enjoyment in their lives in spite of their illness. The successful recovery model sees individuals with mental illness as active participants in their own recovery process.

*Join us in celebrating all those whose lives have been affected by mental illness—this includes family members, those living with mental illness, friends and professionals.*

*See pages 6-7 for more information on events during Mental Illness Awareness Week.*

### Event Info

Saturday, October 8, 2011

Savoy Opera House, Six o'clock in the evening

Silent Auction, Dinner, Raffle, CIT & Media Awards and Entertainment!



#### Keynote Speaker

**Mark Weber**

Director of Communications  
Substance Abuse and Mental Health  
Services Administration



Member \$30

Non-Member \$40

Reserved Table of Eight \$200

#### Master of Ceremonies

**David Bradley**

CEO/La Paloma Family Services



Reservations due

Online ([www.namisa.org](http://www.namisa.org)) or by  
phone (622-5582) by October 5th

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

Open Monday thru Friday,

### Has your Address, E-mail, or Phone Number Changed?

Call our office or send us an e-mail.

Don't miss out on any announcements and events!

### ***From the Executive Director***

These are the best of times and the worst of times. The best of times because we just opened the Crisis Recovery Center (CRC) and the Behavioral Health Pavilion (BHP) on the UPH Hospital-Kino Campus. These state of the art facilities are unique in Arizona and perhaps the country. These are the worst of times because the budget cuts and consequent service reductions or eliminations and the AHCCCS reductions and freezes have wrecked havoc in our community. The following website location is from an article in the Public News Service and is a report prepared by the Arizona Council of Human Service Providers: <http://bit.ly/pMSuhu>. This report details the impact of the budget cuts in this and other communities in Arizona.

Whether you read the indicated article or not you probably already know the impact these actions have had in your own or others lives. In our January Newsletter: *Bringing Hope and Awareness to You* I said NAMI Southern Arizona would not lose hope or change its mission because of the budget cuts and in the last Newsletter I asked you to speak to three people about mental illness. We didn't change our mission. Did you speak to three people? If yes, that's great! Thank you. Now please talk to three more, but this time, use everything in this Newsletter to inform yourself before you talk to them. The decisions being made are devastating lives and costing us (not saving us) money!

Think about coming out to the events during Mental Illness Awareness Week: October 2-8, 2011 and, in particular, the Unmasking Mental Illness Event on October 8<sup>th</sup>. These would be excellent opportunities to talk with people similarly affected by these callous and irresponsible actions and come up with some action steps! See you at the Savoy.



*H. Clarke Romans, Executive Director*

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H. Clarke Romans, Ph.D.

*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.*

## NAMI's Education Programs Update

### Family-to-Family

A 12-week class started on August 9, 2011 with the participation of Ruben and Sylvia Gutierrez, two teachers who recently graduated on June 26<sup>th</sup> from our training in Spanish. Having these bilingual teachers join our teaching team will bring benefit to our education program.

### De Familia a Familia

A successful Teacher Training conducted last June allowed the graduation of 14 new teachers for the benefit of this educational program. Four of them are already educating families on mental illnesses and helping them to improve their living with family members with brain disorders.

### Peer-to-Peer

A mentor training took place on August 19<sup>th</sup> to 21<sup>st</sup>, 2011 graduating 11 new mentors that are ready to lead classes for the NAMI affiliates of Southern Arizona and Yavapai. Another 10-week class will graduate on August 31<sup>st</sup>.

### De Persona a Persona

We are working on the preparation of another 10-week class to start in October.

### NAMI Basics

Eight new teachers graduated from a teacher training on June 26<sup>th</sup>, 2011. Another 6-week class started on August 11<sup>th</sup> and will graduate on September 15<sup>th</sup>.

### In Our Own Voice

Fifteen new presentations were made during the last four months. Special effort is placed on activity outreach to bring more presentations to new different audiences.

### En Nuestra Propia Voz

George Leon, our program coordinator and Haydeé Meza, one of our program state trainers, will participate in the National Training Event in Spanish to be held in St. Louis, MO next October 13<sup>th</sup>-16<sup>th</sup>.

### Parents & Teachers as Allies

As part of the events of the Suicide Awareness Week, our PTasA team will conduct a training for school personnel, parents and community members to help participants understand the early warning signs of mental illness in children and adolescents and how schools can best communicate with families about mental health concerns.

