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JOIN US NEXT YEAR FOR THE
9TH ANNUAL NAMIWALKS EVENT,
SATURDAY, MARCH 28, 2015
KINO VETERANS MEMORIAL STADIUM!



Southern
Arizona



FIND HELP  FIND HOPE 



From the Executive Director

NAMI Southern Arizona has nearly completed a year of change. Our agency became a certified Community Service Agency which doesn't look like much of a change to the outside world, but has created many changes inside the organization. What is a Community Service Agency and why did we do this? A Community Service Agency is an organization that, after meeting certain criteria set forth by the Arizona Department of Health, is allowed to receive reimbursement for its services. For NAMI Southern Arizona it means that doing the things we have always done like teaching Family to Family or Peer to Peer will now entitle us to get some reimbursement from the State. We always knew these activities were of great value not even considering their economic worth!

This sounds pretty straightforward, but, of course, it's not. Not only did we have our agency certified, but we needed to have all our teachers, mentors and facilitators certified. Not to mention our advocates! Plus we need to submit claims for these services to get the reimbursement. Certification, claims submission, claims audits, blah, blah, blah. Is it really all worth it? YES! WHY?

Yes, change always seems like it's not worth it, but as we are learning already we are now serving people who were always there, but they just didn't know about us nor we about them. They are being referred to us by the major mental health providers in the community because those agencies do not do what NAMI does and people need what we do!! Yes, we are struggling a bit, but we are already seeing a difference and in the long run NAMI Southern Arizona will be much more stable financially and be able to serve many more individuals and families than ever before. Next year at this time you can look forward to a glowing report of our new achievements.

Not everything we do can be submitted as a reimbursement claim so we still need to do fundraising to support those activities and we have set a fundraising goal of \$140,000 for the 2015 NAMIWalks. You can all be part of that on March 28, 2015 at Kino Veteran's Memorial Stadium. Thank you for all your help and support throughout the year and in the year to come.

H. Clarke Romans, Executive Director



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SUPPORT STAFF

Marsha Power, Quality Assurance/IT
mpower@namisa.org



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.

Salud Garfunkel, Support Staff Assistant



Salud began volunteering at NAMI Southern Arizona in 2008 and joined the staff in 2010. She quickly became to the 'go to' person for event preparation whether it was a fundraiser or volunteer event. As the NAMI expanded the number programs offered in both English and Spanish the number of brochures and flyers expanded as well. Once again Salud stepped in to manage the production of these products along with the many Volunteers assisting in the process. Salud still manages the printing operations activity which now includes the quarterly Newsletter and still the 'go to' person for our many events.

Marion Gudinas, Membership & Donations Coordinator
mgudinas@namisa.org



Marion's son is a disabled vet who is also diagnosed with bipolar disorder. Marion started volunteering at NAMI Southern Arizona 12 years ago as a receptionist. For the last 6 years she has been assisting the Director with the bookkeeping. Recently, she was asked to be the membership coordinator because of her passion for what NAMI does for the community. Marion also enjoys handling resource tables.

NAMI SUPPORT GROUPS

Jeff Perto, Support Group Coordinator
jperto@namisa.org



Jeff was diagnosed with depression 25 years ago and credits NAMI with saving his life. He didn't know where to turn, he called NAMI and was able to find help and has been working on his recovery. Jeff volunteers as a support group coordinator and works as an all around handy man and "go-to-guy" for NAMI. He is also instrumental in making sure that NAMIWalks and other NAMI events are set up properly by assisting with volunteer supervision and setting up water stations along the routes.

EDUCATION PROGRAMS

Judy Kowalick, Family-to-Family Coordinator
jkowalick@namisa.org



Judy began getting involved with NAMI Southern Arizona in 1995 when her adopted son was diagnosed with OCD. Judy started attending support groups and getting involved in the Advocacy Committee. She also started attending classes about various mental health topics at the Community Partnership of Southern Arizona (CPSA). Judy became trained as a family support group facilitator and co-facilitated a group for 5 years. She signed up for the NAMI Family-to-Family education Program when it started in Tucson in April 2001. Shortly thereafter she began working at NAMI Southern Arizona as the Family Education Coordinator. Judy speaks with prospective class members about the possibility to enroll in the NAMI Family-to-Family Education Program, recruits potential teachers and prepares materials for the classes.

