



nami

Southern Arizona

National Alliance on Mental Illness

SINCE 1983



**FIND HELP.
FIND HOPE.**

February, 2022
Volume 40: Issue 1

SAVE THE DATE:

Saturday, April 2, 2022



Kennedy Park Fiesta Area
3359 S. La Cholla Blvd-just north
of Ajo across from the lake,
west of Mission Rd.

**Fundraising Goal -\$150,000
and 100 teams (51 teams in 2021)**



Join Our 16th NAMIWalks Southern Arizona on April 2

There is still time to become a Sponsor, register as a Team Captain, join a team, become a virtual walker, or an individual donor!

NAMIWalks is our premier fundraiser! Help us end stigma, raise awareness for mental health and raise funds for NAMI SA programs! The money raised supports mental health in our community by providing funds for NAMI's no-cost advocacy, education and support programs. As of this printing we have raised \$47,570—32% of our \$150,000 goal , let's keep the momentum going.

We now have 146 participants and 33 teams registered. **Don't forget to self-donate to your goal.** If you want people to donate to you, set an example and get things rolling! Personalize your page, add a photo, tell your story—people give to people! Connect your page to Facebook and Twitter. Start a Facebook Fundraiser. People who use social media raise more funds than those who do not. Team Captains should communicate regularly with team members, to thank and encourage them for their efforts.

We have many great resources online to help you reach your goals. Just go to our website at <http://www.namiwalks.org/southernarizona> and click on the Resource Tabs or stop by our office to pick up a packet of printed materials.

NAMI SA is once again participating in the 2022 Recognition Program (see page 4) which allows fundraisers to earn various gifts based upon the total amount they raise. As always, registered walkers who raise \$100 or more will receive a 2022 NAMIWalks T-shirt. We also have a T-shirt contest for team t-shirts in the family and business team categories. You could win \$50 from us and get your shirt entered into the National competition. Additionally, donations totaling \$1000 or more receive a Walk Star pin and are entered into a drawing for a gift certificate for two at Miraval Spa and Resort!

NAMIWalks is great fun for everyone! **JOIN US NOW... REGISTER AND DONATE!**

HIGHLIGHTS

- 2 - Director's Message**
- 3 - NAMI So AZ Programs**
- 4 - 2022 NAMIWalks Recognition Program**
- 5 - New Staff, Community & Nationwide Resources**
- 6 - Ensuring Your Rights, Board of Directors & Advisory Council, Poetry Corner**
- 7 - Volunteer Spotlight, NAMI On Campus**

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Contact Us

namisa@namisa.org
namisa.org

Business Hours

Monday - Friday
9 AM to 5 PM



From the Executive Director

As I am writing this, the Winter Olympics are underway and one key take-away is that we all win when everyone gets to his or her starting lines and if we have a bad run or we fall, we get back up and start again. Even elite athletes presumably at the top of their game are acknowledging their struggles with their mental health. It is all about finding our own personal balance in life. We all need to make sure we are always taking care of both our physical and mental health.

1 in 5 youth and adults are experiencing or will experience a mental health condition at some point in their lives. Additionally 50% of youth ages 8-15 with a mental health condition do not receive treatment and STIGMA is a form of discrimination and the biggest reason people do not seek help for themselves or a loved one.

Ending the Silence, our program for middle and high school youth provides young people with a way to get the mental health conversations going by sharing personal stories from young presenters with the lived experience. The greatest gift we can give to one another is to truly listen to the story being shared without judgment. If we do, we not only learn something about the person telling their story but often something about ourselves as well.

Students learn the warning signs, and that they should not hesitate to reach out for help and talk to someone- a trusted adult, friend, someone who cares about them. The program emphasizes that being mentally healthy means being able to enjoy life, feel good and deal with emotions and stress in positive ways. As you can imagine, interest in this program has skyrocketed recently as young people struggle with their mental health while navigating the ups and downs of the pandemic and school closures.

Our programs for adults affected by mental illness, Peer-to-Peer, NAMI Basics, In Our Own Voice and Family-to-Family are there to provide education, training and support. Our programs start by promoting self-care and provide people affected by mental health conditions with the tools they need to self-advocate, start conversations with their loved ones and build or rebuild trust within their circle of family and friends.

Remaining positive, embracing and accepting our differences as individuals makes all the difference in our lives and those around us, whether we know them or not. Turning against one another accomplishes nothing, but turning towards each other, and working together is how we all win...we do not get there alone!

This is a great segue into our 16th Annual NAMIWalks event on April 2nd which we are expecting to be in-person for the first time in 2 years since the start of the pandemic. The excitement in the office and the community is palpable. Everyone is so looking forward to being together at a great stigma free event promoting mental health for all. Best of all, the money that is raised will help assure that NAMI Southern Arizona's programs and services continue at no cost to participants in our community.

Finally, if you are like me and procrastinate on getting your taxes done each year and have not made your AZ Charitable tax credit, I hope you will consider NAMI Southern Arizona. You can make a contribution to offset your 2021 tax liability of up to \$400 filing separately or \$800 jointly until April 15th.

