



# *Caring and Sharing* **NAMI PHOENIX**

Vol. 7, No. 2 Families and Friends Affected by Mental Illness April / May 2006

## **NAMI Gives Arizona a D+ in Mental Health Care**

by Clayton Esterson

NAMI National reviewed mental health care across America and issued a “report card” for most states. Arizona received a “D+”, which was slightly above the national average grade of “D”. Arizona was evaluated in four categories:

- B- Infrastructure
- D- Information Access
- D Services
- B+ Recovery Supports

NAMI used three landmark documents as a yard stick to evaluate Arizona’s performance in providing services to consumers with serious mental illnesses, including the 1999 U.S. Surgeon General’s *Report on Mental Health*. Data was gathered from state authority

questionnaires, public information, interviews and consumer/family exercises on accessing information.

The evaluation revealed recent Arizona innovations, including a “best-practice” committee with consumer and family involvement and language translation services. Improvement was needed in housing, hospitalization and transitional services. More mental health resources were needed to keep up with Arizona’s growth. Also, NAMI found Arizona has fallen short in complying with the 25-year-old on-going lawsuit, *Arnold vs. Sarn*.

Much more information is available at [www.Nami.org](http://www.Nami.org) on this evaluation report, including grading methodology, questionnaires and detailed score card.

Clayton Esterson is the editor of *Caring & Sharing*

## **NAMI Walks and NAMI Rocks**

by Carol Cronlund

Count down to the 2nd Annual NAMI Arizona Walk on April 8th. Many thanks to all the wonderful sponsors from last year and this year (listed on Page 5). With our sponsors’ financial support, NAMI Phoenix has funds to train teachers and facilitators, and purchase materials for our Education Classes. Our goal for this year’s funds is to continue paying the salary of our new Education Coordinator. Please help make this happen.

It is not too late to participate. Come on down to the State Capitol by 8:00 am (or earlier) to enjoy the entertainment and the excitement. The first 50 to join the NAMI Phoenix Team will receive a free *Caring and Sharing* T-shirt!

**Carol Cronlund** is President of NAMI Phoenix.



### **Four Ways to Join Our Team**

1. Go to [www.Nami.org](http://www.Nami.org) and click on NAMI Walks and then the state of AZ and follow the directions.
2. Fill out a Walk Brochure registration form, sign it and mail it to the NAMI State Office, 2210 N. 7th St., Phoenix, AZ 85006
3. Come Early to the NAMI Phoenix table at the Walk and fill out a registration form and meet other walk team members here.
4. Call **602.374.7439**



**Caring and Sharing**

**To contact NAMI Phoenix**

Suite 102 PMB Box 344  
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  
Barb Hucek, Vice President  
Marie Martin, Secretary  
Helga Wilson, Treasurer

**Members of the Board:**

*Three year term:*  
Helga Wilson,  
Marie Martin, Mary Patino  
*Two year term:*  
Carol Cronlund, Barb Hucek, Carol  
McDermott,  
*One year term:*  
Walt Hoesch, Harriet Kronick, Lela  
Rosales

**Committees:**

**Bylaws and Resolutions:**

Marie Martin, Carol Cronlund

**Public Relations:**

Clayton Esterson (newsletter editor &  
webmaster)

**NAMI Walks Committee:**

Lela Rosales, Carol Cronlund,  
Toni Markgraf

**Programs and Education:**

Harriet Kronick, Barb Hucek

**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 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.

# Success is in the Air this Spring!

by Susan Glynn

NAMI AZ is now celebrating all the good things that traditionally come with Arizona’s beautiful springtime. But we have traveled through many other “seasons” as well, while I served on the State’s Board of Directors during these past five years. I want you to know that, although this is the final year of my term, I feel honored to serve as your President and to work with the exceptional staff at the State office, the Executive Committee, and state board members.

