



nami

National Alliance on Mental Illness

Southern
Arizona

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Visit us online!
namisa.org

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JOIN US FOR THE
11th Annual NAMIWalks Event,
Saturday, April 1, 2017
KENNEDY PARK- FIESTA AREA



nami

National Alliance on Mental Illness

Southern
Arizona



FIND HELP  **FIND HOPE**



From the Executive Director

NAMI Southern Arizona operates in a many faceted world. We provide support, education and advocacy to individuals living with a mental illness and to their families and friends. We not only provide all these services at no cost to the recipient, we help people who are living with a highly stigmatized set of disorders. Yet, because of the stigma, few people are willing to talk about the barriers these disorders present. Some may think that these are uncommon illnesses, but they would be mistaken!

In Pima County alone 200,000 people will experience a mental illness in a given year. That's 1 in 5 adults.

- Mental illness will cost Pima County employers \$605 million in lost-time hours.
- Mental illnesses begin early in life: 50% of all mental illnesses begin by age 14 and 75% by age 24.
- In Pima County 1,600 students over the age of 14 with a mental illness dropped out of high school and 70% of youth in the juvenile justice system in Pima County have at least one mental health condition.
- Suicide is the third leading cause of death in youth aged 10-24.
- Ninety percent of all completed suicides are carried out by someone with a diagnosable mental illness.
- An equally unsettling statistic is that individuals in Arizona with a serious mental illness diagnosis die 30 years younger than their non-mentally ill counterparts! So mental illnesses are not uncommon and hugely expensive to individuals, families and the community.

Mental illnesses have been known for centuries, but only recently understood as biological brain disorders that are highly treatable. Like most illnesses early recognition and treatment result in better outcomes, but regardless of when an individual is diagnosed mental illnesses can be treated and individuals can lead useful productive lives.

NAMI Southern Arizona provides a broad array of information and education in addition to our advocacy and support work. Participants face no costs, but our work requires money to carry out. Here are a few examples:

- To educate 15 to 20 people in our 10-class Peer to Peer program costs \$1,500
- \$72 pays for one family member to take our 12-class Family to Family program
- An In Our Own Voice presentation to 40 people costs \$100
- \$500 pays for 2 presenters and 18 participants to take part in the Parents and Teachers as Allies, the in-service education program for K-12 teachers.

And our programs keep expanding in particular, our peer programs graduated 35% more individuals than in 2015. Other programs have increased as well and our fund-raising efforts have improved particularly the NAMIWalks which reached \$150,170 in 2016.

As busy as we are with our programs, support and public awareness activities there are other facets to our world that are equally important and that includes politics. We just had elections (or will have had by the time you receive this), but moving into the new year there is a critical challenge to get the Families in Mental Health Crisis Act (HR 2646) passed by the Senate (S. 2680).

Mental illness is not a battle to be won. There is not a single cure or a solution that fits everyone. Just as we are all unique, mental illness comes in many forms. We need to raise awareness so that more services can come to those in need. But there is hope. Mental illness is treatable and manageable with the right support. NAMI Southern Arizona provides resources to those affected: one in five of our families and friends. This ongoing help is only possible with your support. Donate your time, money and caring. Visit NAMIa.org to learn more.

H. Clarke Romans, Executive Director

SUPPORT STAFF

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, Walks website, Facebook, Twitter, and Instagram as well as some basic staff assistance around the office. 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.

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 fund raiser 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. She 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 was a disabled vet who was also diagnosed with bipolar disorder. Marion started volunteering at NAMI Southern Arizona 12 years ago as a receptionist. For the last 7 years she has been assisting the Director with the bookkeeping. She is currently the membership coordinator because of her passion for what NAMI does for the community. Marion also enjoys handling resource tables and reaching out to the public to make sure everyone knows about NAMI and the great work we do!

FACILITIES MAINTENANCE STAFF



Anastasia Spalling, Facilities Maintenance

Anastasia started with NAMI Southern Arizona as a volunteer in 2013 and continues to volunteer as a receptionist. As a receptionist Anastasia is often the first impression that many of our callers have of NAMI. As a peer Anastasia is able to empathize with peers and family members alike. She became a staff member in 2015 and is in charge of the janitorial services in our building.

ADVOCATES

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 of 2014. 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.

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.”

