



nami

Southern Arizona

National Alliance on Mental Illness

SINCE 1983



**FIND HELP.
FIND HOPE.**

August 2020

Volume 38: Issue 3

From the Executive Director

I know that many of us would love to push the restart button on 2020 and be able to resume life as we knew it before Covid-19 forced us to shelter in place and “socially distance.” During these unusual times, many people with or without previous mental health conditions are feeling anxious, lonely, having suicidal ideations, or generally feeling stressed. NAMI Southern Arizona prides itself in being here for all of you. Whether you have known us for years, live in Southern Arizona or elsewhere in the state or country, or have only heard of us recently, be assured we are here and want to help!



Christina Bickelmann,
Executive Director

Although most staff are working from home, we do have a few core staff in the office to keep us operational. We are ready to connect you with appropriate staff and to provide you with the resources you need. We are here to listen to those calling in for assistance, or perhaps just needing to connect with a friendly person on the other end of the line who understands and cares about you.

As with all of you, we are looking for a glimmer of light and hope. Now more than ever we are focusing on providing our no-cost advocacy, education and support programs to our community and beyond.

For those of you who have never heard of the Zoom platform, it is a great way for us to meet online to see each other (albeit on a computer screen) and move forward with our classes, presentations, trainings and support groups. When a crisis hits whether it is your mental health or a pandemic, the NAMI community has always been able to pivot and rise to the occasion. We now have our Peer-to-Peer, Peer Leader and Peer Support Specialist trainings up and running online. In addition, Ending the Silence presentations, family support groups in English and Spanish, and Conexión NAMI for peers in Spanish are all currently available on Zoom. Soon we will be able to offer NAMI Basics and Family-to-Family on line as well. NAMI affiliates throughout the country are working together to share expertise and guidance to get all of our programs online so we can continue to help as many people as possible.

In the early part of July, we launched our new website, which we are thrilled about. If you have not already, please take a few minutes to check it out, we think you will be amazed www.namisa.org. We were fortunate to receive a grant from the Community Foundation of Southern Arizona for professional assistance through Catchafire. We were also lucky to find Karen Skeens-a dedicated web designer who donated her time to this project, she went well beyond anything we expected (not that we are complaining).

We are also just wrapping up our 14th Annual NAMIWalks event. With the pandemic hitting a few weeks before our scheduled in-person event, we had to quickly change our plans and have a “virtual walk” on May 30th with 60+ affiliates around the country.

(continued on page 5)

HIGHLIGHTS

- 2 - Ending The Silence**
Presenter Raul Munoz
- 3 - Update on NAMISA**
Education, Advocacy & Programs
- 4 - Sept is Suicide Prevention**
Awareness Month
- 5 - Mental Health Resources**
- 6 - Spotlight on Volunteers;**
Elena Acoba
- 7 - NAMI’s Statement on**
Recent Racist Incidents

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

NEW WEBSITE—NEW LOOK

After receiving a [Catchafire Grant](#) and the help of Karen Skeens of [WebDesignbyKaren.com](#), we are so proud to have published a new website at [namisa.org!](#)

Catchafire is a skills-based volunteer matching organization that paired us with Karen Skeens, a graphic designer and website developer, who agreed to design our new look and website. In collaboration with our Interim Executive Director Christine Wells and our current Executive Director Christina Bickelmann, the result is professional, modern, easy to navigate and very functional. Over six months in the making, we would like to know what you think! Take some time to take a look around and send us an email with your comments through the contact button.



Raul Munoz, Volunteer Ending the Silence Presenter

The National Alliance on Mental Illness Ending the Silence program is a great opportunity for our community to create education and awareness around mental health. What I appreciate most about NAMI, is the diverse and innovative ways of sharing such information with not just adults but with youth. Day in day out our youth get bombarded by many negative and positive influences. Just to name a few many of those influences can come from his/her personal peers, general-public, and or social media.



Being a NAMI “Ending the Silence” presenter is an honor and privilege. This eye opening interaction provides young people an opportunity to self-reflect and realize they are not alone. No one is for that matter. Deeper than the presentation itself, the work of providing, “hope” to people allows individuals to grow and learn more about mental health. My favorite part of the curriculum is recognizing that just like seeing a personal physician(s) for good physical health to ensure we are healthy and physically strong, the same applies to maintaining good mental health.