We are fortunate to have **Cheryl Weiner** as our Executive Director. Cheryl is a true professional and has shown her deep commitment to our mission: Support, Education, Advocacy, and Research. She has met high-ranking officials in the mental health community— local, State, and nationally— and represented NAMI with intelligence and charm. Cheryl has been a pleasure to know and work with, during my terms as both State President and member of the Executive Committee.

We found a winning combination too, when **Adrienne Pagel** came on board to be our Program Director and to work with Cheryl. Like Cheryl, she is energetic, industrious, and passionate. Together, Cheryl and Adrienne confronted the many challenges of a statewide mental health system, which recently received a dismal, national score of “D+”. Cheryl and Adrienne brilliantly responded to the new Request for Proposal (RFP) for the State contract and successfully applied for several grants that will benefit our mission in so many, many ways. Their zeal to find financial support for Arizona’s ten diverse affiliates drove them to work tirelessly and to achieve the ultimate success of our two biggest fundraisers: The 2005 Mystery Authors Benefit Luncheon, and NAMI Walks for the Mind of America 2006.

I am privileged to work with a multi-talented Executive Committee: **David McPherson, Fred Trost, Richard Bredemann** and **Beverly Carling**. Since our Annual State Meeting in January, we have met regularly to address financial issues and to provide necessary support for our Executive Director.

I predict future success in what we do, because I continue to see affiliate leaders throughout Arizona, expanding their programs and stepping-up to meet new challenges. These positive outcomes only happen through hard work and creative outreaching.

We are in the midst of a problem-ridden and quickly changing mental health system. But NAMI has the ability to be part of the solution. With your continued help and talent, we will.

Susan Glynn is the President of NAMI Arizona

You can sign up for e-mail subscription to the bi-monthly *Caring and Sharing* newsletter. You do not have to be a NAMI member for this FREE service.

E-mail your request to:  
**webmaster@NamiPhoenix.org.**

# Advocacy Report

by Jay McIntyre

This legislative session began Jan 10, 2006. One Senate bill and two House bills were of interest regarding mental health: Senate Bill 1200 and House Bill 2480 were very similar. They stipulated that organizations or insurers that provide mental health benefits may not impose limits on services provided for mental health unless the same limits are imposed on medical and surgical benefits as well. Both bills died in committee. NAMI Arizona felt an intense lobbying effort would not be helpful this year. Instead, we will continue to educate our legislators and the public about mental health insurance parity.

The third bill, HB 2748, is known as the Crisis Intervention Team (CIT) Training appropriations bill. This bill would provide training to police officers on issues of mental illness, psychiatric medications, communication training, de-escalation techniques and the use of non-lethal force. It would provide funding for overtime, travel pay, and costs associated with an urgent care drop off point such as the Urgent Care Centers. For a period of time it looked like this bill was going to get to the floor and perhaps even pass. However, at the last minute the legislative process failed to get the bill out of committee. There is nothing the advocacy committee can do right now. We mobilized phone calls, emails, and letters to the committee chair and members, but it wasn't enough to advance the bill for a full House vote. This appropriations bill may be attached to another bill later in the session. If there is any advocacy from the community that may be helpful, we will get the word out.

Another recent bill, SB1477, sometimes referred to as the Scientology Bill, was of concern. The bill would limit research in state institutions and had language in it which is considered negative to individuals with mental illness. It was supported by the Church of Scientology. We called for phone calls and emails to encourage our legislators to vote against this bill and it has apparently been voted down. Votes on these bills sometimes come up quickly and there is little time to mobilize our advocacy group. One of the things we need to do is getting better organized with an information flow system so when we need to inform our legislators of our positions we have a system in place to accomplish this.

**Adrienne Pagel** and **Cheryl Weiner** submitted a grant proposal which was approved! The grant enables NAMI to take the first step in a multi-year plan to educate and mobilize grassroots mental health advocates across the state. This new state-wide initiative includes:

- Conducting regional training sessions.
- Writing a plan for legislative advocacy.
- Hosting "meet and greet" events in 75% of the legislative districts.

