



# *Caring and Sharing* NAMI PHOENIX

Vol. 6, No. 3

Families and Friends Affected by Mental Illness

June / July 2005

## 1st Annual NAMI Walks Raises \$230K

by Barb Hucek

Our first ever NAMI Arizona Walk for the Mind of America took place on April 15th, on a bright sunny day. The temperatures were still very comfortable and perfect for our enthusiastic crowd of walkers from all parts of the state. As I stood at the NAMI Phoenix table, the NAMI colors of gold and blue in the balloons and tablecloths added a festive touch to the scene.

It was fun to speak with participants about the reasons that brought them to the State Capitol to be a part of our cause. Some people had been recruited by a team captain such as **Dolly Kennedy** who had one of the largest teams with over 60 people participating. The Girl Scout volunteers who managed to blow up all the balloons would like to help next year. Still others came with their group from a work site like TERROS or ValueOptions. Recent graduates of our education programs had heard about this first time event and came out to lend their time and talents to the cause. A wagon rolled by filled with children of **Reverend Max Schafer** and his team from Pinnacle Presbyterian Church. Many teams such as the North Scottsdale United Methodist Church and the Baha'i group had made matching T-shirts which enabled the team members to find each other and filled the crowd with color. Teams from Flagstaff, Tucson, Prescott, and Lake Havasu stopped by to visit and share stories.

Soon we were off. The participants walking four and five abreast moved out and approximately 2,400 persons began their walk to reduce stigma and raise awareness about mental illness. At the half way point, volunteers handed out extra water bottles and cheered us on. Seeing the other walkers go past was a bonus that the up and back route provided. A marvelous troop of high stepping dancers in bright purple from Sun City helped keep us moving and enjoying ourselves. As we neared the finish line, the music from the band called **Siren** ([www.music-of-siren.com](http://www.music-of-siren.com)) welcomed each walker over the finish line.



*Color Guard leads the NAMI Walks 2005*

While a final count is still underway, the walk raised around \$230,000 which will be used by NAMI groups around our entire state to further our programs and causes. I overheard persons comment on how well organized the signup and registration area was. We put on a well run event which realized its goals of raising awareness and funds for NAMI and our state. My hat is off to all who walked, volunteered, solicited underwriting, entertained and helped in any way.

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**Barb Hucek** is Vice President of NAMI

**We ran out of room in this  
newsletter for NAMI Walks photos.  
To see more pictures of NAMI Walks  
visit our web site:  
[www.NamiPhoenix.org](http://www.NamiPhoenix.org)**

# Update from NAMI Arizona

by **Diane McVicker**



## ***Caring and Sharing***

### **To contact NAMI Phoenix**

Suite 102 PMB Box 344  
6339 E. Greenway Rd.  
Scottsdale, AZ 85254  
Phone: 602-354-7842  
Email: HarrietKronick@cox.net  
Web site: www.NamiPhoenix.org

### **Executive Committee:**

Carol Cronlund, President  
Barb Hucek, Vice President  
Marie Martin, Secretary  
Helga Wilson, Treasurer

### **Members of the Board:**

#### *Three year term:*

Suzanne Eshelman, Helga Wilson,  
Marie Martin

#### *Two year term:*

Carol Cronlund, Barb Hucek, Carol  
McDermott,

#### *One year term:*

Walt Hoesch, Harriet Kronick, Lela  
Rosales

### **Committees:**

#### **Bylaws and Resolutions:**

Frances Peterson (Chairperson),  
Alice Schultz

#### **Public Relations:**

Clayton Esterson (newsletter editor &  
webmaster)

#### **NAMI Walks Committee:**

TBD

#### **Programs and Education:**

Harriet Kronick

#### **Volunteer Committee:**

Carol Cronlund, Harriet Kronick,

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.

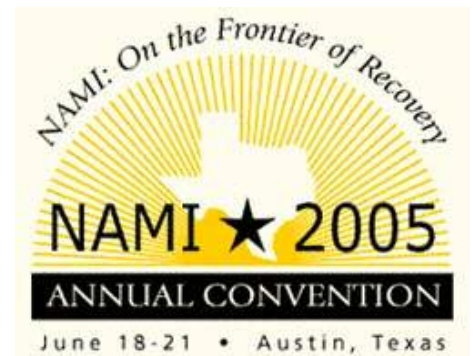
*Caring and Sharing* is published bi-monthly by NAMI Phoenix.

