



Caring and Sharing

NAMI Phoenix

Volume 4, Number 7 Families and Friends Affected by Mental Illness September/October 2003



LET THERE BE LIGHT

by Kaye A. Peters

The 2003 NAMI Convention was held in Minneapolis, Minnesota, June 27 - July 1, and four of our own NAMI Phoenix attendees, **Barb Hucek**, President, **Harriet Kronick**, Board Member, **Helga Wilson**, Board

Treasurer, and **Adrienne Pagel**, graciously agreed to act as roving reporters so we all could learn what's going on in the world of mental illness at the national level.

Anyone can attend a NAMI Convention—whether a NAMI member or not. What is interesting is that Physicians, Pharmaceutical Companies, Research Scientists, Psychiatrists, as well as other valued program contributors are there to provide myriad information on mental health

advances as well as current research project information. There were also disclosures that there are concerns for the aging mentally ill population, and Harriet Kronick emphasized that she came away with a positive outlook that NAMI National is focusing on these issues. She noted that the Physicians and Psychiatrists acknowledged they are listening



Helga Wilson and Cindy Gattorna

more carefully to the issues of the aging. **Michael Hogan**, Ph.D, chair of the President's New Freedom Commission and director of the Ohio Department of Mental Health noted that the interim report from the Commission recog-

NAMI Phoenix Spotlights—

George

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by Kaye A. Peters

What brings an individual to become a volunteer for any organization? Is it something inside that person that just has to get out? Is it a feeling that protrudes into action and voices itself to a person in such a way that he or she becomes an integral part of a volunteer team?

George Brainard, is one such volunteer. Motivated to come to our need through his own personal experience, since childhood, in dealing with bipolar brain disorder in his immediate family.

George has been a valued member of our volunteer team for many years. George has served as President of PAMI (Phoenix Alliance for the Mentally Ill), one of the three small independent affiliates which



NAMI Phoenix
 2210 N. 7th ST.
 Phoenix, AZ 85006

Caring and Shaing

To contact NAMI Phoenix

New Mail Box Address:
 6339 E. Greenway Rd.
 #102-344
 Scottsdale, AZ 85254
 Phone: 602-354-7842
 Email: Harriet Kronick@cox.net
 Web site: www.namiphoenix.org

Executive Committee:

Barb Hucek, President
 Carol Cronlund, Vice President
 Kate Helms Tillery, Secretary
 Helga Wilson, Treasurer

Members of the Board:

One year term:
 Carol Cronlund, June Kaiser, Barb Hucek
Two year term:
 Kate Helms Tillery, Diane McVicker,
 Helga Wilson
Three year term:
 Ken Babb, Walt Hoesch, Harriet Kronick

Committees:

Advocacy: Diane McVicker (Chairperson), Robert Broman, Donna Cook, Sue Davis, Alex Gandarilla, Kathy Huseby, Gordon Iversen, Rosemary Lenzen, Ken Mounkes, Sandy Murphy, Rosemarie Nichols, Marilyn Racer, Mary Rapson, Rita Moffit, Shirl Gillespie, Lois Ramos

Bylaws and Resolutions:

Frances Peterson (Chairperson), Alice Schultz

Public Relations:

Ken Babb (Chairperson), Adrienne Pagel (newsletter lay-up)

Program/Education:

Tom Kelly (Chairperson), Helen Boorman

NAMI Phoenix represents families and friends affected by serious mental illnesses. NAMI Phoenix is an affiliate of NAMI (National Alliance for the Mentally Ill) and NAMI Arizona (the Arizona Alliance for the Mentally Ill). NAMI is a grass roots, self-help, support, education, research, and advocacy organization dedicated to improving the lives of adults and children with severe brain disorders.

—continued from page 1

nized that older adults with mental illness are not receiving care, and a subcommittee was formed to look into the matter. He also stated, "No group [NAMI] knows better how to effect change in the mental health system." That's a great pat on the back, isn't it?



