



nami

National Alliance on Mental Illness

Southern Arizona

SINCE 1983



**FIND HELP.
FIND HOPE.**

2020

Volume 38: Issue 2



I am pleased to announce that I have accepted the Executive Director position for NAMI Southern Arizona. I came to NAMI SA nearly 7 years ago as the Communications and Events Director to build our NAMIWalks event, reduce stigma and to establish close relationships with our media partners. We have made great strides on all accounts. The word is out about who NAMI is, and the important work we do.

Not long after I started I was truly able to appreciate the work NAMI SA does to support people affected by mental illness throughout our community. I have been touched by how small acts of kindness and acceptance can increase a person's comfort and confidence levels. Many people who rarely left their homes, were here volunteering and feeling the comfort without judgement that NAMI provides. I have seen so many find hope and strength to seek help, education and support to further their goals. My mission will continue to be to reduce stigma and to raise awareness and funds necessary to support our important mission now and long into the future.

With the COVID-19 health crisis, I believe maintaining consistency in leadership is the best way to ensure that our organization, staff and services are always here for you. NAMISA has been here for over 37 years, and I can assure you that we will still be here for many years to come.

HIGHLIGHTS

- 2 - NAMIWalks May 30, 2020; Peer Presenter**
- 3 - NAMICON—July 15-18 in Atlanta**
- 4 - May is Mental Health Month**
- 5 - Mental Health Resources**
- 6 - Spotlight on Volunteers; Programs & Services**
- 7 - Leave a Legacy of Hope: A planned gift for sustaining**

Although most of our staff are currently working from home, we are making necessary adjustments to provide our NAMI Basics and Peer-to-Peer classes, Ending the Silence and In Our Own Voice presentations and trainings online. We have a strong team in place and we are resilient, as are the people we serve.

On May 30th we will be holding our 14th Annual NAMIWalks "Your Way," our premier annual fundraising event. This year we are walking virtually using social media in partnership with our Media sponsors KOLD-13 and i-Heart radio. We are also joining NAMIWalks around the country to make this a Walk to remember.

I encourage you to sign up for our emails at www.namisa.org. We will keep you up to date on what we and others are doing in the community. This month you will receive great ideas on how to participate in the NAMIWalks with us, and have a lot of fun doing so.

Over the past 7 years, we have increased our Walk fundraising by 33% and increased our in-kind sponsorship by over \$110,000. Last year we were able to raise over \$144,000 and we are hopeful we will reach this year's goal of \$150,000, but we cannot do it without all of you. There is still time to sign up your virtual team to help get us there.

Although many of you already know me, for those who don't I look forward to meeting you virtually for now, and in person when it is safe to do so. We will continue to build on the great foundation laid for us over the years. We can do anything we set our minds to; after all, we are truly in this together!

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

Contact Us

namisa@namisa.org
namisa.org

Business Hours

Monday - Friday
9 AM to 5 PM

NAMIWALKS YOUR WAY—STILL GOING, STILL GROWING

With the advent of Covid 19 and so many NAMIWalks affiliates with walks scheduled in April/May, NAMI National revised the walk into a “virtual” walk ending on May 30. More than 20 NAMI affiliates are promoting, educating and continuing to grow participants, teams and donations. NAMISA is leading the way!

We were all set to go on April 4th at Kennedy Park and were informed at the last minute that our usual 1500 participant walk could not take place for the safety of all. We immediately advised all our dedicated Sponsors, Team Captains and Walk participants that we were going to extend our walk to May 30th and do it Our Way!

