

Caring and Sharing

Vol. 14, No. 2

Families and Friends Affected by Mental Illness

June - Aug. 2013

New Radio Show Focuses on Mental Health

from www.ThePulseAz.com

The Pulse AZ is a weekly public radio show broadcast on KTAR 92.3 FM. It is produced by The Pulse AZ as a Community and health-care radio show.

KTAR – News/Talk 92.3 FM
Saturday program lineup,
from 4:00 - 5:00 pm. Show
host Elizabeth Singleton will
be joined by co-host Bruce
St. James.



The Pulse's Mission

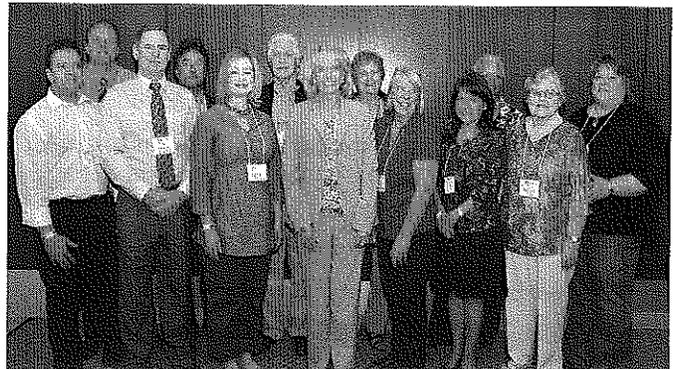
To provide a voice where there is none today and to make heard those who need to ask for help and advice and for others to hear and respond. The show overview was created to:

- Provide current information on healthcare and business through an open forum.
- Empower healthcare support staff to have honest candid discussions of the challenges they face in healthcare.
- Create awareness and support for the development of local prevention and rehabilitation services.
- Facilitate American professionals to engage in the healthcare development processes in their own communities and neighborhoods – where real people live.
- Encourage development of an affordable infrastructure which will support enhanced health care services to individuals and groups in need.

The Pulse AZ provides the most up-to-date information regarding ongoing health-care issues and debates that shape public policy for our state's citizens. It is of the utmost importance to The Pulse AZ to provide our guests and our audience with a safe and comfortable platform to voice opinions and experiences. The Pulse AZ offers this opportunity free of ideological or political bias in our mission to achieve equal representation for all. The Pulse AZ provides this service to our community out of a sincere desire for every viewpoint and belief to be given a platform in which to be heard, understood and defended. The Pulse AZ believes there is never just one side to any issue, nor is any one side exclusively right or wrong. The overall goal is to foster democratic principles in order to ensure liberty, freedom and equality for all.

Gov. Brewer Keynote Speaker at NAMI AZ Annual Meeting

On March 23, 2013, Gov. Jan Brewer gave the keynote speech at the NAMI AZ annual meeting in Phoenix. The theme of the event was "Cultivating a Collaborative Community Approach," which reflects NAMI Arizona's determined effort to intentionally partner with police, first responders, crisis-system providers, legislators, government officials, individuals, families and communities.



Reforms Made It Worse

by Paul Gionfriddo from WashingtonPost.com

The 1980s was the decade when many of the state's large mental hospitals were emptied. After years of neglect, the hospitals' programs and buildings were in decay.

But we legislators in Connecticut and many other states made a series of critical misjudgments.

First, we didn't understand how poorly prepared the public schools were to educate children with serious mental illnesses.

Second, we didn't adequately fund community agencies to meet new demands for community mental health services — ultimately forcing our county jails to fill the void.

Third, we didn't realize how important it would be to create collaborations among educators, primary-care clinicians, mental-health professionals, social-services providers, even members of the criminal justice system, to give people with serious mental illnesses a reasonable chance of living successfully in the community.

During the 25 years since, I've experienced firsthand the devastating consequences of these mistakes.

Every year, one in every five children and one in every four adults has a diagnosable mental illness. A quarter of all mental illnesses are considered serious.

NAMI represents families and friends affected by serious mental illnesses. NAMI Greater Phoenix, NAMI East Valley and NAMI Southeast 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.

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480.694.8782
EastValleyNami@gmail.com
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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

Upcoming Magellan Community Council Meetings

Each month, Magellan Health Services hosts two Community Council meetings, one focused on adult care and one on child care, to solicit input 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 online 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 Greater 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.