- The Executive Director Search Committee interviewed the most promising candidates and hired **Cheryl Weiner** as the new ED (see page 9 for details).
- NAMI Arizona's office manager, **Joanne Abbott**, is leaving. Her last day is June 3. Thanks Joanne for all of your help. We all hate to see you go!
- We hired two part-time employees to help us bridge the gap between Joanne's leaving in June and the arrival of the new ED in July.
- The next quarterly board meeting will be August 20 somewhere in northern Arizona. We would like to have the affiliate Presidents, attend if at all possible, because we'll introduce our new ED at the meeting.
- We need volunteers to work on the Mystery Authors Luncheon!!!! The date is Oct. 29, 2005 (see ad on page 3).
- **Jay McIntyre** has agreed to head up the Advocacy Committee, with **Lois Henry** and **Bobbie Shore**.
- **Dick Bredemann** has agreed to chair the By-Laws and Resolutions Committee, with **Diane McVicker**.
- For both committees, anyone interested should contact the NAMI Arizona office (602.244.8166) !!!!
- We have a volunteer consultant that is doing some website design that we hope to tie into the affiliates.

**Diane McVicker** is the President of NAMI Arizona

## Not too late to go to the NAMI National Convention

The NAMI convention will be held in Austin, Texas, this year on June 18-21. It offers you four days of the latest information on new treatments and groundbreaking research, as well as new developments in critical public and private policymaking. We'll give you ideas of where the next steps need to be taken and together develop strategies and tactics that will support our continued success.



To register or for more information, visit [www.nami.org](http://www.nami.org) then select **Inform Yourself** and then **Upcoming Events**.

# NAMI Phoenix Elects New Board Members

Four new board members were elected at the NAMI Phoenix annual board meeting on May 21, 2005.

**Suzanne Eshelman** was elected to a **3 year term**. She has four grown children and five grandkids. Suzanne was an accountant for 25 years and after her kids were grown she went back to school and got her nursing degree. She has worked at Scottsdale Health Care (Osborn) for the last three years. As a nurse she got very little education about mental illness, but had the opportunity to take the Family-to-Family class. She volunteered for the NAMI Walks and looks forward to getting more involved.

**Marie Martin** was elected to a **3 year term**. She is from Bisbee, Arizona, but first came to Phoenix 30 years ago. Marie has a son who is dually diagnosed with bi-polar and now a daughter-in-law who is bi-polar with a personality disorder. She was on the executive board for Mentally Ill Kids in Distress (MIKID) from 1988-1994. Ms. Martin also was on the board for the North Valley Alliance for the Mentally Ill (NVAMI). She finds it refreshing to volunteer towards mutual goals instead of turf battles. She completed family to family training and has co-facilitated support groups.

**Carol McDermott** was elected to a **2 year term**. She recently retired from the University of Arizona. Carol is married with four children, two of whom have a mental illness. She has five grandchildren including one who is a client of ValueOptions. She has two degrees in Nutrition, a BA from Rutgers University and a Masters from the University of Maryland. Carol has worked on the Mystery Authors' Luncheon for three years and this year's NAMI Walks and completed the Family-to-Family course. She is a strong believer in the value of support groups and education for families, is ever hopeful for improved services for our loved ones, and willing to work to that end.

**Lela Rosales** was elected to a **1 year term**. She is married with two sons and two grandchildren. Her oldest son has a mental illness. Because of his illness, Lela had to educate herself about mental illnesses in order to help him deal with all the changes this illness has brought to his life and family. She has been involved with volunteer work most of her adult life and is looking forward to getting more involved in NAMI Phoenix.

Two new Committee Leaders were also selected:

**Mary Robson** – Speaker's Bureau

**Cindy Gattorna** – Parents and Teachers As Allies

## NAMI Phoenix Annual Meeting Results

- Election of 4 new board members
- Presentation on the Recovery Empowerment Network (see page 5)



*Harriet Kronick and guests from the Recovery Empowerment Network. (L-R) Carl, Ann Rider, Harriet and Jeff.*

## NAMI Arizona presents the 5th Annual Mystery Authors Luncheon October 29, 2005 Saturday



Come and enjoy:

- Outstanding Authors
- A Sizzling Silent Auction
- Exotic Raffle Prizes
- Sensational Food

for more info  
call  
NAMI Arizona  
**602.244.8166**

Book sales by the  
Poisoned  
Pen  
Bookstore

# Good Year for NAMI Phoenix

by Carol Cronlund

This has been quite a year for NAMI Phoenix. What did we do? Whose lives did we touch?

