



NAMI Phoenix

Caring and Sharing



NAMI East Valley

Vol. 12, No. 4

Families and Friends Affected by Mental Illness

Dec. 2011 - Feb. 2012

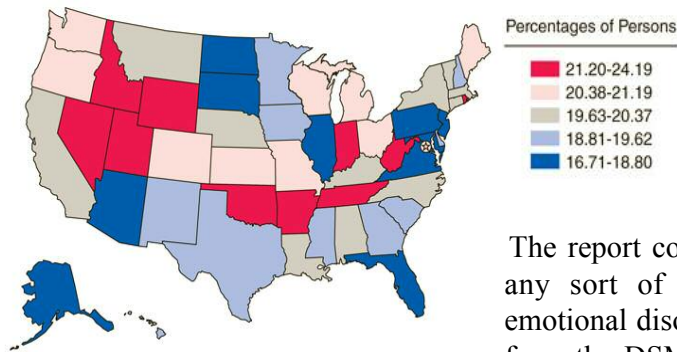
Arizona's mental illness rate is below average

from HuffingtonPost.com

Nearly 20% of Americans, 44.5 million adults, experienced some sort of mental illness over the last year, according to a new report from the U.S. Substance Abuse and Mental Health Agency (SAMHSA).

The report details state by state the percent of the population who has suffered a mental illness.

“Mental illnesses are treatable and people can recover to live full, productive lives. Unfortunately in the past year only 38% percent of adults with mental health problems received any type of care,” SAMHSA Administrator Pamela S. Hyde said in a statement. “The chasm between need and care is costly both in terms of personal health because of missed oppor-



Source: 2008 and 2009 SAMHSA National Surveys on Drug Use and Health (NSDUHs).

tunities to prevent disability and health care expenditures related to illness such as cardiovascular disease, diabetes, and obesity.”

The report counts "mental illness" as any sort of mental, behavioral or emotional disorder that is diagnosable from the DSM-IV. The disorder must cause "substantial functional impairment" or must be defined as a serious mental illness that requires treatment.

Arizona scored low in its mental illness rate of 18.8%, and ranked 42nd in mental illness rates compared to other states. States with high and low rates of SMI occurred in all regions of the United States, with no notable regional clustering of high and low rates.

Maricopa County Education Coordinator's Corner

by **Laura Shirling, MCEC**

It is hard to believe that this year is coming to a close and we will soon be welcoming in 2012! Our goal for the New Year is to continue to offer education, support and advocacy with the passion, energy and love that is so much a part of the NAMI spirit here in the Valley.

Here are some stats from this past year's accomplishments...

NAMI In-Our-Own-Voice (IOOV)

As of November, Maricopa County Affiliates had a total of 81 IOOV presentations throughout the Valley. IOOV is a 90 minute presentation given by two peers





who tell their stories of recovery after experiencing their dark days. Valley Hospital, a private behavioral health hospital located in central Phoenix, requested IOOV presentations twice a week through the end of the year as part of their support program for patients and their family members.

A huge thank you to the many dedicated presenters who have stepped up to the plate for this task! They have been faithful in providing these thought provoking and educational presentations twice a week since the end of June. Our goal is to continue spreading the good news of recovery and to put an end to the stigma associated with mental illness.

Be sure to let me, or one of your affiliate board members, know if you are aware of an organization or a group that would benefit from an IOOV Presentation.