Judy was recruited to be on the CIT (Crisis Intervention Team Training) Consensus Building Panel. The same year the training began for law enforcement officers in Pima County to help them understand and handle mental health crises. Judy is also a member of the Pima County Human rights Committee.

Judi Maikoff, Parents & Teachers as Allies Coordinator, NAMI Basics, Ending the Silence
jmaikoff@namisa.org



Judi Maikoff is a retired Registered Nurse living with a Serious Mental Illness. Although she considers herself in Recovery, it hasn't always been so. The pressures of work as a nurse caused her to seek work outside of her field. After attempting to work in 2 local prisons and as a care giver for various organizations, she found her dream job at NAMI Southern Arizona. She is now coordinating 3 educational programs which she could not do without the generous and energetic support from NAMI-sa volunteers.

Haydeé Meza, Peer-to-Peer, Persona a Persona & Familia a Familia Coordinator
hmeza@namisa.org



Haydee contacted La Frontera regarding her depression and was introduced to NAMI, she immediately started attending a support group; 10 weeks later she began volunteering with NAMI Southern Arizona. Haydee now coordinates the Peer to Peer, Persona a Persona and Familia a Familia programs, Haydee is also a Mentor, and a State Trainer for these programs.

In addition, Haydee is also the coordinator and the Trainer for Compartiendo Esperanza; a presenter and a State Trainer for In Our Own Voice (IOOV) and En Nuestro Propio Voz (ENPV) and a Conexión NAMI Support Group Facilitator. Haydee has been with NAMI for almost eight years, and "I really enjoy what I'm doing with all NAMI Programs."

George Leon, In Our Own Voice & En Nuestra Propia Voz Coordinator
gleon@namisa.org



George Leon is the In Our Own Voice (IOOV) Coordinator and in charge of IOOV presentations throughout the Tucson, Arizona community. "I am the person that lets you know what mental illness is. I work in the office 3 times a week on the program. I also schedule presentations with the IOOV presenters and also train people to tell their story about mental illness."



About Us

The National Alliance on Mental Illness (NAMI) is the nation's largest grassroots mental health organization dedicated to improving the lives of individuals and families affected by mental illnesses. These illnesses include major depression, schizophrenia, bipolar disorder, obsessive-compulsive disorder (OCD), panic disorder, post-traumatic stress disorder (PTSD) and borderline personality disorder. NAMI is a non-profit organization with more than 950 affiliates in all 50 states,

the District of Columbia, Puerto Rico and the Virgin Islands. NAMI's goal is to provide education, support, and advocacy to eliminate stigma and to offer hope for recovery and a fulfilling life.

Every year, regardless of race, age, religion or economic status, mental illness impacts the lives of nearly 60 million Americans. One quarter of all social security disability payments are for individuals with mental illness. Just as startling is the fact that in the United States, the economic impact of mental illnesses is estimated to be \$80 billion annually.

The National Institute of Mental Health reports that one in four adults experiences a mental health disorder in a given year. One in 17 lives with a serious mental illness, such as major depression or schizophrenia, and one in 10 children has a serious mental or emotional disorder. Yet two-thirds go without treatment, mostly because of stigma and their inability to access care. However, up to 90% of people being treated for mental illnesses will recover, unlike many other diseases such as heart disease and diabetes which have a much lower recovery rate. NAMI Southern Arizona offers an array of support and education programs for families and people with mental illness. For more information, contact us by calling (520) 622-5582 or visit www.namisa.org.

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, through 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.



**Wear the Silver Pin
to promote
awareness!**

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.

