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**JOIN US NEXT YEAR FOR THE
9TH ANNUAL NAMIWALKS EVENT!**



YEARBOOK 2014

CHANGING MINDS...
ONE STEP AT A TIME!

2014 Honorary Chairpersons



Dear NAMI Walk Supporters,

We are proud to serve as the Honorary Co-Chairs of the 2014 NAMIWalks event sponsored by the National Alliance on Mental Illness of Southern Arizona (NAMISA), and we thank you for your participation in this year's walk.

For almost a decade, NAMIWalks has helped to support NAMI Southern Arizona's (NAMISA's) mission of providing critical mental health programs for those who need it most. Through a comprehensive approach that includes education, advocacy and support groups for those with mental illness and their families, the dedicated staff and volunteers of NAMISA work year-round to make our community healthier and stronger.

As long-time supporters of NAMISA, we commend everyone who is working hard to make this year's walk a success, and we encourage others to join us by volunteering, walking, or donating.

Again, thank you for your participation in the 2014 NAMI Walk. This is important work, and we are honored to be a part of it.

Sincerely,

Gabrielle Giffords and Capt. Mark Kelly USN (Ret.)
Co-Chairs of the 2014 NAMI Walk

NAMI Board of Directors

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On behalf of the Board of Directors, thank you for your efforts in organizing and producing this year's NAMI Walk!

The beautiful spring day in the desert smiled on us and ensured a great turnout. All of your hard work behind the scenes before the Walk and on Saturday produced a special event. You can be very proud of both the fundraising result and the chance to bring together a large group of people who care deeply about the issues of living with a mental illness. The opportunity for friends, families and behavioral health professionals to come together to support NAMI's efforts in our community makes all the hard work and headaches worth it.

Thanks again,
Mary Ann Johnson, Board President

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8TH ANNUAL NAMI Walks

National Alliance on Mental Illness

PREMIER SPONSOR



MEDIA SPONSORS



THANK YOU 2014 SPONSORS!

Benefitting NAMI Southern Arizona



Find Help. Find Hope.

About Us

The National Alliance on Mental Illness (NAMI) is the nation's largest grassroots mental health organization dedicated to improving the lives of individuals and families affected by mental illnesses. These illnesses include major depression, schizophrenia, bipolar disorder, obsessive-compulsive disorder (OCD), panic disorder, post-traumatic stress disorder (PTSD) and borderline personality disorder. NAMI is a non-profit organization with more than 950 affiliates in all 50 states,

the District of Columbia, Puerto Rico and the Virgin Islands. NAMI's goal is to provide education, support, and advocacy to eliminate stigma and to offer hope for recovery and a fulfilling life.

Every year, regardless of race, age, religion or economic status, mental illness impacts the lives of nearly 60 million Americans. One quarter of all social security disability payments are for individuals with mental illness. Just as startling is the fact that in the United States, the economic impact of mental illnesses is estimated to be \$80 billion annually.

The National Institute of Mental Health reports that one in four adults experiences a mental health disorder in a given year. One in 17 lives with a serious mental illness, such as major depression or schizophrenia, and one in 10 children has a serious mental or emotional disorder. Yet two-thirds go without treatment, mostly because of stigma and their inability to access care. However, up to 90% of people being treated for mental illnesses will recover, unlike many other diseases such as heart disease and diabetes which have a much lower recovery rate. NAMI Southern Arizona offers an array of support and education programs for families and people with mental illness. For more information, contact us by calling (520) 622-5582 or visit www.namisa.org.



How Far we've come!

NAMIWalks is NAMI's annual mental health awareness program, and our largest fundraising and awareness campaign is "Changing Minds...One Step at a Time." Nationwide the Walks are projected to raise over \$12 million this year.

Launched in 2003 with 12 sites, NAMI "Walks" in more than 84 communities and has over 150,000 people participating each year. All walkers are encouraged to reach out to family, friends, co-workers and business associates for donations in support of their participation in the Walk. The NAMIWalks events are used to raise money and awareness to ensure NAMI's vital programs and services are available at no charge to provide help and hope to those in need.