Support Groups going on behind the scenes week in and week out. Family to Family Classes, Peer to Peer Classes. education programs, newsletters, web site maintenance and design, fielding questions on the phone. Mystery Author's Luncheon, publicity for our programs, Tootsie Roll Drive, Training Classes, Gift Bags, Holiday Party, NAMI Walks, hospitality, Antique Show, mailings and more.....

This is what NAMI Phoenix does with Volunteers. As I write this I cannot believe how long the list is!!! A special thanks to our retiring Board members: **Kate Helms-Tillery, Ken Babb, Marge Elza, and David McPherson.** Their contributions are appreciated and we will miss their experience and insight.

We welcome our new board members elected at our Annual Meeting, May 21st. and committee leaders anxious to get on with the work of NAMI Phoenix.

How can you help?

- If you would like to tell your story in the community, volunteer for the Speaker's Bureau, organized by **Mary Robson.**
- If you're a teacher or a parent you can take training

for Parents and Teachers as Allies' presentations that **Cindy Gattorna** is planning for early 2006. Imagine how knowledge about mental illness will help families and teachers identify children at risk. With early detection, accurate diagnosis and appropriate treatment, young people can be helped.

- Post comments and question on the Forum. Website Forum post comments and questions on the Forum that **Clayton Esterson** is maintaining and monitoring on **www.NamiPhoenix.org.**

All our members are volunteers because you support NAMI with your dues and your numbers. We hope that we touched your life this past year. Thank you for being a part of NAMI Phoenix.

If you missed our annual meeting program you missed learning about the Recovery Empowerment Network of Maricopa County, an exciting program filled with wonderful possibilities for participation in new programs and receiving support. See the article in this newsletter and go to our website for complete information.

**I invite you all to come to our 3rd Annual Volunteer Appreciation Open House. (See flyer for details). This is your opportunity to make a new friend, greet an old one and enjoy an afternoon together.**

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Carol Cronlund is President of NAMI Phoenix

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## Join the CONSUMER ATHLETIC PROJECT

### Top 10 Reasons to Join CAP this summer:

- 10) Lose weight, lower your blood pressure under the guidance of people who care!
- 9) Play basketball and softball.
- 8) Enjoy playing Tennis and Volleyball each month.
- 7) Learn from Inspirational coaches who have been there.
- 6) Stay cool strolling on the Center's indoor walking track.
- 5) Three words: Ja-Shin-Do by Black Belt Grand Master Andy Bauman.
- 4) Hear inspirational author and national speaker Andy Dzurinko, CLU.
- 3) Join a team and make a difference.
- 2) Make new friends.
- 1) We're Air Conditioned!!

### What you need to Know

**North Phoenix Baptist Church  
Family Life Center  
5757 North Central Avenue, Phoenix  
602.614.6290 for information**

**Every other Wednesday  
4:00 - 6:00 pm**

### Dates:

**June 1, 15, 29  
July 13, 27  
August 10, 24  
September 7, 21**

# Recovery Empowerment Network of Maricopa County

by Ann Rider

The mission of the Recovery Empowerment Network is to provide peer-owned-and-operated services. We provide a unified voice for behavioral health consumers of Maricopa County and enhance a service delivery system to meet the needs of the people we are charged to serve.

The Recovery Empowerment Network of Maricopa County (REN) was born when **Larry Belcher**, as Director of Consumer Affairs, convinced ValueOptions to offer contracts for services to a peer-run network. We are the first urban consumer network and the first network funded by a private corporation. We recently began operations on March 14, 2005. In two months over 300 members have joined.

Membership is open to anyone. People who are receiving or have received services are voting members and those members will choose a Board of Directors. All members can participate in caucus discussions about the future direction of the network.

REN supports individual recovery and provides a voice for people who receive behavioral health services. We advocate for choice in the services each person can receive. As provider, we will work to create new services where there is need. As a membership organization, our members contribute to the future of the organization and its voice. REN also is an advocacy organization, with the ability to poll and mobilize our membership.

## Empowerment Centers

At the centers we offer one-to-one peer support, classes, activities, groups and referrals to resources. The centers can be found at:

- West Camelback ValueOptions site
- SELFF in Mesa
- 1300 Value Options site
- Arcadia ValueOptions site
- Townley ValueOptions site (hope to open in June)
- Six additional Centers proposed for FY 2006

## Housing

REN is working to eliminate the use of hotels and focus on peers in transition. We service those who are nearing hospital discharge, homeless, facing eviction, nearing release from incarceration or who are living in supervisory care homes. Services include Mobile Teams for wrap-

round coverage and a Housing Locator for hardest placement to support home ownership.

