



nami

National Alliance on Mental Illness

Southern Arizona

SINCE 1983



**FIND HELP.
FIND HOPE.**

November, 2021
Volume 39: Issue 4



From the Executive Director

NAMI Southern Arizona is building on a strong foundation-38 years in the making. We continue to strengthen our commitment to making a difference in the lives of all people affected by mental illness by getting our programs and support to those who need it most.

It has been a bit of a rollercoaster ride this year, planning to open to the public then having to wait as COVID variants change our plans. We do not yet have a specific date for reopening the office to the public, but we will let you know when we do. The majority of the staff is now back in the office and things are slowly getting back to our new “normal.”

Our current fiscal year ended September 30th on solid ground and we continue to work hard to secure the funding needed for our upcoming fiscal year. We have been fortunate to have the support of Arizona Complete Health

(SAMHSA MHBG); The Connie Hillman Foundation; Community Foundation for Southern Arizona- Jasam Foundation, William and Mary Ross Foundation, Z fund and Helene Hendrickson Legacy Fund; The David and Lura Lovell Foundation, Stonewall Foundation, Tucson Medical Center, Tucson Charity Bridge Club, Inc. and NAMI Arizona. And of course the donations made by all of you!

Each year, millions of people use GuideStar information to make decisions about nonprofits and the work they do.” Seals of transparency range from Bronze to Platinum. NAMISA has earned a Gold Seal status this year and we are hopeful this will bring more visibility with Foundations and result in additional funding.

Guidestar- “is the world’s largest source of information on nonprofit organizations by providing information that advances transparency, enables users to make better decisions, and encourages charitable giving. 990’s are updated each year with Guidestar.”

I am very proud of our resilient and dedicated staff and volunteers who stepped up to make it happen during the pandemic. With a budget of only \$510,000 you can see WE DO A LOT with a small budget.

Advocacy –Anastasia Stalling and Lisa Cole, our Resource Specialists provided support and referral assistance to 528 individuals in crisis.

HIGHLIGHTS

- 1 - Director’s Message**
- 3 - NAMI So Az Programs**
- 4 - Tips for the Holidays
Ensuring Your Rights,
Board of Directors &
Advisory Council**
- 5 - Volunteer Spotlight-
Shailey Bergstrom**
- 6 - Leave a Legacy, Poet’s
Corner**
- 7 - NAMIWalks, Thanksgiving**

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Contact Us

namisa@namisa.org
namisa.org

Business Hours

Monday - Friday
9 AM to 5 PM

From the Executive Director (continued from page 1) *A recap of our accomplishments for this fiscal year:*



Communications and Development- Michelle (Shelly) Jernigan Communications & Events Director, Susan O'Brien program assistant.

Our second virtual NAMIWalks was held on April 4th raising \$151,736. In September, we received a Proclamation from the Pima County Board of Supervisors to recognize Suicide Prevention Awareness Month and got the downtown Pima County Courthouse lit up in the Suicide recognition colors.

Our annual Candlelight Vigil in promotion of Mental Illness Awareness Week at Reid Park was in-person this year! Other events in October included a Mental Health Walk at Mica Mountain High School in Vail in honor of Christina Winner's late son Ethan who died by suicide at age 11 in 2020. All proceeds raised during this event are being shared with NAMISA. Our first Annual Appeal was mailed to over 300 current donors and members, donations are already starting to roll in! We have added an option to donate to the NAMISA endowment fund held at the Community Foundation of Southern Arizona to the appeal post card. The second appeal will go out in early December.

Memberships- Becky Nuffer, Membership Coordinator. We currently have 209 members. Starting November 14-31st we will be holding a membership drive. Everyone who becomes a member, renews or recruits a new member will be entered in a weekly contest to win a gift basket.

