



NAMI Phoenix

# Caring and Sharing



NAMI East Valley

Vol. 8, No. 6

Families and Friends Affected by Mental Illness

Dec. 2007 / Jan. 2008

## 480 attend 7th Annual Mystery Author's Luncheon

by Peg Podlich

"\$5,150 - going once, going twice, sold!" With that, and after several minutes of spirited bidding, Mona "from Arizona" Elien won the distinction of having her name used as a character in a new James Patterson novel. James sold the "naming rights" to the highest bidder at the 7th annual Mystery Authors' Benefit Luncheon with proceeds to benefit NAMI Arizona. Mona, who has been a circus performer, Yuma farmer and mountain climber, hopes her fictional character will be as colorful.

James, Tess Gerritsen and Harley Jane Kozak entertained the luncheon go-ers with clever remarks and poignant memories. The three authors gave memorable and humorous talks, spinning out personal histories and elaborating on how persons with mental illnesses have influenced their lives.

Mary Robson and Susan Glynn (with special thanks to Cathy Mancini) assembled a cracker jack team for this year's signature fund-raiser. In addition to finding the popular authors, the committee secured the beautiful,



Mona Elien & Susan Glynn

historic Arizona Biltmore Resort and Spa as this year's location, solicited fabulous items for the silent auction and made sure that we all had a good time.

Rene Gutel, of public radio station KJZZ, was a personable Master of Ceremonies for the program. She introduced Dr. Robert Hess, the new NAMI Arizona Executive Director, who modestly mentioned that he guessed he got the position because he's tall! Joel Glynn presided over the live auction and inspired attendees to open their wallets for this good cause.

480 NAMI supporters attended the luncheon and auction. Over 250 businesses, corporations and individuals generously contributed items for the auction. The Raffle Grand Prize was a seven night stay in Plaza Pelicanos Resort in Puerto Vallarta.

Thanks to conscientious work and the contributions of dedicated volunteers, the Luncheon and Auctions raised over \$50,000. The day was a lively success!

For more pictures of the luncheon and a list of generous sponsors, visit [www.NamiPhoenix.org](http://www.NamiPhoenix.org).

Peg is a member of NAMI Phoenix



NAMI launched its Veterans Resource Center, an online portal to mental health resources for America's veterans, active duty service members and their families. In conjunction with this launch, NAMI is providing us with a unique opportunity to honor those who have served and continue to serve our country.

Many of our veterans who are returning from active duty face a second war at home, confronting profound mental health problems that challenge their lives and the lives of their families. Consider these grim statistics:

- Almost 1 in 3 veterans returning from Afghanistan and Iraq confront mental health problems.
- In 2006, the suicide rate in the Army reached its highest level in 26 years.
- Approximately 30% of veterans treated in the Veterans health system suffer from depressive symptoms, two to three times the rate of the general population.

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NAMI represents families and friends affected by serious mental illnesses. NAMI Phoenix and NAMI East Valley are affiliates 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.

**FREE e-mail subscription**

You can sign up for an e-mail subscription to the *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**

## Upcoming Magellan Community Council Meetings

Each month, Magellan Health Services will be hosting two Community Council meetings, one focused on adult care and one on child care, in order to get input from behavioral health recipients, family members, clinicians, advocates and others who are leaders in the community. Senior staff from the Regional Behavioral Health Authority (RBHA) will be in attendance in order to hear input, recommendations, learn about any service barriers and brainstorm solutions for overcoming those barriers.

Magellan of Arizona  
4129 E. Van Buren Street  
1st Floor - Cottonwood Room  
Phoenix, AZ

### Adult's System of Care Community Council

December 5, 2007	6:00-7:30 pm
January 2, 2008	6:00-7:30 pm
February 6, 2008	6:00-7:30 pm
March 5, 2008	6:00-7:30 pm
April 2, 2008	6:00-7:30 pm
May 7, 2008	6:00-7:30 pm
June 4, 2008	6:00-7:30 pm
July 2, 2008	6:00-7:30 pm

### Children's System of Care Community Council

December 12, 2007	6:00-7:30 pm
January 9, 2008	6:00-7:30 pm
February 13, 2008	6:00-7:30 pm
March 12, 2008	6:00-7:30 pm
April 9, 2008	6:00-7:30 pm
May 14, 2008	6:00-7:30 pm
June 11, 2008	6:00-7:30 pm
July 9, 2008	6:00-7:30 pm

Want to learn more about articles you read in this newsletter?