More activities related to the grant will start after the Walk.

We encourage NAMI members to become acquainted with their legislators in their districts, be ready to take the advocacy training when it comes to your region, and be watchful of what the legislators are doing. Information about legislative activities is available on line at [www.azleg.gov](http://www.azleg.gov).

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Jay McIntyre is the Chair of the Advocacy Committee.

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## Returning Vets Seek Help for Mental Health Problems

More than one out of three soldiers and Marines returning from duty in Iraq are seeking help for mental health issues. This is almost twice the rate compared to others who have served in Afghanistan, Bosnia or Kosovo. More than 300,000 military personnel responded to questionnaires in this study published in the *Journal of the American Medical Association*.

Post Traumatic Stress Disorder (PTSD) is characterized by flashbacks, nightmares, and intrusive thoughts that disrupt work and home life. 12% of veterans returning from Iraq have been diagnosed as suffering from PTSD. This rate is similar to PTSD rates among

combat veterans from other conflicts.

A *Washington Post* article quotes Colonel Charles W. Hoge, the lead author of this study. "There is no front line in Iraq. Individuals who are patrolling the streets will be at higher risk of being involved in combat, but folks who are largely located at one base are also targets of mortar and artillery, and everyone in convoys is a target."

Visit [www.NamiPhoenix.org](http://www.NamiPhoenix.org) for a link to the entire *Washington Post* article.

# Consumer Happenings in Arizona

by **Harriet Kronick**

For the first time in two years Maricopa County is holding a Peer to Peer class hosted by NAMI East Valley. The class is being run by three newly trained mentors. **Jana Vorhees**, from NAMI Phoenix has teamed up with the two mentors from East Valley to make a dynamite team. The class started March 16th with 14 eager students. NAMI Prescott will be starting their Peer to Peer class in April. Once again, the class will be lead by three newly trained mentors.

Mentors from NAMI Phoenix are very much needed. The next training will be held in June. We need to have a team in order to offer this wonderful NAMI Signature class to our consumers as soon as possible.

NAMI C.A.R.E. (Consumers Advocating Recovery through Empowerment) is a peer based mutual support group for individuals facing the challenges of recovering from any serious mental illness. Facilitators will be trained in June.

In Our Own Voice (IOOV) training will also be held in June. This is a wonderful opportunity to share your story, help diminish stigma and earn a stipend at the same time. Travel will be arranged if you do not have your own. Our own **Dick Robson**, current facilitator of our NAMI C.A.R.E. support group will be conducting the training. Dick, who will be attending the national IOOV training in April, will become the newest addition to our Consumer state training team.

We are on the move. Don't be left out!!

Harriet Kronick is a NAMI Phoenix board member.

Contact Harriet Kronick  
**602.374.5663**  
for more information  
or if you wish to be trained for facilitating  
any of these consumer programs.  
**You can make a difference!**

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## Letters to NAMI Phoenix

Dear Ms. McDermott,

I received the information you sent. I appreciate your help very much. I found the information interesting and helpful.

I have worked with emotionally disturbed students for over 30 years, but it is a very different experience being on the other side of the desk. I might add, it is a very frustrating, humbling, and exasperating experience. I had some doubts when parents told me they were treated with disrespect and insolence when they were trying to get mental health help for their loved ones. Now I understand, and unfortunately agree. Working in the school system, we would refer parents and students to outside agencies. When I spoke to those people as a professional, I was treated with respect and given information I sought, for the most part anyway. However, speaking to mental health professionals as a mother, has been a totally different story. I realize, after visiting with you, how important it is for me

to get support from the NAMI group for my own mental health as well as finding support for my son. I have been a part of AIAAnon [ed. note: a fellowship of relatives and friends of alcoholics] for over 30 years, and thought I had the support I needed. I don't believe this anymore.