Harriet Kronick and Phil Amorosi (NAMI East Valley)

This was Helga's first convention, and she specifically focused on schizophrenia research. But, she also attended the Crises Intervention Training presentation and felt that overall it was informative and meaningful. For her it was a worthwhile trip, and she wants to go again. There are workshops sponsoring something for everyone, e.g., exhibits, new medication information, pharmaceutical offerings and new research.

Barb Hucek came away full of energy, information and hope! "You could feel the energy that all of the attendees brought to the movement", she stated. Specifically, she was impressed with the statewide initiative and coalitions of Alabama, who offered housing and family support to the mentally ill. They were progressive and innovative in providing state, public and private funding to provide these programs. She noted that NAMI Utah partnered with the PTA of the Salt Lake City High Schools, offering support and education to students.



Two works of art—Kathy Bashor (NAMI East Valley) and Barb Hucek at the sculpture garden

The convention also focused on children and young adults. **Cindy Gattorna**, Director of the Child and Adolescent Division at NAMI Arizona, attended most of the child and adolescent workshops and classes. Obviously, the more information we can bring back to the local affiliates the better. Software was available for NAMI affiliates to organize their programs; one could pick up pamphlets and useful information specific to one's interests.

And, would you believe there is a NAMI at ASU! Yes there is, and two NAMI ASU members attended the convention as well. **Eryn Pagel Stump** and **Cainan Foltz**, both students of ASU, presented a

workshop on their chapter.

NAMI National, provides the tools and information that are channeled to the local level. As Adrienne Pagel says, "Every one should go to at least one convention! The next



Eryn Pagel Stumpp and Cainan Foltz presented a workshop on creating a college NAMI.

one is in Washington, D.C., what better place to be! That's where NAMI National is located." If anyone wants to find out more about the Convention or to make plans for next year, contact Barb, Helga, Cindy, Harriet, or Adrienne. Any one would be happy to share their Convention experiences and help you plan for 2004.

There is no doubt about it, that we are making great headway and strides as we lift the veils of silence and shame and stigma that existed for far too many decades, and let the sunlight into our lives. There's no turning back now. Dr. Hogan stated he envisions a future where recovery and resilience will be expected outcomes and mental illness will be prevented or cured. Is that Hope or what?!!

AND THERE WAS LIGHT

Photos by Bette Knuppel, President of NAMI West Valley

NAMI Walks for the Mind of America And MORE!

NAMI Walks is a new NAMI National event that can—

- Bring NAMI members, friends, consumers, supporters from across the state together for one great day of community education, media attention, celebration, and advocacy
- Provide major fundraising opportunities for all NAMI affiliates
- Unify the mental illness community

The NAMI Arizona Board has voted to apply for the 2005 NAMI Walks program—which means, we start working in Spring, 2004. Come hear more about NAMI Walks, other affiliate fundraising opportunities, options for state/local affiliate sharing, and more on Saturday, September 20.

Warren Karmol, NAMI Region V Director, is making a special trip to Arizona to present all these topics and more. The day starts at 8:30 am and is open to all NAMI members. Call the NAMI Arizona office at 602-244-8166 for more details.

 **NAMI** | **Phoenix**

Has a NEW—

Phone # 602-354-7842

Mail Box Address:

NAMI Phoenix
6339 E. Greenway Rd.
#102-344
Scottsdale, AZ 85254

Web site: www.namiphoenix.org

Visions of Hope Center

Our last *Caring and Sharing* omitted some important information about the new Visions of Hope Center. Please note the following—

Visions of Hope Center
15044 N. Cave Creek Rd.,
Phoenix, 85032

Executive Director: **Donna Feno**
Assistant Director: **Valarie Vogel**
Phone: 602.404.1555
Hours: 8:30 am – 3:30 pm
Bus Route: 90

Look for New offsite outings.

Consumer Council News

We regret to announce that **Tom Kelly** has resigned from his position as Consumer Council Representative from NAMI Phoenix, and we thank Tom for his work. We are proud to welcome **Kaj Willow Kaemer** as our new council representative and we look forward to working with the Consumer Council in the coming year.