## Transportation Services

We have a small fleet of vans to serve the transportation needs of members participating in the Consumer Athletic Program and Empowerment Center activities. Transportation is available for travel to conferences, advocacy initiatives, etc.

## Education & Training Services

A pool of trainers is available for internal and public use. The slate of classes includes: Leadership Academy, the Arizona State Peer Specialist Curriculum and other classes that support recovery (open to consumers and family). Curriculum development and evaluations of programs and classes keeps our educational services current.

## Employment Services

We contract with RSA to provide job preparation classes. There is support for peer-run business (moving toward independence). Since we are a peer run service, we also hire members directly.

## Additional Support Services

We offer a Consumer Athletic Program, an Arts program, and crisis diversion for voluntary patients. We also support ValueOptions staff, particularly peer-to-peer staff.

## Other Services

- Quarterly newsletter (due soon)
- Annual Leadership Academy conference
- Annual Member Meeting
- Annual Consumer Retreat
- Support for MHAF, Alternatives (to be held in Phoenix in October) and other conferences locally.

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**Ann Rider** is the Director of Recovery Empowerment Network of Maricopa County

**Recovery Empowerment Network of  
Maricopa County  
P.O. Box 7732  
Phoenix, AZ 85011**

**Call us at 602.248.0368 or walk into any  
Empowerment Center and ask the Project  
Director for information or assistance.**

# NAMI Phoenix Calendar of Events & Activities

## June / July 2005

Group	Description	Location	Date
<b>NAMI Phoenix Board Meeting</b>	Board members meet. Meeting is open to all.	NAMI Family Center 2210 N. 7th St. Phoenix., AZ <b>602.354.7842</b>	<b>6:30 pm to 8:30 pm</b> <b>June 13, 2005</b> <b>Monday</b>
<b>Family Support Groups</b>			
<b>Daytime Family Support</b>	For family members and friends of people who have a serious mental illness.	NAMI Family Center 2210 N. 7th St. Phoenix., AZ <b>602.244.8166</b>	<b>2:00 - 4:00 pm</b> <b>Every</b> <b>Wednesday</b>
<b>Wednesday Evening Family Support</b>	For family members and friends of people who have a serious mental illness.	NAMI Family Center 2210 N. 7th St. Phoenix, AZ <b>602.244.8166</b>	<b>6:00 - 8:00 pm</b> <b>Every</b> <b>Wednesday</b>
<b>Family Support</b>	For family members and friends of people who have a serious mental illness. Meets at North Scottsdale	North Scottsdale United Methodist Church 11735 N. Scottsdale Rd. Scottsdale, AZ <b>602.354.7842</b>	<b>7:00 - 8:30 pm</b> <b>First</b> <b>Monday</b> <b>(No meeting</b> <b>in July)</b>
<b>Specialty Support Groups</b>			
<b>NAMI Peer Support Workers In Progress</b>	A peer-based, mutual support group program for individuals facing the challenges of recovering from any serious mental illness. This support group focuses on folks who are working either full or part time. It employs guidelines and principles of support designed to empower its members.	North Scottsdale United Methodist Church 11735 N. Scottsdale Rd. Scottsdale, AZ <b>Dick Robson</b> <b>480.661.6296</b>	<b>6:30 - 8:00 pm</b> <b>First &amp; Third</b> <b>Mondays</b> <b>(Call about</b> <b>July 4th)</b>
<b>Social Events</b>			
<b>Family &amp; Consumer Social Evening</b>	For all consumers, family members and friends. A night of games, food, conversation, relaxation.	The New Church of Phx, 5631 E. Shea Blvd Phoenix, AZ <b>Harriet Kronick</b> <b>602.354.7842</b>	<b>7:00 - 9:00 pm</b> <b>Third</b> <b>Monday</b>
<b>3rd Annual Volunteer Appreciation Open House</b>	If you are a volunteer or would like to become one, come and bring a friend to our party. Meet other NAMI members. <i>Say goodbye and thanks to Joanne Abbott.</i>	Irv & Kathy Huesby's house 6131 E. Yucca Scottsdale, AZ please RSVP <b>602.354.7842</b>	<b>2:00 - 4:00 pm</b> <b>June 5, 2005</b> <b>Sunday</b>

