



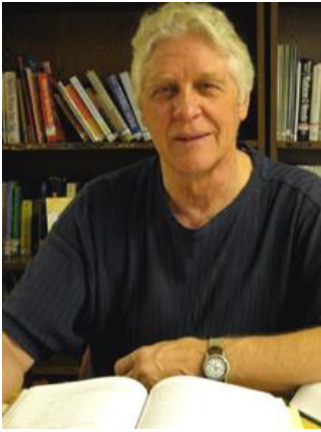
nami

Southern
Arizona

National Alliance on Mental Illness

2015
ANNUAL REPORT

FIND HELP  FIND HOPE 



From the Executive Director

NAMI Southern Arizona has nearly completed another year of change. In 2014 our agency became a certified Community Service Agency which entitles us to get reimbursement from the State for some of our programs. During most of 2015 we have been preparing to work with a new (to us) Regional Behavioral Health Authority (RBHA) named Cenpatico. The new RBHA contract with the state took effect on October 1, 2015 and we have survived that transition. The new contract stipulates that the RBHA is now responsible for the total health care of certain of its clients (namely, those with an SMI diagnosis) which we believe will result in better outcomes for enrolled members in the long run. This is a critical need since currently individuals with an SMI diagnosis die 30 years younger than their non-mentally ill counterparts.

In spite of and to some extent because of all these changes our program accomplishments have grown considerably during the year. In particular, our peer programs have graduated 35% more individuals than in 2014. Other programs have increased as well and our fund-raising efforts have improved particularly the NAMIWalks which reached \$152,578 in 2015.

As big as these changes have been for NAMI Southern Arizona there are more important things approaching quickly. The Presidential Elections are less than 12 months away. Voter registration and turnout is critical. Listening to candidate positions on issues that affect mental illness is a useful guide to your ultimate choice. Make that choice meaningful by registering to vote (or updating your registration if you have moved). Make it count by actually voting and make it easy by getting on the PEVL (Permanent Early Voting List). If you are not registered you can register (or update) right here at the NAMI Southern Arizona office. The margin of victory in the last presidential election was 5 million. The number of adult individuals in the United States living with a mental illness exceeds 30 million and most of them have two parents so that's 90 million people. Consequently, if every individual living with a mental illness and their loved ones voted they could determine the outcome of every election in Arizona and the United States!

H. Clarke Romans, Executive Director

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National Alliance on Mental Illness

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 hundreds of 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 \$193 billion in lost earnings every year.

The National Institute of Mental Health reports that one in five adults experiences a mental health disorder in a given year. One in 25 lives with a serious mental illness, such as major depression, bipolar disorder or schizophrenia, and one in 5 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**.

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
Ribbon Pin
to promote
mental health
awareness and
recovery!**

STRATEGIC PLANNING FOR OUR FUTURE

NAMI Southern Arizona has been fortunate to receive grant funding from the Lovell Foundation beginning in 2013 to increase and strengthen our organizational capacity. The 2-year grant that we received for 2015-2016 has provided funds to organize a Strategic Planning project. A Steering Committee of Board and Staff members met in May and June this year to begin this process with our consultant, Erin Collier from Collier and Company. Erin first conducted a number of interviews and focus groups with the Board, Staff, volunteers, donors and funders to identify areas of organizational strengths and challenges in order to narrow the focus of our plan. The Steering Committee first worked to develop a new Mission Statement to more concisely describe what we do, a Vision Statement to describe what Southern Arizona would look like when we accomplish our mission and a list of our core organizational Values.

Our Mission

NAMI Southern Arizona improves the quality of life for all those affected by mental illness.

Our Vision

Southern Arizona is a stigma-free community in which abundant resources and support exist to ensure that everyone is healthy in body and mind.

Our Values

Acceptance, Empathy, Hope,
Make a Difference, Vision



The following meetings of the Steering Committee were devoted to identifying six key areas of focus for our 3-year plan and the specific strategies, tasks, time frames and responsible individuals for each initiative. The plan will be in process beginning this year and extending into 2018 and you can expect to hear progress reports as we move forward. Here is the overview.