Tribute/Memorial Donation Fund

In celebration of *Shelley Hecht's* 60th birthday!
—*Harriet and Hank Kronick*

A birthday wish for my brother, *Brian Schnarr!*
— *Carol Cronlund*

In memory of *Margaret Cycon*
—*Tom and Diane McVicker*

In memory of *Elizabeth Zachary.*
—*Ida Mae Varga*

NAMI-Phoenix members are very generous. Over the past year, we have received many wonderful financial contributions. In order to recognize donors, as well as those being remembered, celebrated or honored, NAMI Phoenix has created a Tribute/Memorial Fund.

What a meaningful way to mark anniversaries, promotions, weddings, graduations and other special occasions, or to express sympathy for the loss of a loved one! No donation amount is too large or too small.

Upon receiving a donation, NAMI Phoenix will notify the recipient of the donation, and also mail the donor a receipt.

Please include the following information when making a donation, and address all donations to:

NAMI Phoenix
6339 E. Greenway Rd.
#102-344
Scottsdale, AZ 85254

Donor Name: _____

Donor Address: _____

Recipient Name: _____

Recipient Address: _____

In Honor /In Celebration /In Memory of _____

NAMI Phoenix Advocacy

The Advocacy Committee met at the NAMI Arizona office on July 14 and discussed the problems faced by those who are homeless and suffer from mental illnesses. *Dr. Max Dine* had put together a list of legislative issues for 2004, which we will be addressing in more detail in future meetings and articles. The list included insurance parity, a referendum to allow persons adjudicated incapacitated to vote, mandatory medication for purposes of competency to stand trial and face the death penalty, presumptive medicaid eligibility that they lost while incarcerated, supermax prisons (prisoners with mental illness are being kept in solitary confinement for 23 hours per day) and SMI's, mental health education in grades K-12 and medications for children.

Please contact your legislators regularly (in person or by phone, email or personal letter). Be brief and to the point, and let them know what you want from them and why. Make sure you thank them if they follow through and hold them accountable if they don't. If you aren't a registered voter, become one.

Anyone who would like to be added to the NAMI Phoenix Advocacy Committee email list should send their email address to Diane McVicker at dbmcvick@cox.net.

The next meeting is scheduled for September 8 at 6:00 pm at the NAMI Arizona office. Everyone is welcome.

A Note of Thanks

My family and I would like to thank you all for providing support to us at the time of *Bryce's* death. Those of you who were able to attend the memorial service learned with us how many lives he had touched.

He fought the illness from his early teens with all the strength he had and it was tragic that he was not able to win the battle. It is my hope that we will be able to continue to learn from his fight and that of others in order to improve treatment options.

Thanks again for helping us through this difficult time,

Karen Smith

6th Annual Mental Illness Awareness:
Candlelight Vigil

"Steps to Success in Mental Health"

Saturday, October 18—Noon to 7 pm
Margaret T. Hance Park, 67 W. Culver, Phoenix
(Central & I-60, next to main library)

Formed in 1995 by a coalition of representatives from 28 organizations (including NAMI Arizona), the Vigil educates the public, creates an understanding and awareness of mental health in our society, and celebrates recovery. The day includes: booths, food, entertainment, awards, guest speakers, Kids' Strength Parade and an essay contest. For information: **Jenny McLellan** (602-712-9200 x 206).



**Mental Illness Awareness
Sunday**

Guest Speaker: Mary Jo West
September 28, 2003

North Scottsdale United Methodist Church
11735 N. Scottsdale Rd, Scottsdale

Everyone is Invited!

For the past year, the Mental Illness Task Force at the North Scottsdale United Methodist Church (NSUMC) has been working to educate its congregation about mental illness. The Task Force, which includes several NAMI Phoenix members, has sponsored a Family to Family Class, a Visions Class, monthly mental illness education in the church newsletter, NAMI brochures placed in church bathrooms, and more. The culmination of this year's work is NSUMC's Mental Illness Awareness Sunday.

