



nami

Southern Arizona

National Alliance on Mental Illness



**FIND HELP.
FIND HOPE.**

May, 2022

Volume 40: Issue 2

2022 In-Person NAMIWalks Huge Success!

With 77 registered teams and over 1100 participants, our first live walk since 2019 was definitely a record breaker. As of this printing, we've reached more than \$135,333 toward our \$150K goal and we have until June 2 to reach it!

We couldn't have asked for better weather. Thank you to Brooke Wagner of KOLD for emceeding and to Yasmine Durazo for singing the Star Spangled Banner and songs of peace, our Honorary Chairs Mayor Honea of Marana and Sheriff Nanos of Pima County Sheriff's Dept., and all the wonderful entertainment. A quick Zumba class got everyone warmed up for the 9:00 a.m. start to the Walk. As in the past, participants could choose a 1K, 3K or 5K route.

The Resource Fair included displays from our sponsors—most of whom said as a result of the turnout they ran out of "swag" for all who visited their tables.



We will be accepting donations on the Walk website at

www.namiwalks.org/southernarizona

until June 2. Please help us reach our

goal! A big THANK YOU to all who volunteered, participated and supported us for 2022. *(More NAMIWalks News on page 7)*

May is Mental Health Awareness Month

Mental Health Awareness Month has been observed in the U.S. since 1949.

Each year millions of Americans face the reality of living with a mental illness. During May, NAMI SA joins the national movement to raise awareness about mental health. Each year we fight stigma, provide support, educate the public and advocate for policies that support people with mental illness and their families.

For suggestions on how you can observe this month and join in the movement, see page 4.

TOGETHER
for Mental Health

#Together4MH

**May is Mental
Health
Awareness
Month**

HIGHLIGHTS

2 - Director's Message

3 - NAMI So AZ Programs

4 - Calls to Action for Mental Health Awareness Month

5 - Peer Corner-A Personal Story

6 - Volunteer Spotlight, Tips to Stay Cool This Summer

7 - Walk Stars, Sponsors & Volunteers Get a Big Thank You!

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

Contact Us

namisa@namisa.org
namisa.org

Business Hours

Monday - Friday
9 AM to 5 PM

From the Executive Director

While listening to the radio on my way to work last week I heard a quote from the Hunger Games that struck me as a great start to my message this month. "Hope. It is the only thing stronger than Fear." The games are stories of survival, both physically and mentally, which seems extremely timely when we look at what is happening in the world. No matter the obstacle, we cannot lose Hope!

We have some great news on the fundraising front! NAMI Southern Arizona was chosen as one of two recipients of a large grant along with Youth on Their Own (YOTO) from Angel Charities for Children. Over the next year they will be raising \$388,000 for our Ending the Silence (ETS) youth program to support the program in 2023. This NAMI program is evidence based and is in high demand by schools and youth groups.

According to Pima County data youth suicides are up nearly 30% since the start of the pandemic. In FY 2021 we gave 133 presentations reaching 3,526 students, and since October 2021 until now we have already given 145 presentations to an additional 4,262 students.

ETS is a 50-minute presentations (in-person or on Zoom) to local middle and high school aged students on mental health and suicide awareness. After the PowerPoint presentation, young presenters with a mental health condition share their personal stories with students. This allows the students to open up and get the conversation going. Students are given information on bullying, what to do, and who to contact in a mental health crisis. In addition, we were able to get some funding we can use for ETS this year. The Coronavirus Response and Relief Supplement Appropriations Act, 2021 [P.L. 116-260] appropriated additional funding to states through the Community Mental Health Services Block Grant (MHBG) program to assist in response to the COVID-19 pandemic. The MHBG program is designed to provide comprehensive community mental health services to adults with serious mental illness (SMI) or children with serious emotional disturbance (SED), and to support First Episode Psychosis (FEP) services. States may use this supplemental COVID-19 Relief funding to prevent, prepare for, and respond to SMI and SED needs and gaps due to the on-going COVID-19 pandemic. The Arizona Health Care Cost Containment System (AHCCCS) has allocated MHBG CRRSAA funding to Arizona Complete Health-Complete Care Plan (AzCH-CCP) in the amount of \$8,033,991 for March 15, 2021 – March 14, 2023. AzCH-CCP allocated **\$209,458** for Southern Arizona's ETS program, allowing us to provide ETS and Text, Talk, Act (TTA) follow up presentations. TTA will allow the students to assimilate the Ending the Silence information and then a week later provide them with a safe, effective means to continue the conversation with COVID-19 adapted Text, Talk, Act training. Additionally, the presentations and trainings can address mental health issues specifically in the context of the current pandemic.