<b>Group</b>	<b>Description</b>	<b>Location</b>	<b>Date</b>
<b>Education Classes</b>			
<b>Family to Family Class</b>	A comprehensive survey of mental illness including: <ul style="list-style-type: none"> <li>• Basics about the brain</li> <li>• Types of mental illness</li> <li>• Problem solving</li> <li>• Medication review</li> <li>• Self-care</li> <li>• Coping with brain disorders</li> <li>• Potential for recovery</li> <li>• Communications skills</li> </ul>	<b>Marilyn Racer</b> <b>602.992.1936</b>	<b>New class starting in the fall</b>
<b>NAMI Peer-to-Peer</b>	NAMI Peer-to-Peer classes consist of 9 classes 2 hours weekly offering an opportunity for growth to any individual who experiences mental illness. Courses are free and taught by teams of three mentors who are themselves experienced at living well with mental illness.	<b>Harriet Kronick</b> <b>602.354.7842</b>	<b>New class starting in the fall</b>
<b>Visions for Tomorrow</b>	8-session class for caregivers of children and adolescents with brain disorders.	<b>Liz Curry</b> <b>602.789.7045</b>	<b>Date &amp; Times are TBA</b>
<b>Transformational Advocacy Workshop</b>	This 16-hour workshop is offered in four 4-hour sessions and includes: <ul style="list-style-type: none"> <li>• Individual and system wellness.</li> <li>• Partnerships to increase your power and voice.</li> <li>• Getting results you want.</li> <li>• Packaging and communicating the message.</li> <li>• How the behavioral health system works</li> <li>• How public policy at the legislative level is practiced and developed.</li> <li>• How to effect mental health system and legislative change.</li> </ul>	META Recovery Education Center 2701 N. 16th St. Phoenix, AZ <b>602.225.2440</b> <b>raehopf@mhaca.org</b>	<b>June</b> <b>Call for date &amp; times</b>
<b>Special Events and Programs</b>			
<b>NAMI National Convention</b>	Four days of the latest information on new treatments and ground breaking research. Plenary sessions on such topics as putting consumers and families in the driver's seat of mental health systems.	Austin, TX	<b>June 18-21, 2005</b> <b>Saturday - Tuesday</b>
<b>Mystery Authors Luncheon</b>	Enjoy meeting world-class authors. Shop for sizzling deals in the silent auction. Feeling lucky? Buy a raffle ticket or two. Chow down sensational food.	Westin Kierland Resort & Spa 6902 E. Greenway Parkway Scottsdale, AZ <b>602.244.8166</b>	<b>Lunch Hour</b> <b>October 29, 2005</b> <b>Saturday</b>

“Problems can become opportunities when the right people come together.”  
-- Robert Redford

# An Unquiet Mind: A Memoir of Moods and Madness

A book review by Karen L. Nick

An outraged woman once wrote a letter to Kay Redfield Jamison (author of *An Unquiet Mind*) upon seeing the term “madness” used in the title of Jamison’s lecture. Jamison indicated that the woman “accused me of being just one more doctor who was climbing my way up the academic ranks by walking over the bodies of the mentally ill.” It is doubtful the writer of that letter realized that not only was Jamison an academic authority on manic-depressive illness (bipolar disorder)...but, more importantly, Jamison lives with diagnosed manic-depressive illness herself.

I was led to *An Unquiet Mind*, autobiographical in nature, by at least three professionals in the mental health arena the very day my then 22-year-old son was diagnosed with bipolar disorder. While I continue to do extensive research from the writings of many notable and credible authorities on the topic of bipolar disorder, these readings only reinforce the outstanding education Kay Redfield Jamison provided me within her gripping and movingly-written memoir. I revere Jamison, not only for describing vividly and eloquently what it’s like to live with this disorder in spite of potential fallout, but also for her academic excellence on the topic which has produced numerous credible textbooks in use today in the field of psychiatric medicine. I’ve also since heard Jamison lecture in person—receiving standing ovations, saw her on a panel on CNN’s *Larry King Live* discussing the topic of depression/manic-depression and seen numerous citations of her work on the Internet. Further, there has been talk of her book being made into a major motion picture.

