



# nami

## National Alliance on Mental Illness

NAMI Flagstaff – Northern Arizona's Voice on Mental Illness

### NAMI Flagstaff Newsletter

Volume 3, No. 1

Feb. – May 2014

#### NAMI Wellness Project

The National Alliance on Mental Illness, Flagstaff, Arizona and the City of Flagstaff Aquaplex are partnering to empower our fellow community members who suffer from severe mental illness. The **NAMI Wellness Project** is led by Travis Agnew, a Certified Strength and Conditioning Specialist with the City of Flagstaff Aquaplex. The **NAMI Wellness Project** will enable this group of community members to become an advocate for themselves, as well as function at a higher level. This unique program of strength training, conditioning, and dietary counseling will help propel these individuals to success by helping them realize their own unique personal goals and improvements. They will be able to adequately track growth and success in physical, mental, and social scenarios. The economic burdens of others will be reduced as the participant's dependence on support organizations and medical subsistence will be decreased.



The **NAMI Wellness Project** has seen measurable success and most importantly tremendous attitude and function improvements. Continuation of these services is essential to build upon and support the gains each uniquely troubled individual has worked so hard to accomplish. Each participant has clearly demonstrated how their position in society has improved and how their improvement will now assist others in the world they share.

In order to keep the **NAMI Wellness Project**, NAMI is requesting small contribution to support the existing participants until another grant can be obtained. Please make your tax deductible donation to NAMI Flagstaff, a 501(c) 3 non-profit organization. **EVERY dollar will provide services to the participants; no funds will be used for administration.**

For more information on this program or others email [admin@nami-flagstaff.org](mailto:admin@nami-flagstaff.org).

# Book of the Month

By: Barbara Bartell, NAMI Flagstaff President

## **STUFF: Compulsive Hoarding and the Meaning of Things**

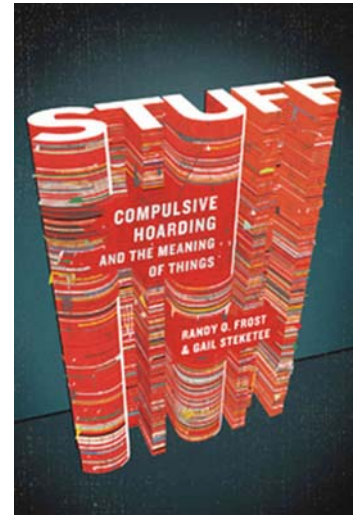
By: Randy O. Frost & Gail Seketee

The authors of this book weave fascinating stories about the lives of hoarders together in a non-fiction narrative that reads like a mystery. This book is an essential read for the friends and family members of hoarders as well as those of us who hoard. (According to the author's yardstick, I am a mild hoarder. But I'd better watch it: the piles of paper and stacks of books are getting bigger and the surface of my desk is getting harder to find.)

"Stuff" will be the first book in our NAMI book discussion group that will meet on February 11<sup>th</sup>. Yes, I can still find the book amongst the clutter on my desk. You can order a copy from Amazon for as little as two dollars and it is well worth it.

Hoarding has just been listed as a psychiatric disorder in the DSM (Diagnostic and Statistical Manual) published by the APA (American Psychiatric Association). Hoarding used to be listed as a sub-type of OCD (Obsessive Compulsive Disorder) but now it has been given its own separate category. As you will discover after reading this book, severe hoarding can be a life-threatening disorder. Hoarding involves both the excessive acquisition of things and the fear of getting rid of them. Some hoarding houses are piled high with boxes and shopping bags that have never been opened. Newspapers, magazines, and junk mail are kept in piles so high that they reach the ceiling of the room and threaten to fall over, suffocating the owner.

The book begins with the story of the famous Collyer brothers, Langley and Homer who lived by themselves in a three story, twelve room brownstone in a fashionable part of Harlem in the early part of the 1900's. In March of 1947 the New York police received a call from a neighbor complaining that there was a dead body in the Collyer mansion. The police came promptly, but there was a problem. The house was so packed with things that the officers could not get into any door or window on the first story. Once they brought the ladder truck one of the officers squeezed into the window on the second floor to find piles of stuff eight feet high in a room with ten foot ceilings. The piles formed intricate tunnels that the officer had to carefully work his way through in order to avoid an avalanche. Finally, he found the body of 65 year old Homer in the middle of the room. Homer had died of starvation. He was handicapped and had to depend on his brother to bring him food. It took the police and firemen three weeks to locate the body of Langley who had been crushed and suffocated when bales of newspaper fell on him. After that unforgettable event, houses in New York that were dangerously cluttered were called "Collyer houses".