Please join us at the start line on April 2nd for NAMIWalks 2022 to walk, enjoy the music, visit our resource fair and celebrate Mental Health for All!

Christina Buckelmann

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

- 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*

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 visit www.nami.org/faithnet

* may also be available in Spanish



NAMI SA is recipient of the Buffalo Exchange Tokens for Bags® program from Jan-Jun. You donate to NAMI SA by shopping at Buffalo Exchange, 2001 E. Speedway. The Tokens for Bags® program offers every customer who makes a purchase one "token" valued at five cents (the cost to produce a bag) to donate to one of several local charities selected by the store.

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 NAMI SA by shopping here:

amazonsmile

You shop. Amazon gives.

Smile.amazon.com

goodshop

Goodshop.com

This Year's NAMIWalk Recognition Prizes

Our national NAMIWalk office has selected some awesome incentive items for those walkers achieving their set goals. Anyone registered for the walk who raises \$100 will automatically receive the event T-shirt. In addition, those reaching the \$250, \$500, \$1000, \$1500, \$2000, \$3500 or \$5000 goals will have their choice of one of the prizes shown at right based on what you raise.

Reaching these goals can be easier than you might think! Adding a Facebook Fundraiser will add to your total when you set it up under your registration. Reaching out to friends, family, neighbors and co-workers will also add to your goal.

You'll find easy to "cut & paste" emails and social media posts in the Participant and Team Captain Guides on our website under the Resources tabs to help you get started asking for donations.

You'll reach your goal before you know it!



namiWalks
YOUR WAY

MENTAL HEALTH for all

2022 RECOGNITION PROGRAM

Goal Amount	Prize Options
\$100	Event T-Shirt
\$250	Drawstring Bag or Campfire Mug
\$500	Blanket or Sweatshirt
\$1,000	Hoodie or Convertible Cooler <small>Men's and Ladies styles available</small>
\$1,500	Full Zip Fleece or Powerbank/Sanitizer <small>Men's and Ladies styles available</small>
\$2,000	Vest or Foldable Drone with WiFi Camera <small>Men's and Ladies styles available</small>
\$3,500	Eddie Bauer Jacket or Samsonite Duffel <small>Men's and Ladies styles available</small>
\$5,000	North Face Jacket, Zero Gravity Chair or Bose Bluetooth Speaker <small>Men's and Ladies styles available</small>

NAMIWalks recognition gifts \$250+ are based on the participant's donations turned in by the deadline (four weeks post-event). Recognition gifts are not cumulative; however, all participants who raise \$100 or more will receive a NAMIWalks T-shirt. NAMI reserves the right to substitute a gift of equal or greater value or to change the recognition program at any time. Redemption certificates must be redeemed within four weeks of receipt.

"In Our Own Voice" Tells It like It Is! —By Judi Maikoff

The past 2 years have been difficult for all. More people than ever have voiced depression and anxiety over the Covid 19 pandemic. In Our Own Voice is a presentation that breaks through the stigma of mental illness and highlights the "lived experiences" of two individuals, their symptoms and how they live a full life.

In Our Own Voice is a presentation appropriate for your business, organization, or staff. Individuals diagnosed with mental illnesses are candid about their early warning signs and how their recovery evolved. This NO COST demonstration of courage and strength by everyday people can be tailored to fit your needs. It can be done in-person or on Zoom and fit your time and date availability.

To schedule an In Our Own Voice presentation please email Judi Maikoff at jmaikoff@namisa.org.

Meet Our New Staff Member: Whitney Woodcock

Whitney Woodcock is an artist, graphic designer, mom, writer, theatre maker, soon to be social work grad student, and multi-hyphenate. After over a decade of working in digital marketing and even longer than that being a graphic designer and web designer, she is embarking on a new career in mental health. Whitney studied Illustration at the Ringling College of Art in Sarasota, Florida, and will be doing her Master of Social Work degree with Arizona State University. She is absolutely thrilled to be working at NAMI Southern Arizona, furthering their mission with this wonderful and supportive group of people.

Currently Whitney is assisting with website development, the weekly email newsletter, prospecting for NAMIWalk sponsors and helping others with “techie” problems. We welcome Whitney as an accomplished member of our Communications and Events team.



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 mental health crisis situation

For More Community Resources:
Information and Referral Helpline
(877) 211-8661 or 211



(updated 4/2021)

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.



You have until April 15 to claim AZ Tax Credits. NAMI Southern Arizona is a qualified charitable organization, Arizona State Tax Credit Code 21027

Please make NAMI Southern AZ your choice for your donations.

Fall/Winter Membership Drive Success

Our Membership Drive created by Becky Nuffer yielded 72 memberships both new and renewed! The winner of the drawing for a basket of gift cards was Brandon Williams who became a new member on November 16. Thank you to all who participated! Maybe we'll do this again in the Spring/Summer?

Board of Directors

David Delawder, CRSS, CPRP, *President*

Heather McGovern, *Treasurer*

Becca King, *Secretary*

Members

Julie Jameson

Eric Stark, JD, MSW, CRSS

Executive Director

Christina Bickelmann, MA



MENTAL ILLNESS BY ITSELF

I've conquered my mental illness.

