



nami

National Alliance on Mental Illness

Southern Arizona

SINCE 1983



**FIND HELP.
FIND HOPE.**

November 2022
Volume 40: Issue 4

SAVE THE DATE:

Saturday, April 1, 2023



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 (77 teams in 2022)**

HIGHLIGHTS

**2 - 3 - Director's Year End
Report**

**4 - NAMI FaithNet, Board of
Directors, Peer Spotlight**

**5 - Volunteer Spotlight, NAMI
Southern Arizona
programs**

**6 - Mental Health for the
Holidays**

**7 - Become a Presenter, Give
Back While You Holiday
Shop**

Join us for NAMIWalks Southern Arizona on April 1, 2023!

Registration for NAMIWalks 2023 is already open!

Sign up to walk, be a team captain, be a sponsor, or donate!

NAMI National has assisted us in opening up our walk registration early this year so we can all get started on fundraising and team-building before the holidays. You can sign up right now:

<https://www.namiwalks.org/southernarizona>



NAMIWalks is our premier fundraiser that enables us to provide our mental health programs and services at no cost to participants. The money raised supports mental health in our community by providing funds for NAMI's advocacy, education and support programs.

Our 2022 Walk was in-person, after two years of virtual walks due to COVID. It was a breath of fresh air - literally! We had over 1200 participants and everyone enjoyed getting outside, supporting each other, and walking at the picturesque Kennedy Park. We are looking forward to doing it again in 2023 - which is also NAMI Southern Arizona's 40th anniversary year.

For more information on the Walk, forming a NAMIWalks team, to volunteer or sponsorship opportunities, contact us at 520-622-5582 or email eventassist@namisa.org.

Our Team Captain Kick-Off event is coming up January 10, 2023, at the Viscount Suites Hotel from 7-10am, invitations will go out soon. You must RSVP to attend. If you have led a team before but have a change of address, or email, or you are contemplating leading a team, please email eventassist@namisa.org to add your name to our list so you receive an invite to the kick-off event. NAMIWalks is great fun for everyone! **JOIN US NOW... REGISTER AND DONATE!**

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

NAMI Southern Arizona is building on a strong foundation-in fact 2023 will mark our 40th year as a NAMI affiliate. 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.

Our current fiscal year ended September 30th once again on solid ground! We continue to work hard to secure the funding needed for our upcoming fiscal year and have been chosen the Angel Charity for Children for one of their 2 large grants which is no small feat! We will be receiving \$388,000 to expand and fund Ending the Silence (ETS) in 2023!

In addition, we have been fortunate to have received \$275,165 in grant support in Fiscal Year 2022. Grantors include Arizona Complete Health- SAMHSA MHBG for NAMI on Campus; MHBG CRSSAA Supplemental Funding for Ending the Silence and Text Talk Act; The Connie Hillman Foundation; Community Foundation for Southern Arizona- Angela Weir Charitable Fund, The David and Lura Lovell Foundation, Tucson Medical Center and Tucson Charity Bridge Club, Inc.

Guidestar- "is the world's largest source of information on nonprofit organizations. ... Our mission is to revolutionize philanthropy by providing information that advances transparency, enables users to make better decisions, and encourages charitable giving. 990's are updated each year with Guidestar." NAMISA has earned a Gold Seal status which is **the leading symbol of non-profit transparency and accountability**, presented by GuideStar, the world's largest source of non-profit information. Each year, millions of people use GuideStar information to make decisions about nonprofits and the work they do." We are hopeful this will bring more visibility with Foundations and result in additional funding.

Our first Annual Appeal was mailed in October to almost 400 current donors and members. The second appeal will go out in early December. Preparations are also underway for our annual Members Only Potluck. Make sure your membership is current, and mark your calendar and save the date for this event to be held on December 3rd from 5-7pm.

Here is a recap of our accomplishments for this fiscal year:

Communications and Development- Michelle (Shelly) Jernigan Communications and Events Director, Whitney Woodcock program assistant.

- On October 4th, 2021 we held our annual Candlelight Vigil in promotion of Mental Illness Awareness Week at Reid Park.
- Our Annual NAMIWalks fundraiser was held in person on April 2 after two "virtual years. **We raised \$134,905.98** with 1,113 registered participants and 77 teams. We had almost 2,000 in attendance.
- For the month of September to recognize Suicide Prevention

Awareness Month, we received a Proclamation from the Pima County Board of Supervisors as well as from the Tucson Mayor and City Council. The downtown Historic Pima County Courthouse was lit up in Suicide recognition colors along with the downtown City Courthouse. We also debuted a video called "Gone Too Soon...Loved Enough for a Lifetime." This video content was created with help from family members who provided photos and quotes to remember their loved ones lost to mental illness.

