



nami

Southern Arizona

National Alliance on Mental Illness

SINCE 1983



**FIND HELP.
FIND HOPE.**

*NAMI Southern Arizona's 40th
Anniversary*

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Christina Bickelmann
Executive Director

2023 Marks NAMI Southern Arizona's 40th Anniversary

What started as a small group of parents and family members seeking care for their loved ones, is now a movement!

From the Executive Director

As we plan for our anniversary celebration during Mental Illness Awareness Week in October, we have been busily piecing together our rich and interesting 40-year history and the many contributions made by so many in support of people with mental illness and their loved ones.

The idea to form a group to advocate for the seriously mentally ill in Tucson and Pima County began through conversations between Si and Ellie Schorr and Dr. Jose Santiago, chief of psychiatry at Kino Community Hospital. Dr. Santiago provided the inspiration and practical support for the founding of Alliance for the Mentally Ill of Southern Arizona (AMISA), as it was known then. He was at the forefront in the psychiatric community in many ways, including his inclusion and support for families advocating for the Seriously Mentally Ill (SMI.)

It became apparent in the early 80's that there was need for an organization to represent the interests of families affected by serious mental illness, as no such organization existed locally, or statewide. Dr. Santiago put Si and Ellie in touch with other families similarly affected and soon this small group of family members, which included Nancy Masland, Elly and Curt Anderson, Marty Scheinkman and Joy Baker, began to organize and hold regular meetings at Si and Ellie's around their dining room table. They reached out to others in the community and started to be recognized as a support for families, and as a force focusing attention on the issues affecting the SMI. While Amisa was formally incorporated in 1983, it was undertaking significant activity before that time. What started as a small group around a dining room table, has grown over the years into a major organization in the region, serving thousands of people every year, and continuing our mission to improve the quality of life for all those affected by mental illness. **Continued, pg. 2**

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- 7 - NAMI Southern Arizona Programs**

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Contact Us

namisa@namisa.org
namisa.org

Business Hours

Monday - Friday
9 AM to 5 PM

From the Executive Director

The 1990's saw NAMI SA continue its advocacy efforts, working on such areas as non-discrimination against the disabled in group homes, advocating against funding cuts for the Mental Health Board of Pima County, and trying to keep the legislature from eliminating the "insanity defense" in criminal cases. We also began transitioning from a grassroots, all-volunteer organization, into a professional one with a small staff, allowing NAMI SA to raise funds and provide needed services to more individuals.

The first office was established in 1988 at the Historic YWCA, after 10 years we moved to a new location on Swan and in 2005 purchased our first building and moved to our current location on 22nd Street.

After several name iterations, AMISA took on the name of its national organization in 2000, becoming the National Alliance for the Mentally Ill of Southern Arizona and ultimately The National Alliance on Mental Illness (NAMI) Southern Arizona in 2013.

In the 2000s we began to branch out into more Spanish language services and presentations, the NAMIWalks annual fundraiser and working with the Crisis Intervention Network (now Solari) to help train officers on the best way to handle mental health crises. We continue these classes, support groups and trainings today and NAMIWalks Southern Arizona is going into its 18th year in 2024, drawing thousands of walkers celebrating Mental Health for All!

This year we are also celebrating the 988 one-year anniversary. 988 is now the three-digit dialing code that routes callers to the 988 Suicide & Crisis Lifeline (or 988 Lifeline). On July 16, 2022, the Lifeline transitioned away from the National Suicide Prevention Line reached through a 10-digit number to the three-digit 988 Lifeline. It is funded by the Substance Abuse and Mental Health Services Administration (SAMHSA) and administered by Vibrant Emotional Health (Vibrant). When people call, text, or chat with the 988 Lifeline, they are connected to trained counselors that are part of the existing 988 Lifeline network, made up of over 200 local crisis centers. These counselors are trained to provide free and confidential emotional support and crisis counseling to people in suicidal crisis or emotional distress, and connect them to resources.

- **These services are available 24 hours a day, seven days a week, across the United States.**
- **Veterans and their loved ones can now Dial [988](#) then Press 1 to reach the Veterans Crisis Line.**
- **In Arizona, Solari Crisis and Human Services is coordinating the 988 effort.**

Currently, we have grown to over 350 members, we have the key signature programs and support groups for family and peers running continually throughout the year. Over the years, NAMISA has continued to provide a base of advocacy, support and education for people with mental illness and their families, friends and loved ones.

As one of the local voices on mental illness, NAMI SA is changing the way our community treats and thinks about people with mental illness, so that no one has to go through this journey alone.

Our 40th Anniversary celebration will be held on Tuesday, October 3rd and will include Keynote Speaker- Dr. Kenneth Duckworth, Chief Medical Officer for NAMI and author of the best selling book **You Are Not Alone**. There will be an opportunity to purchase the book and have it signed by the author at the event. More to come, so stay tuned to our social media Friday e-blasts, and follow us on Facebook and Instagram for updates.