Maricopa County Education Coordinator's Corner

by Laura Shirling, MCEC

"You never really leave a place or person you love, part of them you take with you, leaving a part of yourself behind."



It is with much sadness that I have decided to leave my position at NAMI as Education Coordinator. My husband and I are opening a small print and photography shop near our home, and he needs me by his side to accomplish his dream of having a small "mom and pop" shop. He has always supported my work at NAMI, and it is now time for me to support him.

I will scale down to 10 hours per week through the end of July, focusing on Family programs, and welcome Anthony Holscher who will focus on Peer programs. By August the affiliates will have voted on whether to unite as one, or remain as they are. They will be in a better position to decide what the Education Coordinator's position will look like and the best way to move forward.

I don't believe in coincidences. The day I answered an e-mail asking for applicants for the Education Coordinator was the beginning of a journey where I would grow in ways I would have never imagined! I have been at NAMI now for two years, and the time has sure flown by! I have been privileged to work with some wonderful people (too many to mention, but I hope I let you know many times over!) who dedicate their lives to helping all of us affected by the challenges of mental illness. I have grown and learned so much from so many! I have to say that I have been truly blessed by my experiences at NAMI.

I started out not really knowing what the affiliates expected from me. I was given a desk, a computer, a job description, and a "task" list. An amazing lady named

Susan Junck answered my million questions, and she did so with much patience and kindness.

And then I started meeting the people... the volunteers, the family members and the peers. I saw the beauty of humanity in each person living with the struggles that mental illness introduces into our lives. I saw and felt their strengths, their courage and their determination to make things better. They each had so much to offer and they inspired me to do my very best to ensure that the NAMI Programs expanded throughout the valley and reach the many people in need of education, support and advocacy.

My first In Our Own Voice blew me away! It gave me hope when I had forgotten the word existed! I am amazed at how our peers are so willing to go out of their way to present In Our Own Voice to the public! Some have to take 2-3 buses to get to the various locations but they do so willingly! One in particular, my friend, Mr. NAMI, likes to say he is helping "his people" by telling his story, which is also their story...

My belief in what NAMI can accomplish has never been stronger, and I hope that I can play a part in some small way in continuing to promote the NAMI mission! I hope that more programs are introduced that will raise awareness and destigmatize mental illness to the point that it is regarded as no different than physical illness. I hope that one day our communities will learn to see people's abilities rather than their limitations. I know the people that make up the NAMI family will continue to work endlessly towards these goals, and I know that someday these hopes will turn into reality!

I will take a part of NAMI with me: the people and the good memories. I will leave the part of me that will always be there for support.

Thank you to all I have met, planned and worked with over these years. I will be seeing you around!! Laura

NAMI West Valley Holds Final Meeting

Trish Brown, Mike Chunowitz, Lotti Chunowitz, Karen Smith and Jennie Stofanak conclude their service to NAMI West Valley as the affiliate merges with NAMI Phoenix. Mike and Trish will continue to provide input as members of the NAMI Greater Phoenix Board. West Valley wants to thank all of the members who have served this affiliate over the past 22 years.



Our patience will achieve more than our force.
-- Edmund Burke

Recovery and Resilience

from Marc Community Resources

According to SAMHSA (Substance Abuse and Mental Health Services Administration):

Recovery is a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential. It includes:

- **Health** - Overcoming or managing one's disease(s) or symptoms—for example, abstaining from use of alcohol, illicit drugs, and non-prescribed medications if one has an addiction problem—and for everyone in recovery, making informed, healthy choices that support physical and emotional well-being.
- **Home** - A stable and safe place to live.
- **Purpose** - Meaningful daily activities, such as a job, school, volunteerism, family caretaking, or creative endeavors, and the independence, income and resources to participate in society.
- **Community** - Relationships and social networks that provide support, friendship, love and hope.

Resilience refers to the ability of an individual, family, organization or community to cope with adversity and adapt to challenges or change. It is an ongoing process that requires time and effort and engages people in taking a number of steps to enhance their response to adverse circumstances. Resilience implies that after an event, a person or community may not only be able to cope and recover, but also to change to reflect different priorities arising from the experience and to prepare for the next stressful situation.

