



# Caring and Sharing

## NAMI PHOENIX

Vol. 7, No. 1 Families and Friends Affected by Mental Illness February / March 2006

### New Study: No Link Between Drugs and Suicide

by Clayton Esterson

A new study, published in the American Journal of Psychiatry, challenges the link between suicide and anti-depressant drugs. BBC reported: "The researchers claim this is the first published analysis to compare the risk of suicide attempts before treatment with the risks following treatment. They looked at medical and pharmacy records for [65,000] patients, who collected prescriptions for antidepressants from 1992 to 2003. Deaths by suicide were determined from death certificates and suicide attempts were identified from hospital discharge data. Because the organisation has computerised data for its patients, it was also able to look at

suicidal behaviour in the months before they were prescribed the drugs."

The study reported newer drugs, like Prozac and Seroxat (the SSRI family of drugs, Selective Serotonin Re-uptake Inhibitors) decreased suicide rates faster than older anti-depressants.

In 2004 the FDA ordered drug companies to post warnings that antidepressants could increase suicidal thinking in young people.

The Washington Post reported: "Robert Temple, the FDA's director of medical policy, called the findings 'reassuring' but said they do not settle the issue. The agency was continuing to study the drugs' safety in the hopes of clarifying their safety further."

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### 2nd Annual NAMI Walks Coming Soon

by Carol Cronlund

Less than two and a half months to our **2nd Annual NAMI AZ Walk.**

NAMI Phoenix needs your participation. If you attended last year's walk, you know how exciting and energizing it was to be walking with close to 3,000 people. This year the goal is 4,000 walkers. Save the date and plan on being there along with your friends.

It is not too late to add Walk Sponsors who can be individuals, family businesses or corporations. See your Family name on the Walk T-shirts and posters. Approaching your employer or local business or WalMart is not difficult. They have forms that you can fill out specifically for events like Walks. Last year WalMart gave over \$7,000.

NAMI Phoenix benefits from the Walk money that is collected by NAMI Phoenix members so .... Join the fun. Bring in a sponsor or two, form a team or join the NAMI Phoenix team and walk with your NAMI friends.



To find out more and have a good time, attend the Kick-off dinner February 13th at Stoudemire's Downtown (Formerly the Lucky Break) at 3 South 2nd Street in downtown Phoenix. 6:00 – 7:30. Pick-up your walk brochures and team building folders. **RSVP 602.244.8166.** See you there for the kick-off dinner!!!

Carol Cronlund is President of NAMI Phoenix.

***Caring and Sharing***

**To contact NAMI Phoenix**

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6339 E. Greenway Rd.  
Scottsdale, AZ 85254  
Phone: 602.374.7439  
Email: HarrietKronick@cox.net  
Web site: www.NamiPhoenix.org

**Executive Committee:**

Carol Cronlund, President  
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NAMI Phoenix represents families and friends affected by serious mental illnesses. NAMI Phoenix is an affiliate of NAMI (National Alliance on Mental Illness) and NAMI Arizona (the Arizona Alliance on Mental Illness). 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.

## Holiday Gift Bag Delivers the Goods

Many thank you's to the Volunteers who donated time and effort to make possible another annual Holiday Gift Bag program by filling gift bags with goodies, helping to deliver them and contributing funds to help buy items. This year's program delivered 406 gift bags to participants in 25 treatment programs!!



A heartfelt THANK YOU ALL for making this program possible. Alice Schultz and her family deserve the biggest THANK YOU of all for their big hearts and hard work. What a great gift each of these people gave to the community this holiday season!

**Marcia Klein**

**Donna Cook**

**Jessica Couleur**

**Helen Boorman**

**Laura Jenkinson**

**Martha Jenkinson**

**Mark Wilson**

**Helga Wilson**

**Carol Cronlund**

**Lela Rosales**

**Vikki Wiener**

**Phil Wiener**

**Nic Goodall**

**June Kaiser**

**Sandy Kaiser**

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## Advocacy Update

by **Dr. Jay McIntyre**

The NAMI state advocacy committee held a get acquainted meeting during the State Board meeting on Saturday, January 28th. Although it was not a formal break-out session we wanted to meet with members of the advocacy committee who attended the Annual Meeting. If you were unable to attend and are interested in advocacy issues you are welcome to contact Dr. Jay McIntyre, Chairman of the State Advocacy Committee via e-mail at: [cjiljmc02@wbhsi.com](mailto:cjiljmc02@wbhsi.com).