As you read this, we want to thank you for all you do, and acknowledge that you are a part of NAMI Southern Arizona's 40-year history, and it's future and that is something to be proud of!

Christina Bickelmann, MA

September is Suicide Prevention and Awareness Month

It can be frightening if someone you love talks about suicidal thoughts. It can be even more frightening if you find yourself thinking about dying or giving up on life. Not taking these kinds of thoughts seriously can have devastating outcomes, as suicide is a permanent solution to (often) temporary problems.

According to the CDC (www.cdc.gov/vitalsigns/suicide/) suicide rates have increased by 30% since 1999. Nearly 45,000 lives were lost to suicide in 2016 alone.

Comments or thoughts about suicide, also known as suicidal ideation, can begin small with phrases such as “I wish I wasn’t here” or “Nothing matters,” however, over time, they can become more explicit and dangerous.

Warning signs of potential suicide may include:

- Increased alcohol and drug use
- Aggressive behavior
- Withdrawal from friends, family, and community
- Dramatic mood swings

Mental Health Crisis Line 988—One Year of Help and Hope

The national suicide and crisis line, 988, launched just over a year ago, in July of 2022. Since that time, it has received nearly 5 million calls, texts, and messages, according to the US Department of Health and Human Services.

With specialized crisis lines for veterans, LGBTQ+, and youth, trained crisis staff members are available 24 hours a day, seven days a week. The 988 lifeline has been instrumental in supporting many people.

However, according to a poll from NAMI National, over 80% of adults in the US surveyed did not know what 988 was. The lifeline is still facing this hurdle—if people don’t know about it, they can’t utilize its lifesaving services. But, we can all help. Let your friends and family know that 988 is there for them in a mental health crisis. Spread the word about 988 so that it becomes known nationwide!

Be the lifeline.



- Impulsive or reckless behavior
- Collecting and saving pills or buying a weapon
- Giving away possessions
- Tying up loose ends, such as organizing personal papers or paying off debts
- Saying goodbye to friends and family

Suicidal *behaviors* are a psychiatric emergency. Seek immediate help from a health care provider or call 988 if you or a loved one starts to take any of these steps. If you are unsure, a licensed mental health professional (www.nami.org/About-Mental-Illness/Treatments/Types-of-Mental-Health-Professionals) can help assess.

For more information, visit www.nami.org



Renew and Recruit Membership Drive

We are holding a membership drive this summer! This time, it's a Renew and Recruit drive. If you join or renew your membership between July 31st and September 1st, you will have your name entered into a giveaway. For each new member you recruit, your name will be entered into the giveaway. The person(s) with the most entries will win! There are three wonderful prizes:



GIVE AWAY!

NAMI SOUTHERN ARIZONA MEMBERSHIP DRIVE!

JOIN
Become a new member of NAMI Southern Arizona.

RENEW
Renew your NAMI Southern Arizona Membership.

RECRUIT
For every new member you help recruit, it's an extra chance to win!

3 ways to win!
DATE: JULY 31ST-SEPT 1ST

OMG!

1st place—U of A gift bag, totaling \$150 value

2nd place—gift bag of hair care products, totaling \$80

3rd place—NAMISA swag bag, totaling \$50

Hurry and get your membership in today! Remember, you **HAVE** to tell us who you recruited, so we can give you credit and put your name in the giveaway for each person you recruit. Anyone can renew now! It's so easy!

Just go to www.namisa.org/join-our-membership or click on the JOIN button at the top of our homepage.

Email memberships@namisa.org for more in-

Your annual membership helps us to continue providing support, education, and advocacy at no cost. Our membership benefits include:

- A subscription to The Advocate; NAMI National's quarterly publication.
- Our affiliate's quarterly newsletter—which you are reading right now!
- Invitations and announcements to our affiliate events.
- Automatic membership with our national, state and local NAMI so that you stay informed of statewide and national initiatives.
- Access to our lending library without having to leave a deposit.
- Discounts at the online store at www.NAMI.org and discounted registration for NAMIcon, the annual conven-

Meet Our New Communications & Events Assistant, John Huerta

John is a neurodivergent native Tucsonan who returned home to attend graduate school at The University of Arizona. He grew up going to Tucson Toro's games, living and dying by Wildcat sports and feeding the ducks at Reid Park. He graduated from UA in 2020 with his Masters in Public Administration with an emphasis in organizational leadership and city/county management. He is committed to working to make his home a healthier, fairer, more equitable and equal community for all its residents and is extremely excited to be pursuing this work through his position at NAMISA.



How “In Our Own Voice” Helped Me in My Recovery, Jim Bennett

One of the biggest aids to help me recover from 40 years of mental illness (mostly Bipolar 1) was the In Our Own Voice (IOOV) presentations.

I enjoyed the training and after the training, when I was actually making my presentations, I spoke at high schools, colleges, social service agencies, churches, prisons, alcohol rehabilitation centers and mental health hospitals. I always found these talks to be healing, every time. I tried to beat down stigma and to inform the audience about how my bipolar story had played out.

