



NAMI

Southern Arizona

National Alliance on Mental Illness

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NAMI Frontline Wellness—New Resources for Frontline Workers

Frontline professionals face many challenges in their day-to-day work life. From the pressure of making sure people get the help and care they need to working long shifts — health care and public safety are stressful fields of work.

When frontline workers encounter chronic stress, trauma and the negative effects of shiftwork as a part of daily work life, an added source of stress like COVID-19 can feel overwhelming. With concerns about passing the virus to family and friends, protective equipment shortages, exposure to financial pressures and long hours — frontline workers need support now more than ever. For many frontline professionals, the pandemic has taken a toll on their mental wellness. And if these critical workers are struggling, NAMI wants them to know that they are not alone. NAMI is here to help.

NAMI is pleased to join the **#FirstRespondersFirst** (<https://thriveglobal.com/categories/first-responders-first/>) initiative to support frontline health care and public safety professionals facing the adverse mental health effects of the COVID-19 pandemic. This community-centered initiative is called NAMI Frontline Wellness. The website (<https://www.nami.org/Your-Journey/Frontline-Professionals>) provides information and resources specific to frontline workers including confidential and professional support, peer

support, techniques to build resilience, support for family members and information on how to identify signs of a potential mental health emergency.

There are portals for Health Care Professionals and Public Safety Professionals; each offering specific education and resources. Additionally, there are warning signs and contact information for Suicide Prevention. And finally, there are stories from peers in the frontline as well as blogs .

This very comprehensive site is a first step in providing our frontline workers with education, support and compassion for the stressful work they have been doing during these very stressful times. Be sure to visit the website, browse it for your own education and understanding and forward this information to all those you know are serving our communities with essential services day to day.



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Contact Us

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Business Hours

Monday - Friday
9 AM to 5 PM



Christina Bickelmann
Executive Director

From the Executive Director

As of the publication of this newsletter, we do not yet know the results of our current election. However, we hope you registered and voted. Voting is a privilege that many people in other countries do not have. Whether your candidates won or lost, we must all come together as Americans to work together to improve our world, our community and towards mental health care for all. It is time to take a more positive and kind tone with those who disagree with us and find common ground to move forward as the great nation we are. We are more alike than we are different!

It has been quite a year and we have been here to support you; to advocate, provide the resources, educational programs, training and support you have come to expect from NAMI Southern Arizona. If you are feeling isolated or alone, or need assistance finding resources please call our office and talk to one of our advocates. You can also sign up for one of our support groups or classes.

Here is a brief year in review, all of our programs are up and running on Zoom. We have had amazing support from the Connie Hillman, David and Lura Lovell, Stonewall and Jasam Foundations and from individuals like you who have given a little extra to keep our programs and services intact. We have not only made it through the year without laying off any staff or reducing our services, we have been able to promote several people to new positions. We hope you will join us in congratulating Ariane Davaul who is taking over as the program manager for Ending the Silence (ETS), Becky Nuffer who has been our Membership Coordinator will also be taking over the ETS scheduler position and longtime employee Judi Maikoff is semi-retiring and moving into the In Our Own Voice coordinator position. In addition, we recently received notification that our mental health block grant through SAMHSA/ACCCHS has been approved which will support our youth programs and give us funding for a new youth advocate position to work closely with the schools and assist young people early on in finding the mental health help they need.

NAMI SA is officially a Qualified Charitable Organization (QCO Code 21027) for Arizona tax credits. In prior years, even without a tax credit our annual appeal has raised close to \$10,000. We know you have many choices on where to make charitable donations and spend your tax credit. We hope you will continue to support NAMI Southern Arizona as we move into a new year with your end of year, tax credit donations.