Visit [www.NamiPhoenix.org](http://www.NamiPhoenix.org) or

[www.NamiEastValley.org](http://www.NamiEastValley.org). We now have a reference section in our newsletter web page that has links to references and additional information.

# Golden Nuggets from Dr. Ken Duckworth

by Jean Howell

The audience was engrossed. Opting out of the lecture format planned for his Irish Cultural Center evening appearance on October 3, sponsored by the Arizona Foundation for Behavioral Health (AFBH) and NAMI Arizona, Dr. Ken Duckworth, NAMI National's medical director, captured the minds of 29 family members, clinicians and clients with an hour-and-a-half-long "Ask the Doctor" session. With welcoming ease, Dr. Duckworth canvassed the room for each attendee's lived experience, setting a scene of sharing and camaraderie between speaker and audience.

As a triple board certified psychiatrist and NAMI family member, Dr. Duckworth interwove strands of his history as the son of a bipolar father with current data on child, adolescent and adult behavioral issues. From audience contributions and Dr. Duckworth's responses, we learned that:



Dr. Ken Duckworth

- Our heads are attached to our bodies, and people with behavioral health issues must make their physical as well as their mental health a priority. Smoking cessation and walking are recommended.
- There is a risk of cardiovascular problems in patients who take certain psychotropic medications. Education and prevention are important ingredients in the total picture of good health.
- Typing is one of several non-medication strategies to help symptoms of restlessness and inattention in ADD. Teaching ADD children to type as early as third grade can improve performance on written assignments. Some children have difficulty coordinating handwriting and thinking skills.
- For sufferers of co-occurring neurological and substance abuse disorders, Clozaril has been shown

in empirical data to reduce cravings. Dr. Allen Gellenberg, M.D. of the University of Arizona Medical School is an authority on the evidence.

- After 45-50, some serious mental illness sufferers seem to do better. Symptoms may settle down, enabling some to hold part-time jobs.
- Cognitive Behavioral Therapy is an effective adjunct to medication and has applications in many diagnoses.
- What we know now about behavioral health and the connection between biology and psychiatry is a small part of what we may learn in the future.

As the evening drew down, one listener asked Dr. Duckworth to recommend best books on a range of behavioral health subjects. Without hesitation he suggested the following classics: *Thinking in Pictures*, by Temple Grandin, an animal scientist who has autism; *Feeling Good* by David D. Burns, M.D., proponent of cognitive behavioral therapy to counter negative

automatic thoughts; *Touched With Fire*, a look into the world of bipolar disorder and creativity, by Kay Redfield Jamison; *Cognitive-Behavioral Therapy in Schizophrenia*, by Douglas Turkington and David G. Kingdon; and *Finding the Heart of the Child*, by Edward Hallowell and Michael Thompson.

Playing a deft blend of medical guru, counselor and storyteller, Dr. Duckworth left us with on-target recommendations and nuggets of fresh evidence and old wisdom. Underscoring the intimacy of the evening was his reminder to love and be there for our families who experience mental illness, as we were there for each other on a Wednesday evening in October.

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Jean is a NAMI Phoenix board member

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## Veterans Resource Center

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- More Vietnam veterans have now died from suicide than were killed directly during the war in the 1960s and 70s.
- Approximately 40% of homeless veterans have mental illnesses. Approximately 57% of this group are African American or Hispanic veterans.

In an effort to respond to these issues, NAMI's Veterans Resource Center features a growing compilation of fact sheets, self-help information, online discussion groups, research and policy updates, and links to government agencies and other private organizations. NAMI has made the Center a priority to meet a growing need.