We always had two presenters, so that the audience could hear about two different types of mental illnesses. The DVD then featured mentally ill people talking about their type of mental illness, and their recovery from it. But as NAMI says, “recovery is a journey, not a destination”. I still need my daily meds, and I practice positive affirmations when I wake up, and do positive self-talk during the day. I also pray before going to bed each night. I need to eat healthy, and make sure I

enjoy my leisure time (I’m retired). I also try to surround myself with positive people.

I am no longer doing NAMI presentations, because parts of it have become so computerized, and I don’t even have a home computer. But my time as a presenter has helped me so much in my recovery. It’s been a golden opportunity at just the right time.

Jim Bennett is a retired psychologist, who was fighting depression for some time before being diagnosed with bipolar disorder. He was a NAMI In Our Own Voice presenter for 3 years in Tucson, Arizona.



City of Tucson

Cooling Stations

Although summer is winding down in many parts of the world, the heat is still on in Tucson.

The City of Tucson has several cooling centers, open seven days a week, from noon to 4 PM, at the following locations:

- **Donna Liggins Center**, 2160 N. 6th Ave, Tucson, AZ 85705
- **El Pueblo Center**, 101 W. Irvington Road, Tucson, AZ 85714
- **El Rio Center**, 1390 W. Speedway Blvd, Tucson, AZ 85745
- **Morris K. Udall Center**, 7200 E. Tanque Verde Road, Tucson, AZ 85715
- **Randolph Center**, 200 S. Alvernon Way, Tucson, AZ 85711
- **Clements Center**, 8155 E. Poinciana Drive, Tucson, AZ 85730

In addition to these cooling stations, the Tucson Pima Collaboration to End Homelessness has a list of more cooling centers and locations for water and supplies.

These additional locations where people can get out of the heat and sun include:

- **Salvation Army Hospitality House**, 1002 N Main Ave. Open seven days a week, noon to 5 p.m.
- **Primavera Foundation**, 702 S. 6th Ave., Tucson, AZ 85701. Open Monday, Wednesday, Thursday, and Friday, from 9 a.m.-12:30 p.m.
- **Sister Jose Women's Center**, 1050 S. Park Ave., Tucson, AZ 85719 Open Monday-Saturday, noon-4 p.m.
- **Grace St Paul's Episcopalian Church**, 2331 E. Adams St. Open Monday, Wednesday, and Friday, from noon-4 p.m.
- **La Frontera RAPP**, 1082 E. Ajo Way Open Monday-Friday, 8 a.m. to 4 p.m.
- **Kino Service Center**, 2797 E. Ajo Way, Tucson, AZ 85713 Open Monday-Friday, 8 a.m.-5 p.m., closed holidays
- **Rio Nuevo One Stop**, 320 N. Commerce Center Loop, Tucson, AZ 85745 Open Monday-Friday, 8 a.m.-5 p.m., closed on holidays



SAFETY TIPS FOR SUMMER

- Drink at least eight 8oz. glasses of water per day.
- Keep medications in a cool area.
- Be sure to read the storage labels on your medications.
- Wear a hat when outdoors.
- Avoid direct sunshine.
- Avoid salty foods.
- Keep food in a cooler when outside.
- At work, be sure area is properly ventilated.
- Schedule outdoor exercising during early morning or evening hours.
- Wear light colored clothing which allows for ventilation, such as cotton.
- Maintain a balanced diet.

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

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*

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 or contact Judi Maikoff at jmaikoff@namisa.org

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.





MARK YOUR CALENDAR

July 31 - September 1: NAMISA Renew and Recruit Membership Drive—see p. 5

August 17: Second Chance Resource Fair, 12 PM - 4 PM, TCC, 260 S. Church

August 26: Tucson Parks and Recreation Health Fair, 10 AM - 12 PM, Santa Rosa Rec Center, 1080 S. 10th Ave.

August 30: Youth Empowerment Caucus, 1 PM - 4 PM, Student Union South Ballroom

September is National Suicide Prevention Month

September 4: Labor Day, NAMISA offices closed

September 12: Goodwill Health Fair, 11 AM - 3 PM, at the Goodwill at 300 N. 4th Ave.

September 14: Health & Wellness Day, 10:30 AM - 1:30 PM, Pima West Campus

September 16: Wellness and Resource Fair, 10 AM - 1 PM, Kennedy Park

September 21: Hispanic/Latinx Heritage Resource Fair, 11 AM - 2 PM, PCC - Downtown Campus

October 1-7: Mental Illness Awareness Week

October 3: NAMISA's 40th Anniversary Party (dates and details to come soon)

October 10: Goodwill Health Fair, 11 AM - 3 PM, at the Goodwill at 300 N. 4th Ave.

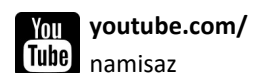
November 10: Veteran's Day (observed), NAMISA offices closed

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 view your newsletter, be sure to pass it on to someone you know who may benefit from its content!

Follow us on Social Media



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