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Calendar:

- October 3 - 9, 2010
Mental Illness Awareness Week
- October 9, 2010
Unmasking Mental Illness
- October 3 - 7, 2010
Mental Health Art Show

Visit our website for more calendar updates.

CONTACT US!

NAMI of Southern Arizona
6122 E. 22nd St.
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E-mail: namisa@namisa.org

Office Hours:
Monday - Friday, 9 am - 5 pm

Or Visit us on the Web!
www.namisa.org



**Unmasking Mental Illness ~
Recovery Celebration!**

**Saturday, October 9, 2010
5:30 p.m. - 9:00 p.m.**
Doubletree Hotel
445 S. Alvernon Way

RSVP Required - Online at www.namisa.org or by phone at (520) 622-5582.

Honorary Guest Speakers

Charles "Chick" Arnold
Attorney & Mental Health Advocate, Arnold vs. Sarns

David Bradley
District 28 House Representative

Special Poem Reading
Ardith Powell

Bring your own masquerade mask! (*NAMI will provide a limited amount of masks*)

Members: \$25/person
Non-Members: \$30/person
Table of 10: \$200

RSVP by
Monday, October 4th, 2010

**Unmasking Mental Illness ~
Recovery Celebration!**

We are excited to once again have our Annual Dinner & Silent Auction, which will take place on **Saturday, October 9th from 5:30 p.m. - 9:00 p.m. at the Doubletree Hotel**. The focus of this event is mental health recovery and to celebrate the finale of Mental Illness Awareness Week (October 3 – 9).

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 an individual 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.

To make a silent auction donation and/or for more information on this event, please contact:

Rebecca Garfunkel
(520) 622-5582, ext. 105
rgarfunkel@namisa.org

Board Members

Joan Cole
 Jo Evelyn J. Ivey
 Mary Ann Johnson
 Doug Jones
 Betty Jo Latham
 Hannis Latham
 Ann Lettes, M.D.
 Francisco Moreno, M.D.
 Scott Whitley

Advisory Board

Dr. Richard Eck, Ph.D.
 Carolyn Kemmeries
 Nancy Masland
 Eleanor Schorr

Executive Director

H. Clarke Romans, Ph.D.

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E-mail: namisa@namisa.org

Website: www.namisa.org

From the Executive Director

Back in May I wrote to you about Proposition 100 (The One percent Sales Tax) and about the importance of voting. Proposition 100 passed pretty convincingly and by the time you read this the Primary Elections will be over and the General election will be only about eight weeks away! This is so important that I'm going to repeat myself about the importance of voting and about PEVL. You may recall that PEVL is the Permanent Early Voting List. It means that the ballot for any election will be sent to you on the day that early voting begins (October 7th for the General Election) for any election. And the great thing is that once you have filled out your ballot you just drop it in the mail and the postage is already paid. You have to be a registered voter to get on the PEVL and you can remove yourself from the list at any time. Many people feel that their vote doesn't count, but the **passage** of Proposition 100 demonstrated that **votes are what make things happen (or not)**. **YOU CAN MAKE A DIFFERENCE [IF YOU VOTE]**. Once again I am asking you to help by casting your vote and it does not cost 1 cent to do that. I assure you, however, that the people who **are** elected will make decisions that will mean **keeping or losing** billions of cents in the mental health services budgets.

If you are not registered to vote, please do so **NOW** (October 4th is the **last day** to register for the general election). You can do most everything at the County Recorder's website www.recorder.pima.gov. The really big money issues are decided at the State Legislature. You have seen or experienced the impact of the budget cuts made already this year. **You must make yourself heard!** Your silence will tell our legislators that you like the cuts in services and that you want them to continue reducing them. If you want these services and believe that they are an important part of how our community should operate you must say so and NOW.

- H. Clarke Romans



NAMI Southern Arizona - Calendar of Upcoming Events

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

Join us on Facebook!

facebook

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

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



Don't miss out on any announcements or events!

Stay Connected with our Electronic Updates!

You can now subscribe to our Electronic News so that you are always up-to-date on mental health issues, events, announcements, advocacy issues and much more! Visit our website www.namisa.org and subscribe to the lists you'd like to receive. The following lists are ones you can subscribe to:

eNews

Receive general information on mental health/illness information, updates on education programs and support groups, dates for future events. You will also receive legislative updates and action alerts.

¡Noticias en español!

Receive Spanish-language eNews, general information on mental illness and announcements.

NAMIWalks

Receive general walk information, walk updates, dates of events.

Newsletter

Receive a notification of when our quarterly newsletter becomes available.

