




November 2019

Help & Hope for YOUTH Mission Update

Help & Hope for YOUTH collected feedback from students and young adults in order to begin crafting a youth-friendly mission statement. The group facilitation of youth from the north and south sides of Tucson resulted in the mission of, 'Increasing community awareness and understanding of taking care of your mind'. Based on feedback from the Alliance meeting on October 14th, the majority of the people who participated in the sticky note activity liked the mission statement but want to revisit the idea of adding behavioral health, taking care of your "brain" instead of your "mind", and drug abuse. If you are interested in participating in the Mission & Vision group for Help & Hope for YOUTH please contact Emily at erorke@helphopeforyouth.org.

Events Calendar

 **Youth Mental Health First Aid Training** - Arizona Complete Health
November 13th, 8:00 AM - 5:00 PM



[Mental Health First Aid Training - Pima Community College](#)

November 14th, 1:00 PM - 5:00 PM



[Federation of Families for Children's Mental Health](#)

November 14th - 16th



[International Survivors of Suicide Day](#)

November 16th



[Education & Training Task Force Meeting](#)

November 20th, 11:30 AM - 1:00 PM

Lovell Foundation



[Capacity Building Task Force Meeting](#)

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

Casa De Los Ninos



[Help & Hope for YOUth Alliance Meeting](#)

January 13th, 2020, 11:30 AM - 1:30 PM

Task Force Reports

Education & Training Task Force

The Education & Training Task Force has been working on updating the Curriculum Matrix with mental health offerings for schools. If you have curricula to add, please contact Jamal. Judi Maikoff made a presentation to 60 parents at Ironwood Hills, and we are checking on feedback from the parents and school. Ending the Silence presentations are scheduled at several new schools, and at Casa de los Ninos. The group also discussed ways to reach youth with more prevention education, and will continue to discuss normalizing the topic of mental health.

Advocacy & Policy Task Force

The Advocacy & Policy Task Force is determining its role and how the members can best help advance the goals of the Alliance. The Task Force will begin meeting again when the State Legislature is in session in January. The sub-committee on State Standards has learned that revision to the Health Standards is currently on hold, but the group will continue to work on recommendations. Please contact Leslie Cohen or Arcy Cornidez with any emergent policy or advocacy issues regarding youth mental health.

Capacity Building Task Force

The Capacity Building Task Force has completed the online youth mental health Resource Directory, which is now live and searchable. Alliance members are encouraged to submit edits and additions via the website's comment form. Planning has begun for a youth and family event

in 2020. Task Force members are researching grants and making cases for support to Alliance members and donors to sustain our program. The Capacity Building Task Force continues to invite suggestions for possible members and investors/donors.

Member News

The Help & Hope for YOUth Alliance welcomes two new members:

AHCCCS is Arizona's Medicaid agency that offers health care programs to serve Arizona residents. Individuals must meet certain income and other requirements to obtain services.

Flex It Academy focuses on education and behavioral skills and assists students in achieving their goals and aspirations.

Volunteer Opportunities

Would you like to do gratifying volunteer work in the mental health field? Do you want to make a difference in your community?

Join NAMI Southern Arizona's **Ending the Silence** team and be a presenter and travel to community middle schools or high schools.

Read what Lisa Cole, **Ending the Silence** Young Adult & Lead Presenter has to say about the presentation: *"My experiences as an Ending the Silence Young Adult presenter have been invaluable to me. When I do a presentation I witness first-hand the positive impact of my story. I see instantly how much the students benefit from the information we share. I know without a doubt that having access to a program like Ending the Silence would have helped me so much in my youth and I am so glad to give this new generation the learning opportunities that I did not have."*

Training for the presentation is easy and being a presenter is rewarding. Please contact Judi Maikoff at jmaikoff@namisa.org or call 622-5582, ext. 110. Visit our website to learn more about volunteering for jmaikoff@namisa.org or call 622-5582, ext. 110. Visit our website to learn more about volunteering for **Ending the Silence**.