## NAMI Program Descriptions

### Advocacy\*

We offer advocacy for individuals with mental illness as well as for family members. You or your loved one may ask us about patient rights, how to obtain quality mental health services, and more. Staff Advocates and Resource Specialist Advocates are available to answer your questions.

Due to high call volume, we are requesting those in need of advocacy schedule an appointment with one of our Advocates or Resource Specialists.

### Education

**Family to Family\***: A 12-week educational course for family members and friends who have a loved one with mental illness. This course is taught by two teachers who each have a loved one with mental illness.

**Peer to Peer\***: A 9-week course on recovery for people with a mental illness diagnosis. This course is taught by two mentors who have mental illness and are in recovery.

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

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

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

**Lending Library\***: Videos, books and articles help you understand the medical and emotional aspects of various mental illnesses and how to cope with them.

### Support

**Support groups\***: The sharing of experiences, knowledge, hope and coping skills for all those affected by mental illness.

**NAMI Connection\***: A peer-run recovery support group for those with mental illness that meets once a week.

**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.

*\*Program or Service Available in Spanish*

*\*\*All Programs available free of charge.*

## Peer Corner



I read that it's healthy to schedule at least 10 hours of activity in your week. One way I do this is through volunteering at Mobile Meals and at the local Al-Anon literature office.

I currently volunteer at Mobile Meals every Tuesday afternoon for 3 to 4 hours. My time spent there is mainly assisting the staff with their projects. It also includes answering the phone and taking phone messages. It's a low stress environment for me, and I've met some really nice people there. I plan to sign up for meal delivery in the future.

On alternate Mondays, I volunteer at the Al-Anon office for three and a half hours, mainly answering the phone, providing meeting lists to interested people, and selling Al-Anon approved literature. It is also a low stress environment that gets me out of my house and into the company of others. I also attend several one hour Al-Anon meetings each week.

I just finished the NAMI Peer-to-Peer course at the VA. It was very helpful to me. It was a weekly class that met from 5-7 p.m. for ten weeks. Some of the subjects were repeats of my La Frontera Wellness Group. One unique thing NAMI covered was cre-

ating your advanced directive. There was also a session on suicide that was not covered at La Frontera.

I also take advantage of the groups and classes offered by La Frontera. On a weekly basis, I attend Depression and Anxiety, Art Therapy, Mental Health Awareness, Women's Wisdom, Express Yourself Art Group, Bipolar Support Group and 'Losin the Blues'. That totals 9.75 hours a week.

Staying busy and investing my time in helpful groups and non-profit companies is great for my self-esteem and I don't feel so alone when I share my troubles and listen to others discuss their problems. Also, the more I learn about my disease (bipolar) the easier it is getting to accept that it can restrict my activities. I have to work hard at keeping a positive attitude. I'm learning to accept that I will always need access to good mental health activities, services and drugs to treat my mental health issues.

*By Nancy Edman*

## More than Medication: Getting to the Root of the Matter

*Please be advised - plant humor involved.*

In years of living with a mental illness, I have often said that I had a specialty L.M.D.I (Living with Manic Depressive Illness). I have found that it actually takes much more than medication to enable me to live and not suffer with my mental illness.

Medication is like the life preserver; education and support get you to shore. One aspect to my recovery was the ability to socialize with others and to contribute which led to a sense of place. In all my years of inconsistency that manic depression had brought, I had one thing that was consistent- which was great friends who owned a plant nursery. They would allow me to come when I was able and accepted my irresponsibility of depression when I did not. I found the time I spent at the nursery during the years of recurrent depression gave me hope and feeling I was contributing, not just taking.

Even pulling weeds gave a sense of satisfaction, seeing that I could take care of those "Plants Out Of Place" (or as I like to call it P.O.O.P.). Also, to be around things growing and being nurtured was something that had been vacant during depression.

Where this is leading is NAMI Southern Arizona and the Tucson Botanical Gardens collaborating on a small pilot program this fall in Horticultural Therapy.

It will enable individuals living with mental illness to contribute at the gardens, in everything from propagating of plants to growing of vegetables and of course POOP. This will be done under the direction of Juliet Niehaus Director of the Horticultural Therapy Program. Since it is a pilot program; we have limited space. We hope however to see it grow. If you are interest in finding out more about the program a meeting will be held in the middle of October at the gardens. Call the NAMI office at 622-5582 and ask for Scott to RSVP.