Education Programs & Support Groups Update

Education Program Update: NAMI Southern Arizona offers a full array of Education Programs. Please call the NAMI Southern Arizona office to pre-register as all programs fill up quickly. The NAMI office number is (520) 622-5582.

NAMI Basics is scheduled to begin October 5, 2010. A NAMI Basics Teacher Training will be held September 10th – 12th. Specific criteria are required to be trained to teach NAMI Basics. If you have taken the NAMI Basics class and would be interested in being a teacher, please call our Education Director Carlos Alcalá.

Two NAMI Family-to-Family Teacher Trainings will be held this fall. One in English scheduled for September 10th – 12th, and one in Spanish scheduled for October 29th - 31st. These trainings are for people who have already graduated from the 12 week NAMI Family-to-Family Class.

NAMI Southern Arizona is always looking to present to new groups to help educate the public. Any organization may request an In Our Own Voice presentation, just call the office and make a request. The latest addition to this program was the first ever training of presenters in Spanish: En Nuestra Propia Voz. To date in 2010, we have given eight Spanish presentations.

The next NAMI Peer to Peer course will begin on September 28, 2010. If you are interested in this class, call Haydeé Meza for more information.

Support Group Update: Our Family & Friends Support Groups continue as scheduled. Please visit our website or call our office for dates and times. NAMI Connection Support Group (for those living with mental illness) is held every Tuesday evening from 6:00 – 7:30 p.m. This group now meets at HOPE Inc., 1200 N. Country Club.

Education Class Schedule

Family to Family: 9/22/10 - 12/15/10

NAMI Basics: 10/05/10 - 11/09/10

Peer to Peer: 9/29/10 - 12/01/10

Teacher & Facilitator Trainings

NAMI Basics: 9/10/10 - 9/12/10

Family to Family: 9/10/10 - 9/12/10

De Familia a Familia: 10/29/10 - 10/31/10

Family Support Group: 11/12/10 - 11/14/10

Education and Support Group Team:

Carlos Alcalá: Education Director & NAMI Basics & De Familia a Familia Coordinator

Judy V. Kowalick:

Family to Family Coordinator

Haydeé Meza:

Peer to Peer & De Persona a Persona

Judi Maikoff:

Parents and Teachers as Allies Coordinator

George Leon:

In Our Own Voice Coordinator

Scott Whitley:

NAMI Connection Coordinator

Carol Swanson:

Family Support Group Coordinator

Real People are IMPACTED by Budget Cuts!



Something happened on July 1, 2010 and it did not go unnoticed. Many individuals in this community who have a serious mental illness diagnosis, but who happen to be ineligible for AHCCCS (Arizona's Medicaid program) lost a wide array of benefits. In fact, more than three thousand five hundred people lost access to certain brand name medications (the so-called atypicals). They lost the right to have a case manager, certain transportation benefits, no longer participate in support/therapy groups, and they began losing housing subsidies. They lost these things not because they were doing something incorrect; they lost them because they had an "invisible illness" and because they were largely invisible to legislators making decisions.

It has been reported that one of the State Senators remarked that the legislature should "make these cuts and see what happens". I recall that doing medical things to people and seeing what happens was outlawed by the Nuremberg Code of Medical Ethics after World War II. A recent letter sent to Governor Brewer signed by four leaders of national advocacy and medical groups urged the governor not to implement the budget cuts for medical and humanitarian reasons. You can read this letter by going to the NAMI Southern Arizona homepage www.namisa.org and selecting the *Letter to Governor Brewer*.

The full human and economic impact of these cuts is yet to be fully felt, but early indications are that the least stable (most vulnerable) are already being hospitalized, incarcerated or otherwise unable to cope with their symptoms. The human cost can be understood by reading the adjacent article or in the case of the woman who, when her life was spinning out of control and no longer had a case manager or doctor, narrowly missed death by suicide. The economic impact is being felt within the community like the emergency visits and hospitalization in the cases above or like the person who has now been hospitalized three times since she can no longer be helped by her provider agency.

Legislators claimed they were cutting costs. They are succeeding in increasing them while hurting innocent people at the same time. They have made a really bad set of decisions and must be held accountable. - *Clarke Romans*



"The only reward of virtue is virtue; the only way to have a friend is to be one."

- Ralph Waldo Emerson

Recovery is a Journey...

Stigma

What know they of how we feel?

For us sometimes life is so unreal.

Ignorance about our illness leads to what they think.

While our pain often leads us to the brink.

Our struggles by many are misconceived.

Lord, help them accept, understand, and believe.

Only the truth reveals what we can be.

The right to unjustifiably live free.