Our 2022 NAMIWalks event was literally a breath of fresh air for the 1,500 to 2,000 people who joined NAMI Southern Arizona on April 2nd to celebrate Mental Health for All! It was so amazing to be together again after 2 years of living in a "virtual world." We have reached 90% of our goal as of this printing with only a bit over \$14,000 to go. The website closes for donations on June 2 and we are hopeful we will reach \$150,000+. After the website closes we will be working on an awards ceremony to be held in late June to celebrate our sponsors, Walk Stars and teams. The funds we raise with our walk helps to support our programs and services, allowing us to provide them at no cost to you!

With our office closed to the public we used the opportunity to do some remodeling in the lobby and three offices that still had drop ceilings and fluorescent lights. It turned out to be a much bigger job than we expected (as they all do.) However, the wires and new 6G computer lines are now tucked into the attic and we have added LED dimmable lights and ceiling fans. It really seems so much more modern and spacious with just that little extra ceiling height and fresh paint. We hope to have all new blinds soon as our finishing touch. Once we have everything back in place we plan to reopen our office to the public, which should be later this month. We encourage you to call in advance to see if we are open and if you are in need of resources, or help with a mental health matter call or make an appointment to speak with one of our Resource Specialists. They have a wealth of knowledge on navigating the mental health system. We also expect to begin holding some of our classes and family support groups in person again; however, we do expect to continue to hold some on Zoom depending on the needs of the participants.

May is also Mental Illness Awareness Month and you will see on Page 4 NAMI Call to Action initiatives. The goal of NAMI's Together for Mental Health awareness campaign.



NAMI Southern Arizona No-Cost Programs & Services

EDUCATION -*Currently most of our classes and support groups are only available via Zoom. Over the next few months we will be adding in-person classes. We do expect to continue to offer Zoom classes and support groups to meet the needs of participants.*

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*

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, 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 and adolescents with mental illness. *For information email Ann Lettes at alettes@namisa.org*

Ending the Silence: A no-cost, 50-minute presentation designed to give students an opportunity to learn about mental illness through discussion and short videos. *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 *We currently do not have a bilingual resource specialist*

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

- 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

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

#Together4MH

TOGETHER
for Mental Health

Mental Health Awareness Month

Mental health is an incredibly important part of our overall health. We're strongest when we join **Together for Mental Health** to advocate for resources, support and access to quality care.

[Learn More](#)
nami.org/mentalhealthmonth

Mental Health Month Calls to Action

The overarching goal of NAMI's Together for Mental Health awareness campaign is to advocate for improving our mental health care system.

In 2022, we will focus on a few key initiatives:

#ReimagineCrisis

In fall 2020, the National Suicide Hotline Designation Act was passed by Congress establishing 988 as a three-digit nationwide mental health and suicidal crisis number to be available in communities by July 2022. The implementation of 988 will involve making sure appropriate resources, funding, staffing and infrastructure are in place for a successful rollout across the country. However, while establishing this easy-to-remember crisis number is a landmark first step, our nation needs more than a number. We need complete and robust crisis response services in every community that provide a mental health response to mental health crises.

Call to Action: Visit nami.org/reimaginecrisis to take action to build a better crisis response system.

#Vote4MentalHealth

People with mental illness are traditionally disenfranchised in the elections process, and every level of policy impacts the mental health services we see in our communities. Voting with mental health in mind is critical. NAMI is nonpartisan. We won't tell people who to vote for on their ballot.

Rather, we share information on why their vote matters, how to register, where/when to vote and how to engage candidates on mental health.

Call to Action: Visit nami.org/vote4mentalhealth and take the pledge to Vote4MentalHealth and learn more about voting in your area.

Support Mental Health

As important policies come to pass, we will make sure our advocates know what's at stake and how they can support our movement. To keep them engaged throughout the year, our general action page will contain ways for them to get involved.

Call to Action: Visit nami.org/act4mh and sign our petition and take action to improve mental health care.

Throughout our awareness months, NAMI encourages people to bring their voices together to advocate for better mental health care. NAMI wants any person experiencing a mental health crisis to have a number to call, a system to turn to, that would connect them to the treatment and support they need.

Why Support NAMI Southern Arizona?

Your continuing financial support of NAMI SA makes it possible for us to pay for the staff and supplies that allow us to provide NO COST education, support and resources to ALL in our community affected by mental illness. We don't receive federal or state funding to help pay for these costs but must search for grants, hold fundraisers like our annual NAMI Walks and rely on donations from *people just like you!* Thank you for helping us fulfill our mission!