Southern
Arizona

Mission Statement

The mission of NAMI Southern Arizona is to improve the quality of life for those affected by mental illness including individuals, family members and the community at large by providing education, advocacy and support that is high quality, recovery oriented, and culturally sensitive.

October, 2010

NAMI Southern Arizona is an affiliate of the National Alliance on Mental Illness (NAMI). NAMI has **more than 950** affiliates in all 50 states, the District of Columbia, Puerto Rico, and the Virgin Islands. We are a nonprofit, grassroots organization providing advocacy education, and support to all those affected by mental illnesses. For more than 25 years, NAMI Southern Arizona has been helping individuals with mental illness and their families. Many of our programs, services and literature are also available in Spanish.

Our Services

Advocacy

We offer advocacy for individuals with mental illness as well as for family members. You or your loved one may ask us about patient rights, how to obtain quality mental health services, and more. Staff Advocates and Resource Specialist Advocates are available to answer your questions.*

Education

Family to Family*: A 12-class educational course for family members and friends who have a loved one with mental illness. This course is taught by two teachers who each have a loved one with mental illness.

Peer to Peer*: A 10-class course on recovery for people with a mental illness diagnosis. This course is taught by two mentors who have mental illness and are in recovery.

Parents and Teachers as Allies: An in-service education program presented to school professionals or other agencies working with children and adolescents. We also talk with parents and school officials.

In Our Own Voice*: An interactive presentation offered to community groups; two individuals with mental illness present their stories and an educational video.

NAMI Basics: A 6-class course that provides support and education to parents and caregivers of a child with a mental illness.

Ending the Silence: An early intervention program that engages students in mental health education and discussion. **Public presentations***: Are offered for any civic group, church or other interested party.

Lending Library*: Videos, books and articles help you understand the medical and emotional aspects of various mental illnesses and how to cope with them.

Support

Support groups*: the sharing of experiences, knowledge, hope and coping skills for all those affected by mental illness.

NAMI Connection*: a peer-run recovery support group for those with mental illness that meets once a week.

Heart to Heart: A friendship program where volunteers are trained and matched with individuals who have mental illness to talk and participate in social activities.

*Program or Service Available in Spanish

2014 Southern Arizona NAMIWalks Teams





NAMIWalks 10 Year Sponsors



Community Partnership of Southern Arizona

Ensure individuals and families receive accessible, high-quality healthcare that is member and family-driven, recovery oriented, respectful of cultural differences and fosters hope and self-determination.

CPSA, in keeping with the community-based roots of its founders, believes in the importance of community involvement and community reinvestment. CPSA is dedicated to providing high-quality health services to residents of Southern Arizona and to a philosophy of care that is member and family driven, goal-focused and recovery oriented. The mission and values have been developed within this philosophical context.



COPE Community Services, Inc.

COPE will continue as a leader in creating opportunities and hope for recovery by providing a recovery-oriented system of care that is client and family focused, culturally competent, and responsive to individual and community needs.



CODAC Behavioral Health Services, Inc.

CODAC provides tools, support and services to individuals, families, and communities so they may live with dignity, free from the harmful effects of mental illness, substance use disorders and trauma.

CODAC is one of Arizona's oldest and most respected community-based providers of behavioral health and family development services. What began as a grassroots drug abuse prevention and treatment program has grown into a multi-faceted organization that provides services across the entire spectrum of behavioral health care. Through 11 service locations and more than 400 staff, CODAC now serves more than 12,000 individuals and families each year. CODAC is nonprofit 501(c)3 organization.



La Frontera Arizona, Inc.

"Providing innovative solutions to complex problems, we work with community partners to build a safe, strong, and healthy Arizona."

For more than 45 years, La Frontera Arizona has worked collaboratively with our public and private partners to address issues related to behavioral health, housing, family and children's services, employment, crisis intervention, and community and cultural education. We work hard to build personal responsibility, to stabilize families, and to assist individuals in achieving their recovery goals.



Eegee's is proud to be deeply involved with many community organizations. The company sponsors several events each year including NAMIWalks Southern Arizona and contributes products to hundreds of organizations.

Annually, eegee's donates more than 375,000 loaves of its day-old bread to the Casa Maria Soup Kitchen to help feed the hungry and homeless of Tucson. The Salvation Army receives over 900 pounds of meat and cheese from eegee's each month.