Ending the Silence (ETS) –Ariane Duvall, Program Manager, Becky Nuffer and Shay Cameron Mar, program assistants. ETS is an early intervention program providing education about mental illness to middle and high school aged youth in Southern Arizona. Due to the pandemic we continued to provide ETS entirely online until August 2021. We are now providing both in-person and online presentations. 77 in-person classes/trainings/presentations, and 56 on Zoom. Youth and individuals reached **3,526 total**

Peer-to-Peer (P2P) - Yazmin Garcia Program Coordinator. P2P is an 8 class course for individuals focusing on recovery. The program was held 6 times on Zoom in this fiscal year-**34 graduates**. We hope to resume in person trainings in 2022, and to continue offering the program online as well. Class size on Zoom is limited to 10. Three Peer Leader Trainings were held- **28 Graduates**; 3 Peer Support Specialist Trainings -**22 graduates** received their state PSS certification allowing them to work as a PSS in the behavioral health field. **Total 84 Peer graduates**

Family-to-Family–Judy Kowalick, Program Coordinator. We had three NAMI Family-to-Family Programs taught in this fiscal year. Each weekly session is 2.5 hours long for eight consecutive sessions. **Total 38 graduates**

NAMI Basics- Ann Lettes, Program Coordinator. The program was offered 4 times, including one in Spanish. It provides information and support to parents, guardians and other family members who provide care for youth with mental health symptoms. In 2019 NAMI Basics received \$40,000 in funding from the Jasam Foundation of Arizona. The current balance going into the 2020/21 Fiscal Year is \$19,000, which will keep the program solvent through the upcoming fiscal year. The program is currently available on Zoom, in-person, and self-instructed online. **Total 15 graduates**

In Our Own Voice-Judi Maikoff, Program Coordinator. There were 20 presentations given by individuals with mental illness providing their story, mostly in-person, up from 7 in FY 2020. Presentations were to individuals in workplaces and community locations. Attendees-426 up from 94 the previous fiscal year.

Social Media- Michelle (Chelle) Means **Instagram** -Followers 1108, **Twitter**-401 up 65 followers, **Facebook** - Page Likes- 2,414/ mo.

Support Groups- Connections Peer Support Groups resumed in-person on July 19, 2021 and are currently being held the first and third Monday of each month and once weekly in Spanish on Zoom. Family Support Groups – Elena Acoba, Coordinator. We currently have 10 facilitators and held a total of **53 meetings** serving a total of **217 participants**.

As we approach the end of another year, we continue to need your support. There are many ways to give, volunteer some of your time or expertise, become a member or renew, give while you shop by designating NAMI Southern Arizona as your chosen charity on Amazon Smile, Good Shop, and Good Search. Donate a car (running or not) and CARS will tow it away, sell it at auction and provide the money raised to us. We are also trying a new fundraising idea allowing you to sign up to "round up" your purchases to the next dollar with that portion going to support NAMISA. You can sign up any or all of your credit or debit cards and designate a total maximum round up per month on your card purchases. In addition, NAMI Southern Arizona is a Qualified Charitable Organization (QCO Code 21027) in the working poor category. If you have an Arizona tax liability, you can direct up to \$400 as an individual or \$800 filing jointly to benefit NAMISA and assure your tax dollars remain in our community. This gives you the opportunity to determine where a portion of your tax dollars goes. Instead of filling up your mailbox or inbox throughout the year with numerous requests for your support, we ask only that you give when you can, at a level most comfortable to you. *Christina Bickelmann*

NAMI Southern Arizona No-Cost Programs & Services

EDUCATION - In 2022 we will be providing a combination of in-person and online zoom classes and presentations

General Presentations*: We provide presentations to groups and businesses 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*

NAMI Basics*: A 6-class course for parents and caregivers of children with mental illness. *For information email Ann Lettes at alettes@namisa.org*

Peer to Peer (P2P)*: An 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*

- **Peer Leader Training**: Once the student has completed Peer-to-Peer, this 3 day training demonstrates how to co-facilitate a Peer-to-Peer class as a mentor, allowing participants to come full circle and view the Peer-to-Peer class from multiple perspectives. This is the second phase required toward becoming a certified Peer Support Specialist.
- **Peer Support Specialist (PSS) Training**: Prepares participants to be better equipped to acquire a job in the behavioral health field. This training lasts for three full days. To become state certified, participants will complete 64 clock hours of cumulative training, which includes completion of the Peer-to-Peer class; Peer Leader Training; and Peer Support Specialist training. Upon completion of all three training opportunities, participants receive a state certified identification number provided by Arizona Complete Health.