Project Director Report

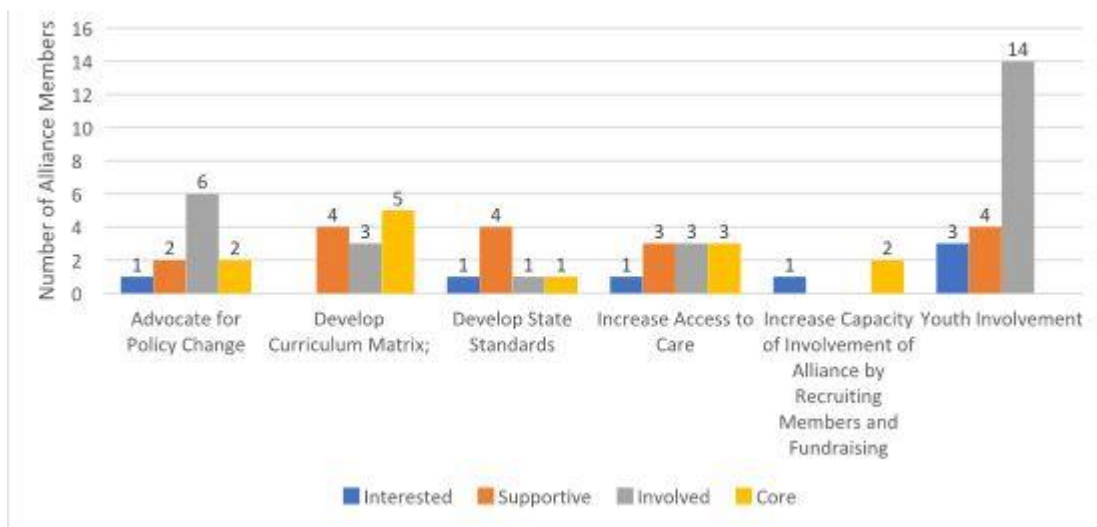
- **AHCCCS:** We met with Kelli Williams with AHCCCS regarding a partnership between Help & Hope for YOUth and the Stronger as One Coalition in Northern Arizona to train 100,000 Arizonans in Mental Health First Aid, Youth Mental Health First Aid and Teen Mental Health First Aid. These trainings will satisfy the new requirements signed into effect by Governor Ducey requiring suicide prevention training for all school personnel. This collaboration will expand our efforts to statewide. We ask that all partners offering these trainings email erorke@helphopeforyouth.org so we may assist with outreach and begin tracking how many individuals are receiving training.
- **Santa Cruz County Superintendents:** We presented to the Santa Cruz County Superintendents Team in an effort to expand our mental health and suicide prevention efforts. With our partners Mariposa Community Health Centers, we hope to engage more schools in the community.
- We have been invited by Judge Velasquez and the **Behavioral Health Community and Court Coalition** to participate in a Sequential Intercept Mapping Workshop for Santa Cruz County. The purpose of this effort is to identify at which intercept different organizations and providers should be involved and identify gaps in available resources for individuals with mental illness.

Youth Involvement is the Area of Greatest Engagement for Members



At the October Help & Hope for YOUth Alliance Meeting the University of Arizona—SIROW Evaluation team invited Alliance members to engage in an activity using the Wheel of Engagement tool. The wheel is sub-divided into six segments to represent the priority areas of the Alliance: (1) **Advocate for Policy Change**; (2) **Develop Curriculum Matrix**; (3) **Develop State Standards**; (4) **Increase Access to Care**; (5) **Increase Capacity of Involvement of Alliance by Recruiting Members and Fundraising**; and (6) **Youth Involvement**. The wheel also includes rings within each segment to indicate increasing levels of involvement. Alliance members were asked to add their name and contact information to the various segments and sub-divisions of the wheel. This activity encouraged the group to think more deeply about their interests in the different priority areas of Help & Hope for YOUth, as well as their desired level of involvement going forward. The greatest interests of the group were to be involved in Youth Involvement and Advocate for Policy Change.

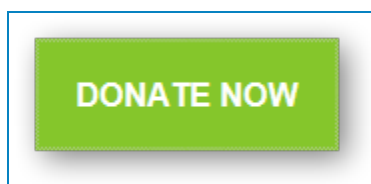
Help & Hope for YOUth Engagement



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).**