



# nami

# Southern Arizona

National Alliance on Mental Illness

SINCE 1983



**FIND HELP.  
FIND HOPE.**

August, 2021  
Volume 39: Issue 3

## Mental Illness Awareness Week October 3-9

Each year, millions of Americans face the reality of living with a mental health condition. However, mental illness affects *everyone* directly or indirectly through family, friends or coworkers. Despite mental illnesses' reach and prevalence, stigma and misunderstanding are also, unfortunately, widespread.

That is why each year, during the first week of October, NAMI and participants across the country raise awareness of mental illness. Each year, we educate the public, fight stigma and provide support. And each year, our movement grows stronger.

We believe that mental health conditions are important to discuss year-round, but highlighting them during Mental Illness Awareness Week provides a dedicated time for mental health

Let others know that there is hope and understanding. You can change the way the world sees mental health.

*stigmafree*

## HIGHLIGHTS

**2 - Executive Director's  
Message**

**3 - NAMI So AZ Programs**

**4 - Remembering Volunteers  
Margaret Mary Mucenski &  
Connie Stevenson**

**5 - Peer Corner-April Barbosa**

**6 - Spotlight on Volunteer  
Melisa Clayton & New  
Staff Marisol de la Rosa**

**7 - Create a Legacy &**

advocates across the country to come together as one unified voice. Since 1990, when Congress officially established the first full week of October as Mental Illness Awareness Week (MIAW), advocates have worked together to sponsor activities, large or small, to educate the public about mental illness.

## Join Us for our Candlelight Vigil October 5, 6-7pm

Every year, in recognition of Mental Illness Awareness Week, NAMI Southern Arizona holds a Candlelight Vigil for Mental Illness Recovery and Understanding.



This year, we will be able to hold the Vigil in person again at the Cancer Survivors Plaza in Reid Park. Last year, due to the pandemic, we were only able to meet "virtually." After a year of isolation, we are looking forward to seeing everyone in person. Please join us, wear a mask if preferred, and maintain social distancing.

Healing doesn't mean the damage never existed. It means the damage no longer controls our lives. - Akshay Dubey

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

## Contact Us

[namisa@namisa.org](mailto:namisa@namisa.org)  
[www.namisa.org](http://www.namisa.org)

## Business Hours

Monday - Friday  
9 AM to 5 PM



Christina Bickelmann

## From the Executive Director

I spent my early childhood years in upstate New York- my father grew up in Catskill Mountains in a little town called Tannersville. When we drove up to see my grandmother we always saw the sign “Home of Rip Van Winkle” on the roadside and the fable as told by my dad on our drive sent our imaginations on a magical journey (and a little afraid to fall asleep).

First published in 1819, it is one of the most famous pieces of writing by Washington Irving. As the story goes, Rip Van Winkle is an amiable farmer who wanders into the Catskill Mountains, where he comes upon a group of dwarfs playing ninepins. Rip accepts their offer of a drink of liquor and promptly falls asleep. When he awakens, 20 years later, he is an old man with a long white beard; the dwarfs are nowhere in sight. He represents that world of the Catskill Mountains that used to exist prior to the outbreak of the Revolutionary War, but which has changed beyond recognition in the twenty years that Rip has been asleep.

To me this story that I had buried in my childhood memories felt similar to our current times. After 18+ months of pandemic pandemonium, we are awakening after what feels like 20 years to some of us, to an ever-changed world and a “new normal” that is still being defined.

This month, NAMI Southern Arizona is reopening to the public, financially solvent and stronger than ever! We will be requiring the public to wear a mask within our office until the new COVID variant is under control.

Our staff is here to assist you with finding mental health resources, education and support by phone or in-person. This fall we are also transitioning to in-person family and peer classes, Ending the Silence and In Our Own Voice presentations and support groups. We will continue to offer some classes and support groups on Zoom, for those who otherwise could not attend.

One thing we have learned through all of this is that when we make the people we serve partners in the process, we all move forward together. Although our worlds are forever changed I think for many it has given us an opportunity to reflect and appreciate what is important to us, our families, friends, coworkers, communities and our willingness to help each other when times get tough.