One purpose of the State meeting was to get as many individual NAMI members as we can, identified to be official NAMI contacts for each of our state legislators. Also, we want to set up a procedure to monitor any bills that might be coming up in the legislature that have to do with mental illness. Although we may have individual opinions regarding some bills, when we put on our "NAMI" hats, we speak for the organization and we need to speak with one voice.

I have contacted the Mental Health Association. They are promoting parity this year with a civil rights perspective. They are interested in our support. Also the other mental health issue being discussed this year is CIT appropriation bills. We are gathering information on this issue and hope to have more information to pass on.

Look for more information as it is published at [www.namiphoenix.org](http://www.namiphoenix.org).

# Future Teachers and Leaders Complete Rigorous Training

by **Barb Hucek**

On the weekend of January 13 - 16, two exciting Marathon Events took place in Phoenix. Thousands of well trained, athletic men and women came together to begin the P. F. Chang Marathon. This group of individuals had worked hard to prepare their bodies and minds for this physically taxing, many hour event.

Starting on Friday evening, a large group of talented committed NAMI volunteers from across the state gathered in central Phoenix for their own "marathon event." They had been recruited to train as support group leaders and teachers of Family to Family and Peer to Peer classes. A weekend filled with instructive lessons awaited them.

While the runners prepared themselves with physical exercises, the NAMI volunteers had also been preparing in other ways. Because someone that they loved, or perhaps they themselves had been affected by mental illness, a tidal wave of change had come to them. They struggled, researched, sought information, and learned valuable lessons through trial and error. These trials were a form of training and every bit as taxing as any physical exercise.

The P.F. Chang participants trained hard and ran a long, intense race as rock bands played and families cheered. The whole city was blanketed with publicity about the event and the value of it to the community.

For our NAMI folks, the finish lines are not so clear. The after effects of mental illness on both the ill person and the entire family don't just go away when a class or support group meets. There is not as yet a ground swell of community support for our marathon runners. The families, loved ones and consumers themselves will perhaps thank our newly trained and hardworking trainees. By giving of themselves and completing the intense training, these individuals embark on a sharing journey. We at NAMI Phoenix would like to thank all of them. Family to Family teachers: **Ruth Morris, Lauraine and Ray Houle, Linda Eisle and Natalie Summit.** Our new support group leaders: **Gene Cherry, Mimi Hathaway, Barbara Borchers and Helen Orr** and our new NAMI C.A.R.E. leader: **Jana Vorhees.**

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Barb Hueck is Vice President of NAMI Phoenix.

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## NAMI Arizona Consumer Programs are on the move in 2006

by **Harriet Kronick**

In April 2005 NAMI Arizona held an IOOV (In Our Own Voice) training for all the affiliates throughout the state. The training was so successful that the state is repeating the training on February 18-19.

This program is by far the most important anti-stigma program NAMI offers. Presenters speak to various audiences about their story. Each time you present you receive a stipend of \$30 plus cost of transportation where necessary. Presentations are always made in pairs. This training will prepare you for speaking in public in a way that will enhance your story and communicate to the layperson how recovery is possible and the many ways to achieve it.

As noted in the story above, over Martin Luther King weekend several training sessions took place at the Embassy Suites in Phoenix. Family and consumer members joined together to make this training one of the most successful that NAMI has offered.

A repeat of this training is projected sometime in June 2006. Anyone interested in applying for Facilitator training for the NAMI C.A.R.E. support group or to be trained as a mentor for the Peer to Peer 9 week education class, please contact Harriet Kronick at **602.374.5663** or [HarrietKronick@cox.net](mailto:HarrietKronick@cox.net).

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Harriet Kronick is a NAMI Phoenix board member.

**Save the Date!**  
**NAMI Walks for the mind of America**  
**Saturday**  
**April 8, 2006**  
**at the State Capitol**

## NAMI Volunteers Celebrate at Holiday Party

Dressed up in holiday garb, NAMI and PLAN Families gathered in early December to celebrate the holiday season. It was great to put faces to the many volunteers who we only hear about or talk to on the phone. Everyone was soon enjoying scrumptious favorite dishes that filled the tables. The hall was decorated festively with Poinsettias on every table. At the close of the evening, the beautiful plants were given as prizes to lucky winners of a drawing. Again this year we were treated to the music of Nostalgia, a local barbershop quartet that gets us all in the mood with holiday songs and more.