Peer Corner - Personal Stories of Recovery and Hope

My name is Trish Carter. I currently live in Tucson, but grew up in Oracle. I'm a home educating mom of 3 boys 14, 9 and 8 years old. Very wild but a lot of fun. I enjoy nature, art and music. I'm a new presenter for NAMI's In Our Own Voice Program. The first time I presented I was very nervous but it was worth the struggle. I love the idea that by presenting my story and experience I can help lead others toward self care as well as reduce mental health stigma.

I found NAMI Southern Arizona when my husband and I were looking for opportunities to participate in the local mental health community. We've been actively pursuing care for ourselves and our family's mental health conditions which at times have brought loneliness, confusion, and stigma. I live with social anxiety and major depression; my husband was diagnosed with bipolar type 1 in 2018. One of our children is receiving care for anxiety and another with ADHD. I care deeply about mental health care now that I personally see its impact in my family. My husband and I have created a website at BlessthisBrain.com where we share stories and encourage hope for those experiencing mental health conditions in faith communities. I'm very grateful for NAMI and look forward to continuing as a presenter!



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 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





Lisa Coley Brings a Smile and a Warm Greeting to Our Reception Desk



I look back and found that I had issues in my life that I could not resolve on my own. I was always anxious and depressed. This caused poor decision making, drug addiction and attempted suicide. All because I did not understand I had mental

illness. I have lived in Southern AZ for 30 years and most of that time I was an outpatient at several agencies. I finally got a therapist who I trusted and after 4 years with her, I feel I can function normally. I decided I wanted to give back to the mental health community so I started volunteering at NAMISA as a receptionist. I feel this has helped my recovery a great deal. I now feel like I am helping others and contributing to something very important to our community. It has also strengthened what I do. The staff here at NAMISA are exceptional and I feel right at home.

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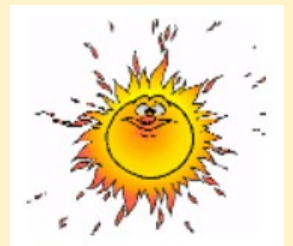
The Independent Oversight Committees (IOC), previously referred to as the Human Rights Committees (HRC), was established in the Arizona Department of Administration (ADOA) on August 3, 2018. The requirements for the IOCs are defined in the Arizona Revised Statutes (ARS) 41-3801 through 41-3804. The purpose 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.

**Not a NAMI member? Join NAMI
Southern Arizona Today!!**

TIPS TO STAY COOL THIS SUMMER:

1. Choose loose, light-weight, and breathable fabrics like linen or cotton
2. Drink plenty of water throughout the day to stay hydrated
3. Plan outdoor exercise for cooler times of the day like early morning or late evening
4. Run through the sprinkler!
5. Keep your core temperature down by eating smaller meals and choosing cooling foods like cucumbers, salads, vegetables and fruits
6. Embrace the shade!
7. Take advantage of opportunities to keep cool like public pools, splash pads and beaches
8. Umbrellas are great for more than just rain
9. Avoid drinking sugary or caffeinated beverages
10. Stay safe, have fun!



A Heartfelt Thank You to Our Sponsors

Sponsor Spotlight



THANK YOU 2022 SPONSORS!
Benefiting NAMI Southern Arizona

And a special "Thank You" to all our wonderful volunteers who made our 16th NAMIwalks Southern AZ possible!

Our 2022 Walk Stars

Each year we honor those registered Walk participants raising more than \$1,000.

This year we recognize:

- * Marsi Quigley
- * Christina Bickelmann
- * Mary Ann Johnson
- * Ardith Powell
- * Brandy Devaney
- * Ann Lettes
- * Andrew Lettes
- * Valerie Kading
- * Deziree Baugher
- * Liv Hara
- * Martha Holcomb
- * Susan O'Brien
- * Barbi Reuter
- * Laurie Bergstrom
- * Sandy Stein
- * Shailey Bergstrom

THANK YOU!

NAMIwalks Your Way Southern Arizona

[DONATE TO THIS EVENT](#)

\$135,333 RAISED

GOAL \$150,000

90% of Goal!

1,113
PARTICIPANTS

77
TEAMS





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May: Mental Illness Awareness Month - NAMI will amplify the message of *“Together for Mental Health.”*

May 30: Memorial Day - Office Closed

June- PTSD Awareness - National *PTSD Awareness Month* works to make the public more aware of this disorder, and to promote research to find further treatments, understand its causes.

July - National Minority Mental Illness Awareness Month-is observed each July to bring awareness to the unique struggles that racial and ethnic minority communities

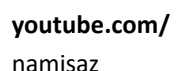
July 4: Independence Day - Office Closed

NAMI Southern Arizona **DEPENDS** on you.

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

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Follow us on Social Media



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