Unfortunately, we have decided it is not yet safe to hold our annual member's potluck this year, instead we will be sending a small gift to all members in November so keep an eye on your mailbox and make sure your membership is up to date. On a brighter note, when we stayed home to reduce the spread of the virus, air pollution levels worldwide were down significantly including Tucson, Los Angeles, Boston and Paris. New Delhi India dropped by almost 60% within a few days of the lockdown, some parts of India saw the Himalayas for the first time in decades. People are able to hear more birds singing because there is less human noise. People worldwide have noticed how nature nurtures and can provide quiet respite in our daily lives; even if you are feeling somewhat isolated and alone a walk in nature is a great remedy.

As we move forward to a new year, we are beginning our planning for NAMIWalks 2021 and have set the date for April 10th. Since much is still up in the air and we do not know exactly when we will be able to have a large gathering we are planning for both virtual and in-person contingencies. The 2021 walk website will be opening up this month at www.namiwalks.org/southernarizona.

Robert F. Kennedy once said "...may we live in interesting times". Like or not we are living in interesting times. Yet we persevere and I for one hope that although we may feel things are uncertain and dangerous, out of the darkness comes the light and a dawning of new day. I believe that positive and creative things will come out of this— a broader acknowledgment of mental health and the need to fully-fund mental health care and that we will enjoy a broader acceptance of one another's differences.

Christina Bickelmann

As we close out 2020, we want to wish you a happy holiday season.

NAMI Southern Arizona No-Cost Programs & Services

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 (Currently only available via Zoom)*

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 alettes@namisa.org (Currently only available via Zoom)*

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 Ariane Davaul at adavaul@namisa.org*

In Our Own Voice*: A presentation given by individuals with mental illness providing their testimonies. *For more information email Judi Maikoff at jmaikoff@namisa.org (Currently only available via Zoom—no in-person presentations at this time)*

ADVOCACY

(Due to Covid-19, our Advocates are only available by phone M-F, 9am-5pm. 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

Family Support Groups*: Provide the sharing of experiences, knowledge, hope and coping skills for family members and friends that have a loved one with a mental illness diagnosis. *(Support groups are only available on Zoom at this time.) For more information email supportgroups@namisa.org*

NAMI Connection*: A weekly recovery focused group for adults living with mental illness. *(Currently not available)*

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 on the phone until COVID-19 allows for more contact. *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!



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You can support NAMISA by shopping here:



Smile.amazon.com



Goodshop.com

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We walk to build awareness and to raise much needed funds to offer and sustain NAMI's no-cost advocacy, education and support programs for people with mental illness and their loved ones. We make sure that no family walks the path of mental illness alone!

Our 2020 "virtual" Walk was a great success and we hope to do it at Kennedy Park in 2021 but we're also planning for a virtual contingency. For more information on the Walk, forming a NAMIWALKS team, or volunteer and sponsorship opportunities, contact us at 520-622-5582 or namisa@namisa.org.

Our 2021 Kick-off for team captains May be virtual If you have a change of address, or you are contemplating having a team please email namisa@namisa.org to add your name to our list so you receive an invite.



Ensuring Your Rights

The Independent Oversight Committees (IOC), previously referred to as the Human Rights Committees (HRC), was established in the Arizona Department of Administration (ADOA) on August 3, 2018. The requirements for the IOCs are defined in the Arizona Revised Statutes (ARS) 41-3801 through 41-3804. The purpose of each committee is to ensure the rights of clients are protected, review incidents of possible abuse, neglect or denial of a client's rights, and make recommendations to the director and the legislature regarding laws, rules, policies, procedures and practices to ensure the protection of clients receiving behavioral health and developmental disability services. Committee members come from diverse backgrounds and fulfill many requirements.



Meeting agendas, minutes and annual reports of the IOC are available on line at <https://ioc.az.gov/committees/ancccs>. If interested in joining the Southern IOC you may fill out the online application and email to Chairman Ken Karrels at kkarrels@aol.com or Vice Chair Barbara Carling at bcarling02@msn.com.

How will you spend your Arizona Tax Credits this year? NAMI Southern Arizona is a qualified charitable organization.

Please consider making us your first choice!

