



Interested in becoming a member of MHA?

We invite you to be a supporter of one of the leading advocacy organizations for education and mental health reform in Arizona since 1954.

You can make a difference!

For more information on membership please call

Erin Cullen
480-994-4407 x16
or visit

www.mhaarizona.org
to donate today!

Contact us

6411 E. Thomas Rd.
Scottsdale, AZ 85251

www.mhaarizona.org

480.994.4407
480.994.4474 fax

Upcoming Events

May 14, 2010

**21st ANNUAL
SEEDS OF SUCCESS
SYMPOSIUM**

*Therapeutic Jurisprudence:
The Arizona Experience*

Crowne Plaza Hotel
2532 W. Peoria Ave
Phoenix, AZ 85029
8:00am – 5:00pm

To view the full brochure &
download a registration form, visit
www.mhaarizona.org

**For More information call
Erin Cullen 480-994-4407 x16**

**Marcia Powell Memorial
May 2, 2010**

**Brophy College Preparatory
4701 N. Central Ave
Phoenix, AZ 85012**

A memorial for Marcia Powell, the woman who died of heart related causes after being held in an outdoor cage at the Arizona State Prison, is being held on Sunday, May 2, 2010 at Brophy College Preparatory. A concerned member of the Brophy-alum community came up with this idea to remember Marcia Powell. Please call Mental Health America of Arizona, 480 -994-4407 with any further questions.

All are welcome to attend & remember Marcia's life and how critical it is that we care for the most vulnerable in our society.

You are not alone.

Peer Support Groups

Support groups provide a forum for mutual acceptance, understanding and self-discovery. Peer Support Groups provide free information, education, empowerment, and support to adults diagnosed with a mental illness as well as their family members and loved ones. While Peer Support Groups should not be considered as a substitute for treatment, they can often be a complement to treatment.

Groups include, Bipolar Disorder, Depression, Anxiety, Caregiver's Support (for individuals or families who have a loved one with a mental illness), Schizophrenia, Dual Diagnosis (Substance Abuse & Mental Health), Eating Disorders, Obsessive Compulsive Disorder, and General Mental Health.

There is no charge or registration requirement to attend MHA's Peer Support Groups. Because this listing is updated periodically and the groups are subject to change, you are encouraged to contact us at (480) 994-4407, ext. 18 to verify meeting times and dates.

The peer support groups are facilitated by trained mental health consumers and focus on adult consumer issues.

Thank you to our continued sponsors



Free of Charge...our statewide Information & Referral helps people like you navigate through the often-confusing world of the Arizona mental health system, getting clients to the people and organizations best able to serve them.

Call Andy Arnowitz, MHA AZ Information & Referral Associate, today at (480) 994-4407.

Together we can break the stigma associated with mental illness that has directly disabled our friends, family & community

O.P.T.I.O.N.S

Offering Parents and Teens Information on Needless Suicide, is a free depression education and suicide prevention program. We believe in educating our youth & the adults in their lives about mental health & mental illness. Early recognition of symptoms, combined with treatment and therapy, can save young lives.

For more information, contact Lori Selles
480-994-4407 x19
lselles@mhaarizona.org

Staff Information

Barbara A. Dawson, J.D.
Executive Director
bdawson@mhaarizona.org
480-994-4407 x11

Andy Amowitz
Information & Referral Associate
aamowitz@mhaarizona.org
480-994-4407 x18

Lori Selles
OPTIONS Coordinator
lselles@mhaarizona.org
480-994-4407 x19

Bob Spillman
Information Analyst
bspillman@mhaarizona.org
480-994-4407 x12

Erin Cullen
Marketing & Fundraising Director
ecullen@mhaarizona.org
480-994-4407 x16

Diving Into Mental Health Kathy Wilson Gaines

Having mental illness become part of your daily life seems to prompt different responses from different people. For me it has become a continuing process of educating myself on the politics surrounding behavioral health issues. Not an easy task. New to Arizona, its government programs and the knee-deep politics of "the system," my first impression was that I was taking on more than I could unscramble. I struggled to maintain a positive outlook, dodging the pessimistic conviction there is simply too much to know and too much to overcome to make a difference.

With the encouragement and support of the people at Mental Health America of Arizona I have been able to successfully piece together many pieces of the advocacy puzzle. I have learned important lessons about the need to plow through industry jargon to reach a working understanding about process and what kinds of change would most benefit the mental health care system and the people it serves.

Recent policy changes -- from budget cuts to health care reform -- have increased the need for volunteer advocates to help educate the public on new rights and considerations. If you or someone you know is interested in learning more about advocacy and how to help bring about additional change in mental health care policy, consider attending the upcoming Mental Health America of Arizona's 21st Annual Seeds Symposium titled "Therapeutic Jurisprudence: The Arizona Experience". It takes place May 14, 2010 at the Crowne Plaza Hotel in Phoenix (I-17 & Peoria). Learning about the mental health care industry does not have to be a grueling process. With help from the people at Mental Health America of Arizona, it is an opportunity to make a meaningful difference in our community while working with a

Why is there a bell on the MHA logo?

Clifford Beers was a bold and brilliant man who, after graduation from Yale and a brief business career, experienced severe depression. Following a suicide attempt, Beers was hospitalized and was almost completely silent for the first 798 days of his confinement. From there, Beers was transferred to a state mental hospital. Beers' vivid accounts of his brutal beatings and verbal assaults were to become the most moving part of his book, "A Mind That Found Itself." It was Beers' desire to start and sustain a national movement to progress from reform to cure, and from cure to prevention. And so, in 1909, the National Mental Health Association was born. In 1953, the metal restraints that were once used on patients in hundreds of mental hospitals across the nation were dropped into a crucible—then melted and cast into a 300-pound bell.



The Bell is a symbol of hope...

Tell us your story...

We would love to hear from you!
How are you being effected by the budget?

Become a fan on Facebook or contact any staff member directly.

From the desk of

Barbara A. Dawson, J.D., Executive Director

Greetings All –

Welcome to our first edition of an old tradition, The Mental Health America of Arizona Newsletter. Some of you may be wondering where MHA-AZ has been since our last newsletter. We have been undercover on a special assignment. No, not really, I just thought it would be fun to say. We have been right here all along, caring for the mental health community in Arizona.

We know that it is a difficult time right now for our community due to the economic state of Arizona. That being said, we here at MHA-AZ remain hopeful due to the fact that as of late, I have been involved with committees and coalitions of behavioral health community leaders that continue to work to towards ensuring the care, respect and humanity of anyone effected in the mental health community.

This is a time to gather together our best ideas and spirit of human compassion to effect change. Won't you please join us in these efforts? Our door is always open and we welcome you.

Thank you all for your continued support and for allowing us to be part of this community we so gladly serve.

Kindest regards,

Barb