Visit [www.nami.org/veterans](http://www.nami.org/veterans) for more details.

# NAMI East Valley News in Brief

by Robin Weber

I'm proud to announce NAMI East Valley's newest support group, NAMI Connections, facilitated by **Julie Furseth 480.694.8782** and **Carisia Cantrell 480.272.2853**. It is held every Thursday, 1:00-2:30pm  
Magellan Alma School Clinic  
Large Conference Room  
1930 S Alma School Rd.  
Mesa, AZ

Two new Family-to-Family 12-week courses start in early January in Chandler and Casa Grande. These once-per-week classes are structured to help families and caregivers understand and support individuals with serious

mental illness while maintaining their own well being. See page 12 for class time and locations. The courses are free, but pre-registration is required.

Families Giving Hope Support Group will not be meeting Dec 25. The group will resume on January 8, 2008.

NAMI East Valley / Phoenix Education meeting will **not** be meeting January 1, 2008.

The NAMI East Valley Holiday Party is on Friday, December 7. This potluck is open to everyone. Bring a gift for the Arizona State Hospital and join us for fellowship, music and a few laughs. See page 8 for details.

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Robin is president of NAMI East Valley

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## NAMI Phoenix News in Brief

by Carol McDermott

It has been a very busy fall with many meetings concerning the transition of Maricopa County behavioral health services from ValueOptions to Magellan Health Services. Members of NAMI Phoenix have been recruited to serve on Magellan Advisory Committees and the community-at-large has been asked to attend Community Council meetings to receive updates and to provide input and recommendations. These meetings are an excellent way for us to contribute our experience and to have our requests heard. I encourage you to follow developments and access information on our own website **www.NamiPhoenix.org** and on the website **www.MagellanOfAz.com**. You may also contact me at **602.866.0002** or **nutrtn1@cox.net**.

Later in December our Board of Directors will hold a special session on "Attracting, Engaging and Retaining Volunteers" and hopes to put into place many ideas gleaned from the our speaker. It is one of the goals of our NAMI Phoenix Strategic Plan to strengthen our organization by maximizing the coordination of our wonderful volunteer base.

Finally, I hope to see you at our 26th Annual NAMI Phoenix and PLAN Holiday Party on Saturday, December 22 from 5-8 PM. Please join us for an array of delicious food, music and entertainment, and a marvelous time to meet new people and socialize with other families and friends. More details can be found on page 8.

Wishing you and your family a holiday season filled with joy and peace and many blessings in the year ahead.

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Carol is president of NAMI Phoenix

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## Holiday Cards Available from PSA Behavioral Health Agency



Beautiful and original Art Awakenings holiday cards are available for purchase. Cards are just one of the ways PSA (People / Service / Action) Behavioral Health Agency studios support empowerment and recovery through creativity. PSA Art Awakenings is a non-profit program providing psychiatric services in the Valley for over 30 years.

Your purchase helps continue to provide a creative environment in each of PSA's studios, building social supports and development in professional art skills for our artists.

Visit **www.ArtAwakenings.org** to order holiday cards.



# Life Stories: Justine

**Ken Grider's note:** *This is a recurring column by Ken that highlights a person who suffers from a mental illness. They will tell you their personal stories, their dark days, coping skills, successes, hopes and dreams. We hope that this will provide new insights and increase understanding and compassion. If you have comments or would like to share your life story, e-mail Ken at: [CopingToLive@yahoo.com](mailto:CopingToLive@yahoo.com). Ken is a member of NAMI East Valley.*

by Justine

This November will mark 10 years since I was diagnosed with Bipolar Disorder. Looking back, I see the series of traumatic events that triggered the onset of my illness. And having researched my family history, I can confirm the genetic component. In retrospect, I recognize the symptoms I have always exhibited and how they were misinterpreted.