Ending the Silence: A 50 minute early intervention program that engages students in mental health education and discussion. Presentations are also available for school professionals, parents, and agencies working with children and adolescents. *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*

ADVOCACY Our Resource Specialists are available to act as your second voice, to help you self-advocate and

- Understand your rights whether you are an individual with mental illness or a family member
- Obtain information on mental health services
- 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*

NAMI Connection*: A recovery focused group for adults living with mental illness. Meeting 1st & 3rd Mondays from 6-7:30pm at HOPE Inc, 1200 N Country Club--arrive 15 min. early for COVID screening *For more information email namisa@namisa.org*

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 contact Judi Maikoff jmaikoff@namisa.org*

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* **May 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:



Smile.amazon.com



Goodshop.com

4 Mindful Tips to De-Stress This Holiday Season *from John Hopkins Medicine*

What is mindfulness? "Mindfulness is bringing your attention to the present moment with an element of nonjudgment and acceptance. It is noticing when we get caught up in thoughts about the past or the future, and returning our attention to the present — the only reality," explains Neda Gould, Ph.D of Johns Hopkins Mindfulness Program.

Gould shares four ways to make your holidays brighter:

1. **Accept Imperfection** Don't set the bar impossibly high. Acknowledge that things may not go exactly as planned.
2. **Don't Lose Sight of What Really Counts** When overwhelmed by the hustle and bustle, ask yourself:

Where does this fit in the grand scheme of things?

If you're frustrated by a long grocery line, it's just a grocery line--nothing more. Don't let it spoil your afternoon. Can I use this moment of frustration as an opportunity to reflect? Take inventory of the good things.

Even if this moment seems stressful, can I find a way to make it pleasant? Connect with someone, give a compliment or kind gesture.

3. **Respond With Kindness** You can't change how others act during the stresses of the holiday season, but you can change how you respond to stressful situations.
4. **Rethink Your Resolutions** Typical New Year's resolutions set you up for failure. If you want to better yourself in the New Year, follow these tips for success:

Start small. Break your goal into tinier steps over the course of the year. If weight loss is your goal, it doesn't have to be drastic. Try to eat more veggies during your first month and gradually cut back on sweets throughout the next, suggests Gould.

Be kind to yourself. If you didn't achieve last year's resolution or stray from the

path this time around, let it go. "We often contrive these stories ('I'm never going to quit smoking!') that only add to our distress," says Gould. "With practice, we can notice this self-critic, let go of that negativity and pick our goals back up without the guilt or shame."

Have a
merry and
mindful
holiday!



Board of Directors

David Delawder, CRSS, CPRP, *President*

Mathew Pate, LMSW, *Vice President*

Heather McGovern, *Treasurer*

Becca King, *Secretary*

Members

Julie Jameson

Eric Stark, JD, MSW, CRSS

Executive Director

Christina Bickelmann, MA

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.





ShaileyBergstrom - Establishing NAMI Southern Arizona Chapter on UofA Campus

Mental health has always been a major interest of mine. I was drawn to psychology and to

volunteering with NAMI due to my family history and my own personal experience of mental illness. My grandfather was diagnosed with schizophrenia in his 40s, but thanks to a wonderful psychiatrist and medications that really helped him, he was able to have a full life and be a champion for me until he passed when I was almost five. Over the past few years, I have learned a lot about my anxiety, depression, and borderline personality disorder and am trying to help others understand mental illness and end the stigma that often accompanies this conversation. I am working on establishing a NAMI chapter at the University of Arizona to help educate and advocate for all students.