Raquel Ortiz, Advocate
rortiz@namisa.org



Raquel did her internship with NAMI in May of this year. Born and raised in Sonora Mexico, attended college at Institucion de Arte Bribiesca in Guadalajara Jalisco Mexico. Shortly after moving to Arizona she became a Real Estate Agent for over 10 years. She is the mother of 4 young adults, “I have struggled with Major Depression for over 15 years, I understand the need for more education about brain disorders and the need to change societies views on Mental health.” Since starting her work with NAMI she has learned not only the challenges that people with mental illness face every day, but also that together we can find solutions, and as peers we can make a difference in our community. “Being an Advocate allows me to do what I love most, working with people and learning together from our experiences. I’m grateful to be part of the NAMI family!”

M. Louise Rempfer, Advocate
mremper@namisa.org



My name is Mary “Louise” Rempfer and I am a daughter, sister and mother of someone who is living with a serious mental illness. I started volunteering with NAMI in 2013 when my son was first diagnosed with Bipolar and psychotic features. Now I advocate for individuals living with mental illness, family members and friends. I also do Crisis Intervention Training (CIT) with the police; NAMI outreach tables at health fairs and help to educate high school students with Ending the Silence Program. My goal is to make NAMI a household name and Mental Illness an illness that is accepted and not stigmatized.



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 hundreds of affiliates. 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 \$193 billion in lost earnings every year.

The National Institute of Mental Health reports that one in five people experiences a mental health disorder in a given year. One in 25 lives with a serious mental illness, such as major depression, bipolar disorder or schizophrenia, and one in 5 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 **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!**

Our Mission

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

Our Vision

Southern Arizona is a stigma-free community in which abundant resources and support exist to ensure that everyone is healthy in body and mind.

Our Values

Acceptance, Empathy, Hope,
Make a Difference, Vision

**Angel Allen 2016 Poet Laureate,
NAMI Southern Arizona**

Italics and CAPITALS
April 24, 2016 - Curiosity in Stability



I feel in
Italics.
I think in
CAPITALS.
(Henry James)
I place my emotions in
BOXES
And contradict my boxes with
Passion.
How is it that I never let myself
Yearn
But I'm always seeking
MORE.
There's a duality in my
MIND
That drives my
Desire.
Up and Down.
Cycle and Supposition.
Manic and Depressive.
Here and Away.
Love and Hate.
Pretty and Ugly.
The best skill I have for my own
SALVATION
Is the same one that inhibits my
Feeling.
It's dangerous of me to
Embrace
While I'm on fire without
RESTRAINT.
I want to be the
HERO
So that I can be worthy of that
Love.
I can make those
ACTIONS
But first I need to
Trust.
Fast and Slow.
Illness and Identity.
Manic and Depressive.
Mine and Yours.
Angel and Demon.
Now and Forever.
I AM ME.



The Board of Directors of NAMI Southern Arizona has established a Planned Giving Program called the Legacy of Hope Society to provide an additional source of funds so that the programs and services that NAMI provides here in the Tucson area will continue to be available well into the future. A planned gift is one that you make by way of a will, trust, beneficiary designation or through a charitable

gift annuity or trust arrangement. Most simply and directly you can designate NAMI Southern Arizona as a beneficiary in your will or trust or as a beneficiary (or partial beneficiary) on a life insurance policy, IRA, 401(k) or any other financial asset. The Legacy of Hope Society honors those who have made a provision for a future gift to NAMI Southern Arizona.

If you are interested in learning more about planned giving and the Legacy of Hope Society, please contact Clarke Romans, Executive Director, at 520-622-5582 or at cromans@namisa.org NAMI Southern Arizona is a nonprofit 501(c) (3) organization. EIN-86-0560977

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 primarily focusing on youth- NAMI Basics, Parents and Teachers as Allies and Ending the Silence; which she could not do without the generous and energetic support from NAMI-sa volunteers.

Yazmin Garcia, Peer-to-Peer, Persona a Persona & Familia a Familia Coordinator
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, I started asking questions about NAMI services and they answered all the questions I had. I immediately felt supported. I started getting involved with NAMI, first assisting with the Conexión 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 it three times. I really loved it to the point that I became Persona a Persona mentor, which I've been doing for five years now. I did advocacy for more than a year, a job that I really enjoyed. Presently, I'm a Peer to Peer, Persona a Persona and Familia a Familia coordinator, a position that gives me the opportunity to help people to improve their lives through these programs.