In school my behavior vacillated between extremes. At times I was disruptive in class, lacked self-control and was disrespectful towards others. Alternatively, my teachers remarked positively on my intelligence, creativity, and what one described as “exhibiting wisdom beyond her years”. Even though testing revealed I had a high I.Q., I had trouble getting along and following directions. They reached what was certainly a reasonable conclusion at the time: I was having trouble adjusting to my parent’s divorce.

Then at age 13, I began having panic attacks in the morning before school. An appointment with a psychiatrist confirmed it was more than just teenage angst; I was diagnosed with depression and began psychotherapy.

Taking advantage of a fresh start in high school, I joined cheerleading and student council. I liked to write and paint and thought about attending art school. I wanted to study abroad. Things were looking up; maybe I was growing out of it.

However my initial exuberance as a college freshman was soon followed by a period of complete withdrawal from all that had interested me. I quit my job, broke up with my boyfriend and wanted to drop out of college. I was full of dread for my future and worried that I’d squandered all my opportunities. Even though I sought counseling and attended self-help groups, without the benefit of medication, I continued to experience dramatic shifts in both my mood and personal life.

After college, mania propelled me to work three different jobs at once and I rarely took a day off. Conversely when I would cycle from mania to depression, I dreaded going to work and often called in sick. My employers were understandably confused by my erratic behavior and I was let go from several jobs. I was embarrassed and felt like a failure. I did not know it at the time but I was experiencing the great cost of going undiagnosed and untreated.

Finally at age 30, I was diagnosed with Bipolar Disorder. Under the care of a psychiatrist, and taking prescribed medication, I slowly began to recover. I educated myself and learned the importance of a regular sleep schedule, a healthier diet and regular exercise. I also attended support groups. When I could see myself in the behavior others described as mania and depression, I knew I was in the right place and that I wasn’t alone.

As my mood stabilized, some of my relationships with family and friends improved to a point where I felt comfortable disclosing. When they were able to understand my behavior in light of my diagnosis, it helped to mend our strained relationship. Armed with knowledge of my symptoms, they are now able to help me recognize when I am decompensating.

Were it not for the bravery others have shown, I might never have had the courage to share my story. But I hope by doing so we can raise awareness of mental health issues and help to reduce stigma. It may even encourage someone to seek help if they need it.



Justine

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## Report on 2007 NAMI National Convention Available On-line

Couldn't make it to the 2007 NAMI National Convention held in San Diego? NAMI East Valley member **Anthony Holscher** has written a 29-page report on the convention, complete with summaries of sessions, pictures and links to more information. The report is too long for this newsletter, but is available on-line at our web site: [www.NamiEastValley.org](http://www.NamiEastValley.org).