Your care, concern, and effort to return my phone call was very touching. I appreciate your willingness to go above and beyond to help my son and I. I would like to make a small contribution for postage or materials as small thank you for all your help.

Thank you very much,

Judy Quill, Case manager for the Emotionally Disturbed

Send your letters to the editor at  
**webmaster@NamiPhoenix.org**



**Saturday, April 8, 2006**

Check-in: 7:30 am

Walk Starts: 9:00 am

**For more information please contact:**

**480.308.9700** (Adrienne Pagel)  
NamiWalks@NamiAZ.org (e-mail)

**602.244.8166** (Cheryl Weiner)  
cWeiner@AzAmi.org (e-mail)

State Capitol  
17th Avenue & Washington St.  
Phoenix, AZ

## Sponsors Play Crucial Role in NAMI Walks Success

NAMI Walks is important because it raises awareness of mental health issues and it is a major fundraiser for NAMI programs. NAMI Walks is possible only through teamwork of three partnerships: the volunteers who organize the Walk, people who volunteer to walk and raise funds and the sponsors who provide support. Here is a list of sponsors who have supported NAMI Phoenix for NAMI Walks. We offer our heartfelt gratitude for their generosity and continued support.

Arizona Children's Associates  
Banner Behavioral  
Compass Mental Health  
Hickman Family Farms  
Johnson Bank  
London Company  
Magic Merlin Investments  
Mountain View Presbyterian  
Mr P's Blinds and Shades Co.  
National Construction Rental  
Nationwide Retirement Solutions  
New Church of Phoenix

Outrider Remodeling  
Paradise Valley United Methodist Church  
Pinnacle Presbyterian Church  
RMH Strategic Marketing  
Salt River Project  
Shamrock Foods  
Steptoe & Johnson  
Tatum Sun Times  
ValueOptions  
Voice Response Technologies  
White Mountain Building

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## Mental Health Screening for Youth

by Peg Podlich

Recently, the National Conference of State Legislatures (NCSL) published an article on mental health screening for youth. It quoted the 1999 U.S. Surgeon General's report on mental health that nearly 4 million children and adolescents suffer from a serious mental illness, but 80 percent are not identified and do not receive mental health services. Suicide is the third leading cause of death among youth aged 15 to 24, and research shows that over 90 percent of youth who commit suicide have a mental illness.

The NCSL article reminds us that physicians and school systems regularly screen children to make sure they

are reaching physical and developmental milestones. Screening questionnaires offer a quick picture of a child's well being, identifying those who may require additional assessment and follow-up care.

The final report of the President's New Freedom Commission on Mental Health recommended early detection on mental illness among youth by expanding screening in primary care settings and schools.

Mental health screening can be an "extremely helpful tool," said Minnesota Rep. Mindy Greiling, who is also the chair of the NAMI national board of directors' policy subcommittee on children. She further stated that there is a "huge range of what is normal during childhood and

