



December 2019 - Happy Holidays

Help & Hope for YOUTH Now Accepting Charitable Tax Credits



NAMI SA is now a Qualifying Charitable Organization (QCO 21027) for the Arizona Charitable Tax Credit. This means your donation designated for Help & Hope for YOUTH can be deducted from your 2019 Arizona state taxes. Single payer donations up to \$400 and donations up to \$800 from married couples filing jointly can be

claimed on your 2019 tax return. And you have until April 15, 2020 to make your contribution that will be eligible for 2019 tax credits.

If you file an Arizona Personal Income Tax Return, instead of paying the amount you owe in tax to the state, you can help us provide education and advocacy to improve youth mental health. It's a win-win for you and young people in Southern Arizona. For more information, visit <https://azdor.gov/tax-credits> or consult your accountant.

Star of Fast Pitch!



Help & Hope for YOUth received a total of \$13,500 following Arcy Cornidez's three-minute presentation at Fast Pitch. In her pitch, Arcy said, "Suicide kills more people ages 10-24 than homicide, heart disease and diabetes combined, and yet it's entirely preventable. It is OUR responsibility to do better." Help & Hope for YOUth received awards from the Connie Hillman Family Foundation and the Marshall Foundation, and the Judge's Award. This was the largest amount of funding received by any organization the night of the event. Join us in congratulating Arcy for her inspiring presentation!

Events Calendar

Capacity Building Task Force Meeting

December 5th, 4:00 PM - 5:00 PM

Casa De Los Ninos

Youth Mental Health First Aid

December 12th, 8:00 - 5:00 PM

Arizona Youth Partnership





Ways to Support LGBT Youth

December 20th, 4:00 - 6:00 PM

Casa De Los Ninos

Happy Hanukkah!

December 22nd - 30th

-  **Merry Christmas**
December 25th
 -  **Happy New Year**
January 1, 2020
 -  **Help & Hope for YOUth Alliance Meeting**
January 13th, 2020, 11:30 AM - 1:30 PM
 -  **Free Film Screening - Ernie & Joe: Crisis Cops**
January 16th, 2020, 7:00 PM - 9:30 PM
-

Task Force Reports

Education & Training Task Force

There is an increasing demand for Ending the Silence presentations! There are currently 30-35 presentations given a month and we are looking for more presenters! Please contact Judi Maikoff at jmaikoff@namisa.org if you or someone you know is interested. The Curriculum Matrix with mental health offerings for schools is now available. Click [here](#) to view. Our new member Project AWARE is focused on looking at how students are screened for mental health services, assisting in coordinating care for them, and educating families. Upcoming Trauma Informed Care Trainings to be shared as they become available.

Advocacy & Policy Task Force

Revision of the Health Standards has been postponed by the Department of Education, but we are continuing to connect with others who can advocate for and implement stigma-reduction programs in schools. The State Standards subcommittee will be meeting in February with a group of local school counselors to learn more about how mental health education is currently being implemented, and what curricula needs are not being met. Research on mental health education legislation and standards in other states is ongoing.

Capacity Building Task Force

Plans are underway for a meeting of the School-Based Behavioral Health Services Coalition in January. Melissa Hall will chair the meeting which will feature a panel discussion by school personnel and a student about their need for and experience with behavioral health services being delivered at schools. Discussion has also begun on a youth-focused mental health event for fall 2020. The online Resource Directory is getting steady traffic, resulting in 58 page views in the month of October. If you have updates to the Directory, send them to erorke@helphopeforyouth.org.

Member News



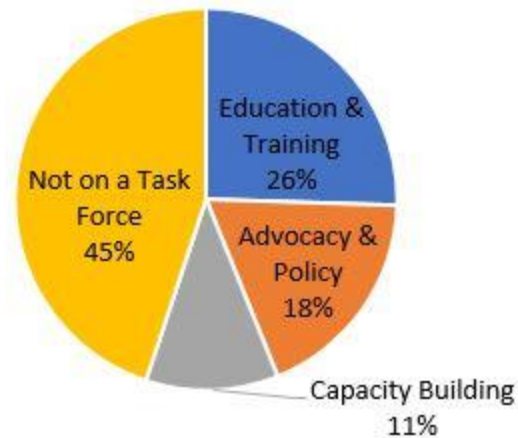
Welcome new member [Sunnyside Unified School District](#). Sunnyside is one of only three sites in the State that received funding for Project A.W.A.R.E. Project A.W.A.R.E. is a partnership between the Arizona Department of Education and AHCCCS to increase awareness of mental health issues in young people, train school personnel to detect and respond to mental health issues, and connect youth and their families to behavioral health resources.

Project Director Report

- **Teen Town Hall:** We participated in the Metropolitan Education Commission Teen Town Hall which brings students together to express their opinions and voice their concerns to elected officials and community leaders among others. Mental Health and Suicide were two of the main topics discussed and students had an opportunity to offer suggestions on supporting students in schools. This event sets the stage for the topics to be addressed with Arizona Legislators during Civic Engagement Day.
 - **Arizona Department of Education School Safety Task Force (SSTF):** We have continued to participate in the SSTF meetings. The SSTF is working on creating a model school safety plan using a research-based approach. A subcommittee which includes Help & Hope for YOUth is developing a model plan that incorporates mental health and school climate.
 - **School Safety Program** expanded grant funding will be announced at the December 13, State Board of Education meeting. It was a very competitive application with over \$90 million in funding requested for the positions of school resource officers, juvenile probation officers, school counselors and school social workers. The program has approximately \$30 million of funding to award.
-

Stakeholder Survey Results

In an effort for the Help & Hope for YOUth 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. Many stakeholders serve on one or more of three task force groups:



Across task force groups, stakeholders identified progress and barriers to progress. Some highlights include stakeholders reporting:

Progress:

- The number of Alliance members and attendees has steadily increased at quarterly Alliance meetings.
- www.helphopeforyouth.org website was developed and made public this reporting period.
- The number of schools seeking Ending the Silence presentations has significantly increased.
- The Capacity Building task force researched information on youth mental health resources in the four-county area and began to implement an on-line searchable database that will be available on the website.
- The Education & Training Task Force connected with the community and is helping to slowly change the culture and perceptions regarding mental health.

Barriers:

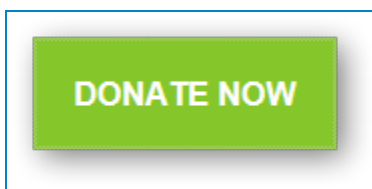
- There needs to be more involvement from Alliance members at the leadership and fundraising level of the Capacity Building task force.
- Time is a barrier for advancing mental health education and training in schools.
- There needs to be other resources (besides for Text Talk Act and Ending the Silence) to educate youth in Southern Arizona.

- The Alliance is lacking focus and clarity in its goals and meetings. The Alliance needs to create expectations among stakeholders for disseminating Help & Hope for YOUth information and actively engaging additional resources and Alliance members, most specifically youth members.

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



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).