-- continued on page 8

Upcoming Magellan Community Council Meetings

 10810 N. Tatum Blvd. #102, PMB 325 Phoenix, AZ 85028 602.374.7439 www.NamiPhoenix.org	 P.O. Box 27244 Tempe, AZ 85285 480.694.8782 email: info@NamiEastValley.org EastValleyNami@gmail.org
Executive Committee: Carol Cronlund, President Gloria Abril, Vice-President Terry Odhner, Secretary Lawson Cronlund, Treasurer	Executive Committee: President: Beverly Carling 1st Vice Pres. Carolyn Hinkle 2nd Vice Pres. Janelle Vollertsen Secretary: Kathryn Hart Treasurer: Aggie Brazill
Members of the Board: Richard Beeman Rachael Bohnenkamp David Lerner Terry McDermott Mary Robson	Members of the Board: Don Badger, Carisia Cantrell, Jo An Cooks, Shelly Curran, Derek Finlayson, Paul Galdys, Mike Gallagher, Steve Hilger, Zinzi A. Raymond & Terry Worth
Membership: Helga Wilson Bylaws and Resolutions: Carol Cronlund Newsletter: Editor: Clayton Esterson Printing & Mailing: Terry Odhner & Carol Cronlund Nominating Committee: Marilyn Racer Child & Family Advocacy: Carol McDermott Volunteer Committee: Gloria Abril Legislative Committee: Rachael Bohnenkamp Referral Line Specialist: Terry McDermott Education Committee: David Lerner	Membership: Paul Gladys, Terry Worth & Maureen Worth Bylaws and Resolutions: Bev Carling Newsletter (Printing & Mailing): Aggie Brazill & Terry Worth Nominating Committee: Carolyn Hinkle Consumer Needs: Aggie Brazill, Carisia Cantrell & Zinzi Raymond Volunteer Committee: Janelle Vollertson Legislative Committee: Mike Gallagher & Shelley Curran Referral Line Specialist: Shelley Curran Education Committee: Carolyn Hinkle, Bev Carling, Carisia Cantrell & Zinzi Raymond Fundraising, Social Events: Carisia Cantrell & Janelle Vollertson Marketing, Advertising, & Publicity: Mike Gallagher

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 every 3 months.

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

Each month, Magellan Health Services hosts two Community Council meetings, one focused on adult care and one on child care, to solicit inputs 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 and recommendations, learn about any service barriers and brainstorm solutions for overcoming those barriers.

Meeting minutes are available on-line at
www.MagellanOfAZ.com.

Adult System of Care Community Council

Magellan of Arizona
 4801 E. Washington St.
 Suite 100 - Cottonwood Room
 Phoenix, AZ

First Wednesday of each month - 6:00 pm

Child and Family Advisory Partnership

Family Involvement Center
 1430 E. Indian School Road (Training Center)
 Phoenix, AZ

Last Wednesday of each month - 5:30 pm

Need Help?

Emergencies, call 911.

24-hour crisis line, call 602.222.9444

(Maricopa Crisis Recovery Network).

For support groups, education classes, special events, volunteering, membership inquiries contact

**NAMI Phoenix: 602.374.7439 -
 information@NamiPhoenix.org**

**NAMI East Valley: 480.694.8782 -
 EastValleyNami@gmail.com**

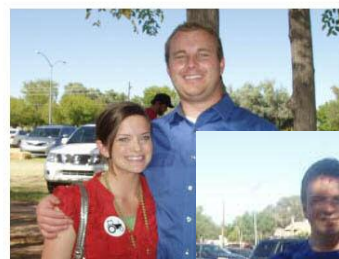
Want to learn more about articles
 you read in this newsletter?
 Click on the by-lines of the article or other links
 embedded in this newsletter.

NAMI East Valley Celebrates Fall Festival

NAMI East Valley members and their families enjoyed a day of fun and camaraderie at its Annual Fall Festival at Mother Nature's Farm.

The event was attended by over 70 members and their children, enjoying a delicious picnic catered by Joe's Real BarBQ, hayrides through the Farm, pumpkin decorating and just plain fun being together on such a perfect day. The event serves to bring the membership together and to recognize the contributions of time and effort of EV members and their many accomplishments during the past year.

Clockwise in the pictures: (1) Derek Finlayson, East Valley BOD member and his wife Kelsey. (2) Steve Hilger, EV BOD member and his grandson Joshua took time to do some pumpkin decorating. (3) Janelle Vollertsen, East Valley 2nd VP enjoyed the Festival with her niece, Brandi Gunderson, and her children, Tatum and Alec.



New Forensic Hospital Opened in Phoenix

Abridged from Cronkite News

A facility dedicated at the Arizona State Hospital in Phoenix, AZ, will allow mentally ill patients referred by the criminal court system to receive better care in a safer and more secure setting, officials said.

The \$32.2 million forensic hospital will be home to 120 patients who fall into one of two categories: those courts wish to have restored to competency for trial and those found guilty of crimes but declared insane. Opening to patients in November, it replaces the facility that was built shortly after World War II.