Peer Corner - Personal Stories of Recovery and Hope

On Saturday, September 12, we graduated our first Peer-to-Peer and Peer Support Specialist classes via Zoom. Peer-to-Peer is a peer-led recovery program for individuals living with a mental illness. This 8 class course is offered at no cost. If someone completing Peer to Peer desires to seek a career in the mental health field, we offer Peer Leader Training and Peer Support Specialist which gives those who have completed all three courses a State of Arizona Certification.

Becky Nuffer, NAMI Southern Arizona's Membership Coordinator, is a new graduate and has received her Certification.

"I am now a Certified Peer Support Specialist. I'm so excited for this next step in my career because I can now go out and help others like me in their recovery. I would suggest anyone in the recovery process with a mental health struggle attend the Peer to Peer classes because you learn so much. I learned how to talk to my peers more empathetically, with more understanding and with an open mind. Thank you so much NAMI Southern Arizona for offering these classes!"



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

EPICenter: Early Psychosis Intervention Center:

520-694-1234, Ext. 7

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

MentalHealth.gov

(updated 7/2020)

MENTAL HEALTH CRISIS INFO

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

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

Or if you need to call 911, ask for a *Crisis Intervention Trained (CIT) Officer* who is equipped in handling a mental health crisis situation or request the *Mental Health Support Team (MHST)*.

For More Community Resources:

Information and Referral Helpline
(877) 211-8661 or 211

**"Just because no one else
can heal or do your inner
work for you
doesn't mean you can,
should, or need
to do it alone."**

-Lisa Olivera



WEBSITES



Recognizing an Awesome Volunteer – Anne Cox

Written by Donna Derrick, Volunteer Coordinator

For more than 10 years Anne has been a dedicated leader that has facilitated Family Support Groups (for friends and family members who have a loved one with a mental illness). When Anne's loved one was first diagnosed in 2008 with Bipolar Disorder, PTSD, and ADHD, she learned about NAMI SA from the Bipolar and Depression Support Group, and began attending a NAMI SA Family and Friends support group on the west side. She and her husband then attended the Family to Family education series which helped them learn about mental illness.

When our community was locked down due to the stay-at-home restrictions, NAMI SA had to move meetings online to Zoom, Anne stepped up. She had not even heard of the conferencing platform but quickly adapted her skillful facilitation of live meetings to the challenges of conducting meetings virtually. Currently the meetings she runs are the best attended among those offered. Her co-facilitator believes it is because Anne is able to be as supportive and educational on Zoom as she was when she facilitated

in-person meetings. She went from knowing nothing about Zoom to embracing it so that family support group meetings could continue to help the people that rely on NAMI Southern Arizona.

Anne's family came to Tucson in 1955. She graduated from Catalina High School and the UA College of Nursing. Anne and her husband, Steve, raised five children. They have ten grandchildren ranging in age from 6 weeks to 16 years. Three of their children moved out of state taking eight of the grandchildren with them. After the children were all in school, Anne worked for 12 years as her husband's legal assistant. Both are now retired and dream of traveling back and forth across the country to visit their children and grandchildren, and to escape the summer heat in Tucson. Anne's hobbies include quilting, reading about current events, doing crossword puzzles and visiting beautiful gardens.

Thank you Anne for all that you have done for NAMI SA and the community. You are appreciated.

Poet's Corner

A TRIBUTE TO MY PRECIOUS FRIENDS

My loyal friends bring Christmas cheer
All through the year.
They are special people with hearts of gold,
Souls of kindness, who bring joy untold.
Their service, talents, and time given freely,
With devotion and dedication so unselfishly...
And they sing a song of sweet compassion
For truth, hope, and peace everlasting.
Because they care, their deeds are a blessing.
To all who receive this lesson in giving,
They know that fullness of life comes from within.
And to make us smile is where it begins.
I thank these friends most graciously.
You stand tall in my eyes so wonderfully.
Your gifts of love will endure,
You'll be my heart for evermore.