All of the other stories told in this book were clients and research subjects treated and studied by the author. Randy Frost's compassionate and respectful approach to the hoarders probably accounts for the success of his treatment. Interventionists who clear out the mess in the house and quickly put the stuff in dumpsters are doing more harm than good. ( to find out why, read the book. ] The solution for hoarders is definitely not what you see on television shows about hoarding interventions.

## **NAMI Member Spotlight: Deanna Prida**

Deanna is a founding member of our NAMI Flagstaff affiliate. She has served as Treasurer on the Board of Directors continuously since that time when she donated \$10.00 to open a credit union account for the fledgling affiliate. She is also a Past President.

Deanna and her husband, Bob, moved from Nevada to Flagstaff in 1978 with their two children and have been active, contributing members of the Flagstaff community ever since. It seems that Deanna knows everyone in town!



As a former high school P.E. teacher, recently retired from a teaching position at Coconino Community College, Deanna continues with an active and fit lifestyle. She still works on an as-needed basis to help her friends in the business community.

Deanna and Bob are dedicated supporters of the NAU Boosters and never miss a football game! They are both avid golfers and have recently discovered and thoroughly enjoy playing the sport of Pickleball. Deanna is known for punctuality, even if it means cutting her yoga class short to be on time for a NAMI Board meeting.

In addition to their athletic pursuits, Deanna and Bob are active in their parish at San Francisco de Asis church. She and Bob participate in programs sponsored by St. Vincent de Paul to help community members who are in need.

Deanna serves on the Board of Directors of The Guidance Center. She is thankful to them for helping her son who suffers from mental illness.

We are most grateful to Deanna for her continuous dedication to NAMI Flagstaff, for her organizational skills, for making sure our budget and financial goals are in line and maintaining our non-profit corporate status. She has uncomplainingly done a job that no one else wants to do.

Thank you, Deanna!

“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!



<https://www.facebook.com/pages/NAMI-Flagstaff/482534745128091>

# ***Mental Health First Aid: A Review***

By: Lee Haggemuller, NAMI Flagstaff & Kay Brown, NAMI Flagstaff



**MENTAL  
HEALTH  
FIRST AID**

The Mental Health First Aid (MHFA) training program was developed in 2001 in Australia under the auspices of ORYGEN Youth Health and Research Centre at the University of Melbourne Department of Psychiatry.

The Maryland Department of Health and Mental Hygiene, the Missouri Department of Mental Health and the National Council for Community Behavioral Healthcare have been granted permission to reproduce copyrighted material for the purposes of improving the mental health knowledge and skills of the US public in responding to mental health crises.

**Mental Health First Aid USA** is a program that teaches family members, friends, teachers, co-workers, and neighbors how to recognize and help someone who may be developing a mental health problem or experiencing a mental health or substance abuse crisis.

The goals of the course are to:

- **increase awareness and knowledge about mental illness and substance use**
- **decrease fear and negative reactions to human beings experiencing problems**
- **walk away feeling comfortable to help others in our community**

A 12- hour CEU certified training course and manual, provides basic knowledge on signs and symptoms of a variety of mental disorders. The course teaches how to assist in specific situations and offers tools to build trusting relationships that will help you help others. This course is offered free with funding provided by the Substance Abuse and Mental Health Services Administration and Mental Health Transformation State Incentive Grants.

The class, presented by Trevor Davis and Susan Murrell, was sponsored by NARBHA on Oct 17 and 18. This course was attended by Southwest Behavioral Health, Flagstaff Shelter Services, NARBHA employees, and NAMI Flagstaff members Barb Bartell, Kay Brown, and Lee Haggemuller.

Utilizing the acronym of “ALGEE”,

## **Mental Health First Aid -- Action Plan:**

- A: Assess for risk of suicide or self-harm
- L: Listen non judgmentally
- G: Give reassurance and Information
- E: Encourage appropriate professional help
- E: Encourage self- help and other support strategies

## A NAMI Flagstaff Success Story

I just need to say how much NAMI has done for me over the past year. I have suffered from depression my whole life and have had counseling at least half of my life. There was a point a couple of years ago when I had no health insurance and when I eventually got some, my Psychiatrist put me in the Behavioral Health Unit of our hospital because I was suicidal. When I got out, I found that my health insurance policy did not cover any therapists in my area. I was lost and depressed again. I talked to my cousin and she told me about NAMI. She connected me with NAMI and sent me schedules of the meetings, etc.