*Jon and Sara*



*Mary and Dave*



*Peggy and Frances.*



NAMI StigmaBusters is a group of dedicated advocates across the country and around the world who seek to fight the inaccurate, hurtful representations of mental illness. Whether these images are found in TV, film, print, or other media, StigmaBusters speak out and challenge stereotypes in an effort to educate society about the reality of mental illness and the courageous struggles faced by consumers and families every day. StigmaBusters' goal is to break down the barriers of ignorance, prejudice, or unfair discrimination by promoting

education, understanding, and respect.

You can sign up for StigmaBuster alerts and help to advocate fair treatment of consumers as portrayed in the media.

Recently, NAMI StigmaBusters criticized "Crumbs", a situation comedy on ABC. Offensive dialog was dubbed in later episodes to remove insensitive words as the show's producers became more aware of concerns from mental health advocates.

Go to [www.Nami.org](http://www.Nami.org) for more information.

## Meet Dawn Owen, NAMI Arizona's Office Manager



Dawn was born in Texas and was an army brat until age eight. She spent most of her school years in Southern California and worked in many different fields from waitressing to driving heavy equipment. She moved to Tahoe to work in the costume department at Harrah's. Returning to Southern California, Dawn started a business that she owned and operated for 10 years.

For five years Dawn worked for a Psychiatrist who specialized in Hormonal Imbalances. After the Psychiatrist retired she worked at West Medical Center for 11 years in the Acute Mental Health Ward. Although Dawn really enjoyed working in the hospital setting she wanted to move to Arizona. The opportunity to work with NAMI has given her a new appreciation for patient rights and for the road blocks that need to be addressed. She enjoys helping people on the phone and meeting NAMI members. Drop by and meet Dawn. She would love to meet you and hear your good suggestions. When you meet her you will find out that Dawn is multi-talented and loves to work with her hands making jewelry, decorating, gardening, making stained glass and antiques.

### Survivors on Our Own - SOON

Survivors On Our Own (SOON) is a non-profit organization providing non-clinical services to mentally ill adults in Maricopa County. SOON is classified as a drop-in center/clubhouse. Clients must have a current diagnosis of serious mental illness.

The community is invited to donate their time to different projects. For information on volunteer work, please contact **Gaye** or **Ruth** at **602.231.0071**. All help will be appreciated. You can contribute directly to SOON with cash, clothes or canned goods. Charitable contributions are tax deductible. SOON's mailing address is 2144 E Roosevelt St., Phoenix, AZ 85006.

Visit **SoonPhx.Tripod.com** for more information.

SOON provides the following services to member clients:

- Two hot meals a day - plus cold breakfast and snacks.
- Access to a food share program.
- A clothing bank.
- Educational programs.
- Recreational activities and events/field trips.
- Peer group counseling.
- Most importantly, a place where they feel safe, normal and cared for.

#### A Short History of SOON

- ACT (Advocates Coming Together), which was established in 1981 by Charles Simmons and continued through 1983.
- In 1984 ACT was reformed as Survivors On Our Own and they began meeting providing a consumer run peer support system.
- In 1990 SOON moved to three small cottages behind the State Hospital. SOON provided employment for many consumers as Peer Program Assistants as well as program managers.
- In 2000 the clubhouse was relocated to a freestanding building and a lease-purchase agreement was signed.
- SOON is currently serving over 350 members and serves over 1,000 meals each month and is providing food share and clothing to all in need.