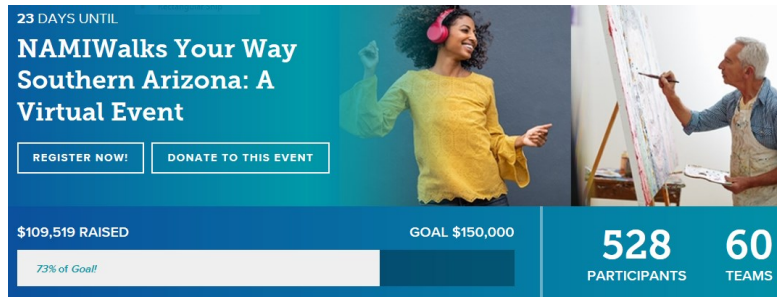
As you can see from the thermometer above, we’re doing just that. By the end of March we had raised \$97,408. We are



currently at \$109,654 raising over \$12,000 since the Governor of Arizona shut down the state. Our dedicated Team Captains and individual participants have been competing for drawings as motivation to continue raising funds online and through Facebook Fundraising. Currently we are giving away a Google Play gift card in the amount of \$100. All you have to do to be entered in the drawing is to donate or raise \$25. For each \$25 increment, your name is entered in the next drawing to be held on May 11. We are also giving away a \$25

gift card to PetSmart for the staff’s choice of the cutest picture of a furry Walk partner in a Walk Shirt or any costume.

If you haven’t participated and would like to be a part of our fun and amazing movement dedicated to support NAMI Southern Arizona’s no cost advocacy, education and support programs, hop on our website and register!
www.namisa.org and just click on the NAMIWalks logo that looks like this :

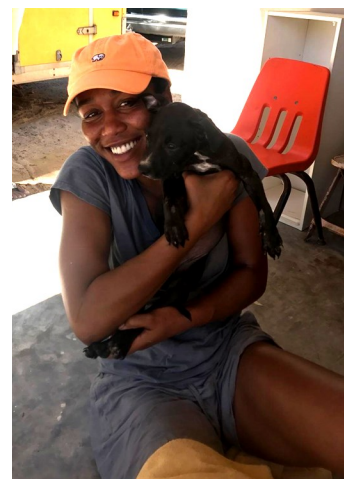


ETS PRESENTER Aretha Ayodeji Raiwe

As someone who struggles with mental illness, I've found community to be extremely helpful. As an ETS presenter, I'm given access to a community of like minded people with similar goals. Becoming a presenter gives my voice and so many others a purpose. Presenting gives me the ability to connect with the community on such an important topic, and create conversations that will make it easier for people to talk about their mental health.

NAMI does so much to support people with mental illnesses. The ETS program is only one of the many helpful services that they offer. Organizations like NAMI are not only important, but a necessity. The fact that NAMI gives assistance to people from all walks of life and for as long as they need makes them essential to our community. For me, NAMI means as a people we are getting to a place where there is less stigma and more help available for those in need.

In the future I hope NAMI and other organizations like it continue to reach the public and inform them of the many resources available to those with mental illnesses. I would also like to see more programs in the community that help those who suffer from mental illness and are also homeless. I also hope schools will continue to put a greater emphasis on teaching children about mental health to help lower the stigma.





The NAMI National Convention is one of the largest community gatherings of mental health advocates in the U.S. Each year, NAMICon connects and inspires people looking for resources, research, support services and recovery strategies. This year, we are celebrating NAMI's 40 years of support, education and advocacy. So join us as we embrace our theme: **Together Toward Tomorrow.**

What Will NAMICon 2020 Feature?

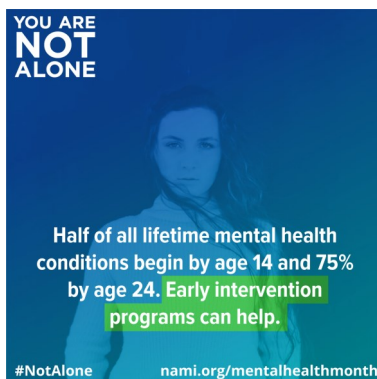
- Top-notch researchers and clinicians providing information and tools to advance and sustain recovery from mental illness.
- Perspectives on recovery and stories of lived experience from people with mental illness and their families.
- The country's keenest minds and savviest policymakers offering strategies and tactics to effectively advocate for changing the mental health system in our nation.

Abundant networking opportunities to learn from peers about how we can improve the lives of all people affected by mental illness.

Where Will NAMICon Be Held?

All convention activities will be held at the **Atlanta Marriott Marquis** located at 265 Peachtree Center Avenue NE, Atlanta, GA 30303. Attendees must register for the convention before booking their rooms to receive the **special NAMI rate of \$159 per night** (plus tax) for a single or double occupancy room.