The 104,000-square-foot facility features patient rooms with one or two beds and private bathrooms. The current facility offers a dormitory setting with a dozen beds in each patient section.

Patients will receive therapeutic care ranging from tending to a community garden to creating craft projects to playing basketball. Depending on their sentences, patients may stay in the facility anywhere from a few months to the rest of their lives.

The Arizona Department of Health Services' dedication ceremony capped a 12-year effort to rebuild the hospital based on a recommendation from the Arizona Office of the Auditor General.

7:00 - 8:30 pm
 Scottsdale Senior Center
 1700 N. Granite Reef
 Scottsdale, AZ

NAMI Education Meetings
 602.374.7439



NAMI East Valley



NAMI Phoenix

Tuesday, Dec. 6, 2011

Dr. Zinzi Raymond
 Medical Director at Native American Connections
 Attending Psychiatrist at Aurora Behavior Health.

Topic:
Family Involvement in Improving and Maintaining Recovery

Tuesday, Jan. 3, 2012

Mary Lou Brncik
 David's Hope

Topic:
Economic Factors Service Recipients Face

Tuesday, Feb. 7, 2012

Carlos Benjamin III, CPRP
 Learning Specialist
 Magellan Health Services

Topic:
Setting Boundaries Practical Exercises

Resource Guide for Maricopa County now Available

A resource guide for Maricopa County for non-RBHA individuals is now available at www.NamiPhoenix.org. It is chock full of useful information for behavioral health.. The guide includes:

- Listings of AHCCCS and Medicare Resources
- Information on Maricopa County Discount Card Program
- Community Health Center Locations
- Sliding fee scale behavioral resources
- Listings of Health Care resources, including emergency services for Maricopa county and Community Based agencies.
- Interfaith and Peer run agencies
- Prescription assistance
- Employment Resources

Three New Family-to-Family Courses

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.

Information or to register, contact::

Laura

602.759.8177

NamiMaricopaEdu@gmail.com



**This course is FREE.
Pre-registration is required.**

**Mondays
6:00 - 8:30 pm
Jan. 9 - Mar. 26, 2012
Community of Grace
Lutheran Church
10545 W. Pinnacle Peak Rd
Peoria, AZ**

**Mondays
6:00 - 8:30 pm
Jan. 9 - Mar. 26, 2012
Mary's Mission Clinic
736 N. Country Club Dr.
Mesa, AZ**

**Thursdays
6:30 - 9:00 pm
Jan. 12 - Mar. 29, 2012
Mt. View Presbyterian
Church
8050 E. Mt. View Rd
Scottsdale, AZ**

Mental Health First Aid

from MentalHealthFirstAid.org

Mental Health First Aid is a groundbreaking public education program that helps the public identify, understand, and respond to signs of mental illnesses and substance use disorders.

Mental Health First Aid is offered in the form of an interactive 12-hour course that presents an overview of mental illness and substance use disorders in the U.S. The course also introduces participants to risk factors and warning signs of mental health problems, builds understanding of their impact, and overviews common treatments.

Those who take the 12-hour course to certify as Mental Health First Aiders learn a 5-step action plan encompassing the skills, resources and knowledge to help an individual in crisis connect with appropriate pro-

fessional, peer, social, and self-help care.

The 12-hour Mental Health First Aid USA course has benefited a variety

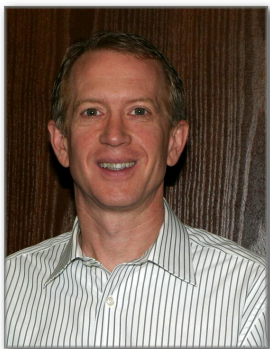
of audiences and key professions, including: primary care professionals, employers and business leaders, faith communities, school personnel and educators, state police and corrections officers, nursing home staff, mental health authorities, state policymakers, volunteers, young people, families and the general public. See how you can get involved — find a 12-hour Mental Health First Aid course near you or learn how you can become a certified instructor to teach the 12-hour course in your community.



Resilience - Word of the Day

By David Covington

Resilience is the word of the day. NAMI of Arizona's Board of Directors met in special session on Saturday, October 29 to reconsider the financial situation and evaluate offers of support from NAMI National, Maricopa County affiliates, Phoenix providers and others.