1. Drive Advocacy: Increase Political Advocacy
Goal 1: Contact and build relationships with appointed and elected officials
Goal 2: Develop and disseminate information for the purpose of political advocacy
2. Empower People: Create a Vibrant Work Environment
Goal 1: Create a short-term plan to improve office and workspace
Goal 2: Develop succession plans for upper and middle management
Goal 3: Increase and provide professional development opportunities for paid and unpaid employees
3. Program with Purpose: Develop Programming
Goal 1: Ensure adequate funding for programs
Goal 2: Review programs annually
Goal 3: Increase diversity of programming
4. Strengthen our Structure: Enhance Board Governance
Goal 1: Develop a board transition plan
5. Fund the Future: Increase Funding
Goal 1: Create and begin to implement a development plan
6. Organize Outreach: Increase Community Outreach
Goal 1: Create and begin to implement a marketing/ community outreach plan



The Board of Directors of NAMI Southern Arizona has established a Planned Giving Program called the Legacy of Hope Society to provide an additional source of funds so that the programs and services that NAMI provides here in the Tucson area will continue to be available well into the future. A planned gift is one that you make by way of a will, trust, beneficiary designation or through a charitable gift annuity or trust arrangement. Most simply and directly you can designate NAMI Southern Arizona as a beneficiary in your will or trust or as a beneficiary (or partial beneficiary) on a life insurance policy, IRA, 401(k) or any other financial asset. The Legacy of Hope Society honors those who have made a provision for a future gift to NAMI Southern Arizona.

If you are interested in learning more about planned giving and the Legacy of Hope Society, please contact Clarke Romans, Executive Director, at 520-622-5582 or at cromans@namisa.org NAMI Southern Arizona is a nonprofit 501(c) (3) organization.

NAMI Southern Arizona 2015 Accomplishments

Education Programs: Cost \$78,300

- Family to Family
- Familia a Familia
- Peer to Peer & Persona a Persona
- NAMI Basics

46 Teachers & Mentors taught a total of 229 weeks of instruction to 352 students.

Outreach and Awareness Programs: Cost \$32,500

- In Our Own Voice
- En Nuestra Propia Voz
- Parents and Teachers as Allies
- Ending the Silence
- Heart to Heart
- NAMI in the Know- a new program that began in Oct. 2014
- Resource tables set up to distribute publications & brochures throughout the community

113 Presenters gave 103 presentations to more than 3,877 participants and set up and staffed 58 resource tables.

Events: Cost \$47,600

- Mental Illness Awareness Week, All Faith Candlelight Vigil, attended by over 60 people
- Volunteer Appreciation Dinner-recognizing over 85 volunteers
- NAMIWalks 2015 raised \$152,578 an increase of more than \$32,000 over 2014

145 Volunteers & Staff organized 3 major events with over 4,200 participants.

Support and Advocacy: Cost \$104,000

Three Advocates (2 Bilingual)

- Three Peer Support Groups (1 Spanish, 1 Expressive Arts group) with 6 Facilitators
- Six Family Support Groups (1 Spanish) with 12 Facilitators
- NAMI Southern Arizona Book Club- 2 Facilitators

25 Volunteers & Staff facilitated and advocated for 2,290 family members and consumers; had more than 7,760 Advocacy contacts & held 188 group meetings.

Communications: Cost \$ 38,500

- NAMI Southern Arizona Newsletter, Bringing Hope and Awareness to You
- Website & Electronic Mailings: eNews, NAMIWalks, and newsletters posted on website
- Brochures, Periodicals, Videos, Reference Library
- More than 60,000 visits to the NAMI Southern Arizona website

40 Volunteers & Staff published and distributed 6 major publications to over 11,000 recipients.

Volunteers and Members are: Teachers, Mentors, Facilitators, Advocates, Resource Specialists, Heart to Heart Friends, Receptionists, Bulk Mailers, Event Helpers, Board Members and Staff. 180 Volunteer members facilitated and advocated; published and distributed; organized; gave, taught and befriended thousands of family members and consumers.

Education



A 6-class course for parents and caregivers of children with mental illness.



A 12-class course for family and friends of adults with mental illness.



A 10-class course for individuals with mental illness focusing on recovery.



A presentation given by individuals with mental illness providing their testimonies.



An in-service education program for school professionals, parents, and agencies working with children and adolescents.



An early intervention program that engages students in mental health education and discussion.



A 6-session educational program for families, caregivers and friends of military service members and vets with mental health conditions

Other Events & Services



Our annual walk for mental illness (March/April), which is our largest awareness campaign and signature fundraising event.

