



nami

Southern Arizona

National Alliance on Mental Illness

SINCE 1983



**FIND HELP.
FIND HOPE.**

*NAMI Southern Arizona's 40th
Anniversary*

**February 2023
Volume 41: Issue 1**

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**

HIGHLIGHTS

- 2 - Executive Director's Report**
- 3 - Saying Farewell to Retiring
Staff Members**
- 4 - NAMI Walks Recognition
Prizes ; team t-shirt contest**
- 5 - Volunteer Spotlight,
NAMI Walks Kickoff
Breakfast highlights**
- 6 - Board of Directors
Volunteers Needed for
NAMI Walks, Programs to
Help You, In Our Own Voice**
- 7 - NAMI Southern Arizona
Programs & Services**

NAMI Walks 2023 Will Be Here Soon!

It's never too late to join a team, start a team, or donate

We're on a roll with our NAMI Walks fundraising! More teams and walkers are signing up every day - as of this printing, we have 37 teams, and 176 individuals signed up. We have raised over \$46,734 and have 17 sponsors!

This year, based on feedback received from participants we are aiming to improve the walk day experience in a number of ways. We have reduced our routes to a 1K and 3K. We hope this will allow walkers to spend more time at the resource fair and take in more of the wonderful entertainment and family fun in the youth game area. In addition, it will give you more time to socialize with old friends, make new friends and take pictures to share with us after the walk. Although we no longer have an official 5K route you can certainly walk the 5K. If you haven't signed up yet as an individual fundraiser, or started your team, you still have time! We will be accepting registrations right up until walk day, which is April 1st. However, the sooner you register, the more money you can raise! The walk site will remain open for 2 months -closing on June 1st for continued fundraising and time to reach your goals.

Go to www.namiwalks.org/southernarizona to sign up, there is no fee to register. Any questions or need help? Email our walk team at eventassist@namisa.org.



NAMI Walks 2023 - Let's Keep the Momentum Going!

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

2023 marks NAMI Southern Arizona's 40th Anniversary as an affiliate and our 17th year for NAMI-Walks ...so a really big year and reason to celebrate! The Walk is off to a great start, we have **37 teams and have already raised over \$46,000- 31% of our \$150,000** fundraising goal!

We are at the beginning stages of planning for our 40th Anniversary celebration this fall and are currently developing a history of NAMISA from the very beginning. I recently had the pleasure of meeting Si and Ellie Schorr-our founding members, Si pointed to their dining room and quoted

Hamilton "this is the room where it happened," a legacy to be proud of!

I know many of you have also been key players over the years and may have some highlights to add to our timeline. We would love to hear from you on how our programs, support groups and legislative efforts have helped you and your families move toward recovery. We will be collecting stories, photos, highlights and interviews to show how NAMISA has positively affected our community over the past four decades!

Community members continue to come to us for resources, education, training and tools to guide themselves and their families through the uncharted territory that is mental illness. Support from others and sharing the lived experience has been key to recovery. Whether it be in classes, or support groups with other peers or friends and family members we want you to know that you are not alone on this journey.

NAMISA brings people together, reducing stigma, championing change, empowering self-advocacy, and lobbying with others to demand better mental health care and coverage. We need to continue to have a voice and work together and strive to affect positive change for all affected by mental illness. We will be offering NAMI Smarts for Advocacy soon, a hands-on advocacy training program that helps people living with mental illness, friends and family transform their passion and lived experience into skillful grassroots advocacy. Email namisa@namisa.org and put NAMI Smarts in the subject line so we can get you on the list to attend the training.

Now back to the importance of NAMIWalks Southern Arizona on April 1st. The funds raised help support all of our programs and services, which we provide at no cost to participants. In addition, by bringing several thousand people out to celebrate together it emphasizes how common mental illness is, and reduces stigma and discrimination.

Now is the time to sign up as an individual fundraiser, sponsor, start a team and to volunteer. It also provides an opportunity for our sponsors to share information with attendees on their services at the Walk resource fair.

If you are looking at additional ways to give and you have an Arizona State tax liability for 2022 and have yet to take your Charitable Tax Credit, you have until April 15, 2023. When you donate to NAMI Southern Arizona you will receive a dollar for dollar tax credit (QCO code 21027.) We hope you will decide to put your tax dollars to good use in our community where they will be used to support our programs offered to anyone affected by mental illness. Please consult a tax advisor for details on how the tax credit will impact your filing. This is another great way to support NAMISA and direct your tax dollars to a cause you care about (up to \$400 for individuals or \$800 filing jointly.)