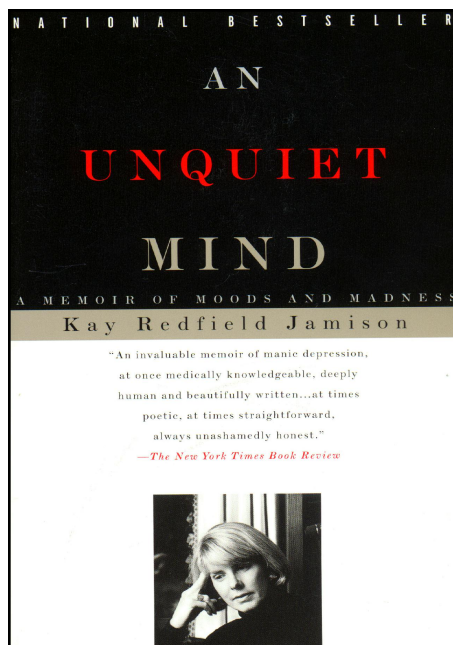
Ms. Jamison states in *An Unquiet Mind* that “the Chinese believe that before you can conquer a beast you must first make it beautiful.” She believes she has tried to do just that with manic-depressive illness, “an illness biological in its origins, yet one that feels psychological in the experience of it, an illness that is unique in conferring advantage and pleasure, yet one that brings in its wake almost unendurable suffering...” She recounts her struggles with the illness and the medicine that keeps it

under control, even in spite of her academic training and knowledge. She maintains that medication, psychotherapy and love, are keys to wellness, and expresses her appreciation for those who loved and supported her even through the worst of times—mercurial moods, excessive spending sprees, etc. Because of the support she received, she indicates that she’s tried to use her experiences of the disease to “inform my research, teaching, clinical practice, and advocacy work. Through my writing and teaching I have hoped to persuade my colleagues of the paradoxical core of this quicksilver illness that can both kill and create, and, along with many others, have tried to change public attitudes about psychiatric illnesses in general and manic depressive illness in particular.”

Dr. Jamison describes a childhood filled with moods, or “demons,” which were similarly suffered by other members of her family of origin. At the same time, she describes the stabilizing force of a mother who never gave up on her, a “Mother, who has an absolute belief that it is not the cards that one is dealt in life, it is how one plays them” who Dr. Jamison indicated was “her highest card dealt.” She said her mother “could not have known how difficult it would be to deal with madness; had no preparation for what to do with madness—none of us did—but consistent with her ability to love, and her native will, she handled it with

empathy and intelligence. It never occurred to her to give up.” Jamison, in fact, dedicates this book to her mother, “Who gave me life not once, but countless times.”

Her first “attack” occurred while she was a senior in high school, and there would be many to follow. She describes mania as a “flight of the mind”: “There are interests found in uninteresting people. Sensuality is pervasive and the desire to seduce and be seduced irresistible. Feelings of ease intensity, power, well-being, financial omnipotence, and euphoria pervade one’s marrow.”-- *continued on page 11*



**This book review and reviews of other books on mental health can be found online on the new NAMI Phoenix web forum:**

**[www.NamiPhoenix.org/forum](http://www.NamiPhoenix.org/forum)**

# New Executive Director for NAMI Arizona Hired !

by **Adrienne Pagel**

The NAMI Arizona Executive Committee and the NAMI Arizona Board of Directors is pleased to announce that **Cheryl Weiner** has been hired as the a new Executive Director for NAMI Arizona.

The committee received over 70 applications, and conducted first, second, and even third interviews over the past month. We had an outstanding group of applicants. After the last round of interviews the search committee voted unanimously to offer the position to Cheryl. Over the ensuing week, the majority of the board approved the committee's selection. The approval was unanimous. Cheryl will officially start July 5th. But, she will attend the NAMI National Convention in June, as well as attend several other critical NAMI Arizona meetings before July 5th.

If you have any more specific questions about Cheryl and her role as executive director, please contact any member of the executive committee (Diane McVicker, Susan Glynn, Bette Knuppel, Dick Bredemann, Adrienne Pagel) and we would be happy to answer them.

The Search Committee and the NAMI Arizona board look forward to this new phase in NAMI Arizona's history. We hope that this will be a wonderful partnership, filled with success for all of NAMI in Arizona.

Thanks to all for your patience and encouragement in the process.

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**Adrienne Pagel** is the NAMI AZ Board Secretary

## Cheryl Weiner career highlights:

- 20+ years experience
- B.S. Medical Tech., Univ. of Mass (Amherst)
- MBA, Univ. of Phoenix
- Senior VP, Arizona Animal Welfare League
- Supervisor & Client Analyst for AdvancePCS
- Tech. Specialist, St. Luke's Medical Center

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## In Our Own Voice

by **Harriet Kronick**

On the weekend of our very successful first NAMI Walks Arizona, I was in St. Louis, Missouri, participating in a workshop for State Trainer for IOOV (In Our Own Voice). I was part of a pilot program whose purpose is to eventually have trainers in each state rather than have national trainers brought into the states. National trainers will still reach out to those states who do not wish to participate in future programs such as the one I just completed.