May is Mental Health Awareness Month.

July is Minority Mental Health Awareness Month.

Mental Illness Awareness Week*: Promoting events and activities throughout the first week in October.

Lending Library*: Books, DVDs, videos, and publications are available for checkout.

Presentations*: Provided on request for health providers, community groups, faith-based communities, businesses and others.

Support

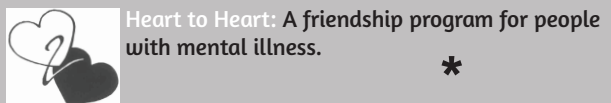


Provide the sharing of experiences, knowledge, hope and coping skills for family members and friends with a loved one with mental illness.



A weekly recovery-focused group for adults living with mental illness.

Expressive Arts Group: For those with mental illness who want to explore different art forms.



Heart to Heart: A friendship program for people with mental illness.



Supports faith communities who want to develop a mental health ministry or simply educate their clergy, staff, and congregations about mental illness and available community resources.

Advocacy

Our Advocates are available to act as your second voice and to help you:

- Understand your rights whether you are an individual with mental illness or a family member.
- Obtain mental health services and information.
- Work with the public/private mental health and legal systems.

Include the following sentence on your treatment plan:

"I and/or my loved ones would like to receive education, support, and/or advocacy from NAMI Southern Arizona."

Follow us on:



* Program/Service available in Spanish

www.namisa.org
Email-namisa@namisa.org

September 2015

Candlelight Vigil for Mental Illness Recovery and Understanding

Mental Illness Awareness Week, October 4-10 2015



As part of Mental Illness Awareness Week, NAMI Southern Arizona held a candlelight vigil and prayer service at Reid Park's Cancer Survivors Plaza on October 6th. The vigil served to remember the lives lost to mental illness and to remind those struggling with it today that they can find help. The candle lighting ceremony was conducted by Rev. Richard (Rick) Wilson, Rector, Episcopal Church of St. Matthew. Ten candles were lit representing Faith, Truth, Healing, Understanding, Grace, Hope, Justice, Peace, Thankfulness and Steadfast Love.

Approximately 60 people ignored the rain for a second year in a row to participate in the vigil. As a way to break down

the stigma of being mentally ill. In Our Own Voice presenters Susan Peterson, William Tritz and James Mudron all shared their stories of personal struggle and the process of recovering from mental illness.

Mental illness impacts 60 million Americans and an estimated 100,000 people in the Tucson area alone. NAMI will continue to hold the vigil, an annual all faith public event on the NAMI National Day of Prayer (the first Tuesday in October) during mental illness awareness week.





National Alliance on Mental Illness

How Far we've come!

NAMIWalks is NAMI's annual mental health awareness program. It is our largest fund raising and awareness campaign aimed at "Changing Minds...One Step at a Time." Nationwide the Walks are projected to raise over \$10.4 million in 2016.

Launched in 2003 with 12 sites, NAMI "Walks" is now in more than 84 communities and has over 150,000 people participating each year. All walkers are encouraged to reach out to family, friends, coworkers 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 cost to provide help and hope to those in need.



NAMIWalks Report & Highlights

\$152,578 was raised - up \$32,578 from 2014
We exceeded our goal of \$140,000

- ◇ Approximately 2,500 people walked and 4,000 people attended on Walk Day.
- ◇ 77 Teams consisting of families, friends and businesses!
- ◇ Our Honorary Chairpersons for 2015 were Victoria Steele, AZ State Legislator, District 9 and Eddie Grijalva, Tribal Liaison, CPSA.
- ◇ More than \$5,200.00 in in-kind donations such as food, snacks, water and discounts on equipment, as well as hundreds of volunteer hours. Thank You!



nAMI Walks



National Alliance on Mental Illness

2015 Honorary Chairpersons



Victoria Steele
AZ State Legislative District 9



Eddie Grijalva,
Tribal Liaison, CPSA



OPENING CEREMONIES



Stephanie Salcido sings the National Anthem & Davis Monthan Air Force Base Color Guard



Dignitaries Jonathan Rothschild, Mayor, City of Tucson read the NAMIWalks mental health awareness day proclamation. Honorary Chair persons Victoria Steele, AZ Legislative District 9, and Eddie Grijalva, Tribal Liaison for CPSA and Terry Stevens, CEO, Cenpatico- the new Regional Behavioral Health Authority spoke at the 2015 NAMIWalks event about the importance of mental health and NAMI programs and services.