Have we made progress against stigma ABSOLUTELY!

Is there more work to do ABSOLUTELY!

See you at the Walk on April 1, 2023 - Christina Bickelmann, MA

Saying Farewell to Retiring Staff

At the end of 2022, we had two of our wonderful, longtime staff members retire: Judy Kowalick, program coordinator for Family-to-Family; and Ann Lettes, program coordinator for NAMI Basics. Both are retiring, but may still be around NAMI to run support groups and training, so you may still see them from time to time.

Judy Kowalick's involvement with NAMI dates back to 1995, when she attended support groups and began getting involved with the advocacy committee. She trained as a family support group facilitator and co-facilitated a group for five years. She has been an employee of NAMI since 2001, bringing her experience as a family member of someone living with a mental illness. Judy has also been on the Crisis Intervention Team Training Consensus Building Panel, and was a longtime member of the Pima County Human Rights Committee (now known as the Southern Arizona Oversight Committee).



Ann Lettes is a former child and adolescent psychiatrist, who became involved in NAMI in 2008 when she began attending a Friends and Family Support Group and participating in NAMIWalks. As the team captain for her NAMIWalks team, Lettes Fight

Stigma, Ann consistently ends up in the top fundraising individuals and teams lists. She was on the NAMISA board of directors from 2009 until 2016 and served as treasurer. She says of her involvement in NAMI, "I hope that because of me the path may be less rocky for others."

We will miss Ann and Judy, but we are happy they will still be involved with NAMI in some capacity, and we wish them happiness and health in their retirements!



NAMISA is a Qualified Charitable Organization for the AZ Tax Credit and your donation may entitle you to a credit of up to \$400 as an individual or \$800 as a couple filing jointly.

Now you can help people with mental illness and their loved ones and receive a dollar-for-dollar tax credit. Consult your tax preparer for more information. These credits are available until April 15th for 2022 taxes - NAMISA QCO code 21027, Federal tax ID 86-0450977

DID YOU KNOW?

43.8 million adults
experience mental illness
in a given year



16 million adults
had at least one major depression
episode in the last year



MORE THAN HALF
of adults with a mental illness didn't
receive health services in the last year

This Year's NAMIWalks Recognition Prizes

NAMI National has selected some awesome new incentive items, including yoga mats, ear buds, and some really great jackets and clothing. 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 how much you raise. You can see the full size version of the image to the right at our walk website: www.namiwalks.org/southernarizona

Reaching these goals can be easier than you might think! Adding a Facebook Fundraiser will add to your total when you set it up on your page. Reaching out to friends, family, neighbors and co-workers will also add to your fundraising totals. You'll reach your goal before you know it!



namiWalks MENTAL HEALTH for all

2023 RECOGNITION PROGRAM

Goal Amount	Prize Options
\$100	Event T-Shirt
\$250	Clear Safety Tote or Long Sleeve Tee
\$500	Yoga Mat, Trucker Hat or Pet Leash & Collar
\$1,000	TieDye Hoodie, Hydro Flask Bottle or Hand Held Massager
\$1,500	Umbrella, Nike Polo or Eddie Bauer Jacket
\$2,000	Back Pack, Half Zip Pullover or Skull Candy Earbuds
\$3,500	Cutter & Buck Jacket, High Sierra Luggage or Zenenergy Oil Diffuser
\$5,000	Folding Beach Wagon, JBL Speaker or Cutter & Buck Rain Jacket



Make a Team T-Shirt - It Makes All the Difference!

More than any other single factor, team t-shirts help build team momentum prior to the walk and unite a team on the day of the walk. We also have an annual t-shirt contest, with a \$50 gift certificate as the first place prize! Each regional walk's t-shirt contest winners also get entered in the NAMIWalks national t-shirt contest where you can also win a prize.

We have information about where to get your team t-shirts printed, tips on how to design them, and other tips for team captains and participants, on our website: <https://www.namisa.org/namiwalks/>

Pictured to the left is the 2022 t-shirt contest winner, by Team Genoa.



Erika Seekatz

I was born and raised in Tucson, Arizona, and didn't know anything about mental health until I was in high school. During my junior year I

became anxious and overly concerned with right and wrong. My symptoms became so severe, I stopped going to school, stopped eating and stopped communicating with others. I was hospitalized and spent two months at an eating disorder treatment center. It was there I was first diagnosed with obsessive-compulsive disorder (OCD), and was treated with psychiatric medication.