- During the month of September, Barrio Brewery made a special beer called "988" in recognition of our new national mental health suicide crisis line. Circle K heard also sold the beer for the months of September and October as well. Proceeds from the sales are being donated to NAMI Southern Arizona. (Final amount collected will be sent to us soon)

Memberships- Becky Nuffer, Membership Coordinator, currently **313** up from 209 in 2021

Ending the Silence (ETS) –Melissa Clayton, 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 have continued to provide ETS both online and in person. A total of 236 presentations-225 student, Six parent and 5 staff presentations in this fiscal year, up from 133. **Youth and individuals reached: 6,718 total an increase of 3,200 over 2021.**

Peer-to-Peer (P2P) - Yazmin Garcia Program Coordinator.

We did not offer this program in person in this fiscal year; we are resuming in person training in 2023 and will continue with online Zoom.

- P2P-6 classes, **41 graduates**; 3 Peer Leader Training- **22 Graduates**; 3 Peer Support Specialist Training **22 graduates** received their state PSS certification allowing them to work as a PSS in the behavioral health field.

Total 85 graduates

Family-to-Family –Judy Kowalick, Program Coordinator. We completed two Series of classes this year and started one more that began the last two weeks of this year and will complete the next 6 weeks during next year. Each weekly session is 2.5 hours long for eight consecutive sessions. Rocio Castellanos was being mentored and trained by Judy since September and will be replacing Judy as the coordinator in November 2022.

Total 21 graduates + 14 continuing into FY 23'

NAMI Basics- Ann Lettes, Program Coordinator. The program was offered 3 times it provides information and support to parents, guardians and other family members who provide care for youth with mental health symptoms. The program is currently available on Zoom, in-person, as well as self-instructed online. **Total 17 graduates**

Succession: In April 2022 Program Coordinator Ann Lettes announced plans to retire from the position in November 2022. The current Program Leader Rocio Castellanos is bilingual and was hired to assume the Program Coordinator role. Transition is in progress and will be completed November 30, 2022. In August 2022 the incoming Program Coordinator began joining these ETS presentations and scheduling outreach to Hispanic organizations

In Our Own Voice-Judi Maikoff, Program Coordinator. There were a **total of 16** In Our Own Voice presentations. These presentations are given by individuals with mental illness providing their story of their challenges and how they moved into recovery.

The In Our Own Voice team talked with several churches in Tucson, the Tucson Police Academy, the Desert View campus students at PCC, Pima County Consolidated Courts, a Sorority, Southwest Gas, and other facilities. The total number of presenters for In Our Own Voice is now five with 2 new presenters in training. **Total participants 383 adults.**

Faithnet – From October 1, 2021 through September 30, 2022 there were a total of **3** presentations. The total number of participants were **52** adults. These presentations were given to 3 churches- Lutheran Church of the Foothills, Santa Catalina Catholic Church and St. Andrews Presbyterian Church.

Suicide Prevention Presentations –there were **3** Suicide Prevention Presentation given to a total of 17 adults. The Suicide Prevention power point was developed by Judi Maikoff and the presentations began in September 2022. **A total of 22 presentations and participants for all presentations was 452.**

Advocacy- Resource Specialists –Anastasia Stalling and Lisa Cole assisted 513 people and 22 in person visits from June 2022 (when we reopened) to September 2022 our Resource Specialists provided support and referral assistance to 528 individuals in crisis.

Social Media- Michelle (Chelle) Means, Coordinator
Instagram -Followers 1204

Twitter-440 up 39 followers

Facebook – Oct 2022 1904

Support Groups-

Connections Peer Support Groups, Carter Todd, Facilitator. Are currently still being held in person on the first and third Mondays of each month. Chris Gwozdz former NAMISA board member and George Storm former NAMISA employee are co-facilitators of the group and hope to go back to meeting every week in 2023.

Family Support Groups – Shelly Jernigan, Coordinator. We currently have 7 facilitators and Elena Acoba went through the NAMI “Train the Trainers” course so she now can train facilitators. We held a total of 92 meetings serving a total of 301 participants. We had a total number of 81 that attended for the first time and 61 participants are still actively involved.

The Board of Directors has recruited seven new and diverse board members, elected new officers and started up the board committees. Their Bio’s are on our website <https://www.namisa.org/board-members-and-advisory-council/>. In FY 2023 they will be developing a new three-year strategic plan that focuses on financial stability, and strengthening and growing NAMI SA to enable us to further our mission of stigma reduction through education, support and advocacy.

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, 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. **Call the toll free number 1-877-537-5277 to get started.**

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 remains 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.



*A Chance to Reach Your Faith Community
Regarding Mental Illness*

NAMI *FaithNet* is a program that supports any and all faith communities that want to develop a mental health ministry or simply educate their clergy, staff, and congregations about mental illness and available community resources.

