



# NAMI

## National Alliance on Mental Illness

NAMI Flagstaff – Northern Arizona's Voice on Mental Illness

### NAMI Flagstaff Newsletter

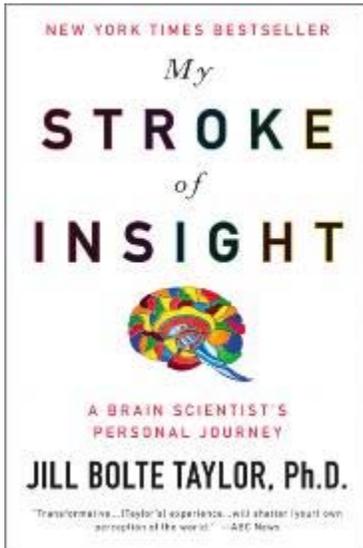
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*These beautiful pieces of artwork were done by students of the NAMI Flagstaff sponsored Acrylics Class.*

*More artwork is featured on page 5.*



## Book of the Month

By: Barb Bartell, NAMI Flagstaff

### My Stroke of Insight

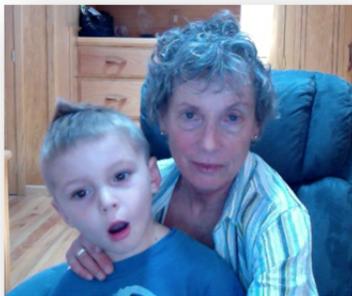
By: Jill Bolte Taylor, Ph.D.

Normally, I wouldn't suggest that you read a book written by a neuroscientist because it would be deadly boring for the average person. This book is different. It is a real page-turner, almost like a mystery, especially where Jill Bolte gives us a blow-by-blow description of the morning she had her massive left-hemisphere stroke. It is amazing that Dr. Bolte can describe in minute detail each moment of her loss of the left-brain function and her sense of wonder at her new ability to achieve a state of altered consciousness where she felt a complete peace and tranquility that she had never experienced before. She was even calm about dying, observing each moment of loss of her cognitive function as if she were a small child fascinated with the miraculous workings of her body. Since she was a doctor, Jill Bolte recognized that, as well as having a mystical experience, she was also physically dying due to severe bleeding in her brain. She needed to get help but had lost her ability to form words and make sense. Using all the strength of her will, Jill saw a visual image of a work colleague's telephone number. Slowly and painfully she dialed it with her left hand one digit at a time. In this way, Jill got help and was taken to the hospital. The story of Jill Bolte's slow and determined recovery and rehabilitation is another amazing story.

*Jill Bolte was on the NAMI National Board of Directors in 1994. She had had an important role in research on schizophrenia by visiting NAMI's all over the country, persuading people to donate their brains posthumously to the Harvard Brain Bank so that research on schizophrenia and the brain doesn't die out because of a lack of donated brains. Jill Bolte's brother is afflicted with schizophrenia.*

Calling her story "a stroke of insight" is meant sincerely. As a result of what she experienced in having the stroke, Jill decided that her pre-stroke life had been so frantically busy and over-scheduled that she did not have any time to enjoy herself. After she became well, she changed all that, moving to a much smaller town: she continued her career in brain research but at a much slower pace, leaving time to relax and enjoy herself. As Dr. Bolte sees it, the gift her stroke gave her was to transform her from "a human doing" to "a human being".

## **NAMI Member Spotlight: Barbara Bartell, MA**



Barbara Bartell is a passionate supporter of our mission to educate, support and provide hope, strength and wisdom to those whose lives have been affected by mental illness. Through her efforts and advocacy, Barb became one of the founding members of NAMI Flagstaff. Her compassion and generosity goes a long way in Flagstaff. She strives to support those afflicted with mental illness, their families and loved ones. Barbara consistently goes the extra mile to help those in need.

Barbara was a founding member of NAMI Flagstaff in 2003. Experiencing mental illness through a family member, she knew, first hand, that Flagstaff was in need of a support system. After many years of advocacy, finally, her efforts were greeted with open arms in Flagstaff, and NAMI Flagstaff was born.

Prior to organizing NAMI Flagstaff support groups, Barbara would travel to Phoenix to attend the NAMI classes and trainings to help her cope with her own family mental health issues and learn what she can do to help. Her personal experience has inspired her and to learn more about what she can do to help those with mental illness. Through her passion and desire to help others with mental illness issues, Barbara earned her Master's degree in Counseling from Northern Arizona University. She is a retired counselor, and in the past has worked as a special education counselor at an elementary school on the Navajo Reservation.