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:
Emerge! 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

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

Suicide Prevention Resource Center
www.sprc.org

[Mental Health.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, tell them it's a mental health crisis and ask for a *Crisis Intervention Trained (CIT)* Officer who is equipped in handling a



(updated 4/2021)

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 I 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**.

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 can you get started?

Discuss your options with a legal, financial or other qualified professional advisor to evaluate your unique tax and financial circumstances.

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.

NAMI Southern Arizona is a nonprofit 501(c)(3) organization 86-0405977 and an Arizona Qualifying Organization (State Tax Credit QCO Code 21027).



THERE COMES A TIME -by Lollie Butler

There comes a time of consolation;
when the tear is mended;
the last stitch sewn,

when the path accepts
its last, smooth stone,

when the child is found
and the heavy hours; long drawn-out days
of sadness are over--

there comes a time of promise,
when a friend's hand on your shoulder
means you've found your place in the world;

have taken down the good, warm coat
from the shelf--your favorite--
the one that makes you feel handsome
and content,

and it still fits.

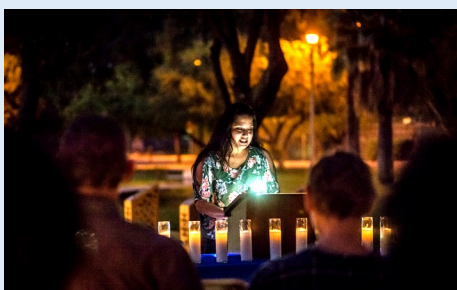
How will you spend your Arizona Tax Credits this year?

NAMI Southern Arizona is a qualified charitable organization, Arizona State Tax Credit QCO Code 21027.

Please consider making US your first choice!

You can view photos from our October Candlelight Vigil on our website at:

www.namisa.org/nami-photo-album/





April 2, 2022

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 2021 "Virtual" Walk was a great success. We hope to hold it at Kennedy Park in 2022 -- 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 email 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.

Annual Member's Potluck December 4th



This year's Member's Potluck will be at Ignite Museum in midtown. This wonderful inter-active sign museum is a fun place for our annual gathering. If you're not a member, you can join over the

phone, drop by the office, or visit our website at www.namisa.org and fill out an application. Members must RSVP to the invitation as seating is limited.

Time is Running Out to 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.

A Thanksgiving Blessing

This Thanksgiving let us remember too, those who have no reason to celebrate. Those who cannot share in this bounty and those whose lives are more affected than our own by the pandemic, war, oppression and exploitation.



Let us remember those who have lost loved ones, are hungry, sick and cold, and may we be truly thankful for the good things we have.

And lastly, let us be thankful for the warm hospitality and this good company today.

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 bountiful Thanksgiving,
a joyous Holiday Season,
and a prosperous New Year of
good health, peace and understanding.

WIN ONE OF **THREE** GREAT PRIZES!

GRAND PRIZE
NEW 2021 FORD BRONCO SPORT

2ND PRIZE
TWO ROUND-TRIP, FIRST CLASS AIRLINE TICKETS TO ANYWHERE IN THE WORLD*

3RD PRIZE
\$5,000 CASH!

THE JIM CLICK MILLIONS FOR TUCSON RAFFLE

TICKET PRICE
\$25 OR 5 FOR \$100
RAFFLE BENEFITING TUCSON CHARITIES
100% OF FUNDS RAISED STAYS HERE

2021

Nov 25-26: Office Closed for Thanksgiving

Dec 04: Member's Potluck Dinner at Ignite Museum

Dec 24: Office Closed for Christmas

Dec 27: Annual Meeting, 5:30-7pm via Zoom (call the office or email namisa@namisa.org to RSVP)

Dec 31: 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.**

View this newsletter in color on our website at www.namisa.org. Let us know if you would prefer to receive 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. *However you choose to view your newsletter, be sure to pass it on to someone you know who may benefit from its content!*

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

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