NAMIWalks 5+ Year Sponsors

Behavioral Health Coalition (7 yrs)

Mission Statement

To support, promote and encourage activities, efforts and organizations that provide for orderly, effective and financially sound delivery of behavioral health services to the residents of Pima County in Arizona

Intermountain Centers for Human Development (7 yrs)



Mission Statement

The mission of Intermountain Centers for Human Development (Intermountain) is to provide the highest quality, community-based, individualized services in the most cost-effective manner to at-risk populations.

Palo Verde Behavioral Health (6 yrs)



Mission Statement

The mission of Palo Verde Behavioral Health is to provide the highest quality of psychiatric patient care through treatment programs focused on improving the lives of our patients and ensuring their experience during their stay supports their road to recovery.

Pantano Behavioral Health Services (7 yrs)



Mission Statement

To provide high quality behavioral health services focused on respect for children, their families, and their culture.

Vision: Develop an organizationally integrated comprehensive service provider to create a cost-effective entity that is known statewide for positive member outcomes .

Linkages (5 yrs)



Mission Statement

Linkages' mission is to contribute to making more productive communities by increasing employment opportunities for people with disabilities. Our vision is that every person with a disability has an opportunity for employment.

Merle's Automotive Supply, Inc. (6 yrs)



A proud long-time supporter of NAMI Southern Arizona and NAMIWalks.

Fleets, wholesalers, and Pprofessional installers call Merle's Auto Supply first. Our image-building tools can enhance your store's ability to draw consumers in the door...and make the sale!



Courage

For those of us with Mental Illness, it seems life is harder than it should be. I asked my dentist, Dr. Paul Sharbo, "Why is life fo hard"? I liked his answer. He said, "Because it makes us stronger." But during those difficult times, it's hard to be strong.

It takes **courage** not to go to bed and pull the covers up over our heads, but to pull yourself up, embrace Hope and do something kind for someone.

It takes **courage** to take steps in new directions. It takes **courage** to take positive action against adversities. It takes **courage** to stand up and be heard. As Ghandi said, "You must be the change you wish to see in the world." One person can make a difference. Mother Teresa did.

**"If you have lost your hope,
it is so worth the effort to find it."**

By Ardith Powell

Recovery

In recent years, there has been increased recognition that recovery can refer to a person's improved capacity to lead a fulfilled life that is not dominated by illness and treatment. This is known as the "recovery approach" or "psychosocial rehabilitation". In contrast to the medical approach, the recovery approach does not require people to experience reduced symptoms or the reduced need for medical and social care. It is more about experiencing the improved quality of life and higher levels of functioning despite the illness. Recovery in this sense does not mean that the illness has gone into complete remission. It means that over time, through what for many is a long and difficult process, individuals can come to terms with their illness by first learning to accept it and then moving beyond it. They can learn to believe in themselves as an individual by learning their strengths as well as their limitations and coming to realize that they do have the capacity to find purpose and enjoyment in their lives in spite of their illness. The successful recovery model sees individuals with mental illness as active participants in their own recovery process.



**Wear the Silver Pin
to promote
awareness!**



Stephanie Salcido sings the National Anthem & Davis Monthan Color Guard

ENTERTAINMENT



Arizona Congressman Ron Barber



Photos courtesy of Sprytime and George Storm



Pasadera Behavioral Health Network (6 yrs)

Mission Statement: We provide pathways to wellness and recovery through accessible and innovative behavioral health services.

Vision: A healthy, compassionate, stigma-free community.

COMPASS-SAMHC IS NOW THE PASADERA BEHAVIORAL HEALTH NETWORK

Compass Behavioral Health Care and the Southern Arizona Mental Health Corporation (SAMHC) have merged. Effective April 28, 2014, our organization's new name is the Pasadera Behavioral Health Network.

Pasadera is a name that we believe reflects the combined strength and outstanding service we deliver to Southern Arizonans. "Pasadera," the Spanish word for "stepping stone," was chosen after careful consideration to represent the important first step that an individual takes in seeking mental health and substance abuse treatment.