# NAMI Phoenix Calendar of Events & Activities

## February / March 2006

| Group  | Description  | Location  | Date  |
|--|--|---|---|
| <b>NAMI Phoenix Board Meeting</b>            | Board members meet. Meeting is open to all.  | NAMI Family Center<br>2210 N. 7th St.<br>Phoenix., AZ<br><b>602.374.7439</b>  | <b>6:30 pm to 8:30 pm</b><br><b>March 13, 2006</b><br><b>Monday</b> |
| <b>Family Support Groups</b>                 |  |   |   |
| <b>Daytime Family Support</b>                | ***** <b>New</b> *****<br>For family members and friends of people who have a serious mental illness.  | Mountain View Presbyterian Church<br>8050 E. Mountain View Rd<br>Scottsdale, AZ<br>Mimi <b>480.991.7943</b>                 | <b>9:30 - 11:00 am</b><br><b>Every</b><br><b>4th Thursday</b>       |
| <b>Daytime Family Support</b>                | For family members and friends of people who have a serious mental illness.  | NAMI Family Center<br>2210 N. 7th St.<br>Phoenix., AZ<br><b>602.244.8166</b>  | <b>2:00 - 4:00 pm</b><br><b>Every</b><br><b>Wednesday</b>           |
| <b>Evening Family Support</b>                | For family members and friends of people who have a serious mental illness.  | NAMI Family Center<br>2210 N. 7th St.<br>Phoenix, AZ<br><b>602.244.8166</b>   | <b>6:00 - 8:00 pm</b><br><b>Every</b><br><b>Wednesday</b>           |
| <b>Family Support</b>                        | For family members and friends of people who have a serious mental illness.  | North Scottsdale United Methodist Church<br>11735 N. Scottsdale Rd.<br>Scottsdale, AZ<br><b>602.953.0478</b>                | <b>7:00 - 8:30 pm</b><br><b>First</b><br><b>Monday</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<br>11735 N. Scottsdale Rd.<br>Scottsdale, AZ<br>Dick Robson<br><b>480.661.6296</b> | <b>6:30 - 8:00 pm</b><br><b>First &amp; Third</b><br><b>Mondays</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,<br>5631 E. Shea Blvd<br>Phoenix, AZ<br>Carol Cronlund<br><b>602.953.0478</b>                         | <b>7:00 - 9:00 pm</b><br><b>Third</b><br><b>Monday</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:<br><ul style="list-style-type: none"> <li>• Basics about the brain • Types of mental illness</li> <li>• Problem solving • Medication review</li> <li>• Self-care • Coping with brain disorders</li> <li>• Potential for recovery • Communications skills</li> </ul>  | Marilyn Racer<br><b>602.992.1936</b>   | <b>February</b><br><br><b>(12 weeks)</b>  |
| <b>Visions for Tomorrow</b>                      | 8-session class for caregivers of children and adolescents with brain disorders.   | Liz Curry<br><b>602.789.7045</b>   | <b>Date &amp; Times are TBA</b>   |
| <b>Special Events and Programs</b>               |  |  |   |
| <b>NAMI Walks Kick-off Dinner</b>                | Celebratory kick-off dinner to prepare for April's Walk. Please RSVP by Feb. 8, 2006.  | Stoudemire's<br>Downtown<br>3 S. 2nd St.<br>Phoenix, AZ<br><b>602.244.8166</b> | <b>February 13, 2006</b><br><b>6:00 - 7:30 pm</b>   |
| <b>Training for In Our Own Voice</b>             | IOOV is a recovery, education presentation given by trained consumer presenters for other consumers, family members, friends, professionals, students of all academic levels, and lay audiences.   | Harriet Kronick<br><b>602.374.5663</b>   | <b>February 18-19 2006</b>  |
| <b>Community Forum Sponsored by ValueOptions</b> | A community health forum. Call <b>602.629.1688</b> for info, transportation or interpretative services.  | Embassy Suites Hotel<br>4400 S. Rural Road<br>Tempe, AZ 85282                  | <b>March 22, 2006</b><br><b>5:00 – 8:30 pm</b>  |
| <b>NAMI AZ Walks for the Mind of America</b>     | NAMI affiliates of Arizona will Walk for the mind of America. Plan to join the thousands of Arizonans at the State Capitol—and walk to raise awareness of mental illness and dollars for education programs. Our first grand statewide NAMI Walks will bring walkers from every corner of the state. Join NAMI AZ Walks! | State Capitol<br>Wesley Bolin Plaza<br>17th Ave. & Washington<br>Phoenix, AZ   | <b>Meet at 7:30 am</b><br><b>Walk at 9:00 am</b><br><b>April 8, 2006</b><br><b>Saturday</b> |
| <b>Training for Teaching NAMI Peer-to-Peer</b>   | Learn how to teach NAMI Peer-to-Peer. You could then teach a course that consist of a 2 hour class for 9 weeks offering an opportunity for growth to any individual who experiences mental illness. Courses are free and taught by teams of 3 mentors.   | Harriet Kronick<br><b>602.374.5663</b>   | <b>mid-June</b>   |

The only limit to our realization of tomorrow will be our doubts of today. Let us move forward with strong and active faith.  
 -- Franklin D. Roosevelt

## NAMI Phoenix News In Brief

Welcome to our new **Family Support Group** at Mountain View Presbyterian Church at 8050 E Mountain View Road in Scottsdale meeting on the 4th Thursday morning of each month from 9:30 – 11:00 am. Contact **Mimi 480.991.7943**. Their very successful first support group meeting had 14 attendees. The three newly trained support facilitators, **Mimi Hathaway, Helen Orr and Barbara Borchers** were impressed with the support, knowledge and wisdom that everyone shared during the meeting. Congratulations to our new leaders and thank you for getting this group off to such a fantastic start.