The training was led by April Suhar, National Director of IOOV and Mary Raaymakers, National Trainer and President of the National Consumer Council. It was an honor and a privilege to be in their workshop. As the presenter with the most longevity I was actually doing double duty, being retrained under the new format and learning how to teach other consumers to present in the same manner. It is a testimony to just how long NAMI Phoenix has been involved with the IOOV program.

IOOV is a powerful, stigma busting program where two consumers go into the community and present their story following a structured format. Presentation assignments in this area are currently arranged by the state office. The requests are varied ranging from nursing students, Value Options new hires to the general population. There is a small stipend that the consumers receive each time they go into the community and speak.

**Scott Harrington** and I will be the two trainers covering the state. Scott hails from Tucson and will be covering points south. I hope to be covering Maricopa County affiliates and those north of the area. A training will be held in May in Tucson. Training for our area and northern affiliates will be held in the very near future. Any one interested in becoming a presenter should contact the state office for an application. For more information, please feel free to contact me at **602.354.7842** or **harrietkronick@cox.net**.

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**Harriet Kronick** is a Member of the Board of NAMI Phoenix

# Legal Guardianship and Mental Health

**By Don and Ricki Fann**

This past fall our son, **Seth** telephoned telling us he heard on TV a warning announcement about the medication “ZYPREXA”. He had been on this drug approximately three years and has experienced many of the side effects that were mentioned in the warning. He therefore wanted to change medications, and get off of the Zyprexa. We agreed as we had just become aware of the same warning about side effects. We took Seth to the doctor and the four of us decided to try some new medications. She slowly took him off of the 1st med and slowly added the 2nd. After approximately three months Seth didn't respond and became less and less alert. The doctor upped the dosage, but there was still no increase in results. The doctor then decided to try a third medication, again slowly decreasing the second med, and adding the third with a lower dosage.

Seth has lived alone for more than three years, drove a car, and worked two jobs, for a few hours a day. He was functioning well except for the side effects from the meds. Now with the change of meds he has become increasingly despondent. He won't drive or go to work and, the biggest thing, wouldn't even talk to his friends on the phone.

We went to his house every day, for breakfast and dinner to make sure he ate and took his meds, which he was reluctant to do. On March 14th we were with him for breakfast and lunch, and then we told him to lie down for a rest, and we would pick him up for dinner. We were getting ready to pick him up at 6 pm, when his neighbor, a friend of ours called that another neighbor saw Seth outside seemingly confused, and they had called the police who in turn called the paramedics. We arrived at his house at the same time as the paramedics were putting Seth on a stretcher. He was so cold his lips and fingers were turning blue. They suggested taking him to a hospital and we agreed. The people at the hospital made him as comfortable as possible and called a counselor from the hospital staff. After talking to us, he recom-

mended and called Seth's insurance provider “ValueOptions” from the crisis center. A wonderful counselor, who also after talking with us said she would call around to find a bed for Seth, where they would help him get his meds straight. It took over an hour as there is very little availability of beds in this community, but she found one at Desert Vista in Mesa, a Maricopa County facility. This hospital turned out to be a wonderful place for Seth. Now the problem...they would not accept Seth unless he admitted himself. Because he was so out of it he did not have the capability to do this. But we are his LEGAL GUARDIANS, and had the ability to place him. We had to get them proof and my husband went home to get the papers.

Now you have to remember we started out this evening at approximately 6:15 or 6:30 pm. It was now 1:30 in the morning, and after going to Mesa to register Seth we arrived home a 5:00 am.

The final synopsis of this story is Seth, thank goodness, is doing wonderfully, and after over a month may be coming home this week.

**Become a Legal Guardian so you can help a family member that needs mental health care.**

**Contact an attorney or a mental health advocate and ask for legal documents to assume guardianship.**

**or call Don & Ricki  
480.948.0428**

The main reason we are writing this story is to alert and advise other parents, spouses, siblings of mentally ill loved ones, *become Legal Guardians to avoid any repercussions or setbacks*. We are now having our daughters, with their permission, be co-guardians in the event we are no longer around or just out of town. At least someone who loves Seth will be around to help him. Seth has not had a setback like this in the 25 years he has been diagnosed, and hopefully never will again, but we feel much more at ease now that we have more protection in place. Our suggestion is to call your attorney. If he does not take care of these problems, we suggest you call one who is a mental health advocate. If you have any questions or wish any further help, don't hesitate to call us.