Mary Jo West, an award winning journalist and great NAMI friend, will address the NSUMC congregation and share her story of living with bipolar disorder. In addition, guest teachers will present the NAMI curriculum, Breaking the Silence in Sunday School (upper elementary to adult). The Task Force will distribute handmade anti-stigma Silver Ribbons to ALL who attend, and will provide a resource table filled with NAMI brochures and information. Please join NSUMC at either the 8 am, 9:30 am or 11 am service, and help kick off Mental Illness Awareness Week, October 5 - 11. For more information, contact **Chris Montgomery** at, 480-948-0529.

**NATIONAL
MENTAL ILLNESS
AWARENESS
WEEK Oct 5 - 11, 2003**

George Brainard

—continued from page 1

eventually merged to create today's NAMI Phoenix. He served NAMI Phoenix as chairman of the Public Relations Committee and also helped compile membership. George is probably best known for facilitating the Sibling and Adult Children (SAC) support group—one of the few in the country.

In addition, George has worked on every Mystery Authors Luncheon, transporting all silent auction items to the luncheon site and more.

At Christmastime our Holiday Gift Bag program has George assembling and sorting for these bags. He always encourages others to join in.

Moreover, George has taken his interest and enthusiasm for NAMI to his workplace, where at he distributes NAMI literature at health fairs.

NAMI Phoenix wishes to thank George for his many years and hours of volunteer service.

THANK YOU, George!

**Holiday Gift Bag
Program Is Back!**

For the **9th year**, thanks to the work of **Alice Schultz**, NAMI Phoenix will participate in the Holiday Gift Bag Program. Its purpose is to bring holiday cheer to serious mental illness patients enrolled in treatment programs. Now is the time to start collecting toiletries and more. Look for more information in the coming months.



NAMI Phoenix Education



NAMI's Family-to-Family Education Program reaches out to family members, fully acknowledges the trauma and heroism in their lives, leads family caregivers through pain and stigma to emotional understanding, clinical insight, healing and action. The course is rich in clinical detail (the how's why's and what's of mental illness and medications too), but its primary mission is to transform personal devastation to action and power. Over 50,000 people have graduated from Family-to-Family classes across the United States and Canada.

Many graduates say that this one class helped to change their lives.

There will be two opportunities this fall for interested persons to take the outstanding **twelve-week** NAMI Family-to-Family class. NAMI Phoenix offers two classes in September and one may be right for you. NAMI Phoenix strives to offer our **FREE** classes in a variety of locations and at a variety of times. Class members receive a thick notebook filled with resources, materials, information and help.

FIRST CLASS

Starts—Thursday, September 4
7pm - 9:30 pm
NAMI Arizona Office
2210 N. 7th St., Phoenix

SECOND CLASS

Starts—Sunday, September 7
1:30pm - 4pm
Pinnacle Presbyterian Church
25150 N. Pima Rd, Scottsdale

Please call **Marilyn Racer** at 602-992-1936 to register for these or future classes.



Visions For Tomorrow

A free 8-week educational course for caregivers of children and adolescents with brain disorders. Taught by trained NAMI family members, the course offers information about the mental illnesses and their treatment, coping skills, and the basic tools for day-to-day care-giving.

STARTS—Saturday, September 27
(last class October 25th)
9:00 a.m.-1:00 p.m.
(No childcare)

LOCATION—Shadow Rock
Congregational Church
12861 N. 8th Ave., Phoenix

TEACHERS—
Deborah Gross & Cynthia Henry

CONTACT—
Liz Curry (602) 789-7045, or for general
information contact **Cynthia Gattorna**
Director of the Children and Adolescents
Division, 602-244-8166

NAMI Maricopa County Affiliates & YOU

It's a big complicated mental health system out there. So many different agencies and organizations provide services for those with brain disorders. Come **Tuesday, September 16** at 12:30 pm to a meeting of the NAMI Maricopa County Affiliates (NAMI East Valley, NAMI West Valley, NAMI Phoenix).