We know that we still have an uncertain road ahead; many are feeling trepidation about re-entering school, work and going back into our communities, for a meal or a movie. We also know this has brought on anxiety and stress, which may feel overwhelming for many, but YOU ARE NOT ALONE, your NAMI family is here for you. Please reach out if you or a loved one is in need of mental health resources, a kind, compassionate and understanding person on the other end of the phone or come by our office. We are here for you and here to help!

**Stay Tuned for upcoming events-** Mental Health Awareness Week is October 3-9. We are currently planning to hold our Candlelight Vigil on Tuesday October 5<sup>th</sup> at the Reid Park Cancer Survivors Plaza and our members holiday potluck in December, so make sure your membership is up to date so you receive your invitation.

Not a NAMI Southern Arizona member? Join at [www.namisa.org](http://www.namisa.org) and ensure NO COST education, advocacy and support to ALL affected by mental illness in our community.

## 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.

**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](mailto: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](http://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](mailto: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](mailto: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. *For more information email Ariane Davaul at [adavaul@namisa.org](mailto: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](mailto:jmaikoff@namisa.org)*

### ADVOCACY

Our Peer Resource Specialists are available to act as your second voice and to help you *(We currently do not have a bilingual advocate)*

- 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 with a loved one with mental illness. *For more information email [supportgroups@namisa.org](mailto:supportgroups@namisa.org)*

## Don't Miss Our Sh-h-h-h-hop For A Cause Silent Auction September 16-19

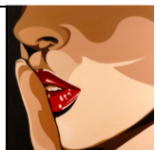
Who said "One man's trash is another man's treasure?" We don't know, but we thought we would have some fun with a Silent Auction in September. You will be able to view and bid on all our wonderful donated items on the website [YourCharityAuction.com/NAMISA](http://YourCharityAuction.com/NAMISA)

beginning September 16. Be sure to check back often on your bids to

see if you have been "out bid!" The auction will close at midnight September 19. Proceeds from this auction will help us continue to fund our NO COST education, advocacy and support programs for all affected by mental illness.

Have an item to donate? Art, ceramics, jewelry, small antiques can be dropped by our office August 23-September 7.

*Sh-h-h-h-op For A Cause  
Silent Auction*



## We Say Farewell to Two NAMI SA Volunteers *by Judy Kowalick*



Margaret Mary Mucenski, a very dear friend of NAMI Southern Arizona, died June 3, 2021. She was a loving and very caring wife, mother, grandmother and family member. She enjoyed needle work, working out and much more. I remember her for her support to NAMI SA, her beautiful twin sets, her pink nails and her sense of humor. She helped with the NAMI SA Annual Walk and was a good friend; beautiful inside and out. Margaret was 75 years old and married for 58 years to her loving husband Joe. Both were instrumental in starting the Crisis Intervention Team Training Program in Tucson. Margaret Mary Mucenski -- a brave, courageous, loving, caring friend.

We will also miss Connie Stevenson who visited NAMI SA many years ago to let us know that she would like to volunteer as a NAMI Family-to-Family Teacher here in Pima County. An excellent teacher, Connie was willing to share her experience with mental illness. She also became a presenter for the family team at the local CIT (Crisis Intervention Team) program and joined the Pima County Human Rights Committee (PCHRC). The PCHRC ensured the rights of individuals enrolled in the mental health system. Connie frequently checked residential facilities for those adults living with mental illness and reviewed reports on injuries and accidents.

Connie and Margaret Mary were great assets to our affiliate --very much missed but remain in our hearts.

### Board of Directors

David Delawder, CRSS, CPRP, *President*

Mathew Pate, LMSW, *Vice President*

Heather McGovern, *Treasurer*

Becca King, *Secretary*

#### Members

Julie Jameson

Debbie Nicholson

Eric Stark, JD, MSW, CRSS

#### Executive Director

Christina Bickelmann, MA

#### Advisory Council

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

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*

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

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

## 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](mailto:kkarrels@aol.com) or Vice Chair Barbara Carling at [bcarling02@msn.com](mailto:bcarling02@msn.com).