Barbara's counseling degree has also allowed her to work pro-bono to help those in need of coaching and advice in dealing with issues relating to mental illness. Today Barbara continues to spread the word of kindness and mental health advocacy through her dedication on the NAMI Flagstaff Board of Directors, where she serves as President. Recently, she traveled to Washington, D.C. to be trained as a trainer for NAMI's signature presentation, In Our Own Voice.

Finally, Barbara also serves on the Board of Directors of NARBHA, Northern Arizona Regional Behavioral Health Authority.

Barbara is a music lover, and enjoys playing the piano, singing and hiking in her spare time. She also enjoys spending as much time as possible with her beautiful grandchildren. Barbara is an avid reader and learner and is always willing to share her knowledge and kindness with others.

*NAMI Flagstaff appreciates all that Barbara has given and her commitment to the NAMI mission. Thank you for your support and advocacy!*

“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!



## Educational Resources for Children with Mental Health Needs

By: Paula Brunswick, NAMI Flagstaff Member



Parenting a seriously mentally ill child brings monumental challenges as we navigate a fragmented mental health system.

As if that weren't enough, ensuring that our child receives the kind of education he or she desperately needs and deserves can seem impossible. Because there is no cohesive system to connect a child's medical needs with his or her educational needs, parents need to become informed and stay proactive to ensure our kids get what they need. We are our children's most powerful advocates. Fortunately, many resources exist to help us obtain appropriate educational services for our children.

A basic place to start is understanding the difference between an Individualized Education Plan (IEP) and a 504 Plan, both based on federal law. In a nutshell, the 504 Plan is part of the Americans with Disabilities Act and it basically spells out what accommodations a child needs to access an education on a level with a non-disabled child. For example, a child may need ready access to a "safe place" if he or she needs time to decompress. An IEP is needed when a child requires changes to the curriculum. For example, a child's medications cause mental processing speed issues, so he or she needs extra time to complete work or tests. Obtaining an IEP requires a formal evaluation process and a finding that the disability impacts learning to the degree that a change in curriculum is necessary. While both are powerful tools for your child's educational success, the IEP includes more formalized safeguards and is more desirable in many cases.

**So where do you start?** The best resource I have found to date is [www.wrightslaw.com](http://www.wrightslaw.com). This site is managed by experts in special education law and includes newsletters, books and training CDs. Archived information is also organized to allow you to quickly find what you need. I recommend three books (recently requested as additions to the public library):

*Special Education Law, 2<sup>nd</sup> Edition* (ISBN: 978-1-892320-16-2) An in-depth treatment of special education law in the U.S. Includes the actual text of the law with discussion.

*From Emotions to Advocacy* (ISBN: 978-1-892320-09-4) Provides a "roadmap" to effective advocacy, including how to keep your emotions from derailing your efforts, the hows and whys of organizing important documents and other effective strategies for maximizing your advocacy efforts.

*All About IEPs* (978-1-892320-20-9) Using an "FAQ" approach, this book helps you find specific information on IEPs by using the most common questions posed by parents.

The Arizona Department of Education provides the Parent Information Network System (PINS) for parents of children with special needs. Coconino County's representative is Allison Merrit @ 928-289-5834. She is trained to help parents navigate the public schools Special Education systems.

**Creating a positive educational environment is not just important for academic success: it can also help manage and stabilize the mental illness.**

While the process can seem overwhelming, excellent resources are available to help us partner with educators, administrators, therapists and doctors to provide the best possible education for our children.



## **Mental Health through Art: NAMI Flagstaff Acrylic Art Class**

By: Phyllis Levendusky

*"Most of the time I have a problem with group settings, but this is a wonderful setting with beautiful people teaching". "People can work at their own ability". "The teacher was patient, helpful and built up our confidence...."*

These are some comments from an acrylics class taught in April by Elaine Dillingham.

NAMI art classes have been augmenting patient services since 2005 and are open to anyone in recovery from mental illness issues. NAMI has hosted classes such as ceramics, drawing, painting, collage, silk dyeing and painting, Native American Crafts, and poetry. Our teachers come mainly from Coconino Community College and Northern Arizona University. One of our teachers has her work displayed in the Smithsonian and another is published in a national magazine. Many of our instructors have their work on display in galleries in Flagstaff and elsewhere.

