



National Alliance on Mental Illness

NAMI

Flagstaff

NAMI Flagstaff – Northern Arizona's Voice on Mental Illness

NAMI Flagstaff Newsletter

Spring/Summer 2014

Barbara Bartell Honored as Recipient of the Frances Peterson Lifetime Achievement Award

At the NAMI State Annual Meeting in Phoenix on May 10th, our NAMI Flagstaff President, Barbara Bartell was presented with the highly esteemed Frances Peterson Lifetime Achievement Award.

This statewide award is presented annually to an individual whose volunteer services to the mission of NAMI are deemed exceptional.

Frances Peterson is a founding member of NAMI Arizona, leading the way to the formation of ten affiliates. The mother of a son who suffered from mental illness, she is known for helping families in crisis. Returning to law school later in her life, she used her professional skills on a volunteer basis to help families in need of support and counsel.

Like Frances, Barb saw a need and helped to found a NAMI affiliate in Flagstaff. She returned to school later in life to earn her Master's Degree in Counseling and continues to use these skills, combined with her personal passion, to help those who suffer from mental illness and their families and loved ones. Along with serving as President of NAMI currently, and in the past, she is a voice for NAMI in our community. She serves on the Board of Trustees at NARBHA. She teaches and presents many of NAMI's signature programs such as: Family to Family Education, Peer to Peer Education, Connect, In Our Own Voice and she tirelessly recruits new participants and educators.

According to Jim Frost, President of the Board of Directors of NAMI Arizona, Barb is an excellent choice for the Frances Peterson Lifetime Achievement Award.

Congratulations to Barb on the receipt of this award, and thank you for your untiring service to the Flagstaff community and to NAMI at large!



Pictured above: Barbara Bartell, NAMI Flagstaff President with Jim Dunn, Executive Director for NAMI Arizona.

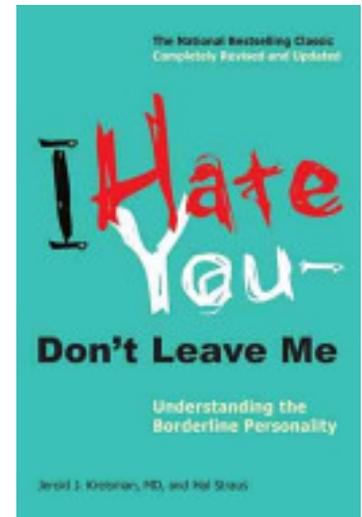
Book of the Month

By: Barbara Bartell, NAMI Flagstaff President

I Hate You- Don't Leave Me: Understanding the Borderline Personality

By: Jarold Kreisman & Hal Straus

The contradictions stated in the title of this book, *I Hate You-Don't Leave Me*, exemplify the paradox of Borderline Personality Disorder. Borderline Personality Disorder (BPD) is the most commonly diagnosed of the personality disorders: it is also one of the most misunderstood, feared, and difficult to treat. In spite of the development of new and effective treatment for this illness, some clinicians and family members still dismiss people with BPD as hopelessly damaged and dangerous.



No one would say that BPD is a “quick fix”: it takes significant time to work through the complex issues presented by individuals with BPD. The long-term therapies required are frequently inadequately reimbursed by insurance companies, presenting an obstacle that the successful therapist must be determined to overcome. The authors of this book, Dr. Jerold Kreisman and Hal Straus, state that the prognosis for BPD is quite a bit more hopeful than was originally believed. Recent longer-term studies over a period of ten years have shown significant improvements in the functioning of patients with BPD. The most dangerous symptoms of BPD (suicidal or self-injuring behavior, destructive impulsivity, and quasi-psychotic thinking) are the most likely to improve over time; whereas, the more enduring temperamental traits (dependency, fear of abandonment) are more likely to persist. These long-term studies show that up to two-third of the patients studied no longer meet the criteria of exhibiting five of the nine categorical requirements for BPD diagnosis. These nine diagnostic characteristics are: frantic efforts to avoid abandonment, unstable and intense interpersonal relationships, lack of a clear sense of identity, impulsiveness in potentially self-damaging behaviors, recurrent suicidal threats or gestures, severe mood shifts and extreme reactivity to stress, chronic feelings of emptiness, frequent inappropriate displays of anger, and transient, stress-related feelings of paranoia or unreality.