We will meet at the NAMI AZ office at 2210 N. 7th Street. The education director of the META Services will be our speaker. We will learn about META programs and see how our programs interface. **Everyone is welcome to attend.**

New NAMI Teen Advisory Group

NAMI National is forming a teen advisory group to help fight stigma associated with mental illnesses and to ensure that the teen voice is heard and an important part of NAMI's advocacy, education, outreach and support work. The NAMI Child and Adolescent Action Center is seeking assistance in locating teens who might be interested in joining the NAMI National Teen Advisory Group.

To learn more about this effort or how to access the description and application for the group online, please call (703-600-1110) or email Belen at belen@nami.org. The application deadline for the Teen Advisory Group is October 1, 2003.

Captain Queeg & the Mermaid

by *Bob Broman*

Happy is the man of sound body and sound mind
Who has never questioned his sanity,
Nor had it questioned.

He pilots his ship through the stormy oceans,
Without ever doubting his bearings or
The sea-worthiness of his vessel.

His destination was pre-determined,
At his port of origin;
No other destination was considered.

Consider his counterpart:
The lass who succumbed to stress, grief, or disaster.
She speaks little, doubting
Her thoughts and her tongue!
Or perhaps she speaks constantly, overeager
To empty her mind of competing thoughts,
All seeking expression.

Her vessel is a leaky canoe,
The waves toss her hither and thither.

It doesn't matter:
She is not in her vessel:
She is swimming,
to better experience the salty brine.

Her destination is the ocean.



SAVE THE DATE!

The 3rd Annual *Mystery Authors Luncheon!*

Saturday, November 8, 2003

The Westin Kierland Resort and Spa, Scottsdale, AZ

2003's Outstanding Authors—

Betty Webb, *Scottsdale Tribune* book editor

Michael McGarrity, *Best Western* Novelist

J.A. Jance, *NY Times* Best Selling Author

T. Jefferson Parker, *Best Selling* Author

*Our thanks to The Poisoned Pen Bookstore
and Patrick Millikin for their continued support!*

One of the Best Silent Auction's in AZ

Great for bargain hunters in all categories

For more information, go to our **New** Web site:

www.namiaz-events.org

Volunteers Wanted & Needed:

Call—480-596-0287 to volunteer

Arizona Alliance for the Mentally Ill

NAMI Phoenix

2210 N. 7th Street
Phoenix, AZ 85006-1604



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Become a member of NAMI Phoenix today!

If you are already a member, make sure your membership is up to date. **Do you have friends and family who would like to learn more about mental illnesses?** Share this with them and suggest they join also. With our flexible pricing plan, joining is easy and inexpensive! And you get so much for your money! You receive information about free educational opportunities, outstanding local programs, social events for all members of the family, support groups, new friends and a full range of state wide resources.

And, your contributions help all of those who are affected by serious mental illnesses.

So, with all of that available to you, why not mail your check (made out to NAMI Phoenix) today? You will become an integral part of a growing, caring and active bunch of people. And as our membership grows, NAMI becomes a more powerful organization enabling us to do even more to help those with serious mental illnesses. There is so little to lose and so much that can be gained, so **join us today.**

NAMI Phoenix Membership

MEMBERSHIP TYPES

Family/Individual \$20

Supporting Agency \$25



DATE: _____

Open Door \$3 (low income)