-- continued on Page 10

# NAMI Phoenix Calendar of Events & Activities

## April / May 2006

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>602.374.7439</b>	<b>6:30 pm to 8:30 pm</b> <b>May 8, 2006</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.	Mountain View Presbyterian Church 8050 E. Mountain View Rd Scottsdale, AZ Mimi <b>480.991.7943</b>	<b>9:30 - 11:00 am</b> <b>Every</b> <b>4th Thursday</b>
<b>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.	North Scottsdale United Methodist Church 11735 N. Scottsdale Rd. Scottsdale, AZ <b>602.953.0478</b>	<b>7:00 - 8:30 pm</b> <b>First</b> <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 11735 N. Scottsdale Rd. Scottsdale, AZ Dick Robson <b>480.661.6296</b>	<b>6:30 - 8:00 pm</b> <b>First &amp; Third</b> <b>Mondays</b>
<b>Social Events</b>			
<b>Family &amp; Consumer Picnic</b>	For all consumers, family members and friends. An evening of picnic fun. Contact: Carol Cronlund <b>602.953.0478</b>	Roadrunner Park 3502 E. Cactus Road- Phoenix, AZ	<b>6:00 pm</b> <b>April 17, 2006</b> <b>Monday</b>
<b>Family &amp; Consumer Social Evening</b>	For all consumers, family members and friends. A night of games, food, conversation, relaxation. Contact: Carol Cronlund <b>602.953.0478</b>	The New Church of Phx, 5631 E. Shea Blvd Phoenix, AZ	<b>7:00 - 9:00 pm</b> <b>May 15, 2006</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>	Stacey Nordwall <b>602.244.8166</b>	<b>May</b>  <b>(12 weeks)</b>
<b>Special Events and Programs</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 second grand statewide NAMI Walks will bring walkers from every corner of the state.	State Capitol Wesley Bolin Plaza 17th Ave. & Washington Phoenix, AZ	<b>Meet at 7:30 am</b> <b>Walk at 9:00 am</b> <b>April 8, 2006</b> <b>Saturday</b>
<b>NAMI Phoenix Annual Meeting</b>	Dinner, Board and bylaw vote and guest speaker, Mark Lazare, owner of Compass Mental Health. Please RSVP: <b>602.374.7439</b>	Our Savior's Lutheran Church 1212 E. Glendale Ave Phoenix, AZ	<b>May 25, 2006</b> <b>Thursday</b> <b>5:30 pm - 8:45 pm</b>
<b>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 and discover how your strengths could impact NAMI Phoenix.	Irv and Kathy Huseby's Home 6131 E. Yucca Scottsdale, AZ	<b>June 4, 2006</b> <b>Sunday</b> <b>2:00 pm - 4:00 pm</b>
<b>NAMI National Convention</b>	Changing Minds, Changing Lives, Keeping the Promise. NAMI Phoenix is offering \$500 scholarships to help pay expenses. Scholarship application deadline is April 25, 2006. See box on Page 11 for more details.	Washington, D.C. Washington Hilton Hotel	<b>June 28, 2006</b> <b>Wednesday</b> <b>to</b> <b>July 2, 2006</b> <b>Sunday</b>
<b>Training for In Our Own Voice</b>	IIOV 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 <b>602.374.5663</b>	<b>June 2006</b>
<b>NAMI CARE Mentor Training</b>	Training A peer based mutual support group for individuals facing the challenges of recovering from any serious mental illness.	Harriet Kronick <b>602.374.5663</b>	<b>June 2006</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 <b>602.374.5663</b>	<b>mid-June 2006</b>

## Call for Volunteers

Volunteers are what make NAMI Phoenix tick. To grow and expand our ability to serve the community we need YOU. Look for ways you can help us fulfill NAMI Phoenix's Mission to *support and educate families affected by serious mental illness.*



Call Carol Cronlund  
(Volunteer Coordinator)

**602.953.0478**

### Volunteer Opportunities

- Drivers Needed for Presenters of Peer Programs.
- Speaker Bureau Training and Speaking Opportunities.
- Leadership on Committees for the Board of Directors.
- Service on the Board of Directors.
- Education Committee Coordinator.
- Writers for the *Caring and Sharing* newsletter.
- Walk Participation as a Walker, Sponsor, Donor or Volunteer.

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## ***PAFCO Arranges State Senate Intro to NAMI Advocates***

by **Eloise Rohner**

March 14 was the day scheduled for NAMI-Arizona and NAMI Southern Arizona to send representatives to stand up and be recognized by the Arizona Legislature. NAMI is part of a diverse group of health and human services organizations that are allied at the AZ Legislature Campus to protect all health and human services funding.

This alliance, PAFCO, stands for "Protecting Arizona's Family Coalition." By helping to represent different health and human services groups almost daily, PAFCO has a high visibility daily presence at the legislature. This daily presence nourishes our grass roots citizen power and helps to create a culture of accountability to their constituencies among the Legislators.