I went to the peer to peer meetings, and I cannot tell you how much it helped me. I went from a depressed recluse to a happy person who finally had the inner strength to get out of my house and do things and to take care of myself. Over this last year I have blossomed according to the NAMI members and my family members. I continue to go the NAMI Connections group meetings and do not like to miss them. I took the peer to peer class, and also the family to family class. I have gained such inner strength that I no longer sabotage my recovery. I give all the credit to NAMI because I still don't have insurance that covers one- to- one counseling.

Another part of NAMI that has helped me so much is the art classes provided. I have had a brain injury, and the art classes (ceramics, drawing, and painting) have helped me a lot. I have made NAMI friends, I feel comfortable around NAMI people, and I cannot picture my life without NAMI. No agency in the town where I live has anything like this, and our county has very little mental health coverage. I can honestly say, NAMI has saved my life. I sometimes have become suicidal, but there is always a NAMI person I can call anytime, and I have. The literature that is sent by NAMI is also a great help.

Thank you NAMI for being in my life. I now believe that I have a future where I can be strong and take care of myself.

*~Anonymous*

## Calligraphy CLASS

*Beginning in March*

*FREE for anyone in recovery from mental illness.*

*Call Jan for details and to sign up: (928) 225-0250*

*Made Possible by: Safeway Foundation & the Knights of Columbus*



## **NAMI Family to Family Education Class**

The NAMI Family to Family Education Class provides an opportunity for families or caregivers to understand and support individuals with serious mental disorders. This is a 12 week course that 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. This class is perfect for family members and significant others of individuals with:

**Major Depression and Bipolar Disorder**

**Schizophrenia and Schizoaffective Disorder**

**Borderline Personality Disorder**

**Panic Disorder, Obsessive Compulsive Disorder**

**Post-Traumatic Stress Disorder**

This course has helped many family members understand and get through personal strife with mental illness. Below is an example of a Family to Family Education Testimonial:

*I was extremely fortunate to attend the NAMI Family to Family Education Class in Flagstaff, Arizona. The class was extraordinarily well-timed, as my teenage daughter's struggle with mental illness worsened considerably this fall. During the class my daughter was admitted to an inpatient treatment program in Phoenix and a month later to a residential treatment facility in Utah. The class was extremely helpful in educating me about the various types of mental illness, medication treatments, coping strategies, and effective methods to support my daughter. The class had excellent teachers and very supportive classmates. I would highly recommend this class to other families and look forward to continuing my involvement with the NAMI community. Thank you for being there NAMI!*

*~M.S.*

## Read All About It!

### Mental Health in the Headlines



**Senate Reconsidering International Treaty on Rights of Persons with Disabilities:** The U.S. Senate is reviving consideration of an international treaty that would improve protections for people with disabilities a year after approval fell five votes short. Senator Robert Menendez (D-N.J.), chairman of the Senate Foreign Relations Committee, has held two hearings and plans a committee vote perhaps next month. The United Nations Convention on the Rights of Persons With Disabilities has already been ratified by 138 other countries. Secretary of State John Kerry said last week, when the treaty

countries gather to discuss accessibility and employment standards for people with disabilities, “we’ve been excluded because we’re not a party to the treaty.” Advocates say the treaty is an extension of the principles in the Americans with Disabilities Act and would make it easier for Americans to safely travel, study and work abroad. ([The New York Times](#), 11/24/13)

**Virginia Examining Mental Health System:** The state of Virginia’s is conducting an investigation into the handling of a case involving the son of state Sen. R. Creigh Deeds, who apparently stabbed his father and then fatally shot himself. The state’s inspector general will determine whether Deeds’ son should have been referred for psychiatric care the day before the incident. Austin Deeds, who was 24, had undergone a psychiatric evaluation Monday, and officials initially said the reason he was not admitted to a hospital was that no bed was available. But multiple nearby hospitals later confirmed that they had available space but were never contacted. The state’s top health official is also undertaking a review of state and local mental health services in the wake of the incident. ([The Washington Post](#), 11/22/13)

**Psych Disorders in Teens Often Neglected:** Less than half of American teens with mental health disorders receive treatment, and those who do get help rarely see a mental health specialist, according to a new study. The analysis of data from more than 10,000 teens aged 13 to 17 across the United States also showed that treatment rates varied greatly for different types of mental health problems. For example, teens with attention-deficit/hyperactivity disorder, conduct disorder or oppositional defiant disorder received mental health care more than 70 percent of the time, while those with phobias or anxiety disorders were least likely to be treated. The researchers also found that blacks were much less likely than whites to be treated for mental disorders, according to the study, published in the journal *Psychiatric Services*. ([MedPage Today](#), 11/18/13)