There are many other presentations available for families, adults, and school educators whom work with youth. The combination of such a diverse curriculum enters the hearts of many people in need of answers to questions that perhaps they may have been trying to ask themselves. NAMI is not only a gateway to allow individuals to think about methods to help him or herself but also helping others wanting to gain knowledge of mental health and wellness.

DIAL 2-1-1 FOR NEW ARIZONA CRISIS COUNSELING

On June 22, the new Resilient Arizona Crisis Counseling



Program (or Resilient Arizona CCP) was launched to provide confidential support and connections to resources for Arizona residents impacted by the COVID-19 Pandemic.

Individuals can access the service by calling the Crisis Response Network (CRN) at **2-1-1**.

The purpose of the program is to assist individuals and communities to recover from the psychological effects of the Coronavirus pandemic through crisis counseling services which include community-based outreach, emotional support, and educational services.

The no-cost crisis counseling provided is intended to help individuals understand that the reactions and emotions they are having as a result to COVID-19 are common. The services can be provided in a group setting or one-on-one and include supportive crisis counseling, education, development of coping skills, and connection to appropriate resources.

Further information on the Resilient Arizona Crisis Counseling Program can be accessed through its website [resilientarizona.org](#).

NAMI Southern Arizona Programs & Services

All programs offered at no charge to the participant

EDUCATION

General Presentations*: We provide presentations on NAMI programs and services as well as about mental illness in general. *(on hold due to Covid 19– check our website, sign up for our weekly e-blast or contact staff for updates)*

Family to Family*: An 8-class course for family and friends of adults with mental illness. *For information email Judy Kowalick at jkowalick@namisa.org (on hold due to Covid 19– check our website, sign up for our weekly e-blast or contact staff for updates)*

Homefront: a six-session, on line education program for family and friends of Military Service Members and Veterans with mental health conditions. To enroll go to www.nami.org/Support-Education/Mental-Health-Education/NAMI-Homefront

Peer to Peer (P2P)*: A no-cost, 8 class, peer-led, Zoom recovery education course open to any person with serious mental illness. *For information email Yazmin Garcia at ygarcia@namisa.org*

NAMI Basics: A no-cost, 6-class course for parents and caregivers of children with mental illness. *For information email Ann Lettes at allettes@namisa.org (Zoom training coming in Sept. or online at nami.org).*

Ending the Silence: A no-cost, 50 minute presentation designed to give students an opportunity to learn about mental illness through discussion and short videos. *Currently only available via Zoom. For more information email Judi Maikoff at jmaikoff@namisa.org*

In Our Own Voice*: A presentation given by individuals with mental illness providing their testimonies. *For more information email Maria Mendoza at mmendoza@namisa.org (on hold due to Covid 19– check our website, sign up for our weekly e-blast or contact staff for updates)*

ADVOCACY

(Due to Covid-19, our Advocates are only available by phone M-Th, 10am-3pm. We currently do not have a bilingual advocate.)

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.

SUPPORT

(Support groups are only available on Zoom at this time.) For more information email supportgroups@namisa.org

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

NAMI Connection*: A weekly recovery focused group for adults living with mental illness.

Heart to Heart: A friendship program for people with mental illness. Volunteers are matched with individuals who have mental illness and are trained to talk and participate in social activities together. *For more information email Lollie Butler at butler24@cox.net*

NAMI FaithNet: Supports faith communities who want to develop a mental health ministry and educate congregations about mental illness and available community resources. For more information visit www.nami.org/faithnet

* may also be available in Spanish

Bring your used HP, Cannon or Collins printer cartridges (no laser) to our office and NAMISA receives credit for recycling them!



PLANET GREEN RECYCLE
RAISE FUNDS BY RECYCLING INK CARTRIDGES

You can support NAMISA by shopping here:



goodshop

September is Suicide Awareness Month

It can be frightening if someone you love talks about suicidal

thoughts. It can be even more frightening if you find yourself thinking about dying or giving up on life. Not taking these kinds of thoughts seriously can have devastating outcomes, as suicide is a permanent solution to (often) temporary problems.

If you or someone you know is in an emergency, call the National Suicide Prevention Lifeline
800-273-8255 or call 911 immediately.