Photos courtesy of Sprytime

ENTERTAINMENT



We had an amazing array of music and dance performances provided by Tohono Oódham drum groups, Mariachi Aztlan de Pueblo High School, Ballet Folklorico groups and classic Beatles tunes by Those Beatles Guys. Ian Lapsley of Tucson Pipers played the bag pipes at the Walk Start Line and University of Arizona Cheer Squad cheered on the walkers as they crossed the Finish Line, making for a really fantastic and joyful day!



Emcee Jenna Lee from KOLD -13



2015 Southern Arizona NAMIWalks Teams-Photos by Linda Dols







NAMIWALKS stands up to stigma by celebrating recovery and promoting understanding





PREMIER SPONSORS



COMMUNITY PARTNERSHIP
of Southern Arizona



GOLD SPONSORS



Your partner for a safe, strong, and healthy community.



2015 NAMIWalks Sponsors and Exhibitors



VOLUNTEER OPPORTUNITIES



Volunteering is a way to develop greater knowledge and understanding of mental illness, explore career possibilities and gain a sense of personal satisfaction by making a difference in the lives of others.

People in our community volunteer for many reasons, NAMI Southern Arizona has been fortunate to have had the support and dedication of our many volunteers over the past 32 years. Many decide to volunteer because they have benefitted from our advocacy, education and support and wish to give back to NAMI by supporting our programs and services. Many come to us at the early stages of recovery to gain new skills, meet new people and to help themselves while helping others. Others volunteer to help the family members of people living with mental illness while sharing their experiences with their own loved ones to help caregivers through difficult times.

NAMI volunteers are the heart and soul of our non-profit organization and assist in a wide variety of ways to help NAMI Southern Arizona achieve its goals. To this end, NAMI accepts and encourages the involvement of volunteers at most levels of the organization and within all appropriate programs and activities.

NAMI Southern Arizona's volunteers are critical to our organization and its ability to flourish. Our volunteers are part of our vision and motivation...and why we strive to reduce stigma and provide hope to those affected by mental illness. NAMI Southern Arizona currently has approximately 180 active volunteers.

Lollie Butler-2015 Poet Laureate, NAMI Southern Arizona

HE FEASTS UPON THE SONGS HE PLAYS

-by Lollie Butler

I passed him standing by the store,
I'd seen his homeless type before,
He managed on the street, they said
But needed food, a decent bed,

He took a guitar from its case,
His dog stood wearily in place,
Gap-toothed and thin, his shirt was frayed,
He feasted on the songs he played.

In life, some fortunes are delayed
And luck is never overpaid,
I thought he'd earn a handsome wage,
Performing on a concert stage,

He strummed some old, familiar tunes,
Along his wrists, I saw the wounds,
In witnessing, I caught my breath
But who can reason love or death?

Or mental illness gone untraced,
I dropped some money in his case
And lingered listening until dark,
Then watched them wander toward the park.

Some shadows here may give us pause
And some neglect though they have cause.
Of those who manage meager ways,
He feasts upon the songs he plays.



Heart to Heart Program Coordinator

NAMI Southern Arizona - MANAGEMENT

H. Clarke Romans, Ph.D., Executive Director
cromans@namisa.org



H. Clarke Romans has been a family member of the National Alliance on Mental Illness (NAMI) Southern Arizona since 1997 when he was elected to the Board of Directors. He has been involved in mental illness advocacy since his son Kenneth was diagnosed with schizophrenia in 1979. Clarke served on the Board of Directors of Community Hope in Morris County, NJ, then as interim Executive Director of NAMI Arizona 2004-2005. He is currently Executive Director of NAMI Southern Arizona. He is also on the Board of Directors of the Community Partnership in Integrated Health (CPIH) and the Arizona Mental Health America of Arizona. Clarke's son died in 2001. Clarke is involved in NAMI because he believes that the stigma that plagued his son should be eliminated.

