



nami

National Alliance on Mental Illness

Southern Arizona

SINCE 1983



**FIND HELP.
FIND HOPE.**

August 2022

Volume 40: Issue 3

September is Suicide Prevention Month - Join Us as We Remember

Suicidal thoughts, much like mental health conditions, can affect anyone regardless of age, gender or background. In fact, suicide is often the result of an untreated mental health condition. Suicidal thoughts, although common, should not be considered normal and often indicate more serious issues.

September is Suicide Prevention Awareness Month — a time to raise awareness on this stigmatized, and often taboo, topic. In addition to shifting public perception, we use this month to spread hope and vital information to people affected by suicide. Our goal is ensuring that individuals, friends and families have access to the resources they need to discuss suicide prevention and to seek help.

NAMI Southern Arizona is presenting a memorial in remembrance of loved ones lost to mental illness. You are welcome to



HIGHLIGHTS

2 - Director's Message

3 - NAMI So AZ Programs

4 - Farewell Good Friend, New Board of Directors Members, Peer Spotlight

5 - Volunteer Spotlight, Resources

6 - New Staff Member, New 988 Crisis Line

7 - New Staff Member, Legacy of Hope

via email at mjernigan@namisa.org or by stopping by our office before 5pm, August 31.

A slide show of "Gone Too Soon" will be posted on our YouTube channel for all to view, on our website and social media, and both Tucson and Pima County will be showing it during their proclamations for Suicide Prevention Month.

October 2-8 is Mental Illness Awareness Week

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. That is why each year, during the first week of October, NAMI and participants across the country raise awareness of mental illness, fight discrimination and provide support through Mental Illness Awareness Week (MIAW).



Join us **Tuesday, October 4th, 6-8pm** for our annual **Candlelight Vigil** for Mental Illness Recovery and Understanding. This Vigil will be held at the Cancer Survivors Plaza at Reid Park (22nd St & S Lakeshore Lane entrance). There will be speakers and a candle-lighting for Faith, Truth, Healing, Understanding, Grace, Justice, Peace, Thankfulness and Steadfast Love. Anyone wishing to share will be invited to speak at the close. All are welcome!

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



I recently returned from a 2-week vacation in Italy, I have to say it was nice to be traveling again and certainly a very different landscape than Tucson! Italy was filled with American tourists and although I thought I'd escape some of the Arizona heat it turned out to be a record heatwave in Europe and was even hotter there than here.

As we move into our final quarter of our Fiscal year 22' which ends on September 30th, I am happy to report we continue to be in great shape financially. That's not to say our fundraising will slow down, as it takes a lot of grants, fundraisers and donations from the community to keep our programs going full-steam ahead, and at no cost to participants.

We were able to maintain all of our programs and services at pre-pandemic levels once again this year and complete some additional remodeling in our office. Some of our support groups are now meeting in person and we are gearing up for more of our classes to go back to in-person as well. We have found that having Zoom classes allowed us to reach and include people in the community that may have been unable to attend in person. Therefore, we are planning to retain some of our classes on Zoom as an option indefinitely.

For those of you have a long-history with NAMI Southern Arizona you know that our Family-to-Family Coordinator Judy Kowalick has been running the program for 23 years. She let us know that she would like to retire, and she is currently training Rocio Castellanos (page 6) to take over the program. Rocio is bilingual and bicultural. With her on staff in addition to classes in English, we look forward to developing greater connections with our local Spanish speaking community by providing Familia a Familia and Bases y Fundamentos de NAMI classes in the near future. Although we will be sad to see Judy move into retirement, it is well deserved and she has left a lasting impact on families affected by a loved one with mental illness and helped numerous families over the years.

Long-time presenter, P2P program teacher and volunteer Melissa Clayton (page 7) has taken the reigns of our Ending the Silence Program, one of our most popular and sought after youth programs. We are so excited to be working with Angel Charity for Children who will be raising the funds to support the program in 2023.