In addition to offering more comprehensive services, the creation of Pasadera also increases access to behavioral health services in three new locations, two of them co-located in United Community Health Center (UCHC) clinics. The co-location is a result of a partnership between UCHC and Pasadera, made possible due to funding from the Community Partnership of Southern Arizona (CPSA).

Our new organization and expanded ability to serve more people in Southern Arizona marks an important milestone in our company history.

Sonora Behavioral Health (6 yrs)



The mission of Sonora Behavioral Health Hospital is to provide superior behavioral healthcare services to the people, communities, and hospitals we serve.

Tucson Federal Credit Union (6 yrs)

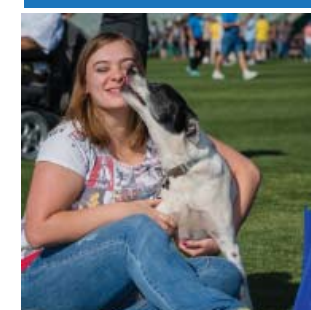


"Creating an exceptional experience for each person, each day."

Vantage West Credit Union (5 yrs)



"People Helping People Achieve Their Financial Goals... Our #1 Priority"



NAMIWalks Report & Highlights

More Than \$116,000 Was Raised- up over \$8,000 from 2013
We reached 78% of our goal of \$150,000

- ◇ Approximately 2,000 people walked and 4,000 people attended on Walk Day.
- ◇ 77 Teams consisting of families, friends and businesses- up 20 teams from 2013!
- ◇ Our Honorary Chairs for 2014 were former Congresswoman Gabrielle Giffords and Captain Mark Kelly.
- ◇ More than \$ 3,000.00 in in-kind donations such as food, snacks, water and discounts on equipment, as well as hundreds of volunteer hours. Thank You!

Top 10 Teams by Size

Team Name	Team Captain	Team Size
1. Team CODAC	Amber Howell	507
2. #LaFronteraStigmaStompers	Dax Franklin-Hicks	431
3. CPSA Steppers	Maya Luria	223
4. Team HOPE: We're In It Together	Eric Stark	83
5. U of A Wellness Walkers	Rita Romero	72
6. UAMC Psychiatry & Behavioral Health	Ole Thienhaus	60
7. COPE Wellness Warriors	Christina Anaya-Silva	57
8. Intermountain Bears	Karen Young	44
9. Stigma Stompers	Elaine Hixson	34
10. Pantano	Carrie Pile	25

Top 10 Fundraising Teams

Team Name	Team Captain	Total Raised
1. UAMC Psychiatry & Behavioral Health	Ole Thienhaus	\$5,075.00
2. In the Mood	Scott Whitley	\$3,070.00
3. Walking Together	Marion Gudinas	\$2,545.00
4. #LaFronteraStigmaStompers	Dax Franklin-Hicks	\$2,437.00
5. Lettes Fight Stigma	Ann Lettes	\$2,110.00
6. RECOVER NOW	Derry Dean	\$1,865.00
7. Hanging In There With Hope	Ardith Powell	\$1,630.00
8. Team Pasadera	Susan Arnold	\$1,240.00
9. The Primavera Trailblazers	Hannah Hafter	\$1,205.00
10. Welcome Club NW	Connie Stevenson	\$1,095.00

Top 10 Individual Fundraisers

Participant	Team Name	Amount Raised Total
1. Mary Ann Johnson	In the Mood	\$2,050.00
2. Ardith Powell	Hanging In There with HOPE	\$1,285.00
3. Francisco Moreno	UAMC Psychiatry & Behavioral Health	\$1,000.00
4. Marion Gudinas	Walking Together	\$725.00
5. Lynn Flanagan	The Primavera Trailblazers	\$715.00
6. Ann Lettes	Lettes Fight Stigma	\$710.00
7. Suzy Brown	In the Mood	\$670.00
8. Gracie Peterson	Defenders Against Stigma	\$632.00
9. Kelly Watters	Walking Together	\$575.00
10. Linda Schaub	Pwer Walkers	\$550.00



T-Shirt Winner -Team Category

Design- Karla Padres
Clarke Romans - "For Ken" Team Captain



T-Shirt Winner - Business Category

Amber Howell- CODAC Behavioral Health, Inc.