By Ardith Powell

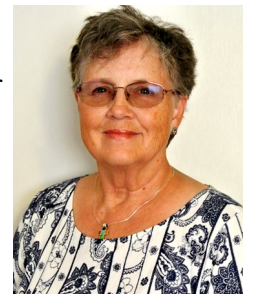
Staff Changes

We're always excited when we can promote from within when staffing changes are made. We're so proud to announce the following changes:



Ariane Davaul who has been our Ending the Silence Program Assistant and will now be the Ending the Silence Program Manager.

Judy Maikoff who has been our Ending the Silence Program Manager will now be the In Our Own Voice Program Manager.



Becky Nuffer (photo on page 5— Peer Corner) will continue to be our Membership Coordinator and will now also be the Ending the Silence Program Assistant. Congrats to all!

During this season of giving thanks,
we are thankful for you!

We send our gratitude and appreciation to you
and your loved ones for your continued support.

All of us at NAMI Southern Arizona wish you a

Thanksgiving

“For what we are about to receive
let us be truly thankful
...to those who planted the crops
...to those who cultivated the fields
...to those who gathered the harvest.



For what we are about to receive
let us be truly thankful
to those who prepared it and those who served it.
In this festivity let us remember too
those who have no festivity
those who cannot share this plenty
those whose lives are more affected than our own
by war, oppression and exploitation
those who are hungry, sick and cold.

In sharing in this meal
let us be truly thankful
for the good things we have
for the warm hospitality
and for this good company.”

“Let us enjoy good food and good drink,
And let us thank all whose efforts have set them before us;
Let us enjoy good companionship,
And let us each one be good company to the others;
Let us enjoy ourselves, without guilt,
But let us not forget that many are less fortunate.”

—Credited to George Rodger, of Aberdeen, Scotland



Managing Your Mental Health During the Holidays

During the holiday season, many look forward to festivities with friends and family. But for others, this time can bring on or worsen stress, anxiety and depression.

If you are experiencing challenges, here are some coping tips you can use to manage your increased levels of anxiety, stress and sadness.

Stay in Therapy:

Although the season is overwhelmingly busy, do not cancel your therapy sessions. The holidays can bring up difficult emotions. Keep your scheduled therapy sessions.



Mindfulness: Mindfulness can be a valuable mental wellness tool. If you’re new to mindfulness, try <https://msw.usc.edu/mindful-viling-resources/> featuring free mindfulness resources, like guided meditations for beginners.

Don’t Rely on Drugs and Alcohol: The Anxiety and Depression Association of America (<https://adaa.org>) recommends avoiding drugs and alcohol for comfort. Substance use can ultimately worsen your issues.

Soak Up The Sun: Some struggle with depression during the winter months because of Major Depressive Disorder with a Seasonal Pattern. Exposure to bright lights, including fluorescent lights, can help ease symptoms.

Set Realistic Expectations: Some may experience negative feelings over not being at a place they feel they “should be” in life. Get yourself out of this space by adjusting expectations and setting realistic goals.

Managing mental illness is always challenging, but it can be particularly difficult during the holiday season. While the struggle can feel isolating, remember that you are far from alone. Seek help from professional mental health services, maintain your self-care routines and include mindfulness practices into your days as you approach 2021.

From her blog at Nami.org, Colleen O’Day is a digital marketing manager and community outreach support for 2U Inc.’s social work, mental health and K-12 education programs. Find her on Twitter @ColleenMODay.

MARK YOUR CALENDAR

Nov. 23: Annual Meeting, 5:30-7pm via ZOOM (call the office or email us at namisa@namisa.org to RSVP)

Nov 26-27: Office Closed for Thanksgiving

Dec 25: Office Closed for Christmas

Jan 01: Office Closed for New Year's Day



Wishing you and yours a season filled with peace, joy and understanding!

NAMI Southern Arizona **DEPENDS** on you. HERE'S HOW YOU CAN HELP:

BECOME A MEMBER, VOLUNTEER OR DONATE.

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