**Speaker Training has begun.** Our first batch of speakers has been trained. If you are interested in speaking about NAMI and honing your speaking skills or if you already are skilled in public speaking, be sure to call **602.374.7439** to be notified of the next opportunity for training.

**Maricopa County Affiliates are hiring their first staff person.** What an exciting opportunity for Phoenix, West Valley, East Valley and South East Valley Affiliates! Our new Education Coordinator will schedule and oversee the wonderful Family to Family and Peer to Peer classes and equally important Support Groups for Families and Consumers.

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### **Medicare Part D to Provide 30-Day Supply of Medications**

In order to address continuing problems with the implementation of the new Medicare drug benefit program, the Bush Administration has ordered prescription drug plans to provide a 30-day supply of any drug that a low-income beneficiary (including a dual eligible) was previously taking, for no more than \$5 for each covered drug (\$2 if the medication is generic).

As a result of these problems, as many as 20 states (including California, Illinois, Ohio, Pennsylvania and all of the New England states) have announced plans to step forward and pay for prescriptions that should have been paid by the new Medicare drug benefit since January 1.

In mid January NAMI launched a toll-free hotline and e-mail response system to help individual consumers work through problems with the transition to the new Medicare drug benefit. Call **888.999.6264** ext. **1228** to talk to a NAMI representative.

**www.Nami.org** has up to date information on Medicare, Part D with topics like:

- Tips and Reminders at the Pharmacy Counter
- Transition for Dual Eligibles
- Obligations of the Medicare Drug Plans Serving Dual Eligibles
- FAQs on the transition for dual eligible beneficiaries



*Information you need to get your medicine*

by **Liz McClain**

The Website **www.NeedyMeds.com** is an excellent resource for finding discounted or free meds directly from the manufacturers for people who meet their qualification requirements. This is a one-stop shop (instead of having to look at each manufacturer's individual website). On the left-hand menu you can choose to search by the Brand Name or Generic Name of the drug.

When you click on the med name, the requirements and more information, as well as a downloadable application form, are usually available. All programs still require that your doctor complete a portion of the form and usually attach a prescription to it before mailing in. Normally, they will mail your meds to your doctor's office for you to pick up.

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Liz McCain is PGBHA Family Support Partner / Family Empowerment Network Parent Leader



## Kick-Off Dinner for NAMI Walks 2006

Monday, February 13, 2006

6:00 pm - 7:30 pm

Walk with NAMI for the Mind of America! This Kick-Off Dinner is FREE for anyone interested in learning more and the Walk and participating in it.

Stoudemire's Downtown  
3 South 2nd Street, Phoenix

To guarantee seating, RSVP by February 8, 2006

For more information or to RSVP  
Call 602.244.8166 or e-mail [NamiWalks@NamiAZ.org](mailto:NamiWalks@NamiAZ.org)

## NARSAD *Artworks*

NARSAD Artworks offers a variety of cards, postcards, calendars, posters, bookmarks, as well as **Silver Ribbon gifts**, including pins, earrings, caps and tote bags.



Call NAMI Arizona at 602.244.8166 or 800.626.5022 to receive a brochure. *(No sales tax or shipping charge)*

Come to see our display of cards, posters and gift items at NAMI Arizona at 2210 N. 7th St., Phoenix, AZ.

### Your Purchase helps to:

- Support brain & behavior research
- Provide income for artists
- Promote public education
- Destigmatize mental illness

### Use the Web

Although we love it when you read this newsletter, notice how we keep pointing you to web addresses. All the NAMI web sites are getting better, providing information about meetings, classes, support groups and news about mental illness. So keep reading this newsletter and use it as a resource to find out so much more information about national and local events that is available on the internet.

It is characteristic of all deep human problems that they are not to be approached without some humor and some bewilderment.  
-- Freeman Dyson

You can sign up for FREE e-mail delivery of the *Caring and Sharing* newsletter. Send your request to [webmaster@NamiPhoenix.org](mailto:webmaster@NamiPhoenix.org).

Check out [www.NamiPhoenix.org](http://www.NamiPhoenix.org) for the latest news, on-line newsletter (in color), forums, book reviews and extra pics we couldn't fit in the newsletter.

# Anti-depressants and Suicide

-- continued from Page 1

Just before and just after a patient receives antidepressants is the highest risk period for suicide. Anyone who exhibits prolonged (more than two weeks) or severe signs of depression should seek treatment and be on guard

against suicidal thoughts.