*Scott Whitley  
NAMI Southern Arizona Peer Volunteer on the project  
Contact by e-mail at [swhitley@namisa.org](mailto:swhitley@namisa.org)*

# Pilot Program!



## CPSA crisis system enhancements

Community Partnership of Southern Arizona (CPSA) has been working to enhance its crisis services system, and to make its crisis line the central contact for people needing help with a behavioral health crisis.

Anyone having a crisis related to mental health or substance use is asked to call the Community-Wide Crisis Line (622-6000 or 1-800-796-6762). Crisis line staff will direct you to the services that best meet your need, which could include CPSA's newest crisis-services facility.

CPSA's new Crisis Response Center (CRC) opened in August as a resource for anyone of any age in Pima County who needs help for a behavioral health crisis.

Next to the CRC, UPH Hospital's new Behavioral Health Pavilion also has opened, with a new emergency room and inpatient and outpatient behavioral health care.

The two new facilities are on Pima County's Kino campus, on Ajo Way by UPH Hospital. The nearest cross streets are Ajo Way and Forgeus Avenue.

Visit the CPSA Web site ([www.cpsa-rbha.org](http://www.cpsa-rbha.org)) for more information.



## By participating with CPSA's Individual & Family Affairs Team!

**Have you ever had an idea to improve the behavioral healthcare system, but didn't know how to share it?**

Community Partnership of Southern Arizona (CPSA) has a new department to help bring your ideas into the system of care.

CPSA is proud to present the Department of Individual and Family Affairs, or I&FA, and the Raise Your Voice project. The project will work to make sure member and family voices, including those of youth, are heard when making decisions about the system of care. The I&FA team has three main goals:

- To teach members and their families how to better advocate for needed services;
- To recruit groups of members and family members to help CPSA and its providers make decisions;
- To ensure these efforts have an impact on decisions throughout the system of care.

I&FA offers a variety of ways for members, including youth, and families to have a voice in the design of the behavioral health system. These include dialogues, focus groups, work groups, committees and councils.

Before you can join in I&FA activities, you must take a one-time Orientation Training to learn how the system works and what kinds of changes you might expect to see from your activities. Orientation Trainings are offered weekly.

Since the department started in December 2010, I&FA has held many exciting and important activities such as focus groups to get member/family input to assist CPSA in developing the 2012 strategic plan for the whole behavioral health system.

Members and families have worked hard on another I&FA project, creating a training called For Members, By Members; Covered Services. Plans are to make several more trainings to provide valuable information to our consumers and their families.

So "Raise Your Voice, Pima County!" and help CPSA make the system better. To find out about the I&FA activities you can join, please call (520) 318-6994 or e-mail to [IFA@cpsa-rbha.org](mailto:IFA@cpsa-rbha.org).

## Special Section: Mental Illness Awareness Week

### Calendar of Events

#### Public Library Book Displays - October 2nd - 8th

#### Mental Health Arts Show – October 4th – 6th

- Art work for the mental health art show is by people with mental illness and professionals working in the field.
- Free and open to the public. Community Partnership of Southern Arizona, 2502 N. Dodge Blvd.
- Public reception on October 4th from 5:00 p.m. to 6:30 p.m.

#### Mental Health First Aid – October 5th and 12th from 9 a.m. to 4 p.m.

- Provided by CPSA and HOPE Inc. - Free and Open to the Public
- Location at HOPE Inc., 1200 N. Country Club
- For more information or to register for this training, visit the CPSA website: [www.cpsa-rbha.org](http://www.cpsa-rbha.org)

#### Recovery & Remembrance Prayer Service – Wednesday, October 5th

- Prayer service for all faiths, Interdenominational
- Catalina United Methodist church, 2700 E. Speedway (West Chapel)
- Service begins at 7:00 p.m.

#### Unmasking Mental Illness - Saturday, October 8th

- NAMI's Annual Fundraiser Benefit and Recovery Celebration!
- Saturday, October 8, 2011 at the Savoy Opera House. RSVP required.

### Mental Health First Aid Training

Provided by CPSA and HOPE Inc. - Free and Open to the Public

**DATES:** October 5 and 12, 2011

**TIMES:** 9:00 a.m. - 4:00 p.m.

**LOCATION:** HOPE Inc., 1200 N. Country Club, Tucson, AZ 85716

**TRAINING DESCRIPTION:** Mental Health First Aid is an evidence-based public education program that teaches people a five-step process to recognize and assist when a person is experiencing a mental health or substance use crisis, or may be developing the signs and symptoms of mental illness. The training equips community members with approach skills and the abilities to offer initial information/assistance until appropriate professional, peer or family support can be engaged.