Writing contest for inclusion into *1001 Ways to Support Recovery and Resilience*
Maximum three (3) sentences per entry of short insights on Resilience and Recovery
Send to
cheryl.calvert@marccr.com
by May 31, 2013

- Resilience is the most important defense people have against stress.
- It is important to build and foster resilience to be ready for future challenge.
- Resilience will enable the development of a reservoir of internal resources to draw upon during stressful situations.

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

NAMI Education Meeting
602.374.7439



NAMI East Valley



NAMI Phoenix

Tuesday, June 4, 2012

Speaker:
Eddy Broadway
CEO Mercy Maricopa
Integrated Care
(see page 11)

Tuesday, Jul 2, 2013

Speaker:
Liz Kosloff
Exec. Dir.
Planned Lifetime Assistance
Network

Tuesday, Aug. 6, 2013

Speaker:
Michael J. Funicello
Creating Healthier Employees &
Workplaces

Eight New Teachers Trained for NAMI Basics

This program is expanding in all areas of our community! Eight new teachers of NAMI BASICS were trained on the weekend of April 5-7, which triples the number of teachers now available from 4 to 12!!! The newly trained teachers are: Dawn Dibbern, Wendy DiSalvo and Peggy Kile of NAMI Phoenix; Debra DeLabio and Joan Jenkins of NAMI East Valley; Linda

Porzig and Lisa Sanders of NAMI Southeast Valley; and Jessica Everett of NAMI Yavapai County

The State Trainers were Carol McDermott and Helen Bradford, with much help from Sharon Cereska and Sherry Candelaria, Resource Persons. Several classes are already scheduled in the Phoenix area, and on July 16 the very first Basics class in Northern Arizona will be led by teachers Jessica Everett and Sherry Candelaria in Prescott Valley.

Skip Treaster's New Blog

by Skip Treaster

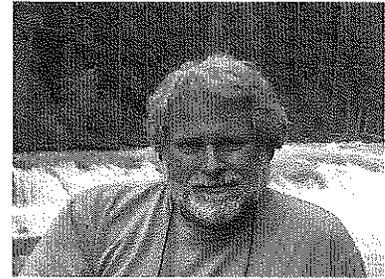
Hello, again... and a very Happy Spring to you! It's a beautiful, sunny day, with flowers blooming, birds singing and blue skies here in the Arizona desert. My kind of day. I hope all is happy and well with you!

Just a quick note to announce the "launch" of the latest "fresh try... one more start..." of my new blog and website, "Life Taken Lightly." That's the working title of my new book-in-progress about bouncing back from bipolar disorder, overcoming addictions, and surviving

suicidal behaviors. A story of recovery, hope and healing.

And speaking of healing, I am also blogging about news of my wife Zenda's amazing recovery from

cancer. It has been quite a journey! And the news is good! **LifeTakenLightly.com**



Various Mental Illnesses Share Common Gene Pattern

from NYtimes.com

The psychiatric illnesses seem very different — schizophrenia, bipolar disorder, autism, major depression and attention deficit hyperactivity disorder. Yet they share several genetic glitches that can nudge the brain along a path to mental illness, researchers report. Which disease, if any, develops is thought to depend on other genetic or environmental factors.

Their study, published online (February 27, 2013) in the *Lancet*, was based on an examination of genetic data from more than 60,000 people worldwide. Its authors say it is the largest genetic study yet of psychiatric disorders. The findings strengthen an emerging view of mental illness that aims to make diagnoses based on the genetic

aberrations which underly diseases instead of on the disease symptoms.

Researchers had already seen some clues of overlapping genetic effects in identical twins. One twin might have schizophrenia while the other had bipolar disorder. Researchers found a few unusual disruptions of chromosomes that were linked to psychiatric illnesses. But what surprised them was that while one person with the aberration might get one disorder, a relative with the same mutation got a different one.

The new study found four DNA regions that conferred a small risk of psychiatric disorders. Two regions involve genes that are part of calcium channels, which are used when neurons send signals in the brain.

APA Publishes DSM-5

from NPR.org

The American Psychiatric Association (APA) formally introduced its fifth edition of the Diagnostic and Statistical Manual of Mental Disorders, widely known as the DSM-5, on May 18, 2013. The DSM has long been considered the authoritative source for diagnosing mental problems.

It is the manual's first major update in nearly 20 years, and a backlash has taken shape in recent weeks, including from the head of the U.S. National Institute of Mental Health who complained that the book lacks scientific validity.