# NAMI Phoenix & East Valley Calendar of Events & Activities December 2007 / January 2008

Group	Description	Location	Date
<b>NAMI Phoenix Board Meeting</b>	Board members will meet for a board education session on volunteer recruitment. Business items will be covered by email/phone. Contact Carol McDermott at nutrtn1@cox.net or <b>602.866.0002</b> with items for the board.	NAMI Family Center 2210 N. 7th St. Phoenix, AZ	<b>Next regular meeting: Feb. 11, 2008 Monday 6:30 - 8:30 pm</b>
<b>Family Support Groups</b>			
<b>Daytime Family Support</b>	For family members and friends of people who have a serious mental illness. Mimi <b>480.991.7943</b> <a href="#">Moved to 5th Thursday because of Thanksgiving.</a>	Mountain View Presbyterian Church 8050 E. Mountain View Road Scottsdale, AZ	<b>9:30 - 11:00 am November 5th Thursday December 4th Thursday</b>
<b>Evening Family Support</b>	For family members and friends of people who have a serious mental illness. <b>602.244.8166</b>	NAMI Family Center 2210 N. 7th St. Phoenix, AZ	<b>6:00 - 8:00 pm Every Wednesday</b>
<b>Evening Family Support</b>	For family members and friends of people who have a serious mental illness. Carol <b>602.953.0478</b>	North Scottsdale United Methodist Church 11735 N. Scottsdale Road. Scottsdale, AZ	<b>7:00 - 8:30 pm Every 1st Monday</b>
<b>Evening Family Support</b>	For family members and friends of people who have a serious mental illness.	Gilbert Presbyterian Church 235 E. Guadalupe Rd. Gilbert, AZ	<b>6:30 - 8:30 pm Every 4th Tuesday</b>
<b>Evening Family Support</b>	For family members and friends of people who have a serious mental illness.	2nd floor ValueOptions Conf. Room 1930 S. Alma School Road. Bldg, A-208	<b>6:30 - 8:30 pm Every 3rd Tuesday</b>
<b>Daytime Family Support</b>	Caring Connections I For family members and friends of people who have a serious mental illness. Joan <b>480.883.8818</b>	Risen Savior Lutheran Church 23914 S. Alma School Road Chandler, AZ	<b>10:00 am - 12 noon Every 1st &amp; 3rd Wednesday</b>
<b>Evening Family Support</b>	Caring Connections II For family members and friends of people who have a serious mental illness. Marlene <b>480.895.1332</b>	Risen Savior Lutheran Church 23914 S. Alma School Road Chandler, AZ	<b>7:00 - 8:30 pm Every 2nd &amp; 4th Thursday</b>
<b>Peer &amp; Specialty Support Groups</b>			
<b>Daytime Peer Support</b>	NAMI Connections A peer based mutual support group for individuals facing the challenges of recovering from any serious mental illness. Carisia <b>480.272.2853</b> Julie <b>480.694.8782</b>	Magellan Alma School Clinic Large Conference Room 1930 S. Alma School Rd. Mesa, AZ	<b>1:00 - 2:30 pm Every Thursday</b>
<b>New Horizons Support Group</b>	All diagnoses welcome!	1501 N. Gilbert Rd. Gilbert Health Center Gilbert, AZ	<b>7:00 - 9:00 pm Every Friday</b>

<b>Group</b>	<b>Description</b>	<b>Location</b>	<b>Date</b>
<b>Social Events</b>			
<b>Family &amp; Consumer Social Evening</b>	For all consumers, family members and friends. Join us for holiday December potluck and pizza, games and conversation at the January meeting. Carol <b>602.953.0478</b>	The New Church of Phoenix, 5631 E. Shea Blvd Phoenix, AZ	<b>7:00 - 9:00 pm</b> <b>Every</b> <b>3rd Monday</b>
<b>NAMI Phoenix 26th Annual Holiday Party</b>	Potluck: Bring a main dish, salad or dessert to share. Please RSVP: Carol <b>602.866.0002</b> or Frances: <b>602.864.5551</b>	Shepherd of the Hills Congregational Church 5538 E. Lafayette Blvd. Phoenix, AZ	<b>Dec. 22, 2007</b> <b>Saturday</b> <b>5:00 - 8:00 pm</b> <b>Every</b>
<b>NAMI East Valley Holiday Party</b>	Potluck: Bring a main dish to share. Please RSVP: Denise <b>480.688.7398</b>	Crossroads Church 2950 W. Ray Rd. Chandler, AZ	<b>Dec 7, 2007</b> <b>Friday</b> <b>6:00 - 9:00 pm</b>
<b>Education Classes</b>			
<b>Education Meeting</b>	Speaker: Eddy Broadway Deputy Director, Arizona Dept. of Behavioral Health Services Topic: Behavioral Health Services in Maricopa County	Scottsdale Senior Center 1700 Granite Reef Road Scottsdale, AZ	<b>Dec. 4, 2007</b> <b>Tuesday</b> <b>7:00 - 9:00 pm</b>
<b>Peer-to-Peer Course</b>	Classes offer an opportunity for growth to any individual who experiences mental illness.	TBD	<b>TDB</b>
<b>Family to Family Course</b>	A comprehensive 12-week course on mental illness. <u>Reservations required.</u> Barb or Robin: <b>480.308.0786</b>	Risen Savior Lutheran Church 23914 S. Alma School Rd. Chandler, AZ	<b>Mondays</b> <b>Jan. 7 - Mar 24, 2008</b> <b>6:30 - 9:00 pm</b>
		Sonland Lutheran Church 432 W. Ocotilla St. Casa Grande, AZ	<b>Thursdays</b> <b>Jan 10 - Mar 27, 2008</b> <b>6:30 - 8:30 pm</b>
		North Hills Church of God 15025 N. 19th Ave. Phoenix, AZ	<b>Mondays</b> <b>Feb 4 - Apr 21, 2008</b> <b>9:00 - 11:30 am</b>
<b>Special Events</b>			
<b>NAMI Walks 2008</b>	NAMI affiliates of Arizona will Walk for the mind of America. Plan to join the thousands of Arizonans in Phoenix or Tucson and walk to raise awareness of mental illness and dollars for education programs. Our 3rd annual statewide NAMI Walks will bring walkers from every corner of the state.	State Capitol Wesley Bolin Plaza 17th Ave. & Washington Phoenix, AZ	<b>Mar. 29, 2008</b> <b>Saturday</b> <b>check-in 7:30 am</b> <b>Walk starts 9:00 am</b>
		Kino Veterans Memorial Center 2805 E. Ajo Way Tucson, AZ	
<b>NAMI National Convention</b>	Symposia and seminars on mental health issues.	Rosen Centre Hotel in Orlando, FL	<b>Jun. 13-16, 2008</b>