**Sleep Therapy Aids Treatment for Depression—Study:** Treating persistent insomnia at the same time as depression could double the chances that the mood disorder will disappear, according to a series of recent studies. The findings are significant because sleep problems can sometimes precede depression. If other studies confirm the results, it might lead to major changes in depression treatment. Researchers found depression lifted significantly among patients whose insomnia was cured. The insomnia treatment consisted of four talk therapy sessions over eight weeks. During the sessions, patients were given certain instructions: set a specific wake-up time and don't veer from it; get out of bed when awake but don't eat, read or watch TV; and refrain from taking any daytime naps. Almost 90 percent of patients who responded to the insomnia therapy also saw their depression lift after taking an antidepressant pill or an inactive placebo for two months. That was about double the rate of those who could not shake their sleeplessness. ([The New York Times](#), 11/18/13)

## 2013-2014 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*

**Mark Mastelotto**, *Director*

**Sherry Matheson**, *Director*

**Darryl Ulibarri**, *Director*

**Kate Yenik**, *Director*

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

**Kay Brown**, *State Board Rep*

**Carolyn Christianer**, *Website  
Administrator*

*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).

### ***NAMI Flagstaff Awarded Flagstaff Community Foundation Grant!***



NAMI Flagstaff applied to Flagstaff Community Foundation for a grant for 2013 for classes and support groups. NAMI Flagstaff was selected and received a check in the amount of \$3,500 from the following FCF local funders: *Ernest and Evelyn Chilson, Flagstaff Community Foundation, Geile Charitable Fund, and McClanahan Family Fund.* Thank you for your generous donations.

Grants like these make it possible to provide wonderful opportunities for support groups, such as NAMI Family Support Group, and classes such as In Our Own Voice. Thank you for making a difference in the lives of those affected by mental illness!



Shortly after he lost his job, they lost their home.  
You can help them on

# APRIL 09, 2014 ARIZONA GIVES DAY

THE DAY OUR STATE UNITES TO BUILD A BETTER TOMORROW  
DONATE TO THE NONPROFIT OF YOUR CHOICE AT **AZGIVES.ORG**





## Marketing Ideas/Location for Classes

Marketing ideas and support are always welcome here at NAMI Flagstaff. If you have any ideas, or would like to assist in whatever way you can to spread the word on NAMI programs, please contact our office. Also, low cost or no cost locations for our classes and support groups are important and sometimes very difficult to secure. If you know of any location that would be willing to host NAMI classes and/or support groups, please let us know and we will contact the resource that you recommend. Contact us at [admin@nami-flagstaff.org](mailto:admin@nami-flagstaff.org).

### Upcoming Classes and Trainings

What	Where	When	Contact Information
<b>The Mysteries of the Mind Book Club</b>	Natural Grocers Community Room	Tuesday, February 11 6:00pm	<a href="mailto:barbbartell@live.com">barbbartell@live.com</a>
<b>Peer to Peer Class 10-Week Course</b>	AZPIRE	Wednesday, March 19 – May 21 6:30 -8:00pm	<b>To register call Sherry: (928)779-3413</b>
<b>NAMI Art Class</b>	AZPIRE	Begins in March	<b>To sign up call: (928) 225-0250</b>
<b>Board of Directors Meeting</b>	AZPIRE	4 <sup>th</sup> Wednesday of every month 6:30 – 8:00pm	<a href="mailto:admin@nami-flagstaff.org">admin@nami-flagstaff.org</a>
<b>In Our Own Voice Facilitator Training</b>	To Be Determined	Sat., March 29 9:00am -4:00pm & Sun., March 30 9:00am – 12:00pm	<a href="mailto:admin@nami-flagstaff.org">admin@nami-flagstaff.org</a>
<b>Family Support Group</b>	Trinity Heights Methodist Church	Every Wednesday 6:30-8:00pm	<a href="mailto:admin@nami-flagstaff.org">admin@nami-flagstaff.org</a>
<b>NAMI Connect</b>	Hope Community Church	Every Thursday 5:30pm	<a href="mailto:admin@nami-flagstaff.org">admin@nami-flagstaff.org</a>

*All support groups, classes, and trainings are free!  
Board meetings are generally the 4<sup>th</sup> Wednesday of every month, unless otherwise noted.*

# 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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