Training participants also learn about risk factors and warning signs of specific mental illnesses such as anxiety, depression, psychosis, eating disorders and addiction.

For more information, or to register for this training, visit the CPSA website: [www.cpsa-rbha.org](http://www.cpsa-rbha.org) and click on the 'Training' tab. Registration is also available through the CPSA Training RSVP Line: (520) 318-6950 x3000.



*It is time to unmask mental illnesses.*

*Let us celebrate the finale of*

*Mental Illness Awareness*

*Week*

*by recognizing families,*

*friends, people with mental*

*illness and mental health*

*professionals. Let us*

*remember that those*

*who have mental illness*

*enrich our lives!*





## The National Day of Prayer for Mental Illness Recovery and Understanding, Tuesday, October 4, 2011

Raising awareness is rewarding and easy. Gather one or two other advocates, talk to your faith leaders and get permission to plan a simple event or service. By taking the initiative, you will free up others to learn and talk about mental health issues which are often kept in the closet.

You will bring hope and help to many people, some who may never have been given permission or words to speak about their struggles.

### Select one of the suggested activities below:

- Plan a candlelight vigil using service ideas from [www.nami.org/faithnet](http://www.nami.org/faithnet).
- Plan a program inviting an *In Our Own Voice* speaker or mental health care provider. Visit [www.namisa.org](http://www.namisa.org).
- Plan a study based on a book from the suggested reading list in the "for your library" fact sheet or at [www.nami.org/faithnet](http://www.nami.org/faithnet).
- Donate one of the books from the list to your congregation's library; write a short review of it for your congregation's newsletter for October.
- Invite a health care provider or peer support specialist from a Department of Veteran's Affairs (VA) facility to speak about PTSD and how congregations can support military families.

***It is time to unmask mental illnesses.***

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***enrich our lives!***



## Community Mental Health Arts Show, October 4th - 6th

**The 12th Annual Show will be held October 4-6, 2011. A public reception will be held on Tuesday, October 4, from 5:00 - 6:30 p.m.**

The Community Mental Health Arts Show, an annual exhibit celebrating recovery through art, is currently coordinated and hosted by the Arts Show Planning Committee with CPSA and Comprehensive Service Providers involvement during National Mental Illness Awareness Week.

The arts show includes 11 art categories: Ceramics, Collages, Crafts, Drawings, Mixed Media, Paintings, Photography, Poetry & Creative Writing, Recovery Poster, Sculptures and Textiles.

An independent panel of judges from the arts community recognizes the six best artists for each category and skill group.

Special recognition and cash prizes are awarded for the *Arts Show Poster*, *Best of Show*, and the *Recovery Poster*.

**Visit [www.cpsa-rbha.org](http://www.cpsa-rbha.org) or call (520) 618-8811 for more information!**

## Heart to Heart - In Need of More Friends

We had a bright idea about friendship for those with mental illness. Fourteen years after NAMI Southern Arizona hamessed that idea, the program HEART TO HEART has proven invaluable in bridging the gap between the community at large and those with serious mental illnesses.

We at NAMI Southern Arizona frequently discuss isolation and its negative impact on the seriously mentally ill. We talk about the fact that friends can make all the difference to those who are often limited to communicating with mental health professionals.

"Where's the friendship?" we asked. "What would happen if we paired volunteer friends with those who have mental illness and are isolated?" We asked these questions but instinctively knew the answers: those with brain disorders stood a better chance of recovery once a trusted friendship was established; a trained volunteer could be a positive influence in fostering self-esteem. A HEART TO HEART volunteer would also benefit by learning about those with mental illness are real people who through no fault of their own, suffer from brain disorders.

Those living well with their illnesses and are in compliance with all other aspects of becoming a volunteer are encouraged to become volunteer friends in the HEART TO HEART program. As our concept of a new program took shape, we asked for help from the community of mental health professionals to assist in the training process. Seven and a half hours of educa-

tional training is mandatory for volunteer friends.

Those utilizing mental health services who are considered "friendship ready" by their doctors or Case Managers--and are therapy compliant with no history of violence are added to a list to be matched with volunteers according to age, interests and locale.

Through volunteerism and education, many have realized the necessity of eradicating the stigma of mental illness and how friendship can make a difference.

**BUT NOW, things have changed** – many of our potential candidates with mental illness have lost their case managers and we are not receiving recommendations.