The fragrance always remains in the hand that gives the rose.

-- Heda Bejar



NAMI Phoenix

## 26th Annual NAMI Phoenix Holiday Party

Saturday, December 22, 2007  
5:00 pm - 8:00 pm



PLAN  
Planned Lifetime  
Assistance Network  
Caring that never ends.

**We provide:**

- Table service, drinks & music

**You bring:**

- Main dish, salad or dessert
- Family & Friends!

**All invited (NAMI Phx & EV & guests)**

**Shepherd of the Hills**

**Congregational Church**  
**5538 E. Lafayette Blvd.**  
**Phoenix, AZ**

To RSVP, volunteer or get information, call:

Carol: **602.866.0002**

Frances: **602.864.5551**



NAMI East Valley

## NAMI East Valley Holiday Party

Friday, December 7, 2007  
6:00 pm - 9:00 pm

**We provide:**

- Holiday music, laughter & friendship

**You bring:**

- Favorite holiday dish to share
- Gift for patients at Arizona State Hospital (see page 10)

**All invited (NAMI EV & Phx & guests)**

**Crossroads Church**

**2950 W. Ray Road**  
**Chandler, AZ**

To RSVP, volunteer or get information, call:

Denise: **480.688.7398**



NAMI Phoenix



NAMI East Valley

## NAMI Education Meeting

Tuesday, Dec. 4, 2007  
7:00 - 9:00 pm

Information:  
**602.374.7439**

**Speakers:**

**Eddy Broadway**

Arizona Dept. of Behavioral Health Services

*Topic: Behavioral Health Services  
in Maricopa County.*

**No meeting on  
Jan. 1, 2008**

**Scottsdale Senior Center**  
**1700 N. Granite Reef**  
**Scottsdale, AZ**

## NAMI East Valley Looking for Board Members

NAMI East Valley is looking for committed, energetic members who want to donate their time on the NAMI EV Board of Directors. Membership on the Board offers an excellent chance to be a part of a dynamic team that supports families and members of our mental health community. We are looking for candidates who:

- Understand nonprofit board governance, which includes fundraising, financial oversight, legal and the fiduciary responsibilities of board membership
- Support an integrated environment where families, and people affected by mental illness can get answers to questions, find a network of support, and information about programs and services.
- Understand the importance of leadership to guide the organization to achieve our goals of increasing awareness, reducing stigma and providing a supportive environment and network for our NAMI East Valley membership.