**Timothy J. Schmaltz**, the PAFCO Coordinator and **Karen S. Novachek**, the Chairperson of PAFCO Advocacy, act as our lobbyists at the Legislature. They arranged for the NAMI groups to be introduced in the

balcony of the Senate on March 14. The Legislators know our lobbyists and what they advocate. Legislators are now more familiar with NAMI because of our presence on March 14.

Perhaps you need encouragement to visit the legislature when it is in session. Parking is easy on both the east and the west sides of the capitol. There is a seat in the balcony of both houses reserved just for you. Each of us should know the number of our legislative district and the names of our senator and two representatives. Watch for your opportunity to visit the House and Senate while they are in session. When you go, find someone wearing a yellow PAFCO button and say, "Take me to your leader." Your homework is to check out these websites: **[www.azleg.state.az.us](http://www.azleg.state.az.us)** and **[www.pafcoalition.org](http://www.pafcoalition.org)**.

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Eloise Rohner is a NAMI Phoenix member.

# Meet Stacey Nordwall: New Education Coordinator

by **Barb Hucek**

We are excited to welcome **Stacey Nordwall** to her new position. as the Maricopa County Education Coordinator. She has been brought on board to help organize and promote the support and education programs of all four NAMI Maricopa affiliates. Through a Community Re-Investment grant received from ValueOptions, the NAMI groups in our big sprawling city will have Stacey working part-time to make sure that more people learn about our services and programs.

Stacey was born in Mesa and moved away as a child. She came back to attend high school and lived near the Paradise Valley Mall. She graduated from Stanford University with a double major in communications and psychology. Her work career started in the Bay Area and one of her jobs was a proposal coordinator at Shaw E & I (an environmental and infrastructure engineering company). She decided to relocate to Cave Creek a year and a half ago to be near family. Stacey is very comfortable with computers and even had her own computer repair company. Knitting is one of her hobbies and she sells her hats and scarves in the Bay Area and online.

Stacey loves to travel and has been to the U.K., Italy, Mexico, Canada, and the Netherlands. Taking photographs makes her happy, especially cityscapes

and landscapes. We all look forward to working with this vibrant young woman as NAMI moves forward!

Barb Hucek is Vice President and Education Director of NAMI Phoenix



## 4th Annual NAMI Phoenix Volunteer Appreciation Open House

Sunday, June 4, 2006  
2:00 pm - 4:00 pm

If you are a volunteer or would like to become one, COME and bring a friend to our party. Meet other NAMI members and discover how your strengths could impact NAMI Phoenix.

**Irv and Kathy Huseby's Home**  
**6131 E. Yucca**  
**Scottsdale, AZ**

Please RSVP

For more information or to RSVP  
Call NAMI Phoenix, **602.374.7439**

# NAMI Phoenix Annual Meeting in May

NAMI Phoenix members will be receiving a letter in the mail in the next few weeks announcing our Annual Meeting. This year you are invited to enjoy dinner with fellow NAMI Phoenix members before voting on bylaws and board members.

Our guest speaker this year is **Mark Lazare**, owner of Compass Mental Health, LLC. Mark will speak about Compass and PLAN (Planned Lifetime Assistance Network). Come and find answers to questions like:

- Who will care for my loved one when I no longer can?
- How can my loved one receive better access to care?
- What is private Case Management?

In order to do NAMI Phoenix business and vote on

amendments and board elections, we need your attendance or proxy ballot. When you receive your letter in the mail please RSVP so we can plan for the dinner. If you cannot come please mail in your proxy ballot. It is important for you as a member of NAMI Phoenix to participate in our election process. This year we will have four amendments to our bylaws. Information regarding those changes and candidates for board positions will be included in the letter.

