



NAMI

Southern Arizona

National Alliance on Mental Illness

SINCE 1983



**FIND HELP.
FIND HOPE.**

*NAMI Southern Arizona's 40th
Anniversary*

May 2023
Volume 41: Issue 2

2023 NAMIWalks Stats:

Fundraising Goal: \$150,000.

Funds Raised So Far: \$148,696,
99% of the way to our goal

Teams: 85 teams - a new
record, 12 more than last year!

Registered Walkers: 1,229

Participants: 1,500 - 2,000

Volunteers: 60

HIGHLIGHTS

2 - Executive Director's Report

**3 - Honoring NAMIWalks
Sponsors and Walk Stars**

**4 - Our Resource Specialists Are
Here For You**

**5 - Volunteer Spotlight, Poets'
Corner**

**6 - Board of Directors, Jim
Click's Raffle, Volunteers
Needed**

**7 - NAMI Southern Arizona
Programs**

NAMIWalks 2023 Was a Huge Success!

Over \$148,000 raised for NAMISA's no-cost programs

Our 17th NAMIWalks has come and gone, however, you can still fundraise until June 1st. We were so impressed by how many of you turned up, had fun, and raised money to help support NAMISA through this walk!

The weather was unseasonably cool, with a high of 80, making it very pleasant to walk at the beautiful Kennedy Park. Thank you to our Emcee, Laura Fairbanks and Yasmine Durazo for singing beautifully, Honorary Chair Councilmember Paul Cunningham, Karen Farrell from Angel Charity and all our fabulous entertainers, volunteers, and staff who helped to make this happen.

Thanks to all of our sponsors, donors, and fundraisers, our total raised is currently at **\$148,696**. We are less than \$1,300 short of our \$150,000 goal! Will you help us get there during this last stretch of NAMIWalks?



We will be accepting donations on the Walk website at www.namiwalks.org/southernarizona until June 1st. Please help us reach our goal and keep spreading the word!

You can find photos of the Walk Day experience on our website at <https://www.namisa.org/nami-photo-album/> And keep an eye out for invitations to our NAMIWalks Award Ceremony happening soon! That's where you'll find out who won the team t-shirt contest, biggest team, top fundraising teams, and Walk Stars.

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

As we roll into what looks to be another hot summer, I thought it would be a good time to remember that 75-degree morning by recapping our 17th Annual NAMIWalks event on April 1; it truly was a beautiful day. The Kennedy Park Fiesta area held over 1,500 peers, family and community members who joined NAMI Southern Arizona to celebrate Mental Health for All! It was so amazing to be together again, it felt like old times.

This year we have 58 sponsors and have received over \$82,000 in sponsorships, not including over \$100,000 + in in-kind media to promote the event. Our sponsors were out in full force participating in our resource fair to share the programs and services they provide with all of you—our tents were full.

We have reached 99% of our goal as of this printing with only about \$1,300 to go, so we are REALLY CLOSE and I believe we will make it with one last push from all of you. The website closes for donations on June 1 so one more month to reach \$150,000. All of the funds we raise with our walk stays here in Tucson and helps to support our programs and services, allowing us to continue to provide them at no cost to you!

Christina Bickelmann

After the website closes, we will be working on an awards ceremony to celebrate our sponsors, Walk Stars, and individual and team fundraisers. Time, date location TBD, we will let you know soon.

We are happy to welcome Tara Turek as our new Communications and Events Director. She will be helping us wrap up the 2023 NAMIWalks with our awards ceremony in June, and then getting started on NAMIWalks 2024. She comes to us with excellent event planning skills, she has been working with the 4th Ave Merchants on the street fairs and other events on the Avenue; we are thrilled to have her join our team. See page 4.

May is Mental Illness Awareness Month, observed in the U.S. since 1949. Each year, millions of Americans face the reality of living with a mental health condition. In May, NAMI 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. Mental Health Awareness Month provides a perfect opportunity for the NAMI Alliance to shine a spotlight on spreading helpful mental health resources and information on local programs, or initiatives and content to specific populations (for example, caregivers, youth and young adults, underrepresented communities). It is also a chance to encourage people to take action.

ABOUT NAMI'S "More Than Enough" CAMPAIGN- During the 2023 MHAM, NAMI is launching the "More Than Enough" social media awareness campaign, uplifting and empowering the mental health community to feel that they are "more than enough." We want to affirm the idea that people are inherently worthy of life, love and healing — no matter what they look like, no matter where they are in their mental health journeys, no matter what they are or aren't able to do. This campaign is a message of hope and inclusion. Throughout the month, we will introduce several calls to action on social media related to how people can feel empowered, combat stigma and get involved — ultimately sharing the message that all people are deserving of support, resources, fulfillment and a community that cares and can feel empowered, combat stigma and get involved. NAMI Smarts Advocacy is a great place to start.