NAMI FaithNet can:

- ♦ Educate clergy, staff, congregations, and loved ones to welcome and support persons living with mental illness.
- ♦ Present an educational session on mental illness and the vital role spirituality plays in recovery.
- ♦ Provide information about community mental health resources
- ♦ Support people in your congregation when providing assistance to a person with mental illness and their families, through prayer, hospital visits, support groups, and inclusion in worship and social activities.

How can your congregation or faith organization benefit from NAMI FaithNet? To find out more, you can call the office at (520)-622-5582 and speak to FaithNet coordinator Judi Maikoff or email her at jmaikoff@namisa.org.

Board of Directors

Becca King, *President*
Jennifer Janzen, *Vice President*
Karl Wagner, *Secretary*
Heather McGovern, *Treasurer*

Members

Julia Jameson
Allana Lloyd-Hills
Natalia Molina
Angel Rivers
Faith T. Smith
David Zynda II

Executive Director

Christina Bickelmann, MA



Peer Spotlight - Melissa Olsen Clayton

It was 2003 when I met NAMI-Baldwin County. They are still stationed in the same group home, I believe, where I spent quite a few lazy days painting or doodling around. Letting the time pass. My boyfriend had just overdosed and we had lost him, I remember starkly, and my divorce from my first husband was still fresh beneath my paws. I had always considered myself damaged goods, certainly, but NAMI-Baldwin County changed that about me. They gave me a chance to be myself, to paint and then turn around and sell my paintings on note sized cards.

This was very much so life changing for me. I was able to support myself a little off the notecards (I'm still pretty sure my mom was the biggest contributor here) and for this I am forever grateful.

Over twenty years later, I was still asserting myself, avenging this need to be heard, in so many education programs (In Our Own Voice, Ending the Silence, Peer to Peer) and suddenly I am hired to represent NAMI in the Ending the Silence program here in Southern Arizona. I'm more than honored and it enriches my life every day to be a part of this successful organization. What we do is wonderful in the community and I'm so very proud to be a part of it.

I am thankful for NAMI every day in so many ways. Without your (our) help and support, I most certainly wouldn't be the human I am today. I always tell my peer-to-peer classes (which I still host and support) that I couldn't pass the torch of recovery without their help, and I mean that. I can't do for others until I do for myself, which includes doing for others – if that makes any sense. NAMI allows me to make my mission complete in so many ways. I thank each of you that makes NAMI the success we are. We are family.

Have you benefitted from NAMI Southern Arizona in any way, either as a person with mental illness or a friend or family member? Tell us and you may be featured in a future newsletter! Email eventassist@namisa.org with your story.



Lucille Smith

I had lived in Tucson years before and after retiring as an executive assistant in San Diego, moved back to Tucson in 2006. I had



heard of NAMI from a friend in San Diego, whose daughter had schizophrenia. NAMI provided tremendous support to both my friend and her daughter. I've been a volunteer for NAMI since 2007, going in weekly to do whatever is needed, because I know how much NAMI has helped not only people with mental illness, but their family members as well.

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 Rocio Castellanos at rcastellanos@namisa.org*

NAMI Basics*: A no-cost, 6-class course for parents and caregivers of children with mental illness. *For information email Rocio Castellanos at rcastellanos@namisa.org*

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*

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 Olsen 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*

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

FINDING RESOURCES

Our Peer Resource Specialists are available to act as your second voice and to help you

- 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 on your own behalf



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 - También disponible en español.



Coping with the Holidays

by Colleen O'Day, originally posted on nami.org

During the holiday season, many look forward to festivities with friends and family. But for others, this time can bring on or worsen stress, anxiety and depression.

There are a variety of factors that can bring on holiday anxiety and depression. Some people experience increased financial burden due to travel, gift and/or hosting costs. Others may feel overwhelmed as the holiday season often includes a packed calendar of parties, performances and traveling that can be difficult to balance with everyday responsibilities and self-care. Not to mention: High expectations to give perfect gifts and plan perfect events, as well as loneliness for those who aren't with loved ones.

If you are experiencing any of these challenges, here are some coping tips you can use to manage your increased levels of anxiety, stress and sadness.

Stay In Therapy

Although the holiday season is overwhelmingly busy, do not cancel your therapy sessions to make time for other activities. The holidays can bring up difficult emotions. If you can, keep your scheduled therapy sessions to ensure you have built-in time to explore anything that comes up.

Mindfulness

In addition to professional mental health care, mindfulness can be a valuable mental wellness tool. Certain practices can be particularly helpful if you are traveling or running on an unusual schedule.