- Have a passion for improving the mental health system in Maricopa County

Sitting on the Board of Directors will give you the chance to meet and work with people from different backgrounds. You will be able to develop skills in new areas and contribute to the development of our programs. The time commitment consists of one board meeting per month. As an officer, you will be part of the Executive Board and meet once monthly in addition to the Regular Board meetings. Throughout the year sub-committees are active in areas such as fundraising, planning and giving holiday events, volunteer appreciation, and working on phone committees just to name a few.

If you are interested in serving NAMI East Valley as a board member, please visit [www.NamiEastValley.org](http://www.NamiEastValley.org) to download an application.

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## NAMI Arizona to Form Consumer Council

by **Tori Woods**

NAMI Arizona disbanded its Consumer Council a few years ago. The Board of Directors of NAMI Arizona has appointed me to move forward to reestablish the Arizona Consumer Council that will serve in an advisory capacity to the Board.

Using the guidance of the existing by-laws, Consumer Council Members would be elected representing each Affiliate in the same way as state board members are elected. (Larger Affiliates will have two members and an alternate and smaller Affiliates would have one representative on the Council.) Consumer Council Members would be elected for two-year terms. The Consumer Council will then elect a Representative to the NAMI Arizona Board of Directors and the National Consumer Council. (In recent years these representative positions

have been appointed.) The Consumer Council will meet on the day of the Annual meeting and quarterly.

In order to form the Arizona Consumer Council, we need the help of the local Affiliates. Ideally, local Affiliates would develop local councils as a means of developing leadership and consumer involvement. In reality, we are asking for whatever process fits your situation in order to choose a representative of your Affiliate to this organization as soon as possible. Ideally, the consumer representative would be elected by a group of their peers.

If Affiliates are interested, they can obtain a print out of all the people who identified themselves as consumers on their registration. There are by-laws available for the State Consumer Council which could easily be adapted to a local group.

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Tori is Consumer Representative to NAMI Arizona

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During this holiday season, every purchase you make through Amazon.com can help NAMI improve the lives of people living with mental illness, at no extra cost to you.

Here's how it works. Go to our website: [www.NamiPhoenix.org](http://www.NamiPhoenix.org) and click on the logo shown here:



That will take you to the Amazon.com website.

For everything you purchase, from books, CDs and DVDs, to toys, electronics, computers, gourmet food, apparel, jewelry – NAMI will automatically receive a percentage of the total sale (8% on average!)

It's that simple! You'll get the convenience of shopping online with one of the Web's largest retailers, and at the same time, you'll be helping NAMI help others, all at absolutely no extra cost to you.

# Gifts Needed for Patients at Arizona State Hospital

As the holidays approach, we can help the Arizona State Hospital with charitable donations. The hospital depends on donations to fund patient activities and work and rehabilitation programs. It's a time for caring and a time for sharing. May you and your family experience the true meaning of this Holiday Season. THANK YOU!

## Women need:

Socks, slipper socks, underwear, shirts, t-shirts, sweat-pants, athletic shorts, pajamas, robes (all sizes of clothing needed), perfume (not glass bottles please), body spray, brushes and combs, body wash, shampoo, soap, deodorant, hair ties, hair clips, chap stick, toothbrushes and toothpaste.

## Men need:

Socks, shower shoes, underwear, shirts, t-shirts, sweat-pants, athletic shorts (all sizes, especially XL, XXL and XXXL), cologne (no glass bottles please), body spray, brushes and combs, body wash, shampoo, soap, deodorant, chap stick, toothbrushes and toothpaste.

## Fun items for both Women and Men:

Puzzle books like Seek & Find and Crosswords, Brain-teasers, (no pens or pencils please), decks of cards, card games like Uno or Skippo, board games, like chess, checkers, dominos and backgammon. Please no hand-held video games or Walkmans.

Wrapping paper, gift bags, tissue, tape, ribbons and bows are also appreciated.

## Unacceptable Gifts:

Food of any kind, including holiday candy; beverages of any kind; sharp objects, including craft projects with needles; pens or pencils; anything in glass and lighters.

## How to Donate

Bring gifts to the NAMI East Valley holiday party or call Aggie **602.828.0195**.