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

George Leon is the Assistant 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."

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.

Shay Cameron Mar, Accounting Assistant
scameronmar@namisa.org



Shay is a native of Washington DC, and he has lived in Tucson since 2005. Shay's personal experience with major depressive disorder led him to volunteer with NAMI in 2015, and he joined the administrative staff in July of 2016. "NAMI is an amazing organization with a very important mission. I am proud to count myself as a contributor to NAMI's efforts, and I am grateful to be working with such a dedicated and positive group of people." Shay started his education as an art student, and went on to study linguistics and business. He holds degrees from the University of Arizona, the University of California, Berkeley, and the Corcoran College of Art and Design in Washington DC. Shay continues to expand his mental health awareness through NAMI's Peer to Peer program.

Rita Romero, Training Manager
rromero@namisa.org



Rita is a proud Tucson native who started at NAMI Southern Arizona in February 2015 as Training Manager. She studied at the University of Arizona with a focus on the Japanese language, never imagining she would find her purpose in a completely unrelated field. On her own journey of recovery, Rita was deeply inspired by the work of Recovery Support Specialists. She began to volunteer in the behavioral health field and became a Certified Recovery Support Specialist. In 2016 she became a NAMI Peer to Peer State Trainer. Her passion is utilizing her own personal experience and working with others to improve their health and wellness. "I feel very proud and grateful to work with such an extraordinary group of individuals here at NAMISA. As the Training Manager I am able to work one on one with our Peer Mentors and volunteers, which is truly a dream come true. My goal is to pass on the hope and support that I received in my own personal recovery."

Robert Wild, Community Engagement Specialist
rwild@namisa.org



Robert describes himself as a country boy from Montana and loving father of two amazing special needs children Sarah 14 and Ethan 12. He's currently working on an Associate's degree at Pima Community College then transferring to ASU extension program here in Tucson for his Bachelors Degree. Robert started as an intern at NAMI in September 2015 which led to a job working for NAMI in May of 2016. As the Community Engagement Specialist for NAMI of Southern Arizona Robert finds and researches resources for community members in need, including but not limited to Mental/Behavioral Health assistance, assistance receiving AHCCCS, locations and times to get food baskets, and to find job fairs and advocacy opportunities in the community wherever people need it.

DEPRESSION AND ANXIETY ARE EVERYWHERE.

IN PIMA COUNTY: anxiety/depression disorders are identified as the top health issue.

IN THE US: 18% of American adults live with anxiety disorders.

IN THE WORLD: depression is the leading cause of disability.



PIMA COUNTY REALITIES:

1 in 5, or **200,000 ADULTS**, experience a mental illness in a given year
— 57,000 Hispanics, 4,800 Asians, 7,600 African Americans.

\$605 million in lost earnings.

HOW DOES THIS AFFECT LIFE SPAN IN ARIZONA?

People with a serious mental illness **DIE MORE THAN 30 YEARS EARLIER** than those without mental illness. **SUICIDE** is the **9TH LEADING CAUSE OF DEATH.**

NAMI Southern Arizona—Striving for Excellence



Several years ago, NAMI National began a major project to encourage each NAMI state organization and local affiliate to become a Center of Excellence and "re-affiliate" with the national organization. This process involves undergoing an annual financial audit, creating and/or updating our organization's bylaws, policies and procedures according to the national guidelines and maintaining an online profile site to securely store all documents.

The NAMI Southern Arizona Board of Directors and staff undertook this challenge and have been working over the last three years to fulfill all the requirements. Our goal has been reached and we will be the first NAMI affiliate in Arizona to be designated as a Center of Excellence!