Dr. David Kupfer, chairman of the task force that oversaw the DSM-5, said the changes are based on solid research and will help make sure people get accurate

diagnoses and treatment

Previous revisions were also loudly criticized, but the latest one comes at a time of soaring diagnoses of illnesses listed in the manual and billions of dollars spent each year on psychiatric drugs.

The revisions in the new guide were suggested by work groups that the APA assigned to evaluate different mental illnesses and recent research advances. The association's board of trustees decided in December which recommendations to include into DSM-5.

Many of the task force members involved in developing the revised guidebook have had financial ties to makers of psychiatric drugs, including consulting fees, research grants or stock.

Calendar of Events & Activities June - August 2013

Family Support Groups / Board Meetings

Families Giving Hope	First United Methodist Church 480.221.2249	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 – an integrated group welcoming both Family and Peer members. 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	1:00 - 2:30 pm 3rd Fridays
Family Support Group	Arrowhead Hospital Physicians Suite Plaza- Sierra Room 623.546.4011	18699 N. 67th Ave. Suite 105B Glendale, AZ	6:00 - 7:30 pm 2nd & 4th Thursday
Family Support Group	Devonshire Senior Center 480.983.7632	28th St. & Devonshire (North of Indian School), Phoenix, AZ	6:00 - 7:30 pm 1st & 3rd Wednesdays
Family Support Group	Fire Station #52 480.710.3296	21650 N. Tatum Blvd, Phoenix, AZ	6:00 - 7:30 pm 1st & 3rd Thursdays
Family Support Group	Mt. View Presbyterian Church Annex #206 480.467.9130 480.580.7982	8050 E. Mountain View Road Scottsdale, AZ	6:00 - 7:30 pm 3rd Tuesdays
NAMI Greater Phoenix Board Meeting	Disability Empowerment Center All Welcome. 602.953.0478	NAMI Suite #112 5025 E. Washington St. Phoenix, AZ	6:00 - 8:00 pm 2nd Mondays
NAMI East Valley Board Meeting	Marc Center All Welcome. 480.782.8512	924 N. Country Club Mesa, AZ	6:30 - 8:30 pm 2nd Wednesdays
NAMI Southeast Valley Board Meeting	Disability Empowerment Center All Welcome. 602.538.6021	NAMI Suite #112 5025 E. Washington St. Phoenix, AZ	6:30 - 8:30 pm Last Tuesdays

Mistakes are the portals of discovery.
-- James Joyce

Education Classes

Education Meeting (See ad on page 4)	Speaker: Eddie Broadway CEO Mercy Maricopa Integrated Care	Scottsdale Senior Center 1700 Granite Reef Road Scottsdale, AZ	7:00 - 8:30 pm Tuesday June 4, 2013
	Speaker: Liz Kosloff Exec. Dir. Planned Lifetime Assistance Network		7:00 - 8:30 pm Tuesday July 2, 2013
	Speaker: Michael J. Funicello Creating Healthier Employees & Workplaces		7:00 - 8:30 pm Tuesday Aug. 6, 2013

Peer Support & Misc Events

Family & Consumer Social Evening	602.953.0478	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. 480.699.9775	SW Network Hampton Clinic 1440 S. Country Club Dr. #12 Mesa, AZ	2:00 - 3:30 pm Tuesday
NAMI Connection Recovery	Support group 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
Peers & Families Members in Recovery	Lifewell – an integrated group welcoming both Family and Peer members 480.821.5525	262 E. University Dr. Mesa, AZ	6:30 - 8:00 pm 1st & 3rd Mondays
NAMI Basics (focusing on children and adolescents)	A series of six (6) once-per-week classes for parents / care-givers of children and adolescents living with mental illness. NAMI Basics is taught by trained teachers who have personal experience as care-givers to those under 13 years who have mental illness. Free - Registration is required. Laura: 602.759.8177	Paradise Valley Hospital Cafeteria Classroom B 3929 E. Bell Rd. Phoenix, AZ	6:00 - 8:30 pm Wednesdays July 10 - Aug. 14, 2013
NAMI Family-to-Family	A comprehensive 12-week course on mental illness. Free - Registration is required. Laura: 602.759.8177	TBD	To Be Scheduled

Need Help? Contact Magellan of Arizona. 24 hours a day, 7 days a week

Behavioral Health Crisis Line 800.631.1314

Member Services 800.564.5465
 Fraud & Abuse 800.755.0850

What It's Like to Have Schizophrenia

by Lisa Halpern from lhj.com

Here are four things you've probably heard about people who have schizophrenia. Since I've struggled with the disease for almost my entire life, I'm more than qualified to tell you if they're true or false.