The authors' discussion of treatment methods is excellent (Chapters 7, 8, and 9) and the cognitive behavioral therapies such as DBT (Dialectical Behavioral Therapy) have demonstrated very promising results. The discussion of the pros and cons of each type of therapy is easy to understand, thorough, and well-researched.

The most valuable part of the book, for me, is the author's discussion of his method for communicating and coping with borderline personality (Chapters 5 and 6). This method is called SET-UP. It refers to support, empathy, and truth, delivered with understanding and patience. Even if you have already read the first edition (1989) of this book, it is worth reading the revised edition. It contains significant, hopeful and helpful new information and it is as much fun to read as the original edition.

NAMI Member Spotlight: Steve Nickolaisen

Steve Nickolaisen has a firm personal, educational, and work-related experience with mental illness. He will receive his Masters in Counseling degree at Northern Arizona University at the end of this summer and plans to continue to pursue his Ph.D. from Northern Arizona University. He has three years of work experience at an adolescent residential treatment center where he helped teenagers cope with mental stress on a daily



Most recently Steve worked at The Guidance Center Psychiatric Acute Care Unit, a psychiatric hospital in Flagstaff. Steve has an overwhelming investment in helping others who are afflicted with mental illness. He has been on the NAMI Board of Directors since 2012, and is now the NAMI Flagstaff Vice President. He understands the importance of educating others about mental illness and seeks to increase access to services for those who suffer from mental illness. He knows how devastating mental illness can be and wants to do everything in his power to make a difference. Currently, Steve is interning at a Youth Detention Center.

Thank you, Steve!

“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/NAMIFlagstaff>



Hope lives – Vive La Esperanza

Hope Lives is a unique forensic peer-run organization that was developed in Phoenix several years ago and has come to Flagstaff thanks to the financial and organizational support of NARBHA. The program also gets funds from Catholic Charities CHABI grant. Superior Court Judge Howard Grodman, Adult Probation, Mental Health Court staff and numerous community mental health, economic security, and social service agencies have helped this program get established in our community. Job training is provided through referrals to Quality Connections, Goodwill, Vocational Rehabilitation and DES.



The term "forensic" is used to designate the fact that Hope Lives is dealing with all aspects of the legal system as it impacts upon the individual. Unfortunately, individuals with addictions and mental illnesses are often incarcerated due to the lack of other options. Prisons and jails are not the right place for treating substance addictions and mental illness. Sometimes the Office of Human Rights will refer a mentally ill person who is incarcerated to Hope Lives for assessment by Mental Health Court and rehabilitation services. Hope Lives has even located a Flagstaff Attorney, Gary Robbins, who donates his time to meeting with individuals to help them fill out paperwork to get their convictions "set aside" so that they can begin a new life. Mr. Robbins gets kudos for community service! He can be reached in his Flagstaff office by calling 928-774-4321.

In bringing Hope Lives to Flagstaff, it was necessary to find and train the right manager and staff for the program. Enter Thomas Sheehy. Over six feet tall, his muscular arms covered with colorful tattoos, Thomas looks like he could fit in well with a group of ex-offenders. However, superficial appearances are deceiving. Looking into the kind hazel eyes and listening to the soft voice of Thomas Sheehy, you immediately feel safe. Thomas is one of the kindest men that I know.

Thomas is a graduate of NAU and the school of hard knocks. For years, Thomas struggled with ADHD, alcohol addiction, and a propensity for risky behavior that nearly cost him his life. After reaching his bottom and getting treatment at an inpatient mental health center, Thomas decided he was ready to get rid of alcohol addiction and try to put his life back together. With a lot of help from his friends and mentors at AA, Thomas turned it around. He went on to become a Peer Support Specialist, managing the AZPIRE Recovery Center for a couple of years, and then he became a case manager for Southwest Behavioral Health Center in Flagstaff. When Thomas heard about Hope Lives, he decided he had to get involved. When asked about this decision, Thomas replied, "I felt that his was a perfect fit for me to provide services for people who are not able to work anywhere else because of their past history. I like giving people an opportunity to reach their goals and I like feeling more connected with people in the community."

Hope Lives staff spends 10% of their time in the office and 90% of their time in the community. Clients at Hope Lives are educated on how to use community resources. Thomas says, "We provide a connective web between the helping agencies." Hope Lives provides transportation and assistance with getting clients to court appointments and to agencies that help with basic needs like food, housing, and vocational training. Hope Lives Forensic Peer Support Specialists use Motivational Interviewing techniques to help each individual identify their goals for success.