STRATEGIC PLANNING—Update

NAMI Southern Arizona received grant funding from the Lovell Foundation to pursue a Strategic Planning process beginning in 2016. A Steering Committee of Board and staff members was formed and worked with a consultant to first refine our organization's mission, vision and values statements to reconfirm what we do and why we do it. Then the Committee got down to the hard job of defining the initiatives, tasks and responsible individuals necessary to move NAMI Southern Arizona forward over a three-year period (2016-2018). The six initiatives chosen are:

1. **Drive Advocacy: Increase Political Advocacy**
2. **Empower People: Create a Vibrant Work Environment**
3. **Program with Purpose: Develop Programming**
4. **Strengthen our Structure: Enhance Board Governance**
5. **Fund the Future: Increase Funding**
6. **Organize Outreach: Increase Community Outreach**

The Steering Committee meets quarterly to assess progress on each initiative and to continuously refine the tasks necessary to achieve the goals in the six areas of focus. NAMI Southern Arizona faces a number of challenges given current budget constraints. The Strategic Planning process is providing a framework to keep our organization on track so that we can continue to fulfill our mission "to improve the quality of life for all those affected by mental illness".

NAMI Southern Arizona 2016 Accomplishments

Education Programs: Cost \$81,400

- Family to Family
- Familia a Familia
- Homefront-NEW for family, friends and partners of military service members and veterans with mental health conditions
- Peer to Peer & Persona a Persona
- NAMI Basics

42 Teachers & Mentors taught a total of 206 classes to 358 students.

Outreach and Awareness Programs: Cost \$44,000

- In Our Own Voice
- En Nuestra Propia Voz
- Parents and Teachers as Allies
- Ending the Silence
- Heart to Heart
- Resource tables set up to distribute publications & brochures throughout the community

104 Presenters gave 100 presentations to more than 3,730 participants and set up and staffed 59 resource tables.

Events: Cost \$47,600

- Minority Mental Health Awareness Month, July, presentations to 100 people in the Chinese and Hispanic communities
- Mental Illness Awareness Week, All Faith Candlelight Vigil, attended by over 60 people
- Volunteer Appreciation Dinner-recognizing over 80 volunteers who contributed 20 hours or more
- NAMIWalks 2016 raised \$150,170

145 Volunteers & Staff organized 3 major events with over 4,200 participants.

Support and Advocacy: Cost \$111,000

Three Advocates (2 Bilingual)

- Two Peer Support Groups (1 Spanish) with 4 Facilitators
- Six Family Support Groups (1 Spanish) with 12 Facilitators
- NAMI Southern Arizona Book Club- 2 Facilitators
- Creative Expressions & Expressive Arts Groups with 4 Facilitators

29 Volunteers & Staff facilitated and advocated for 2,330 family members and consumers; had more than 8,181 Advocacy contacts & held 211 group meetings.

Communications: Cost \$38,500

- NAMI Southern Arizona Newsletter, Bringing Hope and Awareness to You
- Website & Electronic Mailings: eNews, NAMIWalks, and newsletters posted on website
- Brochures, Periodicals, Videos, Reference Library-with the help of a grant our brochures received a new look
- More than 60,000 visits to the NAMI Southern Arizona website

40 Volunteers & Staff published and distributed 6 major publications to over 13,000 recipients.

Volunteers and Members are: Teachers, Mentors, Facilitators, Advocates, Resource Specialists, Heart to Heart Friends, Receptionists, Bulk Mailers, Event Helpers, Board Members and Staff. 180 Volunteers facilitated and advocated; published and distributed; organized; gave, taught and befriended thousands of family members and consumers.

* does not include facility or non-program staff costs; participants often use multiple programs and services.

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's son died in 2001. 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 Arizona Mental Health America of Arizona. Clarke is involved in NAMI because he believes that the stigma that plagued his son should be eliminated.

Bernadette Grandinetti, Program Director
bgrandinetti@namisa.org



Bernadette began working for NAMI in the beginning of 2016 as she accepted the Program Director position with much gratitude. Prior to NAMI she worked as a coordinator for CODAC Health Recovery and Wellness developing streamlined processes for Specialty Provider/Agency referrals. For over 8 years she has worked closely with Specialty Agencies including NAMI spreading the word and increasing awareness. "It is important for staff and members to know what our community has to offer. I am so grateful for this opportunity to learn and grow with such an amazing, resourceful agency." With a Bachelor's Degree in Business Management, Bernadette is furthering her education with a Master's in Business Administration.

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



Christina is charged with raising awareness and funds to support local NAMI programs and services through events such as the annual NAMIWalks, quarterly newsletter, Annual Report and working with the media. Christina was introduced to NAMI and its mission in November of 2013 by a current board member and longtime colleague. Christina worked for the Arizona Department of Water Resources as the water conservation specialist for the Tucson region for nearly 18 years, where she was responsible for program development, events, community outreach and developing educational materials. Her experience in event planning, communications, fund-raising and program development made her a good fit within the NAMI 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 2015 as our bilingual Volunteer Coordinator. She heard about the NAMIWalk at her son's school 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 am grateful for this opportunity to help my community and the members who immediately benefit from all the resources that NAMI provides."