July 23 marked the beginning of a drawing class taught by Barbara Sheeley which will run through August.

For those interested in attending the drawing class call (928) 310-8467 to register.

*Grants from companies as diverse as Wells Fargo, the National Endowment of the Arts and our own Flagstaff Community Foundation have funded our efforts. All supplies and classes are free to participants.*

## **Read All About It!**

### **Mental Health in the Headlines**



#### **Biochemical Mapping Helps Explain Who Will Respond to Antidepressants**

July 18, 2013 — Researchers have identified biochemical changes in people taking antidepressants – but only in those whose depression improves. These changes occur in a neurotransmitter pathway that is connected to the pineal gland, the part of the endocrine system that controls the sleep cycle, suggesting an added link between sleep, depression and treatment outcomes (ScienceDaily.com).

#### **Vitamins and Minerals Can Boost Energy and Enhance Mood**

July 16, 2013 — Vitamin and mineral supplements can enhance mental energy and well-being not only for healthy adults but for those prone to anxiety and depression, according to new study with the Institute of Food Technologies (IFT). The supplements could also provide mental energy necessary to manage stress, enhance mood and reduce fatigue (ScienceDaily.com).

#### **Genetic Changes That May Contribute to the Onset of Schizophrenia Identified**

July 16, 2013 — Scientists have discovered rare genetic changes that may be responsible for the onset of schizophrenia. Several of these same genetic lesions had previously been found to have causal links to autism spectrum disorder (ASD). This discovery gives new support to the notion that multiple rare genetic changes may contribute to schizophrenia and other brain disorders (ScienceDaily.com).

#### **Brain Discovery Could Help Schizophrenics**

July 15, 2013 — The discovery of brain impairment in mice may eventually lead to better therapies for people with schizophrenia and major depression. Studying rodents that have a gene associated with mental illness, Michigan State University neuroscientist found a link between a specific area of the prefrontal cortex, and learning and behavioral deficits. (ScienceDaily.com)



## 2012-2013 NAMI Flagstaff Board of Directors:

**Barbara Bartell**, *President*

**Steve Nicholaisen**, *Vice President*

**Carol Scholing**, *Secretary*

**Deanna Prida**, *Treasurer*

**Kay Brown**, *Director*

**Lynette Bybee**, *Director*

**Kendra Franchi**, *Director*

**Sherry Matheson**, *Director*

**Kate Yenik**, *Director*

**Lee Haggemuller**, *Office/Education  
Coordinator*

*Join NAMI Flagstaff today and  
consider becoming a Board Member.*

Help NAMI Flagstaff advance its mission to educate, support and provide hope, strength and wisdom to those whose lives have been affected by mental illness.

For more information on Board Member responsibilities or to apply and serve your Flagstaff community, contact us at [admin@NAMI-Flagstaff.org](mailto:admin@NAMI-Flagstaff.org).



National Alliance on Mental Illness

## **NAMI Family-to-Family**

**Free** for family members, partners and significant others of individuals with



**Major Depression and Bipolar Disorder  
Schizophrenia and Schizoaffective Disorder,  
Borderline Personality Disorder  
Panic Disorder,  
Obsessive Compulsive Disorder,  
Generalized Anxiety Disorder and  
Post-traumatic Stress Disorder**

A series of 12 weekly classes structured to help caregivers understand and support individuals with serious mental disorders while maintaining their own well-being. The course is taught by a team of trained NAMI family member volunteers who know what it's like to have a loved one living with one of these illnesses.

**Dates:** Every Tuesday starting September 10<sup>th</sup> to December 3<sup>rd</sup>, 2013

**Time:** 6:30 p.m. to 9:00 p.m.

**Where:** NARBHA, 1300 S. Yale St., Flagstaff

*For more information on this free program call (928) 214-2218 or go to  
[www.nami-flagstaff.org](http://www.nami-flagstaff.org).*



## ***NAMI National Convention: Trip Report***

By Kay Brown, NAMI Flagstaff Board Member

***Together we can make a difference!*** This was the theme of this year's NAMI National Convention in San Antonio, Texas. With the *togetherness* of our Flagstaff affiliate my trip was made possible. Thank you all so much. I was able to stay in the host hotel, which was excellent! Jeffrey Brown, NAMI State Board Member also attended. We attended the orientation for first timers which was an overview of what was to come. Hustle and bustle ensued as the convention began.