1. They hear voices. Yep, I hear them. Those are real, at least to me.
2. They're paranoid. True. For years I was pretty sure people were out to get me.
3. They commit violent crimes. No, that's not a symptom. Those of us with schizophrenia tend to be secretive and avoid human contact. We're more likely to hurt ourselves.
4. They commit suicide. Unfortunately, true. About 40% of us try it, and 10 - 13% succeed. The voices I heard told me to kill myself, and I came pretty close to doing it -- until I finally got help.

I was in high school when I started hearing the voices. Those voices seemed absolutely real to me -- like having hallucinations that you hear.

I got accepted to Duke University, where I majored in economics and public policy. At first I made friends, joined a sorority. But by my sophomore year I thought that people were talking about me and laughing at me all the time. I was so afraid of everyone that I quit the clubs and started isolating myself more and more.

Around this time I saw a doctor who diagnosed me



with depression.

My life really fell apart when I started graduate school at Harvard for a master's degree in public policy. I was hearing voices all the time.

Getting a diagnosis of schizophrenia is very complicated. You have to have symptoms for at least six months. And, of course, you have to actually share

what your symptoms are. I needed medications, too. I took antidepressants and I tried many antipsychotic drugs.

My doctor always believed, even when I couldn't read or write, that I would go back to Harvard. His faith in my future made all the difference. When I finally did go back, it was definitely difficult, but I got my master's degree.

I still hear the voices at times. My life is so different now, and I'm sad I missed out on all kinds of normal relationships for so long.

But I'm doing the best I've ever done. I have tremendous support from my family, my friends, and my doctors. It's really challenging. And it takes guts to tell this story. But it's about the fight -- a fight I'm winning.

NAMI Basics Class Children and Adolescents

This course is FREE.
You do not have to be a
member of NAMI
Pre-registration is required



A series of six (6) once-per-week classes for parents / care-givers of children and adolescents living with mental illness. NAMI Basics is taught by trained teachers who have personal experience as caregivers to those under 13 years who have mental illness.

NAMI Greater Phoenix is proud to offer this class for the 6th time in Maricopa County!

For information or to register:
Contact Laura
602.759.8177
NamiMaricopaEdu@gmail.com



