



March 2020

SB1523, Jake's Law, signed by Governor Ducey



On March 3, 2020, Governor Doug Ducey joined mental health advocates, legislators and family members affected by suicide to sign SB1523, also known as Jake's Law. The legislation, introduced by Senator Kate Brophy McGee and Representative Jeff Weninger, requires health care insurers to cover mental health like they would cover physical health. The bipartisan bill passed through the Arizona legislature with unanimous support and fulfills a significant legislative priority highlighted in Governor Ducey's State of the State Address.

SB1523 is named in honor of Jake Machovsky, an Arizona teen who lost his life to suicide in 2016 after battling mental health issues. Jake's parents, Denise and Ben, started the [JEM Foundation](#) to end youth suicide and expand behavioral health services.

For more information on Jake's Law, click [HERE](#).

Alliance News!



We need your voice on April 20th! As you may recall from our last Alliance Meeting, the HH4Y Evaluation team from the University of Arizona's SIROW, is conducting a series of focus groups

to gain a better understanding of Alliance members' experience in HH4Y and help to strengthen the Alliance moving forward. Alliance members and supporters are invited and encouraged to participate in one of the following three focus groups at the next Alliance meeting on April 20th:

1. *School-Based Personnel Focus Group*
2. *Behavioral Health Providers Focus Group*
3. *Community Based Agencies Focus Group*

All supporter attendees are welcome to participate in one of the three groups. Your participation in these focus groups will be confidential. The input you provide during the focus group will not be linked to your identity and will be shared with others only in aggregate or summary form. Your participation is important to the HH4Y Alliance and the mental wellness of our community. We hope that you are able to join us!

Training and Events Calendar

-  **Education & Training Task Force Meeting**
March 17th, 11:30 AM - 1:00 PM
4765 E. Camp Lowell Drive
-  **Capacity Building Task Force Meeting**
March 19th, 4:00PM - 5:00PM
Casa de los Ninos
-  **The Triggered Brain**
April 3rd, 6:30PM-8:30PM
-  **NAMI Walks**
April 4th, 7:30 AM -11:00 AM
-  **Advocacy & Policy Task Force Meeting**
April 7th, 12:00 PM - 1:00 PM(TENTATIVE)
Casa De Los Ninos
-  **Coming Up for Air Premier**
April 7th, 5:00PM
-  **Boyhood & Masculinity: A Film & Conversation with Ashanti Branch**
April 16th, 2:00PM - 6:00 PM
-  **Help & Hope for YOUth Alliance Meeting**
SAVE THE DATE: April 20th, 11:30 AM - 1:30 PM
-  **Mental Health Concerns in Children & Youth**
On Demand(4 part series, certification available)

Task Force Reports

Education & Training Task Force

The Education & Training Task Force continues to focus on mental health and suicide prevention education, expanding our reach with Ending The Silence (ETS) and Text Talk Act (TTA). Thank you to Judi Maikoff and Raquel Goodrich for getting these programs out in the community and thanks to all of you for supporting these efforts.

We are excited to plan for the Healthy Brain, Healthy Body Youth and Family Wellness Event. The goal of this event is to provide both mental and physical health educational and interactive workshops for young people and their families in a community setting. This event is designed to address mental health concerns expressed by youth in the Metropolitan Education Commission Teen Town Hall and through responses gathered from youth who have participated in ETS and TTA. If you'd like to be part of the planning committee please contact Jamal Givens at jamal@lpknc.org.

Advocacy & Policy Task Force

The Advocacy & Policy Task Force has reviewed education and mental health legislation being proposed in Arizona this session, and sent out a list of 12 bills to all Help & Hope for YOUth members and supporters so they can share their opinions with legislators. Recommended changes to the State Health Standards are being developed for review by educators and families. Following review of the draft changes, the plan is to meet with state legislators to discuss proposing legislation next year to mandate mental and emotional health education in schools. The Help & Hope for YOUth [position paper](#) has been updated and is available for distribution.

Capacity Building Task Force

The Capacity Building Task Force continues to raise money, build support, and increase membership for HH4Y. Alliance members are encouraged to solicit their contacts to make

Arizona state tax credit donations to HH4Y, as we strive to meet our three year fundraising goal and achieve 100% fundraising participation from all Alliance members. Planning continues to establish and fund a position for a grant writer. The Capacity Building Task Force continues to invite suggestions for possible members and investors/donors, and to submit edits and additions to the online Southern Arizona Resource Directory.

Youth Task Force

Since the initial meeting, the youth task force has gained one more member! An Instagram page has been created and can be found [here](#). The Youth Task Force members will be posting positive messages and information regarding mental health so please be sure to like and follow our youth! We are currently at 4 posts with 34 followers.