Ardith Powell

A Different Way

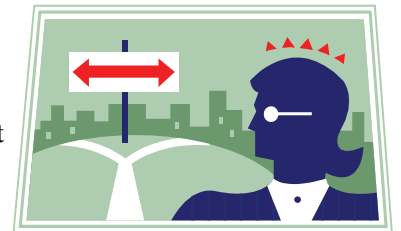
I have a serious mental illness called bipolar disorder. Left untreated, life is dark and disorderly. Understanding reality becomes difficult. Paranoia is relentless and terrifying. Over-activity and compulsiveness reign. Sleeplessness is exhausting. Suicidal ideas creep in. An occasional thought of grandeur gives relief. Mostly, it is unbearable.

Medications are essential to manage symptoms. Three or more years ago I began taking a drug called *Abilify*. It is a brand name drug without a generic. It is very expensive. The state of Arizona was helping me pay for it along with my Medicare part D. I was feeling good. Life was stable. Then state cutbacks came along. I was told this drug would no longer be available to me unless I could pay for it myself. My Medicare medication coverage had run out for the year and I could not afford the \$600 - \$800 price tag for the month (how dare a drug cost so much). I couldn't qualify for drug assistance programs. The state offered me a generic. It was an older drug and not suggested for long-term use. I had tried many other medications in the past. Like others with mental illnesses, it is hard to find the right drug to control symptoms. Sometimes, many drugs have to be tried. I was at the end of my options. I felt cornered, desperate and angry. Gone was the life-saving *Abilify*, so I took a generic medication.

Problems began 2 weeks after the generic was started. I could not tolerate it and I was allergic to it. Systemic itching and difficulty breathing occurred. Restless Leg Syndrome returned at night causing pain and spasms in my legs. Depression kept me in bed. Suicidal thoughts forced a visit to the emergency room. My self-esteem was shot. I could no longer call my life joyous. My life was dark and disorderly.

And I was not the only one making changes with medications from brand name to generic. Many behavioral health patients in the state now struggle to maintain their sanity and their dignity on old generic drugs.

I got an idea to try *Abilify* outside of the U.S. It felt risky but the online pharmacies showed prices to be affordable. I did research and I consulted doctors, friends and the pharmacy that I use. I decided to go for it. I was able to take sample drugs from my provider for several weeks. Then 10 days ago, I received the medication in the mail. I am cautious yet optimistic that this drug from another country will work. I should know the full effect in about a month. Right now I am feeling better. It feels good to be back on the road to recovery. - *Judi Maikoff*



NAMI Southern Arizona Staff News

Since our last newsletter, a number of exciting changes have taken place at the NAMI Southern Arizona office. First I want to introduce you to the two most recent additions to our NAMI team: Carlota Lubbert has joined us as a part-time Advocate. Before joining our staff, Carlota was a student and graduate of the NAMI De Familia a Familia program. Carlota will help us meet the growing interaction with the Hispanic community in Tucson. The next new staff member is Salud Garfunkel who has joined us as the Communications/Events/Education staff assistant. Salud is a great addition to our ever growing education program group and will help with the effort to expand the scope of our Communications & Events activities.

In addition to new personnel, several realignments of responsibility have taken place each of which will help our agency meet the challenges in the coming years. First is the creation of the new position of Communications and Events Director which is being filled by Rebecca Garfunkel. Rebecca previously was our Bilingual Advocate/Outreach person, a position she held since joining NAMI Southern Arizona in 2005. In her new position, Rebecca will be responsible for our major events including the NAMIWalks and Unmasking Mental Illness: Recovery Celebration.

Carlos Alcalá has been appointed Education Program Director and will oversee all of our NAMI Signature education programs. Carlos is also coordinating the newest NAMI education program: NAMI Basics. In addition, Carlos is a De Familia a Familia teacher and a state trainer for Familia a Familia teachers. Carlos' responsibilities have grown steadily since he joined our staff about one year ago.

Judy Kowalick who has been connected with our first and largest NAMI Signature education program Family to Family will now be dedicated to that program as Coordinator. Finally, Carol Swanson, our Volunteer Director, is assuming responsibility for coordinating the Family Support Group Program.

VOLUNTEER SPOTLIGHT

For this Newsletter edition, we want to put the "Spotlight" on two of our Family to Family Education program teachers. Family to Family is a free 12 week education program for families and friends of an adult with a diagnosed mental illness (brain disorder).

Anne Durkee -

Anne is a retired Social Worker who has taught about 5 Family to Family (F2F) classes and was also on our Board of Directors for several years – she has been an integral part of NAMI for over 15 years. Anne is now a State F2F Teacher trainer. In her spare time (summer), Anne sells real estate in the White Mountains. Anne has an adult child diagnosed with schizo-affective disorder.