October, 2010

NAMI Southern Arizona is an affiliate of the National Alliance on Mental Illness (NAMI). NAMI has **more than 950** affiliates in all 50 states, the District of Columbia, Puerto Rico, and the Virgin Islands. We are a nonprofit, grassroots organization providing advocacy, education and support to all those affected by mental illnesses. For more than 25 years, NAMI Southern Arizona has been helping individuals with mental illness and their families. Many of our programs, services and literature are also available in Spanish.

Our Services

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.*

Education

Family to Family*: A 12-class 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 10-class 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. We also talk with parents and school officials.

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-class course that provides support and education to parents and caregivers of a child with a mental illness.

Ending the Silence: An early intervention program that engages students in mental health education and discussion.

Public presentations*: Are offered for any civic group, church or other interested party.

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

ADVOCATES

Jean Balcezak, Consultant/Trainer
jbalcezak@namisa.org



Jean has had two careers in her life. "I was fortunate to be married to an Air force man and traveled plus moved extensively. I had a happy thirty five year marriage and enjoyed being a wife and mother. This was a very creative phase of my life. Having a son with a mental illness I needed support and education. My therapist at U/A cancer center suggested I check out NAMI. I reluctantly went and it was the best decision I ever made." In the late eighties Jean volunteered a year and a half for NAMI then in June of 1991 she was hired as a NAMI advocate. Jean has proudly held that position for twenty three years. Currently, Jean is assisting other advocates as a teacher, and trainer who can benefit from her years of experience. "I hope to continue in this rewarding field."

George Storm, Advocate
gstorm@namisa.org



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. George 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. 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, and became the Thornydale Ranch team lead.

Yazmin Garcia, Advocate
ygarcia@namisa.org



Yazmin heard about NAMI when she was looking for some support for her son. "I was going through very difficult times. When I called NAMI, Haydee Meza answered my call, I started asking her some questions about NAMI services and she answered all the questions I had. I immediately felt supported. I started getting involved with NAMI, first assisting with the Conexion NAMI support group, and afterwards facilitating the group for more than 5 years. Around the same time I started taking the Persona a Persona course. As it turned out I took three times because I really loved it, to the point that I became Persona a Persona mentor which I've been doing for four years now. Presently, I have more than a year working for NAMI as an advocate, a job that I really enjoy. I'm very pleased to know that I can help people through this job as well as volunteering."

Lourdes Yanine, Advocate
lyanine@namisa.org



Lourdes started at NAMI Southern Arizona in December of 2013 and immediately became a member. She is a native of Mexico and a graduate of The University of Texas at El Paso with a Bachelor's degree in Microbiology. Since being diagnosed with depression 20 years ago, she has been drawn to self-help topics and materials that she has incorporated in her daily life as a wife and a mother of 4.

"My job as an advocate has been the perfect fit for me since I love helping people. My experience at NAMI has been incredibly rewarding and satisfying. I am acquiring knowledge on the various mental illnesses, and can better understand the challenges of individuals with mental illness, and their family members. There truly is a sense of community at NAMI and a sincere willingness to better the lives of people with mental illness and their families."

Jessica Fraley, Program Services Manager
jfraley@namisa.org



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.

Gabriela Salcido, Communication & Events Assistant, NAMIWalk and Staff Assistant
gsalcido@namisa.org



Gabriela Salcido has been involved with NAMI Southern Arizona since she was 12 years old. Her aunt was an employee at the organization and during her summer breaks she would volunteer at NAMI. During that time she did clerical and outreach work alongside her aunt. In January of 2013, Gabriela got her very first job as a staff member at NAMI Southern Arizona. She is now the NAMIWalks/Communication & Events Assistant. She manages the NAMI So. AZ main website, Walk website, Facebook, Twitter, and Instagram as well as some basic staff assistance around the office. She doubles as a part time student at Pima Community College majoring in Nursing. Gabriela is really proud to work for an organization that strives to improve the quality of life for the people in our community, which also reflects in her desire to become a registered nurse.