Please click [here](#) to help support our Help & Hope for YOUth Team in the 2020 NAMIWalks. The Youth have raised \$85 for their team so far. This year's walk will be held on Saturday, April 4, 2020 at Kennedy Park Fiesta Area. Check-in is at 7:30am with the walk starting at 9:00am.

To join our team, or our Youth Task Force, please contact Anthony Cicchino at anthonycicchino@email.arizona.edu.

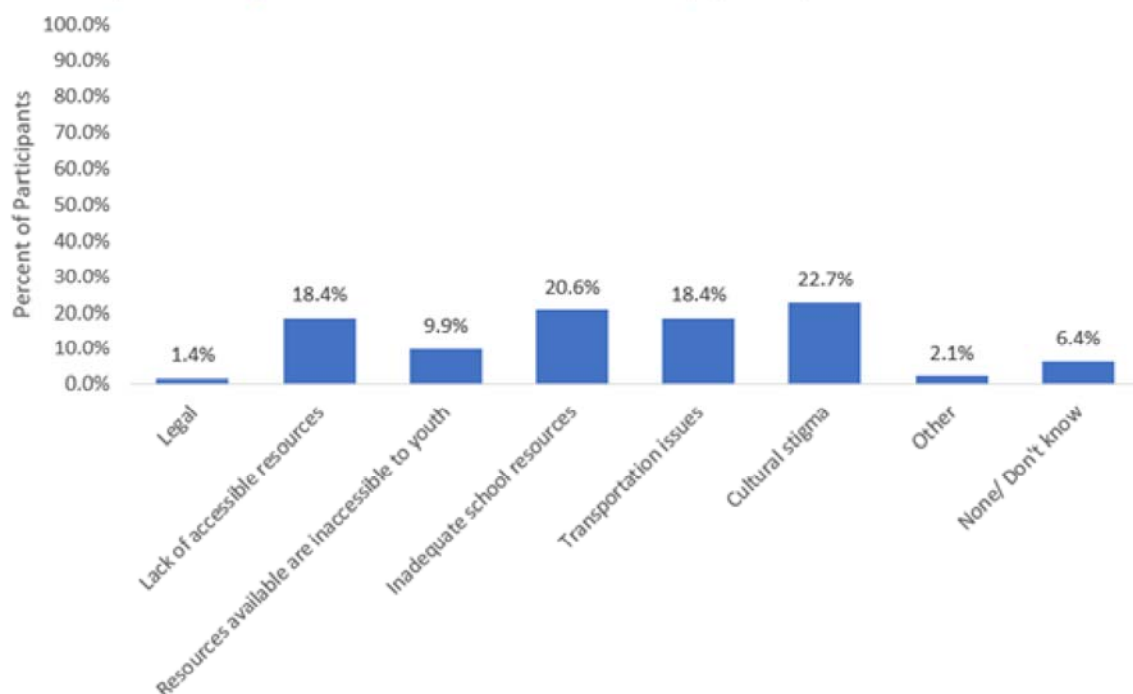
Project Director Report

- **Arizona Association of County School Superintendents:** In exciting news, we have been invited to present at the upcoming Arizona Association of County School Superintendents meeting in May to share the progress of the Help & Hope for YOUth Alliance. Our goal is to strengthen our partnerships with schools in the different counties to expand mental health education, suicide prevention training opportunities, and increased provider involvement in the schools.
- **Santa Cruz County Behavioral Health Community Court Coalition:** We have continued our involvement with the SCCBHCCC in Sequential Intercept Mapping. The group has continued to meet to address each individual intercept in depth and determine suitable community organization involvements at each level for young adult/adult court involvement. Upon completing the different intercepts, we plan to develop intercept mapping for youth in the juvenile justice system.

Evaluation Updates

In an effort for the Help & Hope for YOUth (HH4Y) Alliance to better understand the progression of the Alliance's task force groups during the six month time frame from January 1, 2019 to June 30, 2019, the University of Arizona's SIROW surveyed 63 identified Alliance stakeholders about their experience in the Alliance and perceptions of its progress. In this survey HH4Y Alliance stakeholders identified a number of barriers to encouraging youth to seek mental health help including cultural stigma (22.7%) and inadequate school resources (20.6%). Lack of available resources (18.4%) and transportation issues (18.4%) were also notable barriers.

Barriers for youth seeking mental illness or behavioral health help (N = 141)



We want to hear from you. Send your news and events for the next issue to newsletter@helphopeforyouth.org.

Want to help? Please give a tax-deductible gift of Help and Hope to children and teens in Southern Arizona.

All funds go to Help & Hope for YOUth

[DONATE NOW](#)



Help & Hope for YOUth is an initiative of
the National Alliance on Mental Illness Southern Arizona
(NAMI SA), a 501(C)3 non-profit organization (EIN 86-0450977).