David Delawder, Program Director
ddelawder@namisa.org



David began working for NAMI Southern Arizona in June of 2014 as the Program Director of the Education Programs, Support Groups and Advocates. David experienced the human services and behavioral health systems as a service recipient, benefiting from "some good work by some good staff, but overall realizing that it was "a system which needed a good bit of help itself." Prior to NAMI Southern Arizona he worked at the University of Arizona, Health and Wellness Center (Camp Wellness) as a Recovery Support Specialist and Volunteer Coordinator. He marketed the program throughout the behavioral health community. David is also a member of the (US) Psychiatric Rehabilitation Association and was elected to the Board of Directors of the Arizona Psychiatric Rehabilitation Association in 2013 where he also serves as the National Chapter Representative.

Christina Bickelmann, Communication & Events Director, NAMIWalk Manager
cbickelmann@namisa.org



As the NAMIWalks Manager, Christina is charged with raising funds for local NAMI programs. Christina was introduced to NAMI and its mission in November of 2013 by a current board member and longtime colleague. Christina worked for the Arizona Department of Water Resources (ADWR) as the water conservation specialist for the Tucson region for nearly 18 years. Working at ADWR she was responsible for program development, events, community outreach and developing educational materials. Christina is the founder of the Tucson Earth Day Festival going into its 22nd year. Her experience in event planning, communications, fund raising and program development made her a good fit within the NAMI Southern Arizona organization. "I have seen the great work and dedication of the staff and volunteers. I feel honored to be able to contribute to increasing awareness about mental illness, the importance of treatment, and reducing stigma in our community."

Marisol De la Rosa, Volunteer Coordinator
mdelarosa@namisa.org



Marisol De La Rosa started in June as our new bilingual Volunteer Coordinator. She heard about the NAMIWalk at her son's school this past February and decided that she would like to volunteer at NAMI. "I was immediately enamored with the staff at NAMI. My curiosity about mental illness and a desire to help my community led me to accept an offer to work for NAMI full time. My family tree has a significant branch and history of mental disorders ranging from minor to acute. My desire to fully understand these debilitating illnesses provides all the motivation I need to lead the volunteer services duties I perform daily. "I'm grateful for this opportunity to help my community and the members who immediately benefit from all the resources that NAMI provides."

Marsha Power, Quality Assurance/IT
mpower@namisa.org



Marsha Power became a staff member in February 2014 as the Information Technology and Quality Assurance Manager. She started volunteering for NAMI Southern Arizona in June of 2012 and became a member at the same time. She is also a Peer-to-Peer Mentor and gives In Our Own Voice presentations for NAMI.

Marsha is a native of California and a graduate of California State University, Chico with a bachelors in Business. She worked in South Korea as a conversation language teacher after graduation. She retired from IBM after 14 years in 2010.

Kim Poindexter, Data Validation and Quality Assurance Specialist
kpoindexter@namisa.org



Kim was born and raised in Indianapolis, Indiana. Kim has worked in the medical field as a Medical Coder and Medical Assistant since 2005. She relocated to Tucson in August 2013 looking for a fresh start. Before moving to Tucson, Kim knew nothing of the behavioral health field nor ever thought of working in this field until now. Kim has made it her personal mission to help remove the stigma people with mental illness face on a daily basis. The dedication of the volunteers and the friendliness of the staff is what guided her to continue her employment at NAMI Southern Arizona as the Data Validation/Quality Assurance Specialist. Kim loves spending time with her 2 sons Elijah, Emmanuel and their dog Bitzy. She loves how NAMI has not lost sight of their mission to serve people living with mental illness and feels everyone could learn from NAMI's determination and integrity.

Jessica Fraley, Program Services Manager
jfraley@namisa.org



Jessica Fraley is a native to Tucson; she plans to further her education by attending graduate school in order to achieve a Masters in Social Work. Jessica graduated Summa Cum Laude from the University of Arizona with a Bachelor's Degree in Psychology in May of 2014. She conducted her internship with NAMI Southern Arizona in the fall of 2013, and stayed on as a volunteer because she enjoyed being affiliated with an organization with significant community purpose. Jessica became a staff member of NAMI Southern Arizona in February 2014 as the Program Services Manager. She recently has shifted roles at NAMI Southern Arizona. She is looking forward to bringing a new NAMI Signature Program in 2016 to the state of Arizona. NAMI Homefront is an educational program for family members and loved ones of Service Members and Veterans.