**YOU ARE
NOT
ALONE**



Meet Our Walk Stars

To be a Walk Star, an individual must raise \$1000 in donations. To date, the following have met that goal and exceeded it!

* Ardith Powell	\$5,130
* Marsi Quigley	\$4,381
* Mary Ann Johnson	\$4,080
* Lisa Surhio	\$3,686
* Christina Bickelmann	\$2,340
* Rebecca Luczyk	\$1,860
* Julie Neff-Encinas	\$1,216
* Donna Derrick	\$1,200
* Ann Lettes	\$1,045
* Suzanne Durrant	\$1,000

YOU COULD WIN



One of three great prizes:
A NEW 2020 FORD F-150 PLATINUM,
two round-trip, first-class airline tickets to anywhere in the world
OR \$5,000 cash!

(Restrictions apply to airline tickets: Please see Millions for Tucson Raffle Rules)

All proceeds from tickets sold by NAMI Southern Arizona will help support our no-cost advocacy, education and support programs. With your \$25 contribution (or 5 tickets for \$100) you could win this awesome 2020 F-150 Platinum pick-up!

This year they have added these prizes:

2nd Prize: 2 roundtrip first class airline tickets to anywhere in the world

3rd Prize: \$5000 in cash.

Stop by our office at 6122 E. 22nd St. to **purchase your tickets until December 3, 2017.** The drawing will be held on December 11, 2017.

MAY IS MENTAL HEALTH MONTH

Each year millions of Americans face the reality of living with a mental illness. During May, NAMI joins the national movement to raise awareness about mental health. Each year we fight stigma, provide support, educate the public and advocate for policies that support people with mental illness and their families.



In an article by Kristin Fuller, MD in Psychology Today, you can change your health by changing your habits. They encourage individuals to focus on the following healthy aspects of their daily lives in order to promote mental wellness:

- Maintain uninterrupted sleep for 8 hours each night.
- Avoid sugars, greasy foods, salts, processed foods and saturated fats.
- Consume more whole grains, greens, unprocessed foods, lean meats and unsaturated fats.
- Eat 2-3 well-balanced meals per day.
- Drink at least 3 liters of water per day.
- Consume natural probiotics such as yogurt, miso, sauerkraut, kefir, and kimchi.
- Engage in a physical for at least 30 minutes a day.
- Stay away from toxic thoughts, toxic people, and toxic conversations.
- Engage in positive thoughts and conversations.
- Practice mindfulness or meditation on a daily basis.
- Learn how to manage your stress.
- Stay present in your daily relationships.
- Avoid “screen time” and engage in more “in person time”.
- Visit your doctor for preventative health and cancer screenings.
- Take time for yourself every day.

Board of Directors

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Supervisor Ramon Valadez, *County Supervisor, District 2, Pima County*

Sgt. Jason Winsky, *Mental Health Support Team, TPD*

Not a NAMISA member?

Join NAMI Southern Arizona Today!

www.namisa.org

Community & Nationwide Resources

COMMUNITY RESOURCES

Publicly-funded Behavioral Health Services:

To find a provider, contact Arizona Complete Health 1-888-788-4408 (TTY/TDY 711)

Connections Health Solutions Crisis Center

2802 E District St, Tucson

1-520-301-2400

Substance Use Concerns or for Detox:

Community Bridges

Toole Access Point

250 S. Toole Ave. Suite B Tucson AZ 85701

520-323-1312

When you just need to talk:

The Warm Line, Peer Recovery non-emergency support by Hope, Inc.