Wednesdays
6:00 - 8:30 pm
July 10 - Aug. 14, 2013

Paradise Valley Hospital
Cafeteria Classroom B
3929 E. Bell Road
Phoenix, AZ

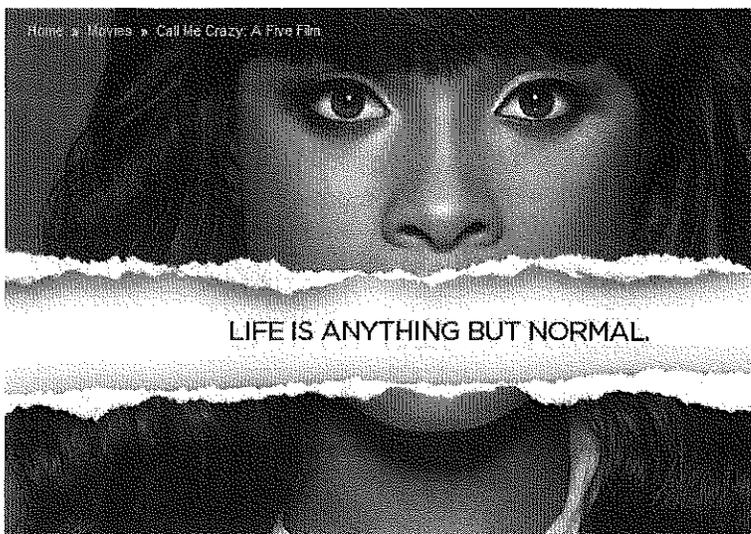
Call Me Crazy

from www.MyLifeTime.com

Through the five short films named after each title character -- Lucy, Eddie, Allison, Grace and Maggie -- powerful relationships built on hope and triumph raise a new understanding of what happens when a loved one struggles with mental illness. "Call Me Crazy: A Five Film" stars Academy Award® and Golden Globe® winners Jennifer Hudson, Melissa Leo and Octavia Spencer; Sarah Hyland, Sofia Vassilieva, Brittany Snow, Ernie Hudson, Jason Ritter, three-time Emmy Award®-winner Jean Smart, Lea Thompson, Oscar®-nominee Melanie Griffith and Chelsea Handler. Laura Dern, Bryce Dallas Howard, Bonnie Hunt, Ashley Judd and Sharon Maguire direct the anthology.

Written by Deirdre O'Connor and directed by Bryce Dallas Howard, "Lucy" follows the film's title character, a law student who finds herself amidst the horror of schizophrenia, landing her in an institution where, through the support of a new friend, meds and her psychotherapist, she begins her path to not only healing, but a promising future. "Lucy" also features Clint Howard.

"Grace," directed by Laura Dern and written by Howard J. Morris, explores bipolar disorder through the experience of a teenage daughter whose mother grapples with the condition. Also starring in "Grace" are Melissa Farman and Aimee Teegarden.



"Allison" weaves together comedy and family drama in a story about healing when its eldest daughter "Lucy" returns home from inpatient treatment and spoils her sister "Allison's" unveiling of her new boyfriend

to their parents. "Allison," also featuring Ken Baumann, was written by Jan Oxenberg and is directed by Sharon Maguire.

"Eddie", directed by Bonnie Hunt and written by Stephan Godchaux, delves into the world of depression as seen through the eyes of a comedian's wife as she grapples with understanding how her husband Eddie, who is so loved, can be so withdrawn and overcome with sadness. The short also stars Chelsea Handler and features appearances by Dave Foley, Jay Chandrasekhar, James Avery and Ross Mathews.

In "Maggie," penned by Erin Cressida Wilson and directed by Ashley Judd, a female veteran returns home from war to her son and father, only to have her life shattered by the onset of post-traumatic stress disorder, through which her lawyer, "Lucy," helps her. Melanie Griffith also stars in "Maggie."

Arizona Support for Student Mental Health Below Average

from AzCentral.com

School-based psychological professionals say that 20% of all students have some sort of mental-health issue, such as depression or anxiety, that goes undiagnosed and untreated.

Arizona has a higher ratio of students to school psychologists than the national average. The National Association of School Psychologists recommends a maximum student-to-school-psychologist ratio of 1,000

to 1 in the general population, but a recent study found the national average is 1,653 students per school psychologist. In Arizona, there are about 1,866 students for every certified school psychologist.

School psychologists help identify children who have depression, anxiety, behavior problems, eating disorders, substance-abuse issues, suicidal thoughts or other problems. A report by the U.S. surgeon general found that one in five students will have such an issue during their lifetime.

Books on Mental Health

You Need Help

Just about everyone knows someone who is exhibiting signs of emotional or behavioral turmoil. Yet figuring out how to reach out to that person can feel insurmountable. Many of us hesitate to take action out of fear of conflict, hurt feelings, or damaging the relationship. Others have tried to talk with the person, but he or she just won't listen.

Through a rich combination of user-friendly tools and real-life stories, Mark S. Komrad, M.D., offers step-by-step guidance and support as you take the courageous step of helping a friend who might not even recognize that he or she is in need. He guides you in developing a strong course of action, starting by determining when professional help is needed.

Defying Mental Illness

Defying Mental Illness is a plain-language guide to recovery from mental illness. Its strengths-based approach makes mental health disorders and treatment understandable. The book covers schizophrenia, depression, bipolar disorder, PTSD, autism, suicide prevention, childhood mental illness and more.

It includes brief descriptions of mental illness symptoms such as hallucinations, delusions, mood swings and other behavior changes, and describes major mental health disorders including schizophrenia, bipolar disorder, depression, anxiety disorder, post-traumatic stress disorder, and borderline personality disorder.

Where are the cocoa puffs?