To start things off a movie called *Escape Fire* was previewed for convention-goers. This film won accolades at Sundance Film Festival. The movie was about the American healthcare system and the fight to rescue our drowning system. This is one of the most pressing issues of our time. The film shared key points on what could be done to solve our already broken system with a true design of a healthcare system. The story is also about pioneering leaders in healthcare and how powerful forces oppose change and find a way out of this dilemma.

Jeffrey attended sessions on the annual business meeting, which focused on legislative state advocacy issues. He also observed speeches from those running for National Board of Directors. Another workshop I attended celebrated NAMI and the Arts: photography, painting and film. Thoughts and emotions that are difficult to talk about are expressed through art.

In Our Own Voice (IOOV) was another demonstration offered and NAMI's signature product. IOOV offers insight into the hope and recovery possibilities for those with mental illness. The presenter was wonderful on sharing the episodes and progression of recovery.

The conference focused on young adults and Hispanics. This was a new direction for NAMI, however, it is also poignant and relevant. Our Arizona Caucus had 15 members attend the conference. We discussed the state charter and that this needs to be updated. Overall the NAMI Convention was an excellent.

Another session that was outstanding was Resilient Recovery. This session focused on emotions caused by shame. General stigma against mental illness can often be exacerbated by shame. This workshop gave a sincere and empowering talk about the clinical perspectives of shame and how to work through it by challenging the inside stigma through honest discussion and practice. Our emotions need validation and this session focused on how to use situations to identify these emotions.

The many faces of NAMI give us a way to not discriminate and stamp the stigma of mental illness out. Thank you to the NAMI members for the continued partnership and ***togetherness*** that NAMI Flagstaff brings. Continue the great work!

# Learn Mental Health First Aid

NAMI will offer Mental Health First Aid training to anyone who wants to learn the signs and symptoms of mental health crisis and effective ways to respond in the event of tragedy - you, your family members, friends, teachers, co-workers, and neighbors. NARBHA will be conducting the training. NARBHA has conducted more than 40 such trainings.

This **free** training will be held at NARBHA on **Thursday, October 17 & Friday, October 18<sup>th</sup>** from 9:00 a.m. to 1:00 p.m. Limited spaces available and deadline to register is Thursday, October 10<sup>th</sup>. Email [admin@NAMI-flagstaff.org](mailto:admin@NAMI-flagstaff.org) to register.



## Upcoming Classes and Trainings

What	Where	When	Contact Information
<b>Connect Support Group</b>	Hope Community Church 3700 N. Fanning Dr.	Thursdays 5:30 pm -7:30 pm	<a href="mailto:admin@nami-flagstaff.org">admin@nami-flagstaff.org</a>
<b>Family Support Group</b>	Trinity Heights Church 3600 N 4th St	Wednesdays 6:30pm-8:30pm	<a href="mailto:admin@nami-flagstaff.org">admin@nami-flagstaff.org</a>
<b>Family to Family Class</b>	NARBHA 1300 S. Yale St.	Starts Tues., Sept. 10 <sup>th</sup> 12 week class	<a href="mailto:admin@nami-flagstaff.org">admin@nami-flagstaff.org</a>
<b>Board of Directors Meeting</b>	AZPIRE	Weds., Sept. 25 <sup>th</sup> 6:30 – 8:00pm	<a href="mailto:admin@nami-flagstaff.org">admin@nami-flagstaff.org</a>
<b>Mental Health First Aid Training</b>	NARBHA 1300 S. Yale St.	Thursday Oct 17 & Friday Oct. 18 9:00 am – 1:00 pm both days <i>Must register by October 10<sup>th</sup></i>	Call (928) 214-2218 or email <a href="mailto:admin@nami-flagstaff.org">admin@nami-flagstaff.org</a>
<b>Board of Directors Meeting</b>	AZPIRE	Monday, Oct. 23 <sup>rd</sup> 6:30 – 8:00pm	<a href="mailto:admin@nami-flagstaff.org">admin@nami-flagstaff.org</a>

*All support groups, classes, and trainings are free!*

# NAMI Flagstaff Membership



## NAMI Flagstaff

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

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

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

\_\_\_\_\_

\_\_\_\_\_

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



**Northern Arizona's Voice on Mental Illness**

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