Since opening three weeks ago, Hope Lives now has two full-time employees and two part-time employees. They don't turn anyone away regardless of their insurance. Thomas says that they find funding for the individual on a case-by-case basis. There is no time limit for participation in the program. Violations of the program rules are discussed and worked through on a case-by-case basis. Christopher Gonzales, CEO of Hope Lives resides in Phoenix and travels to Flagstaff often. He says that the only criterion for being in the program is "are you open to learning how to be a productive member of the community."

You can get more information about this program by calling Thomas Sheehy at 928-458-9910 or the Vive La Esperanza office Phoenix office at 1-855-747-6522.

Zorn, Andrew "Andy"



31, of Peoria passed away on March 1, 2014. He was son of Glen Zorn of Peoria and Sally Schindel of Prescott, brother to Sarah Zorn, step-brother to Kylie Griffin, and Grandson of Leona Zorn, all of Phoenix. He was nephew, cousin and friend to dozens and dozens, more than anyone ever knew. He was born October 15, 1982 and his life was full of joy and broad experience. He traveled the world - Iraq, Kuwait, Qatar, Great Britain, Luxembourg, Mexico and Canada. He biked along the Rhine and Mosel Rivers in Germany. He visited WWII sites in Europe - Normandy Beach in France and Battle of the Bulge near Bastogne, Belgium. He turned 21 in Baghdad. He traveled the USA - coast to coast on 3 long road trips. He was born and lived mainly in Arizona but also California, then South and North Carolina and Georgia while serving with the Army's 82nd Airborne 2001-2004. He jumped out of Army airplanes 16 times - the first time landing in a creek. He loved his first civilian jump, experiencing great heights and spectacular views. His other accomplishments include earning his Associates of Arts degree from Mesa Community College with a 3.4 G.P.A., learning to play the banjo, and working at many different jobs where he acquired many skills in many trades. Andy's favorite role was helping friends enjoy their lives, making them laugh and improving their lives, offering wise counsel. He started training for that in elementary school, loving to be the class clown. His best friend remembers how he befriended "the nerdy little kid" in middle school and gave him the best friendship he ever had. Andy loved his pets - CC the Lhasa Apso from Kindergarten into the Army years, then Tritium his "pound puppy" German Shepherd mix, the beautiful Tortie cat K.C., guinea pigs, pet rats and koi too numerous to name. He loved to care for house plants, especially a huge Peace Lily and a beautiful Water Lily, both given to him by special friends. Animals and children loved Andy and were attracted to him like magnets. His cousins looked forward to being with him as he planned pranks on the older cousins, teaching the younger ones his tricks like wrapping doorways in Saran Wrap. We, his friends and family, remember him with joy and celebrate the happy life we know he had. But Andy's life was cut short when he could not get a grip on mental illness that was robbing him of joy. Depression and multiple other issues caused him to think he had never been happy and could never become happy again. His death by suicide on March 1, 2014 was to spare his family and friends a future of him getting worse. Andy's life had great meaning that we are trying to comprehend. Perhaps one part was to help us all understand that stigmas and silence about suicide and mental illness are not helpful but very harmful and kept Andy from seeking the help that might have saved him. You, also, can remember and celebrate Andy and help to reduce those stigmas. Suicide and mental illness are NOT disgraceful. A celebration of Andy's life will take place on Sunday March 30. Interment was at V. A. National Memorial Cemetery in Phoenix on March 10, 2014. Donations in memory of Andy can be made to animal care agencies or mental health care providers or to Society of St. Vincent de Paul.

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VETERAN
Vincent de Paul

Suicide: A National Epidemic

By: Kay Brown

I was drawn to this handsome young man in this obituary. This is the only obituary I have seen as suicide as the cause of death. Suicidal thoughts or impulses are almost always indicators of serious depression. Clarity and hindsight are usually a culmination of a sequence of troubled and troubling events, which this family shared so eloquently. Suicide ends the period of turmoil. Guilt is an expected reaction and often a sense of relief. Suicide doesn't occur in a vacuum. Often the troubles have persisted for a long time.

Suicide Rates in Military

According to the Department of Veterans Affairs Suicide Data Report, 22 veterans take their own lives a day, which is one suicide every 65 minutes.