**What can be done about this? How do we regain the momentum of this program?**

**Are you a Case Manager or Therapist willing to recommend a client for this program?**

Please call Carol Swanson at 622-5582 – she would be very happy to speak with you about the **viability, importance** and **impact** of HEART TO HEART.



## NAMI Convention Report from Executive Director

### Southern Arizona Staff Recognition and New Program for Teenagers

NAMI Southern Arizona has participated once again in the annual NAMI Convention in Chicago! One of this year's Convention highlights was the presentation of the *Peer to Peer Distinguished Service Award* to our Peer to Peer/Persona a Persona Coordinator, Haydeé Meza. The list of Haydeé's accomplishments took five minutes to present to the packed Education Programs room. Included in the list were an impressive number of firsts for Spanish language programs in which NAMI Southern Arizona has been a pilot site. Haydeé has travelled to California a number of times to help affiliates start Spanish language programs. Haydeé also made two presentations at the convention.

Rebecca Garfunkel, Communications and Events Director, attended a sessions on NAMI's new initiative - *Better Together, Going from Good to Great*. Other sessions she attended were on a new program for youth and the use of social media to engage them. The new youth program called *Ending the Silence* will be part of NAMI Southern Arizona's education programs where presentations will be made to teenagers in high schools.

Clarke Romans made a presentation on working with the media to help reduce the stigma surrounding mental illness. He also attended a number of sessions in which NAMI and other experts detailed the work that must be done by NAMI in the coming two years if we are realize the potential benefits of the Affordable Care Act (ACA). In light of current events in Arizona, it is all too clear that without the provisions of the ACA many people with mental illnesses will receive little or no care. You can go to [www.healthcare.gov](http://www.healthcare.gov) to see where the program is at any moment.

*Next year the convention is in Seattle and an effort will be lunched to find sponsors to assist a greater number of NAMI Southern Arizona staff and members attend the 2012 convention.*



# AHCCCS Changes

Some of you may have experienced a blizzard or a hurricane. Under those severe conditions it is difficult do anything without running into trouble. The changes taking place in AHCCCS (Arizona Health Care Cost Containment System) right now are similar to those extreme weather conditions. One thing does seem clear, however, and that is anyone who is currently enrolled in AHCCCS should NOT miss their RENEWAL requirements!!!! There are currently about 225,000 childless adults enrolled in AHCCCS and for these enrolled individuals renewal is critical. For individuals who are adults and do not have children living in their household (childless adults) the failure to renew can have dire consequences: You Will Not Be Able To Re-enroll.

The following website gives more information about the Childless Adult Phase-Out program: [www.azahcccs.gov/community](http://www.azahcccs.gov/community). Although enrolled members will be notified of their renewal date, that date can be obtained by a visit to [www.myahcccs.com](http://www.myahcccs.com). Or, if an individual is enrolled with a provider, they can obtain the renewal date as well. What is really meant by the Phase-Out program is that effective July 8, 2011 - no one, **NO ONE** who is a childless adult will be allowed to enroll in AHCCCS even if they meet the AHCCCS income guidelines of 100% FPL (Federal Poverty Level) or less. There are many other changes to the AHCCCS that have already or will soon take effect. The forty-six page letter from the Centers for Medicare and Medicaid Services to the AHCCCS Director details the changes that will be allowed.

One of the changes that will take place on October 1, 2011 is a 5% cut in funding from AHCCCS to the public mental health service providers. This cut will almost certainly further reduce services for individuals with mental illness. If you are feeling overwhelmed by all this think about who is making these decisions: elected officials. Why not vote for people who understand the incredible impact this is having in our community?!

- Clarke Romans

## Volunteer Spotlight Gail Hallett

Gail is a NAMI volunteer who goes “above and beyond” according by many including Carlos Alcalá, Education Director. Gail says that she found NAMI when she was looking for information to help her with her son. She has 4 children; one has ADHD, ODD and other issues. He has an IEP at school for his behavior.

When Gail called about taking the NAMI Basics class, she was told that we had no teachers but that she could be trained to be one of first teachers in Southern Arizona. As it turned out, within a couple of months Gail along with Julie Arteaga and Adrienne Lewis, were trained as NAMI Basics teacher and were teaching their very first class. From there, Gail became a Teacher Trainer of NAMI Basics.

“Volunteering with NAMI has taught me how much the stigma of mental illness has caused what are very common disorders to be grossly under-recognized, thereby limiting services available to people living with these disorders.

At the same time, I am amazed by the grace and fortitude of the affected family members.”