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**Don and Ricki Fann** are NAMI Phoenix members

“But, somewhere, this changes. The fast ideas are too fast, and there are far too many; overwhelming confusion replaces clarity. Memory goes. Humor and absorption on friends’ faces are replaced by fear and concern. Everything previously moving with the grain is now against—you are irritable, angry, frightened, uncontrollable, and enmeshed totally in the blackest caves of the mind. You never knew those caves were there. It will never end, for madness carves its own reality....and finally there are only others’ recollections of your behavior...What then, after the medications, psychiatrist, despair, depression, and overdose? All those incredible feelings to get through. Who is being too polite to say what? Who knows what? What did I do? Why? And, most hauntingly, when will it happen again? Then, too are the bitter reminders—medicine to take, resent, forget, take, resent, and forget but always to take. Credit cards revoked, bounced checks to cover, explanations due at work, apologies to make, intermittent memories (what did I do?), friendships gone or drained, a ruined marriage. And always, when will it happen again? Which of my feelings are real? Which of the me’s is me? The wild, impulsive, chaotic, energetic, and crazy one? Or the shy, withdrawn, desperate, suicidal, doomed, and tired one? Probably a bit of both.”

Yes, even knowing what she knew academically as a clinician, there were many manias and depressions, and, unfortunately, a suicide attempt, before she eventually came to the realization and, more importantly, the conviction that medication was vital, and how “critical psychotherapy could be in making some sense out of all the pain, how it could keep one alive long enough to have a chance at getting well; and how it could help one to learn to reconcile the resentments at taking medications with the terrible consequences of not taking it.” And, most importantly, she realized how even more extraordinary was the

role of love and small kindnesses extended by others in her own healing.

What then, besides respect for a very courageous woman—who risked professional credibility by sharing her story—did I gain from reading this book? Respect for this disorder, its classic symptoms, and its accompanying advantages and disadvantages, and for the resiliency and contributions of those who have the disorder. Compassion for those, including my own loved son, who live it and strive to make it beautiful. Insights. Hope for a future brighter with expanded knowledge and reduction in stigma. Appreciation for the fact that in spite of all pain, the author considers her life a gift, and considers life a gift worth passing on, even when illness exists. And most of all hope that with education and advocacy we, like the author’s mother, can figuratively give “life” to others “countless times.”

Kay Redfield Jamison, professor of psychiatry, at The Johns Hopkins University School of Medicine is a courageous, true hero of mine, and also of countless others whose lives she has benefited. Would I recommend this book? Resoundingly, yes; I do, and often! It’s a fascinating, thought-provoking, page-turning read, whether or not one’s life is touched by mental illness. (It was on the best-seller list in the late 90s.) Will I read it again? I have twice already, and know that it will be one of the few books that I will read again, regularly. And each time I will find it a compelling autobiographical account. And each time I will benefit from the visual imagery, intelligence, and insights it offers as a gift to humanity, shared at the risk of loss of professional and personal credibility, and shared by one who knows and lives with a serious mental illness that impacts so many lives—the diagnosed individuals, the yet-to-be-diagnosed individuals, and those who love and support them.

## Job Opportunities

ValueOptions is

- Hiring for family Mentoring Teams

Call Marilyn Racer,  
a family advocate for ValueOptions for  
more information.  
602.992.1936



*Taking the Dog for a NAMI Walks*

## Become a NAMI Phoenix Member Today!

### How Can Members Help NAMI Phoenix?

- ✓ Support the Mystery Author Luncheon.
- ✓ Ask a friend to join NAMI or give them a gift of membership.
- ✓ Call your legislator and request their vote for Insurance Parity.
- ✓ Solicit a corporate donor.
- ✓ Make a donation.
- ✓ Volunteer to serve on a Committee.

### NAMI Membership —

- ✓ Increases revenues for our programs and services
- ✓ Gets our collective voices heard by the community.
- ✓ Creates numerical power for legislative issues.
- ✓ Executes the primary NAMI functions of: support, education, research & advocacy.

**TOGETHER WE CAN  
MAKE A DIFFERENCE!**

## NAMI Phoenix Membership

### MEMBERSHIP TYPES

Family / Individual \$35     Open Door \$3 (low income)     Agency / Corp. \$200

Name: \_\_\_\_\_

DATE: \_\_\_\_\_  
Phone(Home) : \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Phone (Cell) : \_\_\_\_\_

FAX: \_\_\_\_\_

Email: \_\_\_\_\_