Rita Romero, Training Manager
rromero@namisa.org



Rita is a proud Tucson native who started at NAMI Southern Arizona in February 2015 as Training Manager. She studied at the University of Arizona with a focus on the Japanese language, never imagining she would find her purpose in a completely unrelated field. On her own journey of recovery Rita was deeply inspired by the work of Recovery Support Specialists. She began to volunteer in the behavioral health field and became a Certified Recovery Support Specialist. Her passion is utilizing her own personal experience and working with others to improve their health and wellness. "I feel very proud and grateful to work with such an extraordinary group of individuals here at NAMISA. As the Training Manager I am able to work one on one with our Peer Mentors and volunteers, which is truly a dream come true. My goal is to pass on the hope and support that I received in my own personal recovery."

EDUCATION PROGRAMS

Judy Kowalick, Family-to-Family Coordinator

jkowalick@namisa.org



Judy began getting involved with NAMI Southern Arizona in 1995 when her adopted son was diagnosed with OCD. Judy started attending support groups and getting involved in the Advocacy Committee. She also started attending classes about various mental health topics at the Community Partnership of Southern Arizona (CPSA). Judy became trained as a family support group facilitator and co-facilitated a group for 5 years. She signed up for the NAMI Family-to-Family education Program when it started in Tucson in April 2001. Shortly thereafter she began working at NAMI Southern Arizona as the Family Education Coordinator. Judy speaks with prospective class members about the possibility to enroll in the NAMI Family-to-Family Education Program, recruits potential teachers and prepares materials for the classes.

Judy was recruited to be on the CIT (Crisis Intervention Team Training) Consensus Building Panel, the same year the training began for law enforcement officers in Pima County to help them understand and handle mental health crises. Judy is also a member of the Pima County Human rights Committee.

Judi Maikoff, Parents & Teachers as Allies Coordinator, NAMI Basics, Ending the Silence

jmaikoff@namisa.org



Judi Maikoff is a retired Registered Nurse living with a Serious Mental Illness. Although she considers herself in Recovery, it hasn't always been so. The pressures of work as a nurse caused her to seek work outside of her field. After attempting to work in 2 local prisons and as a care giver for various organizations, she found her dream job at NAMI Southern Arizona. She is now coordinating 3 educational programs primarily focusing on youth- NAMI Basics, Parents and Teachers as Allies and Ending the Silence; which she could not do without the generous and energetic support from NAMI-sa volunteers.

Yazmin Garcia, Peer-to-Peer, Persona a Persona & Familia a Familia Coordinator

ygarcia@namisa.org



Yazmin heard about NAMI when she was looking for some support for her son. "I was going through very difficult times. When I called NAMI, I started asking questions about NAMI services and she answered all the questions I had. I immediately felt supported. I started getting involved with NAMI, first assisting with the Conexión NAMI support group, and afterwards facilitating the group for more than 5 years. Around the same time I started taking the Persona a Persona course. As it turned out I took three times. I really loved it, to the point that I became Persona a Persona mentor which I've been doing for four years now. I did advocacy for more than a year, a job that I really enjoyed. Presently, I'm a Peer to Peer, Persona a Persona and Familia a Familia coordinator, a position that gives me the opportunity to help people to improve their lives through these programs.



George Leon, In Our Own Voice & En Nuestra Propia Voz Coordinator

gleon@namisa.org

George Leon is the In Our Own Voice (IOOV) Coordinator and in charge of IOOV presentations throughout the Tucson, Arizona community. "I am the person that lets you know what mental illness is. I work in the office 3 times a week on the program. I also schedule presentations with the IOOV presenters and also train people to tell their story about mental illness."

ADVOCATES

George Storm, Advocate
gstorm@namisa.org



George Storm started as a volunteer resource specialist with NAMI and he “absolutely fell in love with both the people working here, and with NAMI’s mission.” He started officially working as an advocate at NAMI in June of 2014. George arrived in Tucson in 1993 which was also the first year of his personal recovery. It was not until 15 years later when he was finally exposed to professional counseling that he finally achieved some success in his own recovery. George decided that he wanted to change careers after 33 years as an Operating Engineer and do something where he had an opportunity to give back. George entered into the Bachelor of Human Services Program at the University of Phoenix. He also went through the Recovery Support Institute and got his first job in behavioral health as a Recovery Support Specialist (RSS) for La Frontera where he spent 5 great years, and became the Thornydale Ranch team lead.