FaithNet



Sharon Nielsen filled the FaithNet and temporary Volunteer Coordinator positions for NAMI Southern Arizona for the majority of 2014. Previously, Sharon, an educational psychologist, taught theory, statistics, psychometrics, and numerous other courses in the Human Services and Masters in Counseling Programs for 17 years at University of Phoenix. In 2009, she left UoP to serve with the Peace Corps in Jordan where she taught English in a girls' high school until 2011. Since returning home, Sharon has dedicated her work to helping those living with mental illness, as well as their families. In addition to her work with NAMI, she is very active with the St. Philip's In The Hills Episcopal Church Mental Illness Ministry which she helped establish in 2012. Although Sharon officially retired in August of 2014, she plans to continue to volunteer as a Family to Family Coordinator for NAMI.



NAMI Southern Arizona 2014 Accomplishments

Education Programs: Cost \$37,200

- Family to Family
- Familia a Familia
- Peer to Peer & Persona a Persona
- NAMI Basics

32 Teachers & Mentors taught a total of 168 weeks of instruction to 259 students.

Outreach and Awareness Programs: Cost \$25,400

- In Our Own Voice
- En Nuestra Propia Voz
- Parents and Teachers as Allies
- Ending the Silence
- Heart to Heart
- NAMI in the Know- a new program helping people acquire life skills and encourage overall wellness
- Resource tables set up to distribute publications & brochures throughout the community

76 Presenters gave 47 presentations to more than 1,100 participants and set up and staffed 23 resource tables.

Events

- Mental Illness Awareness Week, All Faith Candlelight Vigil, attended by over 50 people (even with the rain)
- Volunteer Appreciation Dinner-recognizing over 80 volunteers
- NAMIWalks 2014 raised \$120,100 an increase of more than \$12,000 over 2013

140 Volunteers & Staff organized 3 major events with over 4,300 participants.

Support and Advocacy: Cost \$85,000

- Four Advocates (2 Bilingual)
- Three Peer Support Groups (1 Spanish, 1 Expressive Arts group) with 6 Facilitators
- Seven Family Support Groups (1 Spanish) with 12 Facilitators
- NAMI Southern Arizona Book Club- 2 Facilitators

30 Volunteers & Staff facilitated and advocated for 1,600 family members and consumers; had more than 6,853 advocacy contacts & held 200 group meetings.

Communications:

- NAMI Southern Arizona Newsletter, Bringing Hope and Awareness to You
- Website & Electronic Mailings: eNews, NAMIWalks, past newsletters now posted on our website
- Brochures, Periodicals, Videos, Reference Library (all brochures in English updated; 3 new Spanish brochures)
- More than 60,000 visits to the NAMI Southern Arizona website

40 Volunteers & Staff published and distributed 4 major publications to over 10,000 recipients.

Volunteers and Members are:

- Teachers, Mentors, Facilitators, Advocates, Resource Specialists, Heart to Heart Friends, Receptionists, Bulk Mailers, Event Helpers, Board Members, Staff

300 Volunteer members facilitated and advocated; published and distributed; organized; gave, taught and befriended thousands of family members and consumers.



National Alliance on Mental Illness

How Far we've come!

NAMIWalks is NAMI's annual mental health awareness program, and our largest fundraising and awareness campaign is "Changing Minds...One Step at a Time." Nationwide the Walks are projected to raise over \$12 million in 2014.

Launched in 2003 with 12 sites, NAMI "Walks" in more than 84 communities and has over 150,000 people participating each year. All walkers are encouraged to reach out to family, friends, co-workers and business associates for donations in support of their participation in the Walk. The NAMIWalks events are used to raise money and awareness to ensure NAMI's vital programs and services are available at no charge to provide help and hope to those in need.