In this novel, eighteen-year-old Amanda spirals into mania. Her father, psychiatrist Dr. Jerry Benson, sees the realization of his worst fears: his daughter is not just moody, but truly ill. With his words, his diagnosis--manic depressive illness--his world and that of his family is forever altered. Carol, Amanda's mother, struggles with the guilt and shame of having raised a "crazy" daughter. Christy, Amanda's fifteen-year-old sister, denies the illness; after all, *my sister's a bitch* is so much easier to accept.

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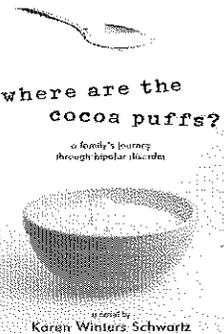


A Step-by-Step Plan to
Convince a Loved One to Get Counseling

Defying Mental Illness

Finding Recovery with
Community Resources
and Family Support

PAUL KOMAREK AND
ANDREA SCHROER



Strengthening Families: New Solutions for Supporting Our Loved Ones

**This one day conference is FREE.
Pre-registration is required**



An opportunity for family members to learn how to support their loved ones who have a serious mental illness. Participants will learn from and share with others who have had similar experiences. The conference provides resources to help participants increase their knowledge of how to access family support services as well as self-care techniques. It will also help expand awareness and provide valuable information on how to navigate the system of care for adults with serious mental illness.

Information or to register, visit:
cabhp.asu.edu/events/strongfamilies

**Saturday
8:45 am - 4:00 pm
June 8, 2013**

**Black Canyon
Conference Center
9440 N. 25th Ave.
Phoenix, AZ**

ASU Offers Nurse Practitioner Care Program

from nursingandhealth.asu.edu



For ASU employees and members of the public who do not have health insurance, the NP Care program is offered at ASU Health Services - Downtown - NP Healthcare location only. No health insurance? Join the NP Care program. Members only pay \$45 per office visit.

Health care is provided by our qualified staff of nurse practitioners, counselors and other health care professionals. The NP Care program is a discount health plan, not health insurance.

500 N. 3rd Street NHI 1 Building, Suite 155 Phoenix, AZ 602.496.0721	Monday - Friday 8:00 am - 5:00 pm Closed 1:00 to 2:00 pm for lunch.
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Membership and Enrolling

The NP Care Program offers two membership options:

Available primary care services include:

- Adult immunizations
- Behavioral/mental health services
- Chronic disease management
- Illness care
- Lab tests (available at discounted rates)
- School, work, or sport physicals
- Travel health
- Women's health

- Individual Membership (\$50) - Enroll by visiting the ASU Health Services - Downtown - NP Healthcare location.
- Organizational Membership - Group membership to enroll their members/employees in the NP Care program. (Limit: 10 to 99 members).

Download and fill out a Health History form before your first visit.

Meet Eddy Broadway

by **Paige Rogers**

Eddy Broadway, the new CEO of Mercy Maricopa Integrated Care, is hardly a stranger to Arizona's behavioral health community. He has been deputy director of the Arizona Division of Behavioral Health, behavioral health administrator for the Arizona Health Care Cost Containment System and an administrator at the Arizona State Hospital.

"It's a very exciting opportunity to make real change in the behavioral health delivery system in Maricopa County," he said.

Eddy Broadway is the June 4 speaker at the NAMI Education Meeting. See page 4 for details.

Broadway stresses his first task is to ensure a seamless transition to the new Regional Behavioral Health Authority (RBHA) on Oct. 1, 2013. Part of that effort is working closely and communicating with providers and case managers.

In the long run, though, Broadway wants to move Maricopa County's behavioral health system to the next level by improving the integration of behavioral health services with primary care and related programs.

Behavioral health service providers have significant expertise in care coordination and service delivery and will play a critical role in the implementation of these new models of care.

Broadway believes this new model of care will lead to improved treatment and recovery for people living with behavioral health challenges. The outcomes include longer, more productive and more fulfilling lives.

"At the same time, we think we can manage dollars more effectively in the process," Broadway said.

Peers and family members also are critical to the process. Mercy Maricopa will give members a voice at almost every level of the organization. "We're creating new areas for member and family input into the system." Mercy Maricopa is working with the Arizona Peer and Family Coalition to ensure that individual and family voice is driving the system.

"I don't come to the table with all the answers," he said. "There are a lot of smart people here and a lot of good people with good ideas. You have to be patient, listen, yet insist on moving things forward."

Paige is president of NAMI Southeast Valley

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