520-770-9909 or 877-770-9912

Suicide Prevention Lifeline:

1-800-273-TALK (8255)

Includes a Hotline for Veterans

Domestic Violence:

Emerge! Center Against Domestic Violence

Crisis Line—24/7

1-888-428-0101

WEBSITES

Crisis Intervention Team

www.citinternational.org/

Depression & Bipolar Support Alliance (DBSA)

(520)-477-9179

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 (SAMHSA)

www.samhsa.gov/

Mental Health.gov

(updated 5/2020)

MENTAL HEALTH CRISIS INFO

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

Community Wide 24-hour crisis line:

(520) 622-6000 or (866) 495-6735

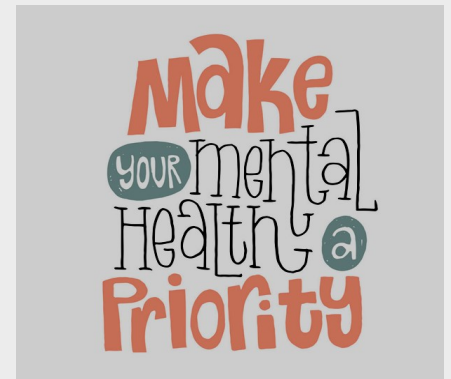
8am-8pm, 7 days a week

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

(877) 211-8661 or 211



Ending The Silence Presentations Now Available Online

Ending the Silence is a free NAMI webinar designed to give schools, clubs, and youth based organizations an opportunity to learn about mental illness through discussion and short videos. The presentation is delivered by our trained team and includes a personal testimony from a young adult on their journey of recovery. Students will learn symptoms and indicators of mental illness as well as how to help themselves, friends, or family members who may be in need of support.

We are so pleased to announce that we now have these presentations available on-line. To schedule for your group, please contact Judi Maikoff, Program Manager at jmaikoff@namina.org or call 520-622-5582.



VOLUNTEER Spotlight

Our spotlight on volunteers is focused on Ardith Powell for her constant dedication and support of NAMI Southern Arizona and our annual NAMIWalks. She has been a Walk Star for many years having raised over \$16,500. This year, her contributions have

I am me
and I am free.
All my hopes
have come to be.



topped \$5,000.

You may recognize Ardith by her poetry which we have featured in newsletters and other materials. Ardith was our Poet

SAFETY TIPS FOR SUMMER

- Drink at least eight 8oz. glasses of water per day.
- Keep medications in a cool area.
- Be sure to read the storage labels on your medications.
- Wear a hat when outdoors.
- Avoid direct sunshine.
- Avoid salty foods.
- Keep food in a cooler when outside
- At work be sure area is properly ventilated.
- Schedule outdoor exercising during early morning or evening hours.
- Wear light colored clothing which allows for ventilation, such as cotton.
- Maintain a balanced diet.
- Try to keep to your daily medication, exercise and eating routines when on vacation.

Update on Office Hours, Programs and Services

While we get through the crisis that has been created by the COVID-19 pandemic, be assured that we are here for you. For the health and safety of all involved, our office is now closed to the public until it is safe to resume normal hours. For now we will be open by phone appointment only. You can call 520-622-5582 and leave messages to be forwarded to the appropriate staff and we will be responding to emails sent to namisa@namisa.org.

All in person classes and support groups are cancelled until further notice. Ending the Silence is now available on Zoom, contact Judi Maikoff to schedule a presentation. NAMIBasics and Homefront are available on line at www.nami.org. We will update you when we are able to resume normal programming. Until then, you can contact staff as follows:

- Need an advocate? Call 520-622-5582 M-F, 9am-5pm
- Christina Bickelmann, Executive Director cbickelmann@namisa.org
- Communications & Events Assistant: eventassist@namisa.org
- Social Media: media-assist@namisa.org
- Membership: membership@namisa.org
- Office Manager and Volunteer Coordinator: dderrick@namisa.org
- Help and Hope for Youth Initiative: acornidez@helpandhopeforyouth.org

EDUCATION PROGRAMS

- Peer to Peer, contact Yazmin at ygarcia@namisa.org
- Ending the Silence, contact Judi at jmaikoff@namisa.org
- Nami Basics, contact Ann at alettes@namisa.org
- Family to Family, contact Judy at jkowalick@namisa.com
- Our Own Voice/En Nuestro Propria Voz, contact Maria at mmendoza@namisa.org
- For questions about Heart to Heart, contact Lollie at butler24@cox.net

Community-wide Crisis Line:

520-622-6000 or 866-495-6735

Crisis Response Network and 2-1-1 Arizona operating 8 am.to 8 p.m. seven days per week. (24/7/365 live-answer service to return to 2-1-1 Arizona on July 1, 2020, as the result of new state funding.