NAMIWalks Report & Highlights

\$120,110 Was Raised - up over \$12,000 from 2013
We reached 80% of our goal of \$150,000

- ◇ Approximately 2,000 people walked and 4,000 people attended on Walk Day.
- ◇ 77 Teams consisting of families, friends and businesses- up 20 teams from 2013!
- ◇ Our Honorary Chairpersons for 2014 were former Congresswoman Gabrielle Giffords and Captain Mark Kelly.
- ◇ More than \$3,000.00 in in-kind donations such as food, snacks, water and discounts on equipment, as well as hundreds of volunteer hours. Thank You!

NAMI Southern Arizona - MANAGEMENT

H. Clarke Romans, Ph.D Executive Director
cromans@namisa.org



H. Clarke Romans has been a family member of the National Alliance on Mental Illness (NAMI) Southern Arizona since 1997 when he was elected to the Board of Directors. He has been involved in mental illness advocacy since his son Kenneth was diagnosed with schizophrenia in 1979. Clarke served on the Board of Directors of Community Hope in Morris County, NJ, then as interim Executive Director of NAMI Arizona 2004-2005. He is currently Executive Director of NAMI Southern Arizona. He is also on the Board of Directors of the Community Partnership of Southern Arizona (CPSA) and the Arizona Mental Health Association of Associations. Clarke's son died in 2001. Clarke is involved in NAMI because he believes that the stigma that plagued his son should be eliminated.

David Delawder, Program Director
ddelawder@namisa.org



David began working for NAMI Southern Arizona in June of 2014 as the Program Director of the Education Programs, Support Groups and Advocates. David experienced the human services and behavioral health systems as a service recipient, benefitting from "some good work by some good staff, but overall realizing that it was "a system which needed a good bit of help itself." 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. He marketed the program throughout the behavioral health community. David 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.

Christina Bickelmann, Communication & Events Director, NAMIWalk Manager
cbickelmann@namisa.org



As the NAMIWalk Manager, Christina is charged with raising funds for local NAMI programs. Christina was introduced to NAMI and its mission in November of 2013 by a current board member and long time colleague. Christina worked for the Arizona Department of Water Resources (ADWR) as the water conservation specialist for the Tucson region for nearly 18 years. Working at ADWR she was responsible for program development, events, community outreach and developing educational materials. Christina is the founder of the Tucson Earth Day Festival going into its 21st year. Her experience in event planning, communications, fundraising and program development made her a good fit within the NAMI Southern Arizona organization. "I have seen the great work and dedication of the staff and volunteers; I feel honored to be able to contribute to increasing awareness about mental illness, the importance of treatment, and reducing stigma in our community."

Marisol De la Rosa, Volunteer Coordinator
mdelarosa@namisa.org



Marisol De La Rosa started in June as our new bilingual Volunteer Coordinator. She heard about the NAMIWalk 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'm grateful for this opportunity to help my community and the members who immediately benefit from all the resources that NAMI provides."

NAMI Mental Illness Awareness Week, October 5-11 2014



As part of Mental Illness Awareness Week, NAMI Southern Arizona held a candlelight vigil and prayer service at Reid Park's Cancer Survivors Plaza on October 8th. The vigil served to remember the lives lost to mental illness and to remind those struggling with it today that they can find help. The opening Prayer was given by the Rev. Dr. Wm. F. Dean, followed by a candle lighting ceremony read by Carl Schroer, retired minister from Rincon Church. Ten candles were lit representing Faith, Truth, Healing, Understanding, Grace, Hope, Justice, Peace, Thankfulness and Steadfast Love. At least 50 people ignored the rain to participate in the vigil. As a way to break down the stigma of being mentally ill. In Our Own Voice presenters Christina Jasberg, Mary Lopez, Lisa Fore and Melissa Clayton all shared their stories of personal struggle and the process of recovering from mental illness.

Mental illness impacts 60 million Americans and an estimated 100,000 people in the Tucson area alone. NAMI plans to make the vigil an annual all faith public event on the NAMI National Day of Prayer (the first Tuesday in October).



NAMIWalks Teams





Stephanie Salcido sings the National Anthem & Davis Monthan Color Guard

ENTERTAINMENT



Arizona Congressman Ron Barber



Photos courtesy of Sprytime and George Storm