VOLUNTEER OPPORTUNITIES



Volunteering is a way to develop greater knowledge and understanding of mental illness, explore career possibilities and gain a sense of personal satisfaction by making a difference in the lives of others.

People in our community volunteer for many reasons, NAMI Southern Arizona has been fortunate to have had the support and dedication of our many volunteers over the past 33 years. Many decide to volunteer because they have benefitted from our advocacy, education and support and wish to give back to NAMI by supporting our programs and services. Many come to us at the early stages of recovery to gain new skills, meet new people and to help themselves while helping others. Others volunteer to help the family members of people living with mental illness while sharing their experiences with their own loved ones to help caregivers through difficult times.

NAMI volunteers are the heart and soul of our non-profit organization and assist in a wide variety of ways to help NAMI Southern Arizona achieve its goals. To this end, NAMI accepts and encourages the involvement of volunteers at most levels of the organization and within all appropriate programs and activities.

NAMI Southern Arizona's volunteers are critical to our organization and its ability to flourish. Our volunteers are part of our vision and motivation...and why we strive to reduce stigma and provide hope to those affected by mental illness. NAMI Southern Arizona currently has approximately 180 active volunteers.

NAMI SUPPORT GROUPS

Carter Todd, Support Group Coordinator
ctodd@namisa.org



Carter is a native of Arizona, moving to Tucson to attend the U of A. After college he lived in the northwest but soon realized his heart and body belonged in the sunshine of the desert. He was introduced to NAMI when he began attending a support group in 2012, soon after becoming a facilitator and eventually a state trainer. Support groups have had an enormous impact on his personal recovery, finding such a unique resource invaluable. As the Support Group Coordinator his goal is to grow this much needed program and bring it to the community at large. He is a certified Peer Mentor and teaches several Peer to Peer classes. "I truly appreciate being involved in an organization like NAMISA that touches so many lives, offering the gift of hope for a better future."

What are NAMI Support Groups?

The NAMI Support group model operates differently than other, more traditional "share-and-care" groups. NAMI offers a set of key structures and group processes for facilitators to use in common support group scenarios. Our support groups ensure attendees a chance to share and participate.

A support group can provide relevant information, a connection to personal experiences, listening to others' experiences, provide sympathetic understanding and establishing social networks. Knowing that there are others who have shared your same experiences may create a sense of relief because you are not alone. NAMI has Family and Friends support groups for those who have a loved one with mental illness and also for persons with Mental Illness, NAMI Connection. There are also support groups en español Familias y Amigos and Conexión NAMI.

Other support opportunities are the NAMI Book club; Creative Expressions and Expressive Arts groups that use a variety of activities including poetry, visual arts and music to create opportunities for transformative experiences and a positive outlet for emotions, to better deal with the struggles of mental illness; and Heart to Heart which bridges the gap between the community at large and the population of people living with mental illness by matching trained volunteers with people who are living with mental illness. Become a friend to someone with whom you can spend a few hours of trusting companionship each week to help them with their integration back into society.

Education



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



A 12-class course for family and friends of adults with mental illness.



A 10-class course for individuals with mental illness focusing on recovery.



A presentation given by individuals with mental illness providing their testimonies.



An in-service education program for school professionals, parents, and agencies working with children and adolescents.



An early intervention program that engages students in mental health education and discussion.



A 6-session educational program for families, caregivers and friends of military service members and vets with mental health conditions.

Support



Provide the sharing of experiences, knowledge, hope and coping skills for family members and friends with a loved one with mental illness.



A weekly recovery-focused group for adults living with mental illness.

Expressive Arts Group: For those with mental illness who want to explore different art forms.



Supports faith communities who want to develop a mental health ministry or simply educate their clergy, staff, and congregations about mental illness and available community resources.

Advocacy

Our Advocates are available to act as your second voice and to help you:

- Understand your rights whether you are an individual with mental illness or a family member.
- Obtain mental health services and information.
- Work with the public/private mental health and legal systems.