For more information about this study, visit [www.NamiPhoenix.org](http://www.NamiPhoenix.org) for links.

Clayton Esterson is the editor of *Caring and Sharing*.

## Signs of Depression (from the NIMH web site)

- Persistent sad, anxious, or "empty" mood.
- Feelings of hopelessness, pessimism.
- Feelings of guilt, worthlessness, helplessness.
- Loss of interest or pleasure in hobbies and activities that were once enjoyed, including sex.
- Decreased energy, fatigue, being "slowed down."
- Difficulty concentrating, remembering, making decisions.
- Insomnia, early-morning awakening, or oversleeping.
- Appetite changes and/or weight loss or overeating and weight gain.
- Thoughts of death or suicide; suicide attempts.
- Restlessness, irritability.
- Persistent physical symptoms that do not respond to treatment, such as headaches, digestive disorders, and chronic pain.

## NAMI Phoenix Adds New Support Group Meeting

NAMI Phoenix has started a new once-a-month family support meeting on the 4th Thursday of the month. This new meeting supplements five other meetings that provide a place where families can meet and exchange information and support. These meetings are open and do not require reservations. The new NAMI Phoenix web Calendar at [www.NamiPhoenix.org](http://www.NamiPhoenix.org), is an excellent tool for finding a meeting that fits your schedule and needs.

### Family Support

4th Thursday 9:30 – 11:00 am  
Contact : Mimi **480.991.7943**

Mountain View Presbyterian Church  
8050 E. Mountain View Rd  
Scottsdale, AZ

### Family Support

1st Monday 7:00 – 8:30 pm

### NAMI Peer Support

1st & 3rd Monday 6:30 - 8:00 pm  
NAMI Phoenix **602.374.7439**

N. Scottsdale United Methodist Church  
11735 North Scottsdale Road  
Scottsdale, AZ

### Daytime Family Support

Every Wednesday 2:00 - 4:00 pm

### Evening Family Support

Every Wednesday 6:00 - 8:00 pm

NAMI office: **602.244.8166**

NAMI Arizona Office

2210 N 7th Street

Phoenix, AZ

### Social Support for Consumers

3rd Monday 7:00 - 9:00pm

NAMI Phoenix: **602.374.7439**

New Church of Phoenix

5631 E. Shea Blvd

Scottsdale, AZ

## NAMI Arizona Revamps their Web Site

NAMI Arizona posted an improved web site this month. at **www.NamiAZ.org**. NAMI members are encouraged to take advantage of the internet for the latest information on mental illness and happenings at the state and local level.

The new NAMI Arizona web site provides information about the following topics:

- **Resources** – for information, support and referral services.

- **NAMI Membership** – how to join, contribute and volunteer.
- **NAMI Walks** – for information about this important educational and fundraising event.
- **Programs** – for information about free educational events.
- **Affiliates** – for information about the ten other NAMI affiliates in Arizona.
- **Calendar** – lists information about local events.

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## NAMI Phoenix Adds Calendar to Web Site

As part of our effort to improve the NAMI Phoenix web site we have modified the Calendar page. The “easy to read” web page now shows all events in a “wall calendar” format. Visitors can click on an event and a pop-up window now shows details, such as the time and location and contact information.

Recent **www.NamiPhoenix.org** improvements include an on-line archive of newsletters and a forum for reading and posting information about mental illness. The front page of the web site provides the latest breaking news and supplemental photos, information and web links that were not published in *Caring and Sharing*.

### Coming Soon

**East Valley NAMI is planning a new web site at: [www.NamiEastValley.org](http://www.NamiEastValley.org)**

Send your letters to the editor at **[webmaster@NamiPhoenix.org](mailto:webmaster@NamiPhoenix.org)**

### IMPORTANT NOTICE

If your family member is a client of Value Options, we would like you to fill out and return a survey to:

Susan Glynn  
NAMI State Office  
2210 N. 7th Street  
Phoenix, AZ 85006

This survey will help the court determine whether Value Options is providing appropriate service to our family members.

Call NAMI Arizona at **602.244.8166** and ask for a survey to be mailed to you or go to **[www.namiphoenix.org](http://www.namiphoenix.org)** and download the survey.

## Become a NAMI Phoenix Member Today!

### How Can Members Help NAMI Phoenix?

- ✓ Become a NAMI Walks Team Captain.
- ✓ 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: \_\_\_\_\_

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

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

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

\_\_\_\_\_

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

\_\_\_\_\_

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