## Peer Corner - *Personal Stories of Recovery and Hope* - April Barbosa

NAMI SA has been a bright light in my darkness of mental illness. I have been overcoming the challenges of depression and anxiety since I was a child. My younger daughter Rosaura was murdered in 2018 and I was the first to find her body. This threw me into the depths of grief, PTSD, depression, anxiety and suicidal ideations. I had applied for the Peer Support Program before my daughter's death. We had applied together because we wanted to help others. When I got the phone call, at first, I was going to say no. How could I get out of bed and help others when I couldn't even help myself? Yazmin, the Program Coordinator listened to me and talked to me about the program. For the first time I started to see something positive happening. I took the class and though I know my family was there to support me my classmates were there too. We bonded and it helped me to see that it's possible that everyone has a secret struggle with mental illness. The Peer-to-Peer class helped me to want to help others again. Helping others helps me in my daily life. I became certified and now facilitate Peer to Peer classes. There are few things as amazing as being in a group of strangers and watching as they each let their walls down and share their inner struggle. NAMI Southern Arizona is an amazing organization who helped me find where I belong.



### 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

##### Teen Lifeline:

1-800-248-8336

##### Domestic Violence:

Emergence! Center Against Domestic Violence  
Crisis Line—24/7  
1-888-428-0101

##### Pima Council on Aging Caregiver Services

520-790-7262

##### Veterans Crisis Line

800-273-TALK (8255)

#### WEBSITES

**Anxiety & Depression Association of America**  
[www.adaa.org](http://www.adaa.org)

**Crisis Intervention Team**  
[www.citinternational.org](http://www.citinternational.org)

**Depression & Bipolar Support Alliance (DBSA)**  
[www.dbsalliance.org](http://www.dbsalliance.org)

**Mental Health America**  
[www.nmha.org](http://www.nmha.org)

**Mental Health Ministries**  
[www.mentalhealthministries.net](http://www.mentalhealthministries.net)

**National Alliance on Mental Illness**  
[www.nami.org](http://www.nami.org)

**National Institute of Mental Health**  
[www.nimh.nih.gov](http://www.nimh.nih.gov)

**Substance Abuse & Mental Health Services Administration (SAMHSA)**  
[www.samhsa.gov](http://www.samhsa.gov)

**Suicide Prevention Resource Center**  
[www.sprc.org](http://www.sprc.org)

[MentalHealth.gov](http://MentalHealth.gov)

#### 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**  
(TDD/TTY: 1-877-613-2076)

**Crisis Text Line:** Text TALK to 741741  
Available 24 hours a day, 7 days a week to talk to a counselor

**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

**For More Community Resources:**  
Information and Referral Helpline

(877) 211-8661 or 211



(updated 4/2021)



## Melissa Olsen Clayton - In Our Own Voice Presenter and Peer-to-Peer Facilitator



I'm so honored to be part of this organization. NAMI of Southern Alabama took me under their wing when I had a major meltdown when my boyfriend died at the tender age of 22. They sold my artwork, which supported me and my livelihood for two years. Since then, I've been attempting to pay back this gift.

Since moving to Arizona, I've been with NAMI of Southern Arizona for about eight years now and they and their staff have saved my life multiple times in multiple ways.

I've been giving back by presenting my story with In Our Own Voice and by facilitating classes in the Peer to Peer program, allowing people to receive their PSS/RSS certifications. I'm incredibly proud of the work I've done and I don't ever plan on stopping doing what I do. When I make a difference, it creates a ripple. Hopefully- this ripple becomes a wave amongst my peers as they pass the torch of hope along in during others' time of darkness.

## Meet Our Newest Staff Member: Marisol De La Rosa

Marisol De La Rosa is our new Office Manager and Volunteer Manager. You may recognize her as a former volunteer in the office as well as a former employee, making her the perfect candidate to assume these responsibilities.

Marisol first heard about NAMIWalk at her son's school a few years ago and decided she would like to volunteer at NAMI Southern Arizona. "I was immediately enamored with the staff at NAMI SA. My curiosity about mental illness and a desire to help my community led me to accept an offer to work for NAMI full time. My family tree has a significant branch and history of mental disorders ranging from minor to acute. My desire to fully understand these debilitating illnesses provides all the motivation I need to lead the volunteer services duties I perform daily. "I'm grateful for this opportunity to help my community and the members who immediately benefit from all the resources that NAMI provides."



Now that it's safer for live interaction, Marisol is actively seeking volunteers for outreach and other positions. If you have skills and a desire to help those who need help the most, please go to our website [namisa.org](http://namisa.org) and either print an application, fill it out and mail it in, or use the fillable online application. Marisol will contact you for an interview!

*Volunteers*  
do not necessarily  
have the time;  
they just have the *heart*.