You will also note on page 4 there has been a changing of the guard on our Board of Directors as many have termed out. We want to thank David Delawder, immediate past president, Eric Stark, and Matt Pate for their service to NAMISA. We hope they will stay involved in the many events, committees and activities going forward. Becca King, HOPE, Inc. is our new board president. We have welcomed 7 new members this year for a total of 10 and they are a very diverse, talented and energetic group that will provide guidance to NAMISA in the upcoming year and beyond. We hope to have a meet and greet this fall to give them an opportunity to meet our members and give everyone a chance to see our new improvements.

We are working on a campaign "Gone too Soon, Loved Enough for a Lifetime" for September's suicide awareness month. If you or someone you know has lost a loved one to mental illness contact our office to find out how to participate in a tribute to those lost.

Lastly, our Candlelight Vigil will during Mental Illness Awareness week October 2-8 will be held on Tuesday October 4th 6-7:30 p.m. We hope to see you all there to help us celebrate mental illness awareness, understanding and recovery!



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 or Rocio Castellanos at rcastellanos@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 with mental illness. *For information email Ann Lettes at alettes@namisa.org or Rocio Castellanos at rcastellanos@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 Melissa Olson Clayton at mclayton@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*

* May also be available in Spanish - También disponible en español.

FINDING RESOURCES

Our Peer Resource Specialists are available to act as your second voice and to help you *(Para hablar con alguien en español envíe un correo electrónico a ygarcia@namisa.org)*

- 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

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

Farewell, Good Friend

It is with a great sadness that we mark the passing of our dear friend Ardith Powell in June. We all knew her as “Ardie of Hope,” our Poet Laureate, our NAMIWalks cheerleader and a Walk Star who raised over \$27,000 in the seven years she participated in NAMIWalks.

Known for her lovely smile and generous contributions of time and money to NAMI Southern Arizona, Ardie will be greatly missed by all who knew her and loved her!



I Have Found My Way

By Ardith Powell

I've reached the summit

And found my way

I'm determined to bring hope and light

To others now and always

The road I've traveled has taught me much

Wisdom and a heartfelt touch

The hurdles and barriers along the way

Have given me strength to face every day

Daring to care and committed to win

Loving all and being a friend.

Board of Directors

Becca King, *President*

Jennifer Janzen, *Vice President*

Karl Wagner, *Secretary*

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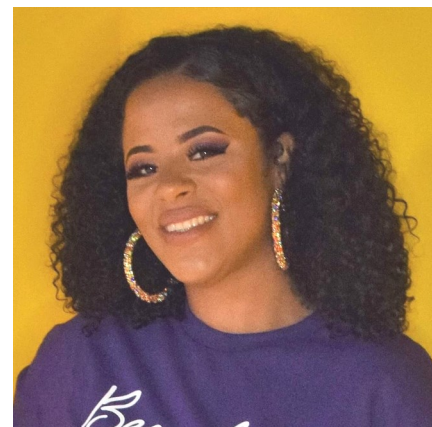
Executive Director

Christina Bickelmann, MA

Peer Spotlight - Felicia Nunez

My name is Felicia, and I discovered NAMISA when I was battling with my own mental health and looking for a place where I can be a part of an organization and movement that helps break the stigmas in the mental health community. I wanted to be a voice to improve and bring awareness to mental illness. I became part of NAMI to be a hand in helping others even while walking through my own journey. I believe it's important to impart to others the positive gains from my own struggles and being honest about the negative areas so that others know they aren't alone in their walk through mental health recovery.

I aspire to be a motivational speaker, and to advocate for the mental health community. In my desire to be a motivational speaker I became a presenter here with NAMISA, so that I can further carry out the passion I have to help people. My desire goes beyond speaking, it transcends to really reaching those who feel recovery isn't attainable. My hope is to stand up boldly, tell my story, and use who I am to be a light for those who are suffering and need help. NAMI has really given me the footing to be a beacon in the mental health community and to the world. I am making a change by changing the perception of mental health for the better!