Lourdes Yanine, Advocate
lyanine@namisa.org



Lourdes started at NAMI Southern Arizona in December of 2013 and immediately became a member. She is a native of Mexico and a graduate of The University of Texas at El Paso with a Bachelor’s degree in Microbiology. Since being diagnosed with depression 20 years ago, she has been drawn to self-help topics and materials that she has incorporated in her daily life as a wife and a mother of 4.

"My job as an advocate has been the perfect fit for me since I love helping people. My experience at NAMI has been incredibly rewarding and satisfying. I am acquiring knowledge on the various mental illnesses, and can better understand the challenges of individuals with mental illness, and their family members. There truly is a sense of community at NAMI and a sincere willingness to better the lives of people with mental illness and their families."

FACILITIES MAINTENANCE STAFF

Jeff Perto, Facilities Maintenance
jperto@namisa.org



Jeff was diagnosed with depression 25 years ago and credits NAMI with saving his life. He didn't know where to turn. He called NAMI and was able to find help and has been working on his recovery. Jeff works as an all around handy man and "go-to-guy" for NAMI. He is also instrumental in making sure that NAMIWalks and other NAMI events are set up properly by assisting with volunteer supervision and setting up water stations along the routes.



Anastasia Spalling, Facilities Maintenance

Anastasia started with NAMI Southern Arizona as a volunteer in 2013 and continues to volunteer as a receptionist. As a receptionist Anastasia is often the first impression that many of our callers have of NAMI. As a peer Anastasia is able to empathize with peers and family members alike. She became a staff member in 2015 and is in charge of the janitorial services in our building.

SUPPORT STAFF

Gabriela Salcido, Communication & Events Assistant, NAMIWalk and Staff Assistant
gsalcido@namisa.org



Gabriela Salcido has been involved with NAMI Southern Arizona since she was 12 years old. Her aunt was an employee at the organization and during her summer breaks she would volunteer at NAMI. During that time she did clerical and outreach work alongside her aunt. In January of 2013, Gabriela got her very first job as a staff member at NAMI Southern Arizona. She is now the NAMIWalks/Communication & Events Assistant. She manages the NAMI So. AZ main website, Walks website, Facebook, Twitter, and Instagram as well as some basic staff assistance around the office. She doubles as a part time student at Pima Community College majoring in Nursing. Gabriela is really proud to work for an organization that strives to improve the quality of life for the people in our community, which also reflects in her desire to become a registered nurse.

Salud Garfunkel, Support Staff Assistant



Salud began volunteering at NAMI Southern Arizona in 2008 and joined the staff in 2010. She quickly became to the 'go to' person for event preparation whether it was a fund raiser or volunteer event. As the NAMI expanded the number programs offered in both English and Spanish the number of brochures and flyers expanded as well. Once again Salud stepped in to manage the production of these products along with the many Volunteers assisting in the process. She still manages the printing operations activity which now includes the quarterly Newsletter and still the 'go to' person for our many events.

Marion Gudinas, Membership & Donations Coordinator
mgudinas@namisa.org



Marion's son was a disabled vet who was also diagnosed with bipolar disorder. Marion started volunteering at NAMI Southern Arizona 12 years ago as a receptionist. For the last 6 years she has been assisting the Director with the bookkeeping. Recently, she was asked to be the membership coordinator because of her passion for what NAMI does for the community. Marion also enjoys handling resource tables and reaching out to the public to make sure everyone knows about NAMI and the great work we do!

NAMI SUPPORT GROUPS

Carter Todd, Support Group Coordinator
ctodd@namisa.org



Carter is a native of Arizona, moving to Tucson to attend the U of A. After college he lived in the northwest but soon realized his heart and body belonged in the sunshine of the desert. He was introduced to NAMI when he began attending a support group in 2012, soon after becoming a facilitator and eventually a state trainer. Support groups have had an enormous impact on his personal recovery, finding such a unique resource invaluable. As the Support Group Coordinator his goal is to grow this much needed program and bring it to the community at large. He is a certified Peer Mentor and teaches several Peer to Peer classes. "I truly appreciate being involved in an organization like NAMISA that touches so many lives, offering the gift of hope for a better future."



National Alliance on Mental Illness

nami

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**JOIN US FOR THE
10TH ANNUAL NAMIWALKS EVENT,
SATURDAY, APRIL 2, 2016
KENNEDY PARK- FIESTA AREA**