According to the CDC (www.cdc.gov/vitalsigns/suicide/) suicide rates have increased by 30% since 1999. Nearly 45,000 lives were lost to suicide in 2016 alone. Comments or thoughts about suicide — also known as suicidal ideation — can begin small like, “I wish I wasn’t here” or “Nothing matters.” But over time, they can become more explicit and dangerous.

Here are a few other warning signs of potential suicide:

- Increased alcohol and drug use
- Aggressive behavior
- Withdrawal from friends, family and community
- Dramatic mood swings
- Impulsive or reckless behavior

Suicidal *behaviors* are a psychiatric emergency. Seek immediate help from a health care provider or call 911 if you or a loved one starts to take any of these steps, :

- Collecting and saving pills or buying a weapon
- Giving away possessions
- Tying up loose ends, like organizing personal papers or paying off debts

1 in 5 U.S. adults experience mental illness each year

1 in 25 U.S. adults experience serious

mental illness each year

1 in 6 U.S. youth aged 6-17 experience a mental health disorder each year

50% of all lifetime mental illness begins by age 14,

and 75% by age 24

Suicide is the 2nd leading cause of death among

Board of Directors

David Delawder, CRSS, CPRP, *President*

Marsi Quigley, *Vice President*

Julie Jameson, *Secretary*

Heather McGovern, *Treasurer*

Members

Debbie Nicholson

Mathew Pate, LMSW

Eric Stark, JD, MSW, CRSS

Barbara Zimmerman

Executive Director

Christina Bickelmann, MLA

Advisory Council

Lesley Abrams, *Pastor, St John on the Desert Presbyterian*

Dr. Margie Balfour, MD, *Chief of Quality & Clinical Innovation, Connections Health Solutions (CRC); Asst. Professor of Psychiatry, U of A; former Board Member*

Michael Barr, *Director, Mobile Assistant Team, Sonora Behavioral Health Hospital*

Amelia Cramer, *Deputy P.C Attorney, P.C. Attorney’s Office*

Derek Derrick, *Principal Systems Engineer, Raytheon Missile Systems; Past President, Raytheon Alliance for Diverse Abilities*

Dr. Francisco Garcia, MD, *Asst. County Admin., Pima County*

Tamara Hille, *Coordinator, School Counseling Dept., TUSD*

David Iaconis, CPA, *Executive VP, Beach Fleischman*

Marcia Isbell, *Enterprise Change Process Leader, TEP*

Steve Kozachik, *Member, Ward 6 Tucson City Council*

Edmund Marquez, *Agent/Principal, Allstate Insurance*

Dr. Christian Moher, MD, *President/CEO Escalera Health*

Paula Perrera, *Dir., Pima County Behavioral Health Dept.*

Judge Christopher Staring, *Vice-Chief Justice, AZ Court of Appeals*

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

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

Membership has its benefits...

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 844-733-9912

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)
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](http://MentalHealth.gov)

(updated 5/2020)

MENTAL HEALTH CRISIS INFO

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

Community Wide 24-hour crisis line:
(520) 622-6000 or (866) 495-6735

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



From The Executive Director (continued from page 1)

around the country. Although we didn't reach our \$150,000 goal we did raise over \$128,000 to get us 85% of the way there—a remarkable feat during a pandemic. We are so appreciative of all who participated, and raised or donated money to support NAMI Southern Arizona in these difficult times. I am so proud of all of you and happy to have you as part of our NAMI family and team!

I would also like to give a shout out to some of the foundations who have provided us with additional funds to help us during the pandemic. The Stonewall Foundation, David and Lura Lovell Foundation, and continued support from the Connie Hillman and Jasam Foundations. I would also like to thank all of our supporters who have given additional personal donations to make sure we stay afloat during these trying times. We know that there are many worthy causes you could donate to, and we are so very thankful you have chosen to support NAMI Southern Arizona!

Wishing you and yours good health, happiness and hope...together we can rise to any challenge!

Christina Bickelmann



Elena Acoba, Volunteer Family Support Group Facilitator

NAMI Southern Arizona saved my family when my daughter's depression became a crisis. Its family support group and advocate were especially helpful as we worked through the chaos and uncertainty that eventually led to her diagnosis of and treatment for major depressive disorder and generalized anxiety disorder.



I pay back that NAMI support as a volunteer facilitator with the Northwest Family Support Group. We had to cancel support meetings because of the COVID-19 disruption. I've worked with our talented group of facilitators and others to move them online.