Don't Rely On Drugs And Alcohol

The Anxiety and Depression Association of America recommends avoiding drugs and alcohol for comfort. While the prospect of escape can be appealing, substance use can ultimately worsen your issues. There is a 20% overlap between people with anxiety or mood disorders and substance use disorders, and substances can exacerbate symptoms. When you feel you need a relaxation aid, you can instead turn to a mindfulness tactic or other healthy coping mechanisms.

Soak Up The Sun

Some struggle with depression during the winter months because of Major Depressive Disorder with a Seasonal Pattern. Exposure to bright lights, including fluorescent lights, can help ease symptoms. Even for those without this form of depression, walking outside in the sun can be an effective centering and calming tool. Numerous studies have pointed to the mental health benefits of spending time in nature, including stress relief, better concentration, lower levels of inflammation and improved mental energy.

Set Realistic Expectations

Another major source of anxiety, stress and depression around the holidays can be examining accomplishments from the past year. Some may experience negative feelings over not being at a place they feel they "should be" in life. Get yourself out of this space by adjusting expectations and setting realistic goals. For example, if you're trying to establish an exercise routine, try setting a goal of talking a walk three times a week rather than vowing to do CrossFit every day.

Managing mental illness is always challenging, but it can be particularly difficult during the holiday season. While the struggle can feel isolating, remember that you are far from alone. Seek help from professional mental health services, maintain your self-care routines and include mindfulness practices into your days.



Ending the Silence and In Our Own Voice Volunteer Opportunities

Would you like gratifying volunteer work in the mental health field?

Do you want to make a difference in your community?

Join NAMI Southern Arizona's **Ending the Silence** team and be a presenter and travel to community middle schools or high schools. If you have the desire to talk with youth and encourage good mental health and share information and experiences about mental health conditions, we should talk!

Read what Lisa Cole, Ending the Silence Young Adult Presenter has to say about the presentation:

"My experiences as an Ending the Silence Young Adult presenter have been invaluable to me. When I do a presentation I witness first-hand the positive impact of my story. I see instantly how much the students benefit from the information we share. I know without a doubt that having access to a program like Ending the Silence would have helped me so much in my youth and I am so glad to give this new generation the learning opportunities that I did not have."

In Our Own Voice is another NAMI signature program, a unique public education program in which two individuals share compelling personal stories about living with mental illness and achieving recovery.

Presenters in both In Our Own Voice and Ending the Silence receive a stipend for the completed presentation.

Training for the presentation is easy and being a presenter is rewarding. For more information on Ending the Silence contact Melissa Clayton at mclayton@namisa.org, and for information on In Our Own Voice please contact Judi Maikoff at jmaikoff@namisa.org.

Holiday Shopping? Give Back to NAMI While You Shop!

Designate NAMI Southern Arizona as your charity of choice. As the holidays approach, consider using these websites to search and shop.



Amazon Smile is a website operated by Amazon with the same products, prices and shopping features as [amazon.com](https://www.amazon.com). The difference is

that when you shop on AMAZON SMILE, the AmazonSmile Foundation will donate 0.5% of the purchase price of eligible products to the charitable organization of your choice: NAMI Southern Arizona. Sign up on smile.amazon.com.

iGive is a reward program that helps our favorite cause,



NAMI SA, with a average 3% bonus donation and more every time you shop on over 2,000 online stores and travel sites. Just sign up on [iGive.com](https://www.igive.com).



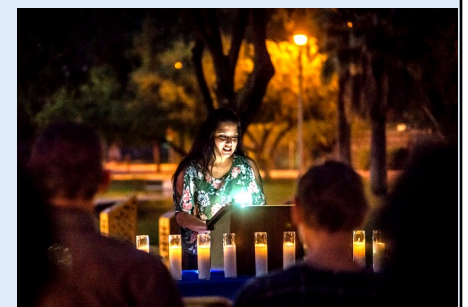
Shop at more than 2,400 **GoodShop.com** merchants including Amazon, Bed, Bath & Beyond, Target, JC

Penney and DSW and a percentage of each purchase will go to your cause! Make sure to select NAMI Southern Arizona as your favorite charity.

You can also search the web with Yahoo-powered [GoodSearch.com](https://www.goodsearch.com) and they'll donate about a penny to our cause each time you search!

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

www.namisa.org/nami-photo-album



MARK YOUR CALENDAR

November 24, 25: NAMI offices closed - Happy Thanksgiving!

November 29: Giving Tuesday

December 3: Members' Holiday Potluck, 5 - 7 PM (make sure your membership is up to date and keep an eye out for your invitation!)

December 26: NAMI offices closed for the holidays

January 2: NAMI offices closed - Happy New Year!

January 10: NAMIWalks Team Captain Kickoff



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 would like to

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