I didn't know anything about mental health and neither did my family. My parents attended a Family to Family course through NAMI Southern Arizona, and I credit them for the supportive relationship I have with my family today. NAMISA also delivers an Ending the Silence presentation in schools for middle and high school students. I often wonder if things would have been different had I attended one of these presentations. Every year my family and I participate in the NAMIWalks event together. This event raises money for NAMISA so they can continue to offer courses like Family to Family and Ending the Silence free of charge.



Above: Ann Lettes, team captain of Lettes Fight Stigma. Below: Honorary Chair, Councilmember Paul Cunningham.



NAMIWalks Kickoff Breakfast - the Fun Begins!

In January we had our NAMIWalks Team Captain Kickoff Breakfast. The theme was "Breakfast in Boots" so many people showed up in their best western wear. The prize for Best Dressed went to our Board Vice President, Jennifer Janzen (pictured above to the right, with her "horse").

See the rest of our photos from the kickoff breakfast on our website:

www.namisa.org/nami-photo-album



Board of Directors

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

Members

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

Executive Director

Christina Bickelmann, MA

WE NEED VOLUNTEERS TO HELP WITH OUR NAMIWALKS EVENT!

We are seeking volunteers to help us out with NAMIWalks. This is a fun way to participate in the event, and it's a big help to us! You can help with check-in, outreach, setup, teardown, help kids, be route guides and a lot more - there is something for everyone, no matter your age or ability level (children under 18 must be accompanied by an adult.)



We have slots open for setup on Friday, March 31st 10 a.m. - 4 p.m. and/or on Walk day April 1st between 6:30 a.m. - 12 p.m. / To volunteer, please contact Marisol at mdelarosa@namisa.org or call 520-622-5582.



Do you know? We've got this covered!

You are not personally weak, have a character flaw or had poor

upbringing if you experience a mental illness. You are also not alone. Mental illness is common.

NAMISA provides an interactive and comprehensive presentation that showcases the lived experience of two adults living with mental illness. It is called **In Our Own Voice**.

This hour presentation is free of charge and is offered either on zoom or in-person. It includes frank talk about living with a mental illness and through this dialogue all can begin to move toward a better understanding of an often misunderstood topic.

In Our Own Voice is recovery oriented and aims to change negative attitudes, assumptions and stereotypes about living with a diagnosis of mental illness.

If your group would like a sensitive yet open conversation and presentation about **Suicide and Suicide Prevention**, contact Judi Maikoff. This presentation will touch on the risks, warning signs and who's affected by impending suicide and what to do if a suicide is suspected. Myths about suicide are debunked and the presentation will also give information about coping with a loved one's suicide. Mental health resources are offered.

NAMI Faithnet is a NAMI national presentation designed for faith communities. Points of interest include what mental illness is and how a faith community can connect with someone who lives with a mental illness. NAMI and our services and programs are also explained in detail.

If you and your organization or group has an interest in seeing a no-charge presentation, contact Judi Maikoff at jmaikoff@namisa.org or 520-622-5582.

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 oriented education course open to individuals with a mental illness. *For information email Yazmin Garcia at ygarcia@namisa.org*

Ending the Silence: A no-cost, 50 minute presentation designed to give middle and high school aged 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. Meetings are every Monday 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

More details about programs and schedules for support groups and classes can be found on our website at namisa.org

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

Bring your used HP, Canon 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:



iGive.com®

iGive.com

goodshop

Goodshop.com



MARK YOUR CALENDAR

February 18, 9 AM - 12 PM: NAMISA will be at the San Xavier Health Fair, 2018 W. San Xavier Rd.

March 15, 9 AM - 2 PM: We will be at the Tucson Veteran Stand Down, at the Grand Luxe Hotel Conference Center, 1365 W. Grant Rd.

March 24, 10 AM - 4 PM: NAMISA will be doing outreach at RISE for the Homeless, at the Pima Community College Downtown Campus.

April 1: NAMIWalks! At the Kennedy Park Fiesta Area, 3359 S. La Cholla Blvd. Check-in and resource fair opens at 7:30, walk starts at 9. There will also be live entertainment and activities for kids. Dogs welcome!

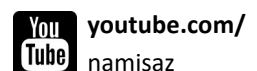
May is Mental Health Awareness Month

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

Follow us on Social Media



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