Next year I plan to attend a NAMI national program so that I can train more facilitators for this important support program. I want to be sure NAMI Southern Arizona continues to be a ray of hope for families like ours.

Thanks to the hard-working volunteer facilitators of the Family Support Group program, we are into our third month of providing information and support to families and friends of people with mental

For more information on Family Support Groups in English and Spanish, you can email supportgroups@namisa.org or visit our website namisa.org and click on our

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. We have staff in the office by phone appointment only. You can call 520-622-5582 and leave messages to be forwarded to the appropriate staff and we are responding to emails sent to namisa@namisa.org.

For information on joining a Zoom Family Support group, email supportgroups@namisa.org. Ending the Silence is also available on Zoom,; contact jmaikoff@namisa.org 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-Th, 10am-3pm
- 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
- In 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

ARE YOU OR SOMEONE YOU KNOW IN MENTAL HEALTH CRISIS?

Community-wide Crisis Line:
520-622-6000 or 866-495-6735

Call **211** for **Arizona Crisis Response Network** operating
8 am.to 8 p.m. seven days per week.

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

For Non-emergency Support:
Call the Hope Inc. Warm Line 8am—10pm, 7/365
520-770-9909 or 844-733-9912

NAMI's Statement On Recent Racist Incidents

(5/29/2020) The National Alliance on Mental Illness (NAMI) today released the following statement from CEO Daniel H. Gillison, Jr., regarding recent racist incidents across the country and their impact on mental health:



“The effect of racism and racial trauma on mental health is real and cannot be ignored. The disparity in access to mental health care in communities of color cannot be ignored. The inequality and lack of cultural competency in mental health treatment cannot be ignored.

“Our nation’s African American community is going through an extremely painful experience, pain that has been inflicted upon this community repeatedly throughout history and is magnified by mass media and repeated deaths. We stand with all the families, friends and communities who have lost loved ones senselessly due to racism. And, with more than 100,000 lives lost to the coronavirus pandemic - disproportionately from minority communities - these recent deaths add gasoline to the fire of injustice.

“While there is much we need to do to address racism in our country, we must not forget the importance of mental health as we do so. Racism is a public health crisis.

“As the nation’s largest grassroots mental health organization, it is our responsibility to serve all. While as an organization we are still early in our intentional Diversity, Equity and Inclusion journey and have much to do, we have renewed our

Consider Becoming A Sustaining Member

As you might imagine, now more than ever your donations to NAMI Southern Arizona are keeping our education, support and advocacy programs available at no-cost to all affected by mental illness. Each year we struggle to manage our budget not knowing how many new memberships we might gain or lose, not knowing which grants may continue to fund our programs or not and not knowing when we may incur additional expenses due to something like a pandemic.

When you become a Monthly Giving Member, your contributions can be used efficiently and immediately to ensure that NAMI Southern Arizona will be there for all who need us. By donating automatically, you cut out postage, fundraising expenses and administrative costs, thus increasing the impact of your charitable contribution and doing more to help mental health and mental health rights.

Please consider a monthly re-curing donation and help ensure NAMI Southern Arizona’s future in supporting all who are affected by mental illness at no-cost.



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!

You may also win one of these prizes:

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

3rd Prize: \$5,000 in cash.

Stop by our office at 6122 E. 22nd St. to **purchase your tickets until 4pm, Thursday, December 3, 2020.**

The drawing will be held on December 11, 2017.

MARK YOUR CALENDAR

August is National Immunization Awareness Month An annual observance held in August to highlight the importance of vaccination for people of all ages.

August is MedicAlert Awareness Month dedicated toward educating the public on the needs and uses of Medic Alert ID's. Medic Alert began more than 50 years, providing life saving services to those throughout the world.

September is Suicide Prevention Awareness Month September is National Suicide Prevention Awareness Month—a time to share resources and stories in an effort to shed light on this highly taboo and stigmatized topic. We use this month to reach out to those affected by suicide, raise awareness and connect individuals with suicidal ideation to treatment services. It is also important to ensure that individuals, friends and families have access to the resources they need to discuss suicide prevention. NAMI is here to help.

NAMI Southern Arizona **DEPENDS** on you.
THERE ARE MANY WAYS TO HELP.

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