Favorite Food:

A nice big, juicy hamburger (but she doesn't eat them often).

Least Favorite Food:

Anything wild

Favorite Movie:

Diner

Favorite Type of Music:

"Old" country & classical

Marilyn Stoeckig - Marilyn, her husband John and their 3 children moved to Arizona in 1972 from the Midwest. She and her husband are now retired. She became involved with NAMI Southern Arizona over 9 years ago when her daughter had a "psychotic break". At that time her daughter was diagnosed with bipolar disorder. Marilyn & John then discovered NAMI and attended some of the NAMI support groups where she heard about the Family to Family (F2F) Education program. Shortly after taking the F2F classes, she signed up for the F2F teacher training and has taught either 4 or 5 classes since that time. Marilyn said that NAMI provided them with direction and resources at a very difficult time which in turn helped them to feel both enlightened and empowered. Marilyn is also a panel member on the TPD Crisis Intervention Training.

Favorite Food: Ice Cream

Least Favorite Food: Liver

Favorite Movie: An Affair to Remember

Favorite Type of Music: Smooth Jazz

Provider Report Card

NAMI Southern Arizona Advocates and Resource Specialists often receive calls from individuals who are enrolled as CPSA (Community Partnership of Southern Arizona) members and receiving services from one of the four major Adult Service Providers: COPE, CODAC, La Frontera or SEABHS. For a wide variety of reasons, members sometimes feel that they need to change providers. In other situations, people may call in who have just had a family member receive a mental illness diagnosis and they have no idea where to start. The new **Report Card**, now available on the CPSA website (www.cpsa-rbha.org) is an objective way for anyone to compare the various provider agencies. There is information for children's providers as well adult agencies. In addition, information for GSA3 (Geographic Service Area 3), which covers the southeastern counties of Arizona, is available in the Report Card.

The Report Card has a narrative feature which leads viewers through each of the comparisons. Some of the comparisons are qualitative, for example, "Satisfaction with Access to Services". Other comparisons are quantitative, for example, "Percent of Members with an Up-to-date Service Plan". Viewers can follow the narrative sequentially or jump to items of particular interest. Viewers can also skip the narrative and go directly to the tables or graphs.

This kind of side by side comparison is new and viewers may have questions or comments. Dr. Michael Berren, who is responsible for the development of the Report Card, welcomes your feedback. His contact information is at the end of the report narrative. A companion publication which will focus on specific topics on each issue is anticipated to begin in the fall of 2010.

There is no substitute for the relationships that develop between members, case managers, and prescribers. This report card concept gives newcomers and those seeking a change a wide range of comparisons, which will be helpful in making decisions.

- Clarke Romans

NATIONAL NAMI CONVENTION

June 29 - July 3, 2010
Washington, DC

The NAMI Convention was held in Washington DC, June 30 - July 3. Six members from NAMI Southern Arizona attended the convention. Rebecca Garfunkel was the NAMI Southern Arizona sponsored attendee with Mary Ann Johnson, Judy Kowalick, Clarke Romans, and Joe and Margaret Mucenski attending as well. This was Joe's final convention as a National Board Member.

A number of the plenary sessions covered such topics as the impact of the Health Care Reform and the Implementation of Mental Health Insurance Parity. The research plenary covered the NIMH RAISE Study, a large scale study which could revolutionize the treatment and course of schizophrenia. The Leadership Institute sessions focused on becoming a diverse and inclusive Organization along with NAMI SMARTS: *How to Effectively Meet with Elected Officials and the NAMI Standards*. Other workshops included: How to use Social Media, Parents and Teacher as Allies, Multicultural Mental Health Research and Integrating Mental Health and Primary Care. One of the highlights was a visit with one of our congressional officials, Representative Gabrielle Giffords. - Clarke Romans

PRIMARY ELECTION



In the last newsletter, the role and purpose of Community Advocates was outlined as educating community members about legislative issues. Another key objective was the registration of voters. An all out effort is underway on both these fronts - but are we succeeding? The primary election was on August 24th and the turnout was very low. The total numbers of voters is not yet known, but once again we have collectively allowed a very small minority to decide who will represent each party in the General Election. We know that there are tens of thousands of people affected by mental illnesses whether it is an individual, a friend or family member, or someone working for an agency that provides mental health services. One race was being decided by fewer than 400 votes.

We can make a difference! So, let's try again. The General Election is November 2, 2010. That is less than 70 days from now. That is enough time to do all you need to do. That means time to register and time to get on the Permanent Early Voting List (PEVL) if you have not done so. Receive your ballot in time to think about your choices and drop it in the mail without spending a cent. Let's make this happen!