NAMI Smarts Advocacy training has resumed, never thought of yourself as an advocate, well think again! Do you want to make a positive change in mental health services? Grassroots advocacy is simple; you don't have to know about policies or politics. It is about using your voice to influence policy makers and make a difference. Turn your passion and your lived experience into a positive voice for mental health with the NAMI Smarts for Advocacy grassroots advocacy training.

Make your voice heard. NAMI Smarts for Advocacy will enhance your advocacy skills and help you shape a powerful and personal story that will move policymakers.

NAMI Smarts engages you in hands-on learning to build and strengthen skills. Whether you are new to advocacy or have years of experience, you will leave the training with messages, step-by-step tools and the practice you need to feel informed, confident and ready to make a difference. We expect to offer the training again in September, contact our office if you are interested in taking the training and we will add you to class waiting list.

Finally for those of you who have made donations or contributed their AZ tax credits to NAMI SA we cannot thank you enough for your support!

Christina Bickelmann, MA

Many thanks to our NAMIWalks sponsors!

Sponsor Spotlight

MEDIA SPONSORS



BEHAVIORAL HEALTH COALITION OF SOUTHERN ARIZONA



A special thank you to two very special volunteers Louise Rumpher who brought her Polaris up from Sierra Vista to help us with the set up and retrieval of all of the signs, and George Storm who year after year loads up two trucks of supplies and gets everything to the Walk. We also extend a sincere thank all of our volunteers, we could not do this without all of you!

Sponsor Spotlight

We would like to thank and acknowledge our 47 returning and 11 new sponsors this year who joined us in supporting NAMIWalks. New sponsors include: Broadway in Tucson, BrainsWay, Pyx Health, Recovia, Sage Therapeutics, Spectrum Healthcare, Hello Bicycle and Café, Rys Snacks Popcorn, Southeastern Narcotics Anonymous, Vantage West CU and Golf Cars of Arizona (who made it possible for us to get those signs and volunteers out on the route.)

2023 Walk Stars

Each year we honor those registered Walk participants who raised more than \$1000 as our Walk Stars. So far for 2023, our Walk Stars are:

Christina Bickelmann; Brandee Devaney; Mary Ann Johnson; Marsi Quigley; Shailey Bergstrom; Ardith Powell (in memoriam); Ann Lettes; Andrew Lettes and Kira O'Shea

Find out who won the t-shirt contest, who the top ten fundraising and biggest teams are, and what the final totals were at our awards ceremony in June! We will be sending out email invitations as we get closer to the date.

Our Resource Specialists Are Here For You

NAMI Southern Arizona Peer Resource Specialists are here to assist individuals improve the quality of life for themselves and their family members by enhancing that person's ability to speak for themselves or, in some cases, speaking on that person's behalf. It is a no-cost service and it is completely confidential.



When you call, you will be speaking to one of our trained resource specialists, Lisa Cole or Erika Seekatz. They can help you to learn about utilizing the mental health system, refer you to other resources, help you find services, and generally answer questions you have about mental health and living with mental illness.

They are available by phone, or by emailing namisa@namisa.org, or if you would rather speak to them in person, you can call and make an appointment. It's always private and confidential.

To speak with a Peer Resource Specialist please call us at 520-622-5582 Mon-Fri, 9:00am-5:00pm. Para hablar con alguien en español envíe un correo electrónico



Meet Our New Communications & Events Director

Tara Turek has experience in administration, addictions, and events planning. Tara has a master's degree in International Business and has worked in both the private and non-profit sectors. She is a strong advocate for mental health because it affects everything we do from our emotional well-being to our social well-being. She is excited to join the NAMI team and assist in the effort to help all those affected by mental illness.

Tara is a Tucson native who loves the desert for all that it has to offer. She is a proud mother and grandmother, and wife-to-be. In her spare time, Tara enjoys Medieval reenactment, spending time with her dogs, and spoiling her granddaughter. She also enjoys traveling, spending time in her garden, and singing in her car.



NAMI Southern Arizona participates in a vehicle donation program. We have chosen Charitable Auto Resources (CARS™) to help us manage this program and make it super easy for you - OUR SUPPORTERS!

CARS helps non-profit organizations raise funds through successful car donation programs. They collect the vehicles, bring them to car donation centers, sell the car for you and distribute proceeds to NAMI Southern Arizona.