In short, the referee did not make the ten count and we got up from the canvas to fight another day. The Board of Directors voted unanimously to overturn the motion of October 8 that would have dissolved NAMI of Arizona. We also agreed in this motion to accept consultation from NAMI National around board restructuring and composition to transition away from the "affiliate representation" model and adopt a community-based approach that offers more flexibility. The by-laws committee will work with NAMI National to offer recommendations on changes that will support this change, and the Board of Directors approved a delay on the implementation of the 2012 Board of Directors not less than 60 days to support these efforts.

Cheryl Fanning is heading up a committee that will be responsible for negotiations related to existing lease obligations with ABIL, Avaya, CIT and Integra. We are also extremely thankful to Bev Carling and the East Valley NAMI, Bill Schwartz and the Southeast Valley NAMI and Karen Smith and the West Valley NAMI for their offer of tangible support to assist for a time-limited period. Cheryl and her group and the executive committee of the Board of Directors will work closely with these Maricopa affiliates to discuss options, as well as pursue support from NAMI Phoenix and NAMI Tucson. Clarke Romans and Carol Cronlund were both present at the special session.

One of the criteria for support from the Maricopa County affiliates requires hiring a part-time executive director for the state office. This action was not approved by the Board of Directors, but further discussions will take place between these parties to explore the intent of this request, and to work first to negotiate out of financial obligations with ABIL, Avaya, CIT and Integra.

Stay tuned for more information, and we appreciate everyone who outreached NAMI of Arizona offering support and encouragement. Thanks!

David is president of NAMI Arizona

Proposed RBHA Expansion with SMI Health Homes

In March 2011, AHCCCS and ADHS/DBHS applied for, and were awarded, a planning grant to explore the feasibility of a Regional Behavioral Health Authority (RBHA) model with expanded responsibility for Title XIX eligible adults determined to have a Serious Mental Illness (SMI). The RBHA with SMI Health Homes would be funded for and fully responsible for coordinated and

integrated behavioral healthcare and physical healthcare for Title XIX eligible adults with SMI through the use of SMI health homes.

Become engaged in the design of the RBHA with SMI Health Homes. Start by visiting the web site at www.azdhs.gov.

Learning & Performance

4801 E. Washington | Phoenix, AZ 85034

Enroll Online: <https://magellan.learn.com/az>
Need Assistance? achieveAZ@MagellanHealth.com

- | | | |
|--|--------------------|--------------|
| • Fundamentals of Clinical Supervision | Dec. 5, 2011 | 9:00 - 11:00 |
| • Leadership -Stress Mgmt. | Dec. 6, 2011 | 1:00 - 4:00 |
| • Leadership -Coaching | Dec. 6, 2011 | 9:00 - 12:00 |
| • Leadership -Conflict Mgmt. | Dec. 8, 2011 | 12:00 - 2:30 |
| • Leadership -Constructive Feedback | Dec. 8, 2011 | 2:30 - 4:00 |
| • Leadership -Time Mgmt. | Dec. 8, 2011 | 9:00 - 11:00 |
| • Introduction to Clinical Mgmt. | Dec. 12, 2011 | 9:00 - 11:00 |
| • Mental Health First Aid (2-Day) | Dec. 13 & 14, 2011 | 9:00 - 4:00 |
| • Stigma Reduction | Dec. 15, 2011 | 3:00 - 4:00 |



NAMI Phoenix & East Valley Calendar of Events & Activities December 2011 - February 2012