Monetary tax-deductible donations can be made by check and mailed to:

Arizona State Hospital  
Attn: Business Office  
2500 E. Van Buren St.  
Phoenix, AZ 85008



## 24th Annual Holiday Gift Bag Program Looking for Volunteers and Donations



We proudly kick off the 24th annual Holiday Gift Bag Program for patients in community based residential treatment programs for serious mental illnesses. Your interest and support are important to this effort. You can help bring seasonal cheer to many who would otherwise be overlooked during the December Holiday Season.

Last year, over 485 Gift Bags were distributed to recipients. Our goal this year is 500+ bags filled with small gifts, such as socks, toiletries, pencils and paper. Help others feel heartfelt appreciation and gratitude for being remembered. How can you help now?

Volunteers are needed to assist in the assembling process and to deliver bags.

Please call **Alice Schultz** for more information at **480.941.8962** or evenings, **480.945.7758**

Mail your tax-deductible check to:

NAMI Phoenix  
Ste 102 PMB 344  
6339 E. Greenway Road  
Scottsdale, AZ 85254

*Please note on the check that it is for the Holiday Gift Bag program!*



## Family-to-Family Classes

A series of 12 once-per-week classes structured to help families and caregivers understand and support individuals with serious mental illness while maintaining their own well being.

**These classes are FREE.  
Pre-registration is required.**

Information or to register, call:  
**480.585.9794** or **520.560.2545**  
or email  
[education@NamiPhoenix.org](mailto:education@NamiPhoenix.org)

### Mondays

**Jan. 7 - Mar 24, 2008**

**6:30 - 9:00 pm**

**Risen Savior Lutheran Church  
23914 S. Alma School  
Chandler, AZ**

### Thursdays

**Jan. 10 - Mar 27, 2008**

**6:30 - 8:30 pm**

**Sonland Lutheran Church  
432 W Ocotilla St.  
Casa Grande, AZ**

### Mondays

**Feb. 4 - Apr. 21, 2008**

**9:00 am - 11:30 am**

**North Hills Church of God  
15025 North 19th Ave.  
Phoenix, AZ**



## Holiday Gifts that Help Others

# NARSAD *Artworks*

### Your Purchase helps to:

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



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

Every year for the past 19 years NARSAD has published a poster of their best artwork of the year. Here at the NAMI Arizona office you can see all 19 posters. We have started an adoption program for the posters. Call or visit to adopt this year's poster.

**Call NAMI Arizona at 602.244.8166**

or **800.626.5022** to receive a NARSAD Artworks brochure. *(No sales tax or shipping charge).*

**Come to see our display** of cards, posters and gift items at:

NAMI Arizona  
2210 N. 7th St.  
Phoenix, AZ

Courage is as often the outcome of despair as hope;  
in despair we have nothing to lose, in hope all to gain

-- Diane de Poitiers

## Become a NAMI Phoenix or East Valley Member Today!

### How Can Members Help?

- ✓ Ask a friend to join NAMI or give them a gift of membership.
- ✓ Join our NEW advocacy committee.
- ✓ Solicit a corporate donor.
- ✓ Make a donation.
- ✓ Volunteer to serve on a Committee.
- ✓ Visit our Volunteer page on our website for other opportunities.

### 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.

## NAMI Phoenix or East Valley Membership

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

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

\_\_\_\_\_

\_\_\_\_\_

Phone: \_\_\_\_\_

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

### NAMI Phoenix

- \$35 - Individual / Family       New  
 \$3 - Open Door                       Mil. Veteran

Please make checks payable & mail to:  
NAMI Phoenix, Suite 102 PMB Box 344  
6339 E. Greenway Rd. - Scottsdale, AZ 85254

### NAMI East Valley

- \$35 - Individual (1 vote)       New  
 \$60 - Family (2 votes)               Mil. Veteran  
 \$3 - Open Door

Please make checks payable & mail to:  
NAMI East Valley, 1426 N. Sailors Way, Gilbert, AZ 85234