- Clarke Romans

Mental Illness Changing Attitudes Awareness Week Changing Lives



October 3-9, 2010

Join NAMI in bringing hope and awareness to mental illness during the week of October 3 - 9, 2010, which is Mental Illness Awareness Week (MIAW). We will be holding a series of activities during this week as well as collaborating with other entities. Please check our website frequently for an updated listing of activities and events. If you or your organization/business are interested in holding an activity during MIAW, please call Rebecca Garfunkel at the NAMI office at (520) 622-5582.

ACTIVITIES & EVENTS (as of 9/1/10)

11th annual Community Mental Health Arts Show
OPEN TO THE PUBLIC FREE OF CHARGE
October 5 & 6, 11:00 a.m. to 7:00 p.m.
October 7, 11:00 a.m. to 5:00 p.m.
Public Reception: October 5, 5:00 p.m. to 6:30 p.m.
Check out the new Arts Show web pages at www.cpsa-rbha.org
2502 N. Dodge Blvd., Tucson
Call (520) 318-6994 for information.
11th Annual Community Mental Health Arts Show (Reception)

Candlelight Vigil

Prayer Service, all faiths welcome
October 6, 2010 at 7:00 p.m.
Catalina United Methodist Church, 2700 E. Speedway

Ask the Doctors (Panel)

October 7, 2010 from 7:00 p.m. to 8:30 p.m.
Duval Auditorium (University Medical Center)

Unmasking Mental Illness - Recovery Celebration!

NAMI's Silent Auction & Recovery Event
October 9, 2010, Doubletree Hotel, RSVP required

Seeking Volunteers for Children's Mental Health Program

NAMI's program, Parents and Teachers as Allies (PTasA), is dedicated to helping schools and others in our community learn about early onset mental illnesses in children and adolescents. The PTasA team goes out into the community to educate and touch the "heart-strings" of those who listen.

This program consists of a team of four volunteers: 1) one moderates the presentation, 2) the facilitator talks about 7 common diagnoses, 3) a parent shares their story of their son/daughter who was diagnosed as a child, and 4) an adult who shares their personal testimony of when they were diagnosed with mental illness as a child.

Volunteers are needed to fill the roles of the team. We are especially looking for persons who had a child growing up with a mental illness during the school age years. Also, an adult child who had a mental illness during the school age years is needed. Training would involve formulating your personal story and a 2 hour practice and discussion session. Presentations may occur monthly and last 90 minutes.

The presentation objective focuses on mental illness as a neurobiological disorder, a no-fault brain disorder explained to parents and mental illness considered as a trigger by environmental stresses. Further discussion describes NAMI team involvement and the many beneficial programs NAMI of Southern Arizona has to offer. Emphasis is placed on mental illness in children and adolescents, which is very real but treatable. Recognition and intervention of mental illness is the key that will guide our children and adolescents to a successful and productive place in society.

Parents and Teachers as Allies is a rich and wonderful program that not only educates, but helps to eliminate the stigma surrounding children with mental illnesses. Volunteers are essential to the vitality of this program.

For further information, contact Judi Maikoff, Parents and Teachers as Allies Coordinator, at the NAMI office at (520) 622-5582.





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Tucson, Arizona 85711

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Community & Nationwide Resources

Community Resources

Publicly-funded Behavioral Health Services:

CPSA (Community Partnership of Southern Arizona)
(520) 318-6946 or (800) 771-9889

Mental Health Crisis:

SAMHC (Southern Arizona Mental Health Corp.)
(520) 622-6000 or (800) 796-6762
Open 24 hours, 7 days a week

Substance Use Concerns or for Detox:

Compass Health Care (Adults)
(520) 624-5272
Open 24 hours, 7 days a week

When you just need to talk:

The Warm Line
(520) 770-9909 or (877) 770-9912
12 pm - 10 pm, Monday thru Sunday

Suicide Prevention Lifeline:

(800) 273-TALK (8255)
Includes Hotline for Veterans

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/

Substance Abuse & Mental Health Services Administration

www.samhsa.gov/

What a Difference a Friend Makes

www.whatadifference.org

MENTAL HEALTH CRISIS INFO

If you are in immediate crisis, whether it be for you or your loved one, call **SAMHC's 24-hour crisis line at (520) 622-6000 or (800) 796-6762.** *SAMHC (Southern Arizona Mental Health Corporation) is Pima County's mental health crisis center.

Or if you need to call 911, ask for a CIT Officer (*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
(800) 352 - 3792**