Medical Evaluation Parity (MEPS) Act

There is currently a bill, called the Medical Evaluation Parity (MEPS) Act in Senate, which would increase access to care for the "invisible illness". If passed, the MEPS Act will institute a preliminary mental health assessment at the time recruits are first joining the military. According to a recent study, one in five Army soldiers enter the service with a psychiatric disorder and nearly half of all soldiers who tried suicide first attempted it before enlisting.

This bill can help healing the wounds of war. The cost of war is most certainly a human issue and a sacrifice. The U.S. Health Department reports for every successful suicide, 7-10 people are intimately affected.

Suicide is the result of choice; however, they never go alone. Suicide takes everyone with them.

NAZCARE, Inc.

Northern Arizona Consumers Advancing Recovery & Empowerment



Who is NAZCARE, Inc.? A peer-run nonprofit organization that operates community Wellness Centers throughout Arizona. NAZCARE offers a variety of services, including career training, a Warm Line, supportive housing, and a Tribal Recovery Model. **Our mission** is to provide quality wellness services to adults and their families with mental, co-occurring and substance use disorders in order to promote recovery and whole health. **AZPIRE Wellness Center** is the local Flagstaff wellness center representing NAZCARE.

What is a Wellness Center? Self-directed peers engaged in NAZCARE's Wellness Centers join in order to place recovery first. Peers may hear about and be referred for services a number of ways by: behavioral health clinics, courts, primary care physicians, community agencies, community members, and self-referral. Peers engage in recovery through self-directed selection in recovery and wellness services. Utilizing a strength-based approach, NAZCARE encourages the participation of supporters and family members in all recovery service activities in a substance-free community in order to strengthen the network of support and protective factors for every peer. Peers develop hope, motivation, self-determination and readiness to assume personal responsibility for recovery. Peers learn independent living, job skills, symptom management, recovery strategies, self-esteem, self-awareness, and learn to live and work successfully with others in the community. Peers with co-occurring substance abuse disorder and mental illness can participate in integrated dual-disorders programs that address recovery and management of both diseases. Peers look at recovery as a continuum of care and select small measurable goals to work on and place these in a Wellness Plan. Achieving even one small goal is an important step in building resiliency.

What are some other services that NAZCARE offers?

Warm Line: NAZCARE sponsors a statewide Warm Line. The warm line operates from 5 to 10:30 seven (7) days a week. The warm line is there as a friendly, supportive voice to help a person deal with loneliness, stress, recovery issues and to alleviating loneliness and isolation. It operates in the dark hours and after NAZCARE's wellness centers and clinic hours are over. If you need a friendly supportive voice, give the warm line a call, 1-888-404-5530.

Supportive Housing: (*AZPIRE in Flagstaff does NOT currently have housing*) The NAZCARE supportive housing program is a recovery based program of supportive housing. Residents are enrolled in a program which wraps recovery support services and life skills around a tenant. It is safe and affordable, quality housing. The support and rehabilitative services include practicing life skills such as chores, cleanliness, budgeting, and cooking. In addition, wellness plans and transition plans are developed to include whole health goals, tenant education and employment skills. There is also a focus on building the person's network of support. Supportive housing and recovery support services are a cost effective way to help adults live more stable, productive lives while reducing homelessness and hospitalization.

Tribal Workforce Development and Recovery Model: This is an evidenced-based, best –practice, recovery model for tribal entities which promotes workforce development and advances recovery. Peers and family members are trained to provide direct recovery support services to individuals in the community and clinic settings. Services can be billed through OMB or State Health Care like AHCCCS in the State of Arizona (other states can use federal and state billing systems). This model is also being articulated with NAZCARE's Steps to Integrated Health Program.

Professional Trainings: NAZCARE provides over 20 different professional level trainings in addition to our Peer Support Specialist training. Detailed information is available on our website – www.nazcare.org

Read All About It!