I've mastered the challenges it brings.

This sojourn of passage

hath carried me through.

The darkest of dark.

Pain upon pain.

The cries of despair.

Is there anybody there?

This question we seek and search for.

To be delivered by a cure.

For peace to cover us

and hope to open the door.

This is what we yearned and hungered for.



Chris Burgan Joins Us As a Volunteer Receptionist

Mental health was not a household topic of discussion when I was growing up in the late 1960s and throughout the '70s. Had that been the case, I most likely would have received a psych evaluation and been offered therapy at a young age. As it turned out, the depression and anxiety – evolving later into an alcohol addiction – that tainted my childhood followed me, untreated, well into adulthood.

In 2009 I found NAMI Southern Arizona and began volunteering as a presenter in the In Our Own Voice program. Prior to that it had never occurred to me that coming out as a person with a mental illness could actually be instrumental in my recovery. Since then I have completed the Peer-to-Peer training and currently volunteer at the reception desk. I

hope to bring to others the hope and support NAMI Southern Arizona has offered me.



NEW NAMI On Campus at the U of A

Under the supervision of our Volunteer Manager Marisol De La Rosa, NAMI Volunteer and U of A student Shailey Bergstrom has formed a NAMI On Campus club at the university. NAMI on Campus clubs are student-led, student-run mental health groups on college campuses.

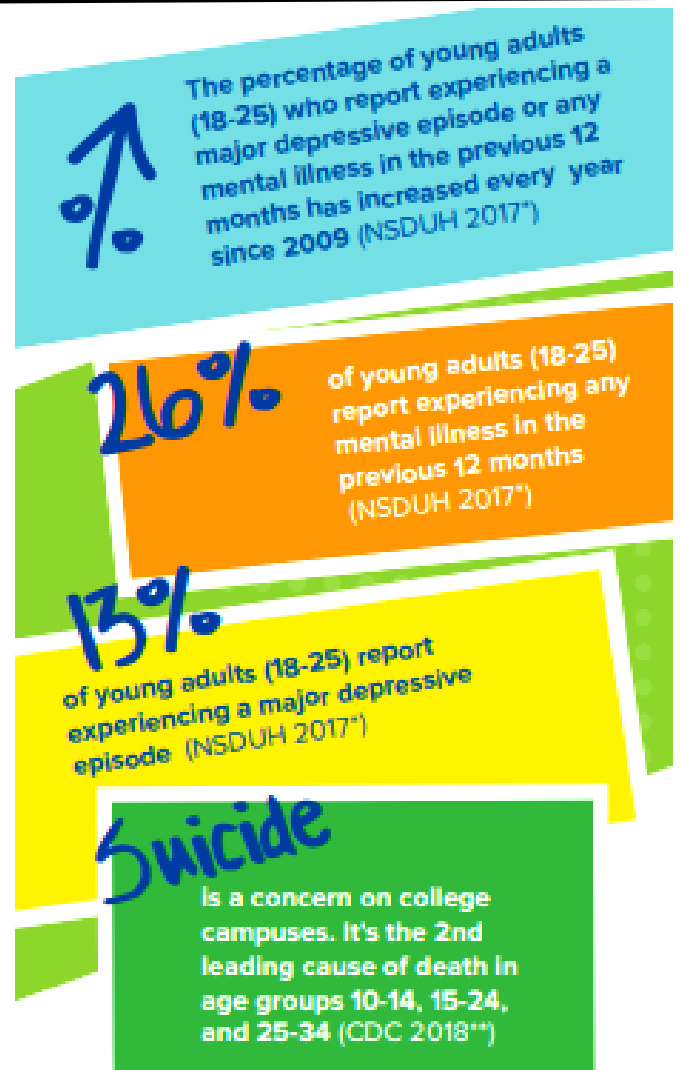
When students connect with one another, they can share common experiences and support each other through the challenges that come with going to college. NAMI on Campus helps make those connections happen.

NAMI on Campus clubs work to end the stigma that makes it hard for students to talk about mental health and get the help they need. Clubs plan innovative awareness events and other NAMI programs through partnership with NAMI Southern Arizona.

If you know of a student who might benefit from this program or would like to volunteer, please contact Marisol at: mdelasrosa@namisa.org.



On Campus



5 **TIGMA** creates a significant barrier to getting help.

February is National Black History Month

March 12—Tucson Festival of Books The annual Tucson Festival of Books will be held Saturday and Sunday from 9:30 a.m. to 5:30 p.m. on the campus of the University of Arizona. For more info: www.tucsonfestivalofbooks.org

April 2— 16th NAMI Walks Southern Arizona Join us as for our “live” Walk at Kennedy Park Fiesta Area(3359 S. La Cholla Blvd). There will be live entertainment, activities for kids and of course—the Walk. Visit our Sponsor’s Resource area and help us raise awareness and money to support our programs.

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 electronically 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 would like to view your newsletter, be sure to pass it on to someone you know who may benefit from its content!*

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