



May 2020

Mental Health Awareness Month



May is Mental Health Awareness Month. As we continue to face this pandemic, people are continuing to feel anxious, lonely and hopeless.

The Pima County Health Department is reporting a rise in suicide rates in Pima County. Of the 23 reported suicides, three of the deaths were minors and the remaining 20 were adults between the ages of 20 to 70. It is reported that 73% of the individuals had a confirmed mental illness and/or co-occurring medical condition.

Mark Person with the Pima County Health Department said, "With people in isolation, we've drastically changed our environment here so the resources are less visible than they may have been before. And people who felt isolated going into this, that's exaggerated."

We must continue working together to ensure our community members are aware of the resources available in the [Southern Arizona Resource Directory](#) and the [COVID-19 page](#). Additionally, the [#CheckInChallenge](#) started by Pima County Health Department encourages everyone to reach out to loved ones to keep us socially connected. Feel free to tag the Pima County Health Department and any organizations you think are making a difference during this time on your social media accounts.

'Wanna Talk About It?'



Netflix has paired up with Instagram and mental health experts to offer young people help coping with COVID-19. "Wanna Talk About It?" is intended to open up the conversation about coping and is live once a week on Instagram and features celebrities and trusted mental health experts including NAMI, Mental Health America, The American Foundation for Suicide Prevention, Crisis Text Line and The Trevor Project.

"If you're a young person, the NAMI communicated feed through Instagram is a way to get support for your mental health and get accurate information. You might also run across the occasional movie star who's going to talk about their experience with managing anxiety and isolation. These are universal experiences," said Ken Duckworth, MD and Chief Medical Officer for NAMI.

As youth and young adults are turning to social media as a way to stay connected, this opportunity provides social connectedness and offers coping skills for getting through this pandemic. Follow [Netflix on Instagram](#) for information on the live sessions.

For those who are in crisis, the Crisis Text Line offers immediate support through text messaging.

A red and white graphic for Crisis Text Line. The red section contains the text "IN A CRISIS? Text HOME to 741741 to connect with a Crisis Counselor" and contact information for US, UK, and Ireland. A white button says "Text Us". The white section shows a hand holding a smartphone with a heart and speech bubble icon.

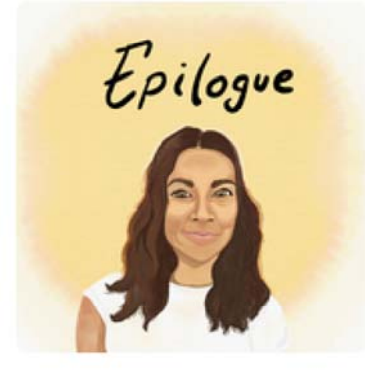
Help & Hope for YOUth welcomes [UnitedHealthcare](#) as a member of our Alliance.

Member News

"Brie"

Epilogue Podcast Project has released its first documentary podcast: "Brie," the story of Hannah and her family following the loss of Hannah's sister to suicide. You can access the podcast [here](#), or on iTunes, Spotify and Google podcasts.

Epilogue Podcast Project is an audio documentary storytelling project, distributed as a podcast. Each episode will be a unique story following people experiencing some combination of mental illness, trauma, addiction, and suicide loss. For more information or to learn how you can support, contact Galen McCaw at galen@epiloguepodcastproject.org.




Training and Events Calendar

 **[WEBINAR: Suicide Prevention, Intervention, and Postvention During COVID-19: What School-Based Staff Need to Know](#)**
May 12th, 11:00AM - 12:30PM

 **[Education & Training Task Force Meeting](#)**
May 19th, 11:30 AM - 1:00 PM

 **[WEBINAR: Sandy Hook Promise: Youth Wellness during COVID-19](#)**
May 20th, 9:00AM - 10:00AM

 **[Capacity Building Task Force Meeting](#)**
May 20th, 4:00PM - 5:00PM

 **[NAMI Mental Health for All Virtual Walk](#)**
May 30th, 11:00 AM

 **[Advocacy & Policy Task Force Meeting](#)**
June 2nd, 12:00 PM - 1:00 PM

Task Force Reports

Education & Training Task Force

The Education & Training Task Force continues planning for the youth and family wellness event. Using the tagline developed by the HH4Y Youth Task Force, the event will now be titled, "Healthy Minds, Happy Futures" and will take place early Spring 2021. The goal of this event remains to provide both mental and physical health educational and interactive workshops for young people and their families in a community setting. The event is being developed by members through various sub-committees. If you're interested in helping plan this event please contact Jamal Givens, jamal@lpknc.org or Arcy Cornidez, acornidez@helphopeforyouth.org.

Advocacy & Policy Task Force

Megan Kasper is our new Task Force Leader, and chaired her first meeting on May 5. The focus of the meeting was on COVID-19—its affect on access to care, and funding available to support youth mental health services, including for telehealth. Relaxed HIPAA regulations have made it easier for

providers to use telehealth. Megan reviewed SAMHSA, NIMH, USDA and potential local sources of funding. HH4Y will follow up with AHCCCS, the Department of Education, the Pima County Superintendent and the Community Foundation for Southern Arizona to learn more about applying for grants to support youth mental health. Megan will see if there is interest among HH4Y members and supporters to meet to share information about COVID 19-related funding opportunities.

Capacity Building Task Force

Task Force members are gathering additional information on services now being offered by Alliance members for the COVID-19 resource guide on our website. If you have updates send them to acornidez@helphopeforyouth.org. The Task Force also continues to actively seek and apply for grants to sustain the mission of Help & Hope for YOUTH.

School-Based Services Coalition

The School-Based Services Coalition met May 6 to discuss best practices for educators and behavioral health providers engaging with students and families during the COVID-19 pandemic now and when school resumes later this year.

Youth Task Force

Members of the Youth Task Force met via Zoom on April 25th and welcomed one new member! The youth discussed ideas for the virtual NAMIWalk and revamped the approach to the youth-driven Instagram page. Please click [here](#) to support our team. The youth are eager and excited to participate in new possibilities, such as moderating teen chats with "Give us the Floor." They voiced an interest in having more collaborative meetings, such as movie nights, homework help, and building connections with other youth in the community as a way to offer support and social connectedness as teens are reporting feelings of anxiety and isolation.

If you know any youth interested in joining the Youth Task Force please contact Anthony Cicchino at anthonyccicchino@email.arizona.edu.

Project Director Report

- **Arizona Department of Education School Safety Task Force** - We have continued to participate in the SSTF meetings and are now also serving on the final product committee. As part of the final product committee we will be compiling the reports and legislative recommendations from each subcommittee to develop a final report which will be reviewed by ADE's Communications and Policy Teams. Findings of the SSTF will be announced by September 2020.
- **Arizona Association of County Superintendents** - we were invited to present at the May meeting of the Arizona Association of County Superintendents. The meeting is postponed until August when we will be sharing about the Help & Hope for YOUTH Alliance and our stigma reduction and suicide prevention efforts.

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).