



# NAMI

## National Alliance on Mental Illness

NAMI Flagstaff – Northern Arizona's Voice on Mental Illness

### NAMI Flagstaff Newsletter

Volume 2, No. 1

May - July 2013

#### Book of the Month

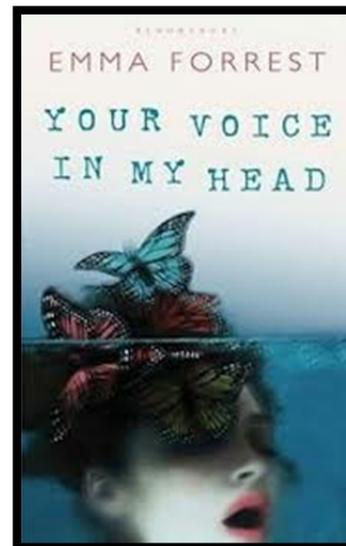
By: Phyllis Levendusky, NAMI-Flagstaff

**Your Voice in My Head, a Memoir**

**By: Emma Forrest**

Early in Emma's childhood, her loving parents recognized that there was something exceptional in their daughter's frightening intensity and moodiness, something over which they, as well as Emma, had no control. Faced with the dilemma that many other good parents of unhappy children face, Emma's parents sought out psychotherapy for their young daughter. Starting therapy at age eight, Emma tells her classmates that she is going to Hebrew lessons.

Later, Emma discovers that she has a gift for putting words to the mood swings that she is experiencing and for telling stories. At age twenty-two, Emma is living in Manhattan, writing for The Guardian. She has her first book coming out soon. Emma is also desperately unhappy and alone. She is cutting and bingeing many times a day until the point where she makes a suicide attempt and finally gets treatment for an illness that has almost taken her life. Such is the power of the illnesses that we are afraid to name.



*Emma Forrest is the author of three novels. She lives in Los Angeles and is a screenwriter.*

The naming of a mental illness gives us the power to take back control of a monstrous disease that has unraveled the fabric of our lives. Then, like Emma, we can slowly knit it back together. Emma goes through many psychiatrists before finding the right one for her. The story has a happy ending because Emma's lengthy search finally leads her to a therapist who is a perfect fit, a therapist who humorously encourages Emma to give and receive the love that she so desperately needs.



## National Alliance on Mental Illness

NAMI- FLAGSTAFF  
PRESENTS:

### **“Crazy For Life”**

*A one Woman show about her journey through bi-polar disorder.  
The film is by Victoria Maxwell.*

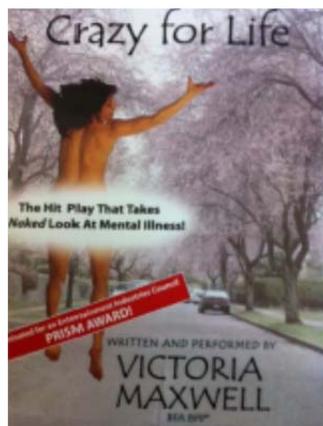
Monday, May 20<sup>th</sup>  
7:00 – 8:30 p.m.

### **Q&A to follow with Dr. Teresa Bertsch**

*NARBHA Chief Medical Officer & Board-Certified Psychiatrist*

The film will be held in the McGee Auditorium,  
Flagstaff Medical Center at 1200 N. Beaver St.

*For more information call (928) 214-2218 or  
(928) 606-8328 & visit our Facebook page at  
[www.facebook/nami-flagstaff.com](http://www.facebook/nami-flagstaff.com)*



NAMI-Flagstaff



## **NAMI Member Spotlight: Phyllis Levendusky**

Phyllis Levendusky has shared her commitment with NAMI members through her tireless efforts while serving on the NAMI Flagstaff Board of Directors. She also dedicated years of working to improve the lives of those who suffer from mental illness, their families and loved ones. Her care, compassion and words of wisdom have helped those who participated in NAMI programs to be able to weather the storms caused by mental illness. Phyllis has contributed a great deal for the NAMI Flagstaff members. It is through her many accomplishments that NAMI program participants, new members and new board members will continue to build for the future.