Include the following sentence on your treatment plan:

"I and/or my loved ones would like to receive education, support, and/or advocacy from NAMI Southern Arizona."

Follow us on:



* Program/Service available in Spanish

www.namisa.org
Email-namisa@namisa.org

September 2015

Other Events & Services



Our annual walk for mental illness (March/April), which is our largest awareness campaign and signature fundraising event.

May is Mental Health Awareness Month.

July is Minority Mental Health Awareness Month.

Mental Illness Awareness Week*: Promoting events and activities throughout the first week in October.

Lending Library*: Books, DVDs, videos, and publications are available for checkout.

Presentations*: Provided on request for health providers, community groups, faith-based communities, businesses and others.

NAMI SOUTHERN ARIZONA BOARD OF DIRECTORS



Mary Ann Johnson, President

"I came to NAMI SA through the Family to Family program a number of years ago and found it opened the door to a new way of positive thinking and action for me. My service on the Board gives me the opportunity to strengthen our organization so that the same opportunities for healing and hope will be there in the future for individuals and families living with mental illness."



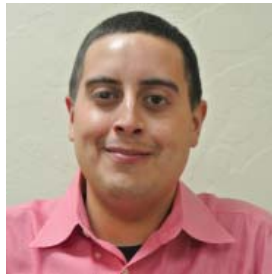
David Delawder, Vice-President/President Elect

"I believe in the vision of NAMI SA to make southern Arizona a stigma-free community in which abundant resources exist so that everyone is healthy in body and mind. Through membership on the public policy committee I plan to further the vision of NAMI SA and assist in its mission to improve the quality of life for all those affected by mental illness in a system of integrated healthcare (physical and behavioral)."



Laura Fairbanks, Secretary

"I would like to give back to the organization that has helped me get through some difficult times. I am interested in being involved in public education for the general public about mental illness and the symptoms associated with mental illness. One of my professional roles has been as a media liaison to local news outlets; I would like to put this experience to work to help educate our community about mental illness."



Andrés Gabaldon, Treasurer

Mental health is an important issue to me and hits close to home. I would like to use my experience to assist NAMI with volunteer recruitment, event planning, community outreach and fundraising efforts.



Dr. Margie Balfour, Member

"I think NAMI is a great resource. The support that families need is often overlooked. The individual does better with family support, and families often need support so that they can understand what is going on and can be there for their loved one. I would like to help get people connected to NAMI who need it by increasing awareness among clinicians of what NAMI can offer."



Ana Gallegos, Member

"I am passionate about promoting support for mental illness and to ensure that people living with mental illness receive the care and support they need to live meaningful lives. I am also very interested in guiding families to the right place when looking to support their loved ones living with mental illness. I am also very interested in supporting state and federal legislation supporting a better life for people living with mental illness. As an educator, I am also interested in promoting the understanding of students living with mental illness."

Candlelight Vigil for Mental Illness Recovery and Understanding Mental Illness Awareness Week, October 2-8 2016



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 4th. The vigil served to remember the lives lost to mental illness and to remind those struggling with it today that they can find help. A Pastoral Prayer written by the late Rev. William "Bill" Dean was read by Carl Schroer with audience participation. The candle lighting ceremony was conducted by Rev. Richard (Rick) Wilson, Rector, Episcopal Church of St. Matthew. Ten candles were lit representing Faith, Truth, Healing, Understanding, Grace, Hope, Justice, Peace, Thankfulness and Steadfast Love.

More than 60 people enjoyed beautiful weather at our 3rd annual public candlelight vigil. As a way to break down the stigma of mental illness, presenters James Chapman, Willy Hudson and Oscar Sura all shared their stories of personal struggle and the process of recovering from mental illness. Several in the audience shared their personal stories as a peer or from the perspective of a family member with a loved one with mental illness.

Mental illness impacts 60 million Americans and an estimated 200,000 people in the Tucson area alone. NAMI will continue to hold the vigil, an annual all faith public event on the NAMI National Day of Prayer (the first Tuesday in October) during Mental Illness Awareness Week.



NAMIWalks The Force Is You!

KID'S ACTIVITY AREA IS NEW THIS YEAR, COMPLETE WITH SELFIE BOOTH, GAMES, ARTS AND CRAFTS, FACE PAINTING AND LOCAL MASCOTS, A GREAT TIME FOR ALL!