Group	Site / Contact	Address	Dates
Family Support Groups			
Families Giving Hope	First United Methodist Church 480.238.5252	331 S. Cooper, Suite 306 Gilbert, AZ	6:30 - 8:30 pm 2nd & 4th Thursdays
Caring Connection	Risen Savior Lutheran Church 480.883.8871	23914 S. Alma School Rd. Sun Lakes, AZ	10:00 am - noon 1st & 3rd Wednesdays
Families In Recovery	Lifewell 480.821.5525	262 E. University Dr. Mesa , AZ	6:30 - 8:00 pm 1st & 3rd Mondays
Family Support Group	Shepherd of the Hills Church 623.546.4011	13658 Meeker Blvd. Sun City West , AZ	10:00 am - 11:30 am 3rd Wednesdays
Family Support Group	Arrowhead Hospital Physicians Suite Plaza- Sierra Room 623.546.4011	18699 N. 67th Ave. Suite 105B Glendale, AZ	7:00 - 8:30 pm 2nd & 4th Thursday
Family Support Group	Devonshire Senior Center 480.983.7632	28th St. & Devonshire (North of Indian School), Phoenix, AZ	6:30 - 8:00 pm Every Wednesday
Family Support Group	North Scottsdale United Methodist Church 602.953.0478	11735 N Scottsdale Rd. Scottsdale, AZ	7:00 - 8:30 pm 1st Mondays
Family Support Group	Mt. View Presbyterian Church 480.991.7943	8050 E. Mountain View Rd Scottsdale, AZ	9:30 - 11:00 am 4th Thursdays
Family Support Group	Scottsdale Arabian Library 623.546.4011	10215 E. McDowell Mt. Ranch Rd. Scottsdale, AZ	6:00 - 7:30 pm 1st & 3rd Thursdays
Family Support Co-Occurring Disorder	For family members and friends of people who have a serious mental illness plus substance abuse. Terros. 602.759.8177	4909 E. McDowell Rd Phoenix, AZ	6:30 - 8:00 pm 2nd & 4th Tuesdays

Wise sayings often fall on barren ground,
but a kind word is never thrown away.
-- Arthur Helps

Education Classes

Education Meeting (See ad on page 3)	Dr. Zinzi Raymond, Aurora Behavioral Health <i>Topic: Family Involvement in Improving and Maintaining Recovery</i>	Scottsdale Senior Center 1700 Granite Reef Road Scottsdale, AZ	7:00 - 8:30 pm Tuesday Dec. 6, 2011
	Mary Lou Brncik David's Hope <i>Topic: Economic Factors Service Recipients Face</i>		7:00 - 8:30 pm Tuesday Jan 3, 2012
	Carlos Benjamin III, Magellan Health Servicers <i>Topic: Setting Boundaries, Practical Exercises</i>		7:00 - 8:30 pm Tuesday Feb. 7, 2012
Family-to-Family (See ad on page 4)	A comprehensive 12-week course on mental illness. Laura: 602.759.8177	Community of Grace Lutheran Church 10545 W. Pinnacle Peak Rd Peoria, AZ	6:00 - 8:30 pm Jan. 9 - Mar 26, 2012 Mondays
		Mary's Mission Clinic 736 N. Country Club Dr. Mesa, AZ	6:00 - 8:30 pm Jan. 9- Mar 26, 2012 Mondays
		Mt. View Presbyterian Church 8050 E. Mt. View Rd Scottsdale, AZ	6:30 - 9:00 pm Jan. 12- Mar 29, 2012 Thursdays

Peer Support & Misc Events

Family & Consumer Social Evening	Come to our holiday potluck social in December and regular evenings on other months.	The New Church of Phx, 5631 E. Shea Blvd Phoenix, AZ	7:00 - 9:00 pm Every 3rd Monday
NAMI Connection Recovery Support Group	Support group for people living with mental disorders. 480.844.0011	Mary's Mission Outpatient Clinic 736 N. Country Club Dr. Mesa, AZ	6:00 - 7:00 pm Tuesdays
NAMI Connection Recovery Support Group	Support group for people living with mental disorders. 480.699.9775	Choices Enclave Clinic 1642 S. Priest Drive Bldg 6, Suite 101 Tempe, AZ	10:00 - 11:30 am Wednesdays
NAMI Connection Recovery Support Group	Support group for people living with mental disorders. 480.699.9775	SW Network Hampton Clinic 1440 S. Country Club Dr. #12 Mesa, AZ	2:00 - 3:30 pm Tuesday
NAMI Connection Recovery Support Group	Support group for people living with mental disorders. 602.374.7439	SW Network Saguaro Clinic 3227 E. Bell Road Phoenix, AZ	3:00 - 4:30 pm Tuesdays
NAMI Connection Recovery Support Group	Support group for people living with mental disorders. 480.694.8782	VA Hospital, Rm. C435 650 E. Indian School Rd. Phoenix, AZ	10:00 - 11:30 am Tuesdays

Maricopa County Education Coordinator's Corner

-- continued from page 1

This past September, we had five IOOV presentations throughout the valley that were open to the public, and they were very well received. People are always amazed by the stories of hope and recovery that our presenters share! It is heart warming to see people from all walks of life connect and respond to each other with compassion and understanding.