Mental Health in the Headlines



Suicide Rate Rose as Foreclosures Increased—Study: A new study finds a correlation between rates of foreclosures and suicides. For the study, the researchers analyzed foreclosure and suicide rates from 2005 to 2010. During those five years, the U.S. suicide rate increased nearly 13 percent, while annual home foreclosures hit a record 2.9 million in 2010. Recently, a related study published in the journal *Circulation* had reported that living near a foreclosed property increases high blood pressure risk. Published in the *American Journal of Public Health*, the study found the effects of foreclosures on suicides were strongest among adults 46 to 64 years old, who also experienced the highest increase in suicide rates during the recessionary period. (PsychCentral.com, 5/18/14)

Bullying Linked to Increased Inflammation: A new study finds that bullying results in an increase in low-grade inflammation throughout the body. Kids who are bullied tend to be sick more often than their peers and may have stomach aches, sleep problems and headaches and lose their appetites, researchers write in the journal *PNAS*. In the new study, they found that bullied kids had higher inflammation levels as young adults than their uninvolved classmates. For the study, researchers followed 1,420 kids from aged nine to 21, interviewing the kids and their mothers along the way about bullying involvement and taking blood samples from the kids every year or two. They measured the level of C-reactive protein, a marker often used to gauge body-wide inflammation levels, in the blood samples. C-reactive protein levels went up for all kids as they got older, but kids who had been repeatedly bullied saw more of an increase in inflammation than a group that was not involved at all in bullying. The more often kids reported being bullied, the more the inflammation marker increased over time. The study also found that kids who were bullies but were never bullied themselves had less of an increase in inflammation over time than the group of kids not involved in bullying in any way. (Reuters, 5/12/14)

Large Number of Children, Aged 2 and 3, Receiving ADHD Medication—CDC: More than 10,000 American children 2 or 3 years old are receiving medication for attention-deficit hyperactivity disorder (ADHD) outside established pediatric guidelines, according to data presented by the Centers for Disease Control and Prevention. The report, which found that children covered by Medicaid are particularly prone to be put on medication, is among the first efforts to gauge the diagnosis of ADHD in children below age 4. Doctors at the Georgia Mental Health Forum at the Carter Center in Atlanta, where the data was presented, strongly criticized the use of medication in so many children that young. Because off-label use of methylphenidate in preschool children had produced some encouraging results, the most recent American Academy of Pediatrics guidelines authorized it in 4- and 5-year-olds — but only after formal training for parents and teachers to improve the child's environment were unsuccessful. Children below age 4 are not covered in those guidelines because hyperactivity and impulsivity are developmentally appropriate for toddlers, several experts said, and more time is needed to see if a disorder is truly present. (The New York Times, 5/16/14)

2013-2014 NAMI Flagstaff Board of Directors:

Barbara Bartell, *President*

Steve Nickolaisen, *Vice President*

Carol Scholing, *Secretary*

Deanna Prida, *Treasurer*

Kay Brown, *Board Member*

Lynette Bybee, *Board Member*

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Kate Yenik, *Board Member*

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.*

NAMI Flagstaff's mission is to improve the quality of life for those affected by mental illness by providing education, support, and advocacy that is high-quality, recovery-oriented, and culturally sensitive.

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

Newsletter edited by: Kate Yenik

Walk Your Socks Off!

Sunday, October 19, 2014 **Buffalo Park, Flagstaff**

Check www.nami-flagstaff.org for more information.

Save the Date!

Help NAMI Flagstaff raise enough to continue the NAMI Wellness Project and other free educational opportunities!



Thank You for your Support!

You helped raise more than \$600 through Arizona Gives Day!

Your donations will help us achieve our mission to educate, advocate, and support those impacted by mental illness.



Upcoming (*FREE!*) Classes and Trainings

The Mysteries of the Mind Book Club	AZPIRE	3 rd Tuesday of every month 6:00 p.m.	barbbartell@live.com
NAMI Art Class	AZPIRE	To Be Determined	To sign up call: (928) 225-0250
Board of Directors Meeting	AZPIRE	4 th Wednesday of every month 6:30 – 8:00pm	admin@nami-flagstaff.org
 Family Support Group	<p style="color: red;">Starting July 9th</p> <p>Canyon Chapel</p> <p><i>1919 N. 4th Street- next to Farmer's Market</i></p>	Every Wednesday 6:30pm-8:00pm	admin@nami-flagstaff.org
NAMI Connect	Hope Community Church	Every Thursday 5:30pm -7:00pm	admin@nami-flagstaff.org
Family to Family Education Class	NARBHA	Every Tuesday, Starts September 16 6:30pm-9:00pm	admin@nami-flagstaff.org

Coming this Fall: NAMI Basics

A six-week class for parents and other caregivers of children and adolescents living with mental illness

Check www.nami-flagstaff.org for more information or visit us on Facebook!

NAMI Flagstaff Membership



NAMI Flagstaff

- \$35 – Individual/Family
- \$3 – Open Door
- \$3 -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: _____



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