Crisis Response Center:

2802 E District St or Call 911

When calling 911 say it is a mental health crisis and ask for a Crisis Intervention Team (CIT) Officer to be provided

Emerge! Center Against Domestic Abuse

Crisis Line 24/7

1-888-428-0101

Call the Hope Inc. Warm Line 8am—10pm, 7/365

WE'RE SO PROUD!

The White House and Administration are committed to providing Americans with vital mental health resources and services especially through expanding telehealth services, continuing the Administration's efforts to combat drug demand and the opioid crisis.

They cited programs throughout the nation for promoting mental health awareness and resources amid the COVID-19 pandemic. Our Ending the Silence online presentations stood out as the only mention for online programming in Arizona:

Pima County, Arizona worked with the National Alliance on Mental Illness (NAMI) Southern Arizona to put their "Ending the Silence" online, and to market it to local schools, public (traditional and charter) and private. Ending the Silence is a NAMI National Program, usually taught in person to Middle and High School Students.



LEAVE A LEGACY OF HOPE —Mary Ann Johnson, Past President Board of Directors

Many of us have a very personal connection to NAMI Southern Arizona because of the ways that mental illness has affected our own lives and the lives of people who are important to us. Like many of you, I found a wealth of knowledge, skills, support and friendship through the formal programs and the informal networks that NAMI provides and I want to ensure that this work continues into the future. That's why I became a member of NAMI Southern Arizona's Legacy of Hope Society.



NAMI Southern Arizona established the Legacy of Hope Society in 2012 to honor those who make a planned gift. A planned gift is one that you make by way of a will, trust, beneficiary designation or through a special charitable annuity or trust arrangement.

In 2016 NAMI Southern Arizona also established a permanent Endowment Fund that is managed by the Community Foundation of Southern Arizona. The policies of the Endowment Fund prohibit spending from the principal. Only the income can be used to meet the purposes of the endowment.

You can designate NAMI Southern Arizona or the NAMI Southern Arizona Endowment Fund 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. It is also possible to establish a charitable trust or charitable gift annuity designating NAMI Southern Arizona or the NAMI Southern Arizona Endowment Fund as the ultimate beneficiary.

How can you get started? Discuss your options with a legal, financial or other qualified professional advisor to evaluate your unique tax and financial circumstances.

For more information or to let us know that you have already designated NAMI Southern Arizona in your estate plan, please contact Christina Bickelmann, Executive Director at 520-622-5582 or a cbickelmann@namisa.org

NAMI Southern Arizona is a nonprofit 501(c)(3) organization 86-0405977.

MARK YOUR CALENDAR

May is Mental Health Awareness Month Each year millions of Americans face the reality of living with a mental illness. During May, NAMI joins the national movement to raise awareness about mental health. Each year we fight stigma, provide support, educate the public and advocate for policies that support people with mental illness and their families.

May 8: International Red Cross Day The birth anniversary of the founder of the Red Cross Henry Dunant . Born in Geneva in 1828. He became the first recipient of the 1st Nobel Peace prize. GIVE BLOOD!

May 9: National Children's Mental Health Awareness Day

May 30: NAMI Walks Your Way Join us as on this day as we surge to meet our \$150,000 goal. #NotAlone, #MentalHealthforAll

June: LGBTQ Pride Month

NAMI Southern Arizona **DEPENDS** on you.

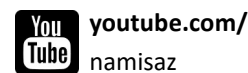
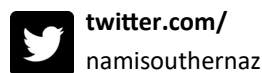
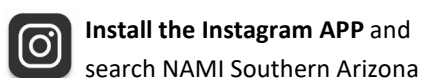
THERE ARE MANY WAYS TO HELP.

JOIN—VOLUNTEER—DONATE

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

Prefer your newsletter by email? Call our office 622-5582 or send us an e-mail namisa@namisa.org. Don't miss out on any announcements or upcoming events!

Follow us on Social Media



Our Mission: NAMI Southern Arizona improves the quality of life for all those affected by mental illness.