NAMI Family to Family

Six Classes were taught in 2011 and we have four, possibly five, slated to start in mid January. I hear so many remarks from teachers and participants alike on how much they have received from these classes, and not just from the education they receive from the materials but from one another!

NAMI Basics

There were two NAMI Basics Classes this year and both classes were filled before the ink dried on the flyer showing that the need is out there for many more. We have a few dedicated volunteer teachers, and two who are interested in taking teacher training as soon as possible!

We are very grateful for Carol McDermott, David Lerner, and Sharon Cereska who took the time to train and provide these families with much needed education and support.

NAMI Maricopa Brochure

We have a new brochure! It is the official NAMI Maricopa brochure that provides information about the various programs that are offered across Maricopa County, contact information, information about the affiliates, and how to become a member. If you have not seen it or would like some to spread around town, please ask your local affiliate to provide you with some copies. And, as always, you can also call me at **602.759.8177**.

NAMI FaithNet

There is a new (to the valley) NAMI Education program that is starting up called NAMI FaithNet.

NAMI Arizona, with the assistance and guidance of Susan Junck, initiated the NAMI program during this past summer. Since then, Susan has asked the Maricopa affiliates to continue with the program. The FaithNet committee meets once a month to discuss ways to promote the many various resources that are in the community to assist those with disabilities. Joni and Friends has agreed to partner up with NAMI in providing this much-needed service to our faith communities.

We are planning a "Coffee and Dessert" with the clergy in the surrounding communities. This is scheduled for January 18, 2012. This first gathering will be more of a 'meet and greet,' so they are able to see who we are and what we hope to accomplish. We are planning to provide them with a "Resource Manual" that they and their staff will be able to tap into when church members come to them for assistance.

Our goal is to educate the many faith communities in the valley about the challenges faced by their disabled members and the families involved in their care. So often, these members of our communities get overlooked because of fear. Education about mental illness is the key to replacing ignorance and fear with compassion and understanding. Through education, congregations can offer caring, understanding and support that promote healing and recovery. Please visit the national website (www.nami.org) to learn more about FaithNet, and watch future newsletters to follow our progress.

NAMI Support Groups

The support groups continue to meet faithfully. There have been a few changes in location sites. There is an updated Family Support Group, as well as a Connection Support Group list in this Newsletter.

Laura is the education coordinator for NAMI Maricopa Affiliates

Meet	December 7, 2011	5025 E. Washington Street
Eleanor Owen,	6:30 pm (Wednesday)	Suite 112
Co-Founder of NAMI National.	bSchwartz@NamiAz.org	Phoenix, AZ

Contact Magellan of Arizona
24 hours a day, 7 days a week

Member Services **800.564.5465**
TTY: 800.424.9831

Behavioral Health Crisis Line **800.631.1314**

Fraud & Abuse **800.755.0850**

NAMI Valley Updates

by Gloria Abril

Here is an update on several items happening in Maricopa County:

NAMI Valley Walk 2012 – plans are in the works and by the next newsletter we should be able to let you know where and when the next NAMI Valley Walk will be held.

The 2012 walk is being postponed until the fall in hopes of having a Saturday to walk and cooler weather. Anyone interested in working on the walk as a volunteer for planning or walk-day activities please email: **gloworm51@yahoo.com** – please write “Walk” on the subject line.

FaithNet – Lane Perdue, our FaithNet coordinator for NAMI Phoenix is working with pastors and churches at getting the word out on how important they are to the community we all serve and protect.

If you know anyone in your church who is interested in learning more about FaithNet, please email Lane Perdue with their contact information at: **perdue1943@aol.com** Please write on the subject line: “FaithNet Connection.”

Advocacy – NAMI AZ Public Policy Committee will be presenting the four main items public policy has decided they would like to focus on for the upcoming legislative session that starts in January. As soon as those are approved by the full board of NAMI AZ we will publish them in the next newsletter.

For now we are creating groups of NAMI members and community partners who would like to sit in on one of four meetings we will be attending at the Legislature between January thru June 2012. Meeting dates have not been set as of today – we need to wait for the legislature to go into session to obtain those dates.