**If you plan to attend,  
please RSVP for dinner.**

**If you cannot attend, please vote  
by mailing in your proxy ballot.**

Compass Mental Health was founded in August 2002 as a licensed behavioral health agency. The focus of Compass is to provide the highest level of service in the areas of crisis intervention, out-patient stabilization, bridge counseling, coaching, and employee assistance programs. The company's primary goal is to improve the health & independence of individuals, couples & families, with tailored services to meet specific needs.



**Compass Mental Health, LLC**  
**4500 N. 32nd St., Suite 104**  
**Phoenix, AZ 85018**



**602.224.7050**  
**877.224.7050**    **www.CompassMentalHealth.com**

## Mental Health Screening for Youth

*-- continued from Page 5*

adolescence," and mental health exams can "either affirm a nagging feeling a parent has that something is wrong or assure [parents] that everything is normal."

Screening opponent, Dr. Karen Effrem of EdAction, a nonprofit consumer protection group, says "This widespread net-casting doesn't make any sense, and nobody benefits from screening." Effrem said she supports suicide prevention efforts, but she believes that screening for mental health problems in high schools overstates the normal and generally temporary traumas that teens experience.

The article highlights TeenScreen, a model program developed by Columbia University in 1991 that is currently used in over 450 schools in 42 states. TeenScreen is a national mental health and suicide risk

screening program for youth. The goal of the National TeenScreen Program is to make voluntary mental health check-ups available for all American teens. TeenScreen works by assisting communities throughout the nation with developing locally operated and sustained screening programs for youth. Screening can take place in schools, doctors' offices, clinics, youth groups, shelters, and other youth-serving organizations and settings. Leslie McGuire, director of TeenScreen, said, "This is not universal or mandatory screening. We absolutely require parental consent, and teens must also agree to participate." During the screening process, participants are never labeled with any sort of mental illness. "We're not in the business of diagnosing teenagers, we simply identify kids who may require a more in-depth evaluation," said McGuire.

For more information and web links, please visit **www.NamiPhoenix.org**.

Peg Podlich is a NAMI Phoenix member.



## NAMI Phoenix Annual Meeting

Thursday, May 25, 2006

5:30 pm - 8:45 pm

- 5:30 Buffet Dinner
- 6:30 Business Meeting & Election of Board Members
- 7:30 Speaker: Mark Lazare (Compass Mental Health)
- 8:30 Closing Remarks

**Our Savior's Lutheran Church**  
**1212 E. Glendale Ave**  
**Phoenix, AZ**

Please RSVP

For more information or to RSVP  
Call NAMI Phoenix, **602.374.7439**

## NAMI National Convention

Wednesday, June 28, 2006 to  
Sunday, July 2, 2006

### Convention Program

1. Anti-Stigma Issues and Strategies
2. The New Generation at NAMI
3. Multi-Cultural Action Center
4. Children & Adolescents
5. Decriminalizing Mental Illness
6. Medicaid Reform
7. Housing
8. Employment
9. Transforming the Mental Health Workforce



**Washington D.C.**  
**Washington Hilton Hotel**

### \$500 Scholarships Available from NAMI Phoenix

NAMI Phoenix is offering \$500 scholarships to its members to help offset the cost of attending the National Convention (total attendance costs are estimated to be around \$1400). To apply, send an application letter to NAMI Phoenix stating:

*1) Why you wish to attend the convention? 2) How would you use your convention experience to benefit NAMI Phoenix?*

Application letters must be received by **April 25, 2006**.

Applications will be reviewed by the NAMI Phoenix Executive Committee and scholarship winners will be notified by May 2nd.

Send application letters to—6339 E. Greenway Road Ste 102, PMB 344, Scottsdale, AZ 85254, or by email to [cjCronlund@cox.net](mailto:cjCronlund@cox.net).

## 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: \_\_\_\_\_

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

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

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

\_\_\_\_\_

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

\_\_\_\_\_

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