NAMI SOUTHERN ARIZONA BOARD OF DIRECTORS, continued



Chris Gwozdz, Member

"I want to make a difference and NAMI is the best vehicle in southern Arizona for doing so. I have a unique experience in my own recovery...what a great opportunity to bring meaning and purpose to my experiences. I can now use them to help others."



Dr. Patricia Harrison-Monroe, Member

"Throughout my career in community mental health, I have sought to improve the lives of the underserved, address the needs of those who lack access to appropriate care, and support those who seek an equal voice. I hope to bring my experience of developing programs and working with at-risk and underserved populations and their families who are struggling with mental illness. I further intend to use my connections to local leaders to assist NAMI SA in continuing its efforts to have a clear and central presence in Pima County."



Zacharias Knickerbocker, Member

"As a board member I would like to support and further the mission and goals of NAMI in Tucson and the surrounding community. I am currently working on an MBA and would like an opportunity to apply this knowledge, such as marketing and financial management, in a real-world organization."



Sheila McGinnis, Member

"I believe people living with a mental illness and their families should have somewhere to get support and guidance. I would like to continue to build awareness and help further NAMI SA's mission in southern Arizona using my skills in event planning, community engagement, giving campaigns, communications and marketing."



Marci Quigley, Member

"I want to help NAMI with its mission to educate, advocate and support people with mental health conditions and their families. I think awareness and education are key in helping to reduce the stigma associated with mental illnesses."



Betty Seery

"NAMI is an extremely important organization. NAMI has given a voice to families and their loved ones and raised awareness on many fronts. With the anti-stigma campaigns, television exposure, and recent movies mental illness has been taken "out of the closet". It is vital that this influence continues, and that more families are brought into the fold through greater visibility. I would like to see NAMI membership and influence grow. We've done a lot, but there are still so many people who have no knowledge of mental illness."



Eric Stark, Member

"I believe in the importance of NAMI's mission and believe I can help further that mission. I would like to facilitate a wider awareness within the community and to increase referrals to NAMI's programs."

NAMI Walks

How Far we've come!

NAMI Walks is NAMI's annual mental health awareness program. It is our largest fund raising and awareness campaign aimed at "Changing Minds...One Step at a Time." Nationwide the Walks are projected to raise over \$10.4 million in 2016.

Launched in 2003 with 12 sites, NAMI "Walks" is now in more than 80 communities and has over 150,000 people participating each year. All walkers are encouraged to reach out to family, friends, coworkers and business associates for donations in support of their participation in the Walk. The NAMI Walks events are used to raise money and awareness to ensure NAMI's vital programs and services are available at no cost to provide help and hope to those in need.




TAKE YOUR FIRST STEP




NAMI Walks Report & Highlights

\$150,170 was raised - plus \$52,470 in-kind donations
We exceeded our goal of \$140,000!

- ◇ **Approximately 2,500 people walked and 4,000 people attended on Walk Day.**
- ◇ **We had 71 Teams consisting of families, friends and businesses!**
- ◇ **Our Honorary Chairpersons for 2016 were Raúl Grijalva, U.S. Representative, Arizona's Third Congressional District and Jonathan Rothschild, Mayor of Tucson**
- ◇ **We received \$52,470.00 in-kind donations such as food, snacks, water and discounts on equipment, as well as hundreds of volunteer hours. Thank You!**

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Information on Mental Health



OPENING CEREMONIES



Tianna and Celeste Fields sing the National Anthem



Davis Monthan Air Force Base Color Guard Presents Colors



Honorary Chair Jonathan Rothschild, Mayor, City of Tucson read the NAMIWalks mental health awareness day proclamation.



Honorary Chair Raúl Grijalva, U.S. Representative, Arizona's Third Congressional District and Terry Stevens, CEO, Cenpatico-the Regional Behavioral Health Authority (RBHA) spoke at the 2016 NAMIWalks event about the importance of mental health and NAMI programs and services.



Photos courtesy of Sprytime

namiWalks

National Alliance on Mental Illness

2016 Honorary Chairpersons



Jonathan Rothschild
Mayor of Tucson



Raúl Grijalva, U.S. Representative,
Arizona's Third Congressional District



2016 Southern Arizona NAMIWalks-Photos by Linda Dols and Sprytime



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