Here are just a few of her accomplishments:

- A facilitator for Family Support Meeting since NAMI Flagstaff began in 2001, Phyllis also ran Consumer Meetings (now called Connect) as the need arose
- Taught the first Family Education Class
- Worked with the group that helped set up the mental health court system for Flagstaff
- Part of the team that brought CIT (Crisis Intervention Training) for the police of Flagstaff, week-long classes teaching them about the special needs of the mentally ill and how to handle situations involving them
- Helped in the production of brochures for NAMI Flagstaff
- Worked with the Arizona Daily Sun in helping promote NAMI
- Organized mental illness presentation and “Women and Mental Illness” and “Mozart and the Whale”. Organized the events at the FMC to raise awareness of mental illness and to reduce its stigma.
- Since 2004, wrote grants for Wyeth Pharmaceuticals, Wells Fargo Bank, Flagstaff Community Foundation, Arizona Commission on the Arts, National Endowment for the Arts, Flagstaff Cultural Arts, and Knights of Columbus in cooperation with Northern Arizona Behavioral Health Authority and The Guidance Center for art programs for people recovering from mental illness. Advertised and promoted those programs with psychiatrists, psychologists, The Guidance Center, North Country Health Care Center, and Flagstaff Medical Center, Southwest Behavioral Health and through the Arizona Daily Sun.
- Wrote grants for programs for Education Classes, Support Groups, and In Our Own Voice for Flagstaff NAMI.
- Served on the Board of Directors of The Guidance Center
- Initiated the Christmas Gift Wrapping Program, which brought \$3,000 one year, and between \$1,000 and \$2,000 each other year. The event brought members and non-members together for a lot of fun and WORK!

*We thank you Phyllis for your commitment to NAMI and to its mission.*

“Like” NAMI-Flagstaff on Facebook and keep up to date with news, events, and upcoming trainings. Share your own recovery story. Be an active part of the NAMI-Flagstaff community and “Like” us on Facebook!



## New CEO at The Guidance Center

On December 10<sup>th</sup>, Jack Callaghan, Ph.D. joined The Guidance Center as the Chief Executive Officer. Dr. Callaghan brings over thirty-five years of behavioral health experience to his new position at The Guidance Center. A graduate of Harvard University and the University of Chicago, Dr. Callaghan worked for a time at the Hopi Center for Human Services at Second Mesa, Arizona where he served both Hopi and Navajo families.

In 2002, Dr. Callaghan was appointed Secretary of the New Mexico Department of Health by Governor Gary Johnson.

Dr. Callaghan spent almost thirty years serving the people of the state of New Mexico in various supervisor and director roles for multiple state agencies. He was most recently the program director and technical expert lead for a team that provided technical assistance to thirty-eight nationwide Women, Children, and Family Treatment programs in conjunction with the Substance Abuse and Mental Health Services Administration. Prior to this position he was the Director of the Public Health Division of the Department of Health for the State of New Mexico. He has served as the Director of the Family Services Division of the New Mexico Children, Youth and Families Department and also served for almost eight years as the Director of the Division of Mental Health for the Department of Health for the State of New Mexico.

Barbara Bartell, NAMI-Flagstaff Board President said, "In my twelve years of experience with NAMI, I have never met a provider CEO who made such an effort to meet and confer with the Board Members of NAMI Flagstaff while he was in the process of being hired for his current position. Dr. Callaghan made it known that he understands and appreciates the value of NAMI in providing free services to the mentally ill and their family members and he is familiar with the important role of NAMI in advocating for better mental health services. Our Board greatly enjoyed our discussion with Dr. Callaghan and we are excited about the new direction taken by The Guidance Center and NARBHA in hiring him."

*Founded in 1969, The Guidance Center, Inc. is a community mental and behavioral health center that offers a full continuum of mental health and substance abuse programs and services throughout Coconino County. The Guidance Center is contracted through NARBHA, the Regional Behavioral Health Authority for Coconino, Navajo, Yavapai, Apache and Mohave counties. Funds for services are provided through a contract with the Arizona Department of Health Services/Division of Behavioral Health Services and AHCCCS.*



### Art Classes Starting in April!

#### Free Class!

#### For adults in recovery from serious mental illness

Questions and registration (necessary):  
(928) 310-8467

Sponsored by NAMI Flagstaff

With support and funding from:





**FREE  
EVENT**

## **Emergency Preparedness Event in Flagstaff**

### **What will you do if there is a natural disaster?**

If you have a child with developmental disabilities and/or mental illness, this event is designed for you.

We know that in a disaster, families with special needs children have a difficult time gathering their things and being prepared due to the high needs of the children.

The purpose of the event is help families create their own disaster plan and become equipped in case of a natural or other disaster.

For more information call Kendra Franchi at 520-955-3485 or email at [Kpm7@nau.edu](mailto:Kpm7@nau.edu)

*This event is sponsored by:*



**Behavioral Health Consultation  
Services of Northern Arizona, LLC.**

### **New Certified State Trainers: In Our Own Voice**

When you wish upon a star (after volunteering your time for a few years), you may find yourself in Washington D.C. at a NAMI National training! They certainly rolled out the red carpet for all of us who attended. Amanda Ulibarri and Barb Bartell were thrilled to become certified as state "In Our Own Voice" Trainers and see all the wonders of our nations' capitol at the same time this March. We are eagerly awaiting the chance to train some others to present this wonderful stigma busting program in Northern Arizona, particularly at N.A.U. Please contact Barb if you are interested in being trained to speak in public about your personal experience of mental illness and recovery. Yes, it is a bit scary---but also very liberating.