NAMI is so very grateful for Gail and all the other folks that are devoting their time and energy to help eradicate the stigma of mental illness.

**“Thank you” Gail for all of your hard work and your passion – you are truly invaluable!**

### FUN FACTS ABOUT GAIL!

**Favorite Food:** Ethnic foods – especially Mexican, Thai and Indian.

**Favorite drink:** Milk

**Favorite Movie:** The Whale Rider

**Favorite type of Music:** Folk & Irish

## Calendar



### **Suicide Prevention Week**

September 4th - 10th

For more information on events during this week, please visit: [www.wishesinthewind.com](http://www.wishesinthewind.com)

### **Recovery Walk, Expo & Youth Rally!**

Saturday, September 24, 8 a.m. to 1 p.m.

Reid Park, Ramada's 14 & 15 (free event)

<http://tucsonrecoverywalk.org/>

### **Mental Illness Awareness Week**

October 2nd - 8th

For more information on this event or to see activities being held during this week, call (520) 622-5582. You can also find out more on facebook by searching for MENTAL ILLNESS AWARENESS WEEK - TUCSON.

### **Volunteer Appreciation Picnic**

Thursday, October 13th at 12 p.m.

If you are an active NAMI volunteer, please contact Carol Swanson at (520) 622-5582 to RSVP for this event.

### **SAVE THE DATE: Holiday Potluck - December 2nd**

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## NAMI Support Group Schedule & Programs

Please call our office to confirm dates and times of support groups at (520) 622-5582. Or visit us online at [www.namisa.org](http://www.namisa.org) for actual dates.

*Groups falling on or near a holiday have been rescheduled.*

### For those Living with Mental Illness

Support Group	Time	Where
NAMI Connection <i>Every Tuesday of the week</i>	6:00 p.m. to 7:30 p.m.	HOPE Inc., 236 S. Tucson Blvd.
Conexión NAMI ( <i>en español</i> ) <i>Every Wednesday of the week</i>	5:00 p.m. to 7:00 p.m.	Mission Library, 3770 S. Mission Rd.
Expressive Arts Group <i>Every 4th Sunday</i>	2:00 p.m. to 4:00 p.m.	Tucson Central Location Call <a href="mailto:cswanson@namisa.org">cswanson@namisa.org</a> or (520) 622-5582 for more info.

### For Family and Friends with a Loved One

Support Group	Time	Where
Northside Family & Friends <i>1st Thursday of the month</i>	6:00 p.m. to 7:30 p.m.	Ascension Lutheran Church & School, 1220 W. Magee Rd.
Eastside Family & Friends <i>2nd Wednesday of the month</i>	7:00 p.m. to 8:30 p.m.	NAMI Southern Arizona, 6122 E. 22nd St.
Oro Valley Family & Friends <i>2nd Saturday of the month</i>	1:30 p.m. to 3:00 p.m.	Rancho Vistoso Urgent Care, 13101 N. Oracle Rd.
Westside Family & Friends <i>3rd Monday of the month</i>	6:30 p.m. to 8:00 a.m.	Maranatha SDA Church, 934 N. Main
Eastside Family & Friends <i>4th Tuesday of the month</i>	7:00 p.m. to 8:30 p.m.	NAMI Southern Arizona, 6122 E. 22nd St.
Green Valley Family & Friends <i>Last Wednesday of the month</i>	10:30 a.m. to 12:00 p.m.	Friends in Deed Building, Rm E, 301 W. Camino Casa Verde

## Elections 2011

Yes, it's true, elections are right around the corner. In fact the City of Tucson primary election is August 30<sup>th</sup>! So the season is underway and this cycle ends with the general election on November 8<sup>th</sup>.

Legislative Advocacy is powerful, but WHO YOU ELECT IS MUCH MORE IMPORTANT! The people you elect set the priorities for all of the issues that come up in cities, counties, states and the nation.

Many of the issues that impact us most dramatically are decided by people right here where we live. Pay attention and get involved.

For election information at your fingertips you can find Community Advocates on Facebook at [www.facebook.com/communityadvocates](http://www.facebook.com/communityadvocates).





**Southern  
Arizona**

6122 E. 22nd Street  
Tucson, Arizona 85711

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## **Need Help?**

### **Community-Wide Crisis Line**

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

### **Walk-in Crisis Situations**

**Crisis Response Center - 2802 E. District**

**or**

**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 Team Officer*) who is equipped in handling a mental health crisis situation or request the MAC (*Mobile Acute Crisis*) Team.