Donating your car, truck, van, SUV, boat, motorcycle, ATV, RV, trailer or airplane has never been easier! You can do it all online or with a telephone call. **Call the toll free number 1-877-537-5277 to get started.**

Pick up of your donated vehicle is always **free** and most vehicle donations can be picked up within 24-72 hours. You will receive a receipt upon pickup that may be used for a tax deduction. **DONATE TODAY!!**

Volunteer Spotlight - Sarah Smolowitz

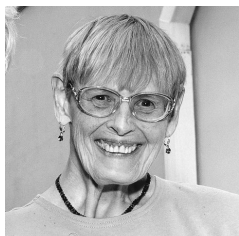
“I first learned about NAMI from the Crisis Team. I had a breakdown at work, and HR decided to call the police who, in turn, called the Crisis Team. They did a basic evaluation and referred me to NAMI.

“My first thoughts of NAMI was, ‘This is an office? It looks more like a home.’ When I got inside, I wondered, ‘How is a small place like this going to help me,’ but I soon found out.

“I give support to NAMI by volunteering, doing outreach at events, and supporting the staff.”



Sarah is one of our most avid volunteers and is always there to help us, whether in the office or at outreach tables throughout the community helping us spread our message and raise awareness. We appreciate everything she does for NAMI!



Impressive Strides

by Ardith Powell

1947-2022, she is missed!

NAMI walks are impressive strides.
 With footprints of many side by side.
 We rise up and take a stand.
 Then bow down and lend a hand.
 It's all part of God's way of making a difference out of each day.
 Our hearts entwined with this mission of care.
 We can find courage and hope almost everywhere.
 And when the last step crosses the line.
 Financial victory we will find.



NAMI Southern Arizona is now taking submissions for our 2023-2024 Poet Laureate! If you would like to be considered, please submit a minimum of 4, maximum of 10, poems to eventassist@namisa.org or drop them off at our office. The winner will be announced at our NAMIWalks Awards Ceremony in late June.

The deadline for submissions is May 31st!

The winner will have the opportunity to include a poem in each of our quarterly newsletters and read a poem at NAMI Southern Arizona events.



May is
 Mental Health
 Awareness
 Month

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

You Could Win This New Ford Bronco!

It's time again for Jim Click's Millions for Tucson Raffle!

100% of all proceeds from tickets sold by NAMI Southern Arizona will help support our no-cost advocacy, education and support programs.

With your **\$25** contribution (or **5 tickets for \$100**) you could win an awesome, brand new **2023 Ford Bronco Raptor!**
2nd Prize: 2 roundtrip first-class airline tickets to anywhere in the world (some restrictions apply).
3rd Prize: \$5,000 in cash.

Stop by our office at 6122 E. 22nd St. and **purchase your tickets any time from now until December 7, 2023.** The drawing will be held on December 14, 2023. Good luck - and thank you for helping out NAMISA!



Have Fun & Do Good Work For the Mental Health Community - Volunteer!

Would you like to do gratifying volunteer work for the cause of mental health? Do you want to make a difference in your community? Maybe you need to do volunteer hours for school or some other program, but you want it to be something meaningful that you care about?

NAMI Southern Arizona always needs volunteers! Not just for big events like NAMIWalks, but also for resource tables at events, office work, the reception desk at the office, yardwork, and more.

Here's what some volunteers say they like about volunteering for NAMISA:

"I wanted to give back to the mental health community so I started volunteering at NAMISA. 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....The staff here at NAMISA are exceptional and I feel right at home." - Lisa



"As someone who struggles with mental illness, I've found community to be extremely helpful. As an ETS presenter, I'm given access to a community of like minded people with similar goals. Becoming a presenter gives my voice and so many others a purpose." - Aretha

"I have thoroughly enjoyed every second I have spent volunteering with this organization. I have a genuine passion for helping others, and I get to do that through NAMI. I also get to help myself, because through volunteering, I have found passion and purpose." - Siarra

NAMI Southern Arizona No-Cost Programs & Services

EDUCATION

General Presentations*: We provide presentations on NAMI programs, suicide prevention, 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 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)*: An 8-class education course that is peer-led, and recovery oriented. It is 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 adult individuals with mental illness providing their testimonies to adults. *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*

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





nami | Southern
Arizona

National Alliance on Mental Illness

6122 E. 22nd St. | Tucson, AZ 85711



MARK YOUR CALENDAR

May is Mental Health Awareness Month

May 29: Memorial Day: NAMI offices will be closed

June 19: Juneteenth

Tuesday, July 4th: Independence Day - NAMI offices will be closed

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.