The meetings will be during the day – and they are all day sessions – one in the morning and one in the afternoon. Our objective is to show a presence. Carol McDermott is working on getting NAMI color blazers for us to wear at these sessions.

If you are interested in being part of one of these four groups – email **gloworm51@yahoo.com** – please write on the subject line “Watch Dog Committee,” I will add your name to the list, and either myself, Rachael or Carol will keep you updated on coming meetings and other events.

Gloria is vice president NAMI Phoenix

Cognitive Training Software Applies for FDA Approval

Abridged from ScienceNow.com

Brain Plasticity, the developer of a cognitive training game, has begun talks with the Food and Drug Administration (FDA) to market the game as a therapeutic drug.

Brain Plasticity has been fine-tuning a game to help people with schizophrenia improve the deficits in attention and memory that are often associated with the disorder.

Early next year, they will conduct a study. Participants will play the game for one hour, five times a week over a period of six months. If participants' quality of life improves at that "dosage," Brain Plasticity will push ahead with the FDA approval process.

FDA approval for computer games in general – whether for schizophrenia or more common disorders such as depression or anxiety – could change the medical landscape, says Daniel Dardani, a technology licensing officer at the Massachusetts Institute of Technology.

Some worry that FDA approval would actually stymie development of cognitive training games, because the agency will be too slow to approve the minor tweaks that let games evolve. "I think it's premature to have the FDA get involved," says Alice Medalia, a cognitive remediation specialist at Columbia University in New York City.

Compromise may be possible. The FDA could issue guidelines for what consumers should look for in a

therapeutic gaming product – similar to its handling of medical smartphone apps, says Alvaro Fernandez, CEO of SharpBrains, a Washington DC-based market research firm that tracks non-invasive neuroscience tools.



Brain Plasticity Institute

NARSAD *Artworks*

Holiday Gifts that Help Others



Your Purchase helps to:

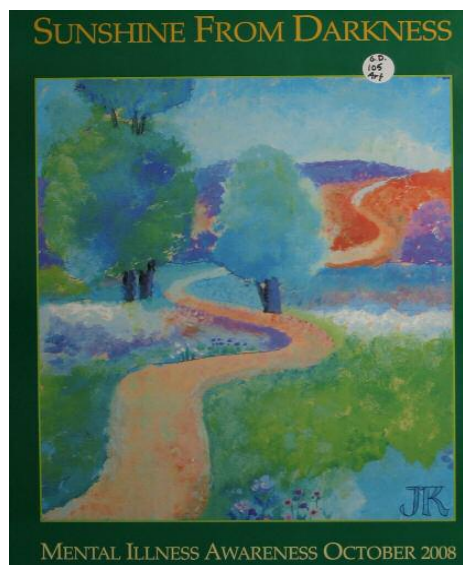
- Support brain & behavior research
- Provide income for artists
- Promote public education
- Destigmatize mental illness

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 23 years NARSAD has published a poster of their best artwork of the year. Here at the NAMI Arizona office you can see all the 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 - Suite 112
5025 E. Washington St.
Phoenix, AZ



28th Annual Holiday Gift Bag Program Looking for Volunteers and Donations

Alice needs your donations!
Please give today.

We proudly kick off the 28th annual Holiday Gift Bag Program for patients in community-based residential treatment programs for serious mental illnesses. Each year the Holiday Gift Bag Program delivers gift bags to seriously mentally ill patients in treatment programs, crisis centers and homeless shelters.

Our goal this year is 500+ bags. Remember others and bring them some holiday cheer. You can help by volunteering or donating money.

Dec 18, 2011, volunteers are needed to assist in the assembly of bags for delivery.

If you would like to help assemble gift bags please contact Alice Schultz at ssiMedical@cox.net or **480.941.8962**.

Mail your tax-deductible check to
NAMI Phoenix
10810 N. Tatum Blvd.
#102 PMB 325
Phoenix, AZ 85028
Please note on the check that it is for the Holiday Gift Bag program!

Volunteers Make NAMI Valley Education Programs Happen

At NAMI Maricopa, we are very much aware that we would not be able to accomplish all that we do without the many dedicated people that train, facilitate, mentor, and teach in the various Signature programs and support groups.