Other Gift

Name: _____

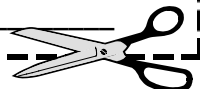
(Home) Phone: _____

Mailing Address: _____

(Work) Phone: _____

FAX: _____

Email: _____





NAMI Phoenix List of Events and Activities** Calendar for July & August 2003

Group Name	Group Description	Date/Time
	**Please Note: Some NAMI Phoenix support groups might experience a few changes during June. If you are not a regular attendee, please verify meeting times with <i>Barb Hucek</i> at 480-951-1208 or <i>Carol Cronlund</i> 602-953-0478.	
Family Support Groups		
Daytime Family Support	For family members and friends of people who have a serious mental illness. Meets at NAMI Family Center, 2210 N. 7th St., Phoenix. Facilitator: <u>Joanne Abbott</u> . Call 602-244-8166 .	2 - 4 pm Wednesdays
Wednesday Evening Family Support	For family members and friends of people who have a serious mental illness. Meets at NAMI Family Center, 2210 N. 7th St. Phoenix. Attendees are free to arrive or to leave at their convenience. Call the NAMI Arizona Office at 602-244-8166 for information.	6 - 9 pm Wednesdays
Family Support	For family members and friends of people who have a serious mental illness. Meets at The New Church of Phoenix, 5631 E. Shea Blvd., Phoenix. Call the NAMI Arizona Office at 602-244-8166 for information.	7 - 9 pm First Monday
Family Support	For family members and friends of people who have a serious mental illness. Meets at Shadow Rock Congregational Church, 12861 N. 8th Ave., Room K-4. Phoenix. Call: <u>Barbara</u> 602-840-3852	6 - 7 pm Second Thursday
Specialty Support Groups		
Sibling and Adult Child Support & Education	For siblings and adult children who have a family member with a mental illness. The group focuses on how mental illness impacts the "well" sibling or adult. Meets at NAMI Office, 2210 N. 7th St. Phoenix, AZ. Facilitators: <u>George</u> 602-369-9136 or <u>Joanne</u> 602-244-8166	6 - 8 pm Third Monday
NAMI C.A.R.E.	For consumers. A peer-based, mutual support group program for individuals facing the challenges of recovering from any serious mental illness. Meets at NAMI Family Center, 2210 N. 7th Street, Phoenix. Facilitators: <u>Harriet Kronick</u> 602-493-5144 & <u>Nancy Nolan</u> . Call: the NAMI Office at 602-244-8166 .	1 - 3 pm Fourth Thursday
NAMI Young Families	For parents of children and adolescents with neurological or emotional disorders. Facilitator: <u>Deborah Gross</u> , MA Clinical Psychology. Call 602-244-8166 .	Call the NAMI Arizona Office for Schedule & Location

Education Program

NAMI Phoenix Education Program		TBA
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Social Events

OK Socialites Consumer Social Event	Sponsored by the Mental Health Association, this is a monthly social gathering for consumers. All mental health consumers invited! Meets at Encanto Park Club House, 2605 N. 15th Ave. Call the Mental Health Association at 480-994-4407 .	10 am - 1 pm Third Thursday
Family/Consumer Social Evening	For all consumers, family members, and friends. A night of games, food, conversation, relaxation. Meets at The New Church of Phoenix, 5631 E. Shea Blvd, Phoenix. Contact: <u>Carol Cronlund</u> 602-953-0478 .	7 - 9 pm Third Monday
PLAN Free Consumer Recreation	Join the Summer Consumer Recreation Program, offering various recreational activities. Contact <u>Amanda</u> at 602-393-PLAN for the Consumer Recreation Program Details.	Many Days and Nights

Special Events and Programs

NAMI Walks and Fundraising	Come and find out more about NAMI Walks and fundraising opportunities for all Arizona affiliates. Warren Karmol , NAMI Region V Director, will make a special visit to Arizona to discuss NAMI Walks, other affiliate fundraising opportunities, options for state/local affiliate sharing, and more. For more information contact the NAMI Arizona office at 602-244-8166 .	Saturday, September 20 8:30 am - 2:30 pm
3rd Annual NAMI AZ Mystery Authors Luncheon	Save the Date for the third Annual NAMI Arizona Mystery Authors Luncheon. Come join in the fun and festivities as NAMI Arizona hosts the biggest NAMI fundraiser to support state-wide programs. Our authors include Betty Webb , Michael McGarrity and New York Times Best Selling J.A. Jance	Saturday, November 8, 2003 Westin Kierland Scottsdale, AZ