### **Read All About It! Mental Health in the Headlines**



#### **Survey—Many Adults Believe Children and Teens do not Receive Mental Health Services:**

A new national survey reveals that many adults believe children and teens do not receive needed mental health services. The W.K. Kellogg Foundation commissioned the National Voices Project to facilitate a five-year study of how adults who work and volunteer every day on behalf of children perceive access to mental health services for kids and teens on a local community level. Survey participants were asked how much availability there is in their communities for children and teens to receive health care services. More than half of all respondents note that there is "lots of availability" for teens to have hospital care (55 percent) and primary care (56 percent) in their communities. But across all health care services, only 30 percent of respondents reported "lots of availability" for mental health care. ([PsychCentral.com](http://PsychCentral.com), 4/3/13)

Join us in Welcoming  
our 2012-2013 Board of  
Directors!

**2012-2013 Officers**

Barb Bartell, *President*  
Steve Nickolaisen, *Vice  
President*  
Carol Scholing *Secretary*  
Deanna Prida, *Treasurer*

**2012-2013 Board of  
Directors**

Carrie Beaver  
Sherry Matheson  
Kay Brown  
Kendra Franchi  
Barbara Toberg  
Kate Yenik

**State Board Representative**

Kay Brown

**Office/Education  
Coordinator**

Lee Haggmuller

*Thank you for all  
your support!*

**Next Board Meeting:**

Tuesday, May 14 at 6:30 p.m.  
at AZPIRE Recovery Center

**Submit stories for our  
Newsletter!** We are  
always looking for human  
interest stories with relevance  
to mental illness and  
recovery from mental illness.  
Please submit your stories to  
[admin@NAMI-Flagstaff.org](mailto:admin@NAMI-Flagstaff.org)



**In Our Own Voice** by **NAMI** is a unique presentation that focuses on spreading the message of recovery by people with life experience.

Presenters help dispel myths surrounding mental illness as they delve into the following topics: Dark Days, Acceptance, Treatment, Coping Strategies, Success, Hope and Dreams.

Come listen to two inspiring personal stories of living with mental illness and achieving recovery!  
A Question & Answer Session to follow the Presentation.

**When:** Tuesday, May 28<sup>th</sup> from 7:00 – 8:30 p.m.

**Where:** East Flagstaff Public Library,  
3000 N. Fourth St.

For more information visit

[www.nami-flagstaff.org](http://www.nami-flagstaff.org) or

Visit us on Facebook at

[www.facebook.com/nami-Flagstaff](http://www.facebook.com/nami-Flagstaff)



## Do you need a PLAN? A plan for an Adult with Mental Illness or Disabilities?

**When:** May 21, 2013 6:30 p.m.

**Where:** St. Pius Center (corner of 4<sup>th</sup> Street and Cedar)

**Who:** Attorney Alexandra Shroufe, P.C.

### Will discuss:

- **Guardianships and Conservatorships:** including title 14 + guardianships that authorize inpatient mental health treatment
- **Powers of Attorney:** As an alternative to guardianships and conservatorships
- **Special needs trusts:** As a way to provide for family members who receive public benefits
- **Estate plants:** In general if time permits



*No registration necessary, call 310-8467 for questions*

### Upcoming Events

<u>What</u>	<u>When</u>	<u>Where</u>
NAMI-Flagstaff Board Meeting	Tuesday, May 14, 6:30 pm	AZPIRE
“Crazy for Life” Film	Monday May 20, 7:00-8:30pm	McGee Auditorium
“Do you have a plan” Presentation	Tuesday May 21, 6:30 p.m.	St. Pius Church
“In Our Own Voice”	Tuesday May 28, 7:00-8:30 p.m.	E. Flagstaff Public Library
Family-To-Family Class <i>rescheduled</i>	Tuesday Sept 10, 12 week class	NARBHA
Emergency Preparedness Event	TBD	TBD



**MENTAL  
HEALTH  
MONTH  
MAY  
2013**



# NAMI-Flagstaff Membership



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

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

\_\_\_\_\_

\_\_\_\_\_

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

## NAMI-Flagstaff

- \$35 – Individual/Family
- Military Veteran
- \$3 – Open Door
- New

**\$ \_\_\_\_\_ Donation for NAMI-Flagstaff**  
*Donations are used to provide public education programs, classes, and support groups to defuse the stigma of mental illnesses and promote an accurate understanding of these treatable brain disorders.*

Please make checks payable to NAMI Flagstaff & mail to:  
PO Box 30673  
Flagstaff, AZ 86003