We would like to recognize the newly trained teachers, presenters and facilitators who have joined the NAMI team this year.

Family-to-Family

Under the direction of State trainers, Helga Wilson (Phoenix) and Helen Bradford (Southeast Valley), in an extensive three-day session, the following members graduated to become Family-to-Family teachers:

- Gloria Pitman Phoenix
- Lane Perdue Phoenix
- Cheri Van Sant Phoenix
- Patricia Lacey Phoenix
- Tom Lacey Phoenix
- Dixie Ramberg East Valley
- Laura Shirling East Valley
- Joan Jenkins East Valley
- Mariana Hartmann West Valley

No one gives up an entire weekend to train for 8-10 hours each day without a passion and commitment to serve others in need of education, understanding and support. The NAMI Maricopa County Affiliates are extremely grateful for the time and effort that these generous hearts provide to the many families in need of the education provided by Family-to-Family.

Support Group Facilitator Training

There was also Support Group Facilitator Training this year. The following members trained to become facilitators; some jumped right in to facilitate groups that they had already been attending.

- Lori Berry Phoenix
- Rick Johnson Southeast Valley
- Bret Carey East Valley
- Rich Paladino East Valley

In Our Own Voice (IOOV)

IOOV training was provided by Anthony Holscher, Southeast Valley, and Carisia Cantrell, East Valley, this past June. Seven graduated and proceeded immediately to go out and present their stories. The graduates and their affiliates are:

- Darius Perry Phoenix
- Michelle McClendon Phoenix
- Tina Lamon Dekoek Phoenix
- Richie Taylor West Valley
- Bob Sanders West Valley
- Diane Anderson Wormley Southeast Valley
- Shawn Gorman East Valley

These peers gave up three days to train extensively to become IOOV presenters. It is very important to them to have the stigma that is attached to mental illness disappear! These trained presenters provide the community with the news that recovery is possible and they are living proof!!

Connection Support Groups

For Connection Support Groups, the following members took the training to facilitate a peer group:

- Jim Parsons East Valley
- Sheree Rudd East Valley
- Shannon Smith Southeast Valley
- Darius Perry Phoenix
- Elida Barriga Phoenix
- Jose Garcia Phoenix
- Bertha Arellano Moreno Southeast Valley

All trained Facilitators commit to facilitating for a minimum of one year. We are very grateful for their caring hearts and for their much valued time.

THANK YOU ALL!

Our apologies if we have overlooked anyone, it was not intentional, and we are most grateful to EVERYONE who supports NAMI's efforts to provide education, support and advocacy here in the valley.

Mental illness excluded from UN objectives

The World Health Organization estimates that more than 450 million people suffer from mental disorders, and a new report by the World Economic Forum figures the annual global costs of mental and neurological illnesses at \$2.5 trillion. That is three times the economic cost of heart disease. Depression alone ranks as the number one

cause of disability worldwide, according to one measure used by the World Health Organization.

Yet, when in 2000, the UN set out a strategy for helping impoverished nations in a set of objectives called the Millennium Development Goals, those goals excluded treatment of mental illness.

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.
- ✓ Supports education, research & advocacy.

NAMI Phoenix or East Valley Membership

<p>Name: _____</p> <p>Address: _____</p> <p>_____</p> <p>_____</p> <p>Phone: _____</p> <p>Email: _____</p>	<p>NAMI Phoenix</p> <p><input type="checkbox"/> \$35 - Individual / Family <input type="checkbox"/> New</p> <p><input type="checkbox"/> \$3 - Open Door <input type="checkbox"/> Mil. Veteran</p> <p>Please make checks payable & mail to: NAMI Phoenix, 10810 N. Tatum Blvd., #102, PMB 325. Phoenix, AZ 85028</p>
	<p>NAMI East Valley</p> <p><input type="checkbox"/> \$35 - Individual (1 vote) <input type="checkbox"/> New</p> <p><input type="checkbox"/> \$60 - Family (2 votes) <input type="checkbox"/> Mil. Veteran</p> <p><input type="checkbox"/> \$3 - Open Door</p> <p>Please make checks payable & mail to: NAMI East Valley, P.O. Box 27244, Tempe, AZ 85285</p>