Eric Vaught

I was diagnosed with bipolar at the age of 8 years old. For a long time I let my illness define me. In February 2012, I received my Recovery Support

Specialist certification. I did it to cap my recovery from mental illness. I have always been someone who has wanted to help others with their mental illness from what I had learned from my own experiences. It is a dream someday to get a job to help others on a more professional scale. To help others with their recovery in mental illness. I have been with NAMI for 3 years, I volunteer as the receptionist three shifts a week, and I really enjoy being part of the volunteer 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

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)

988 Suicide and Crisis Lifeline: Dial 988 to be connected to local support for suicide or mental health crises.

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)



New 988 Mental Health Crisis Line Is Live

Information by the Substance Abuse and Mental Health Services Administration (SAMHSA)

In 2020, Congress designated the new 988 dialing code to operate through the existing National Suicide Prevention Lifeline's (1-800-273-8255) network of over 200 locally operated and funded crisis centers across the country.

On July 16, 2022, the U.S. will transition to using the 988-dialing code, and it is a once-in-a-lifetime opportunity to strengthen and expand the existing Lifeline.

988 is more than just an easy-to-remember number - it's a direct connection to compassionate, accessible care and support for anyone experiencing mental

health-related distress - whether that is thoughts of suicide, mental health or substance use crisis, or any other kind of emotional distress. People can also dial 988 if they are worried about a loved one who might need crisis support.

The 988 dialing code is just a first step toward strengthening and transforming care in this country. It serves as a universal entry point so that no matter where you live, you can reach a trained crisis counselor who can help.

Over time, the vision for 988 is to have additional crisis services available in communities across the nation, much the way emergency medical services work.

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!



Meet Our New Family-2-Family and NAMI Basics Program Manager

My name is Rocio Castellanos, I am 40 years old, and I married my best friend 21 years ago. We have 3 kids, two daughters, 17 and 18 years old and our eldest son, 20. I was born and raised in Nogales, Arizona, a small border town south of Tucson, I am bilingual in English & Spanish. Our family also includes 4 huskies, 3 miniature poodles, 1 amazon parrot, and 2 cats.

On my days off from NAMI, I divide my time between two other jobs. I work as front office lead for an urgent care clinic. I am also CEO and owner of a private local integrative natural healing practice in which I work as a Certified Clinical Hypnotherapist and Life Coach. Prior to all of this, I previously worked for thirteen years as a Respiratory Therapist at a local hospital where I worked in different areas taking care of patients with respiratory related illnesses.

I'm a passionate advocate for self-care and mental health. I truly rejoice in doing activities which bring me joy and inner peace. I enjoy meditating, reading, spending time outdoors and practicing self-soothing techniques like Reiki, a Japanese healing modality and self-hypnosis. Because I have learned to give myself permission to truly enjoy what I do, I am able to love what I do, and hope to inspire others in doing the same.

Meet Our New Ending the Silence Program Manager—Melissa Clayton



Melissa was born in Atlanta, Georgia. Having lived through many diagnoses, she lives with C-PTSD. She is a fur mommy, a best friend, a sister, a daughter, and a dedicated employee of NAMI Southern Arizona. She has been volunteering with NAMI SA for about 7 years in the Peer-to-Peer, In Our Own Voice, and Ending the Silence programs.

Melissa first learned of NAMI in Southern Alabama 25 years ago when they sold her artwork for donations. She became our NAMI SA Program Manager for Ending the Silence in May, 2022. She is also a student at the University of Arizona, a senior in the School of Government and Public Policy.

It has always been a dream of Melissa's to work with non-profits. She has been married almost 18 years and has two fur-babies: J.J. and B.D. She is currently

completing her internship with the City of Tucson in the HR department.

Leave a Legacy of Hope

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 - ID #86-0450977.



MARK YOUR CALENDAR

August 20: Vail Family University Fair, Mica Mountain High School, 9 am—12 pm

September: National Suicide Prevention Month - We can all help prevent suicide. The Lifeline (which you can now reach by dialing **988**) and other mental health organizations around the world raise awareness of suicide prevention.

September 5: Labor Day - Office Closed

September 18: In Our Own Voice presentation open to the public, 1—3pm, at Santa Catalina Catholic Church in Tucson, 14380 N. Oracle Rd., in their Catalina Room

September 26: In Our Own Voice presentation open to the public, 6—8pm, at Santa Catalina Catholic Church

October 2-8: 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 4: Candlelight Vigil - Reid Park - 6-7pm - Join us for a Ceremony for mental illness recovery and awareness as we light candles at the Cancer Survivor's Plaza.

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