*How will you spend your Arizona Tax Credits for 2021?*

*NAMI Southern Arizona is a qualified charitable organization- QCO Code 21027 .*

*Please consider making us your first choice!*

## LEAVE A LEGACY OF HOPE by Mary Ann Johnson, Immediate Past President Board of Directors

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



### **Legacy of Hope Society.**

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

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

endowment.

You can designate **NAMI Southern Arizona** or the **NAMI Southern Arizona Endowment Fund** as a beneficiary in your will or trust or as a beneficiary (or partial beneficiary) on a life insurance policy, IRA, 401(k) or any other financial asset. It is also possible to establish a charitable trust or charitable gift annuity designating NAMI Southern Arizona or the NAMI Southern Arizona Endowment Fund as the ultimate beneficiary.

**How to get started?** Discuss your options with a legal, financial or other qualified professional advisor to evaluate your unique tax and financial circumstances. To download our brochure go to <https://www.namisa.org/planned-giving/> For more information or to let us know that you have already designated NAMI Southern Arizona in your estate plan, please contact Christina Bickelmann, Executive Director at 520-622-5582 or email [cbickelmann@namisa.org](mailto:cbickelmann@namisa.org).

*NAMI Southern Arizona is a nonprofit 501(c)(3) organization 86-0405977 & qualified for an Arizona State Tax Credit QCO Code 21027*

## Enter The Jim Click Millions for Tucson Raffle and Support NAMI Southern Arizona!

Every year NAMI Southern Arizona participates in Jim Click's Millions for Tucson Raffle and all ticket sale proceeds, stay right here with NAMI SA. To purchase your raffle tickets, stop by our office M-F, 9:30am-4:30pm with cash, check or credit card. Tickets are \$25 each or 5 for \$100. You must purchase your tickets no later than 3pm, Wednesday, December 8. The drawing will be held on December 17. Persons must be 21 or older. You could win a 2021 Bronco Sport, round-trip tickets to anywhere in the world or \$5000 in cash! And you don't need to live in Tucson to win--prizes can be delivered anywhere in continental U.S.



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



**PLANET GREEN RECYCLE**  
RAISE FUNDS BY RECYCLING INK CARTRIDGES

You can support NAMISA by shopping here:



[Smile.amazon.com](https://smile.amazon.com)



[Goodshop.com](https://Goodshop.com)



**nami**

National Alliance on Mental Illness

**Southern  
Arizona**

6122 E. 22nd St. | Tucson, AZ 85711



NONPROFIT ORG.  
U.S. POSTAGE  
**PAID**  
TUCSON, ARIZONA  
PERMIT NO. 2125

**September: National Suicide Prevention Month** - We can all help prevent suicide. The Lifeline (1-800-273-8255) and other mental health organizations around the world raise awareness of suicide prevention.

**September 6: Labor Day** - Office Closed

**September 16-19: Sh-h-h-hop For A Cause Silent Auction** - This is our FUNdraiser! Be sure to check it out!

**October 3-9: Mental Illness Awareness Week** - Mental Illness Awareness Week provides a dedicated time for mental health advocates across the country to come together as one unified voice.

**October 5: Candlelight Vigil** - Reid Park - 6pm-7pm - Join us for a Ceremony for mental illness recovery and awareness as we light candles at the Cancer Survivor's Plaza.

NAMI Southern Arizona **DEPENDS** on you.

HERE'S HOW YOU CAN HELP: **BECOME A MEMBER, VOLUNTEER OR DONATE.**

**View this newsletter in color on our website at [www.namisa.org](http://www.namisa.org).** Let us know if you would prefer to view our quarterly newsletter online and we'll remove you from this mailing list. **Has your Address, E-mail, or Phone Number Changed?** Call our office 622-5582 or send an e-mail to: [namisa@namisa.org](mailto:namisa@namisa.org). *Once you've enjoyed your newsletter... be sure to pass it on to someone you know who may benefit from its content!*

Follow us on Social Media:



[facebook.com/  
namisouthernarizona](https://facebook.com/namisouthernarizona)



[Instagram.com/  
NAMI\\_Southern\\_Arizona](https://Instagram.com/NAMI_Southern_Arizona)



[twitter.com/  
namisouthernaz](https://twitter.com/namisouthernaz)



[youtube.com/  
namisaz](https://youtube.com/namisaz)