



# nAMIWalks

National Alliance on Mental Illness

## Southern Arizona



#IAmStigmaFree

## CHANGING MINDS...

## ONE STEP AT A TIME!

# 2016 Honorary Chairpersons



Raúl Grijalva,  
U.S. Representative, Arizona's 3rd  
Congressional District



Jonathan Rothschild,  
Mayor of Tucson

## 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!

## About Us

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

What started as a small group of families gathered around a kitchen table in 1979 has blossomed into the nation's leading voice on mental health. Today, we are an association of hundreds of local affiliates, state organizations and volunteers who work in your community to raise awareness and provide support and education that was not previously available to those in need.

## What We Do

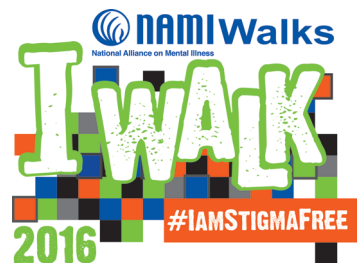
We educate. Offered in thousands of communities across America through our NAMI State Organizations and NAMI Affiliates, our education programs ensure hundreds of thousands of families, individuals and educators get the support and information they need.

We advocate. NAMI shapes the national public policy landscape for people with mental illness and their families and provides grassroots volunteer leaders with the tools, resources and skills necessary to save mental health in all states.

We listen. Our toll-free NAMI HelpLine allows us to respond personally to hundreds of thousands of requests each year, providing free referral, information and support—a much-needed lifeline for many.

We lead. Public awareness events and activities, including Mental Illness Awareness Week (MIAW), NAMIWalks and other efforts, successfully combat stigma and encourage understanding. NAMI works with reporters on a daily basis to make sure our country understands how important mental health is.

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](http://www.namisa.org).



NAMIWalks is NAMI's annual mental health awareness program, and our largest fund-raising and awareness campaign is "Changing Minds...One Step at a Time." Nationwide the Walks are projected to raise over \$10 million this year.

Every journey begins with that first step. This year thousands of people in more than 80 communities across the nation will join NAMI and walk together to raise money and awareness about our country's need for a world-class treatment and recovery system for people with mental illness.

Team building is an important aspect of NAMIWalks. Teams are a great way to bring people together toward a common goal or enjoy a little friendly competition among each other. The more people that form teams and recruit walkers, the more awareness will be raised about the need for quality mental healthcare.

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 cost to provide help and hope to those in need.

## 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



## NAMIWalks 10-Year Sponsors

### BEHAVIORAL HEALTH COALITION OF SOUTHERN ARIZONA

A coalition of behavioral health organizations that work cooperatively to provide quality behavioral health programs and resources throughout Pima County.



**Intermountain Centers for Human Development** provides the highest quality, evidence-based human services to facilitate self-sufficiency for individuals in their own communities and cultural contexts. Intermountain strives to be a model for human service organizations.



**Pasadera Behavioral Health Network** is committed to the realization of a healthy, compassionate, and stigma-free community. In keeping with that vision, we offer pathways to wellness by providing innovative services and comprehensive care for individuals with substance use

## NAMIWalks 5-Year Sponsors

**The Jim Click Automotive Group** favorably views programs which target the needs of specific groups, socially or economically disadvantaged populations, and projects which are the direct result of community collaborations.

### **Tucson Electric Power**

Tucson Electric Power provides the energy behind Tucson's economy. We deliver safe, reliable power to more than 414,000 customers in the Tucson metropolitan area. We're also a local leader in community service, volunteerism and economic development efforts.

### **University of Arizona, College of Pharmacy**

College of Pharmacy is part of the University of Arizona, a public university in Tucson, Arizona. It is the only pharmacy school at a public Arizona university and one of four health professions colleges at the Arizona Health Sciences Center campus

**Jack in the Box**- has generously donated Breakfast Jacks for our hungry volunteers for the past 5 years on Walk day, we truly appreciate their continued support.


# NAMIWalks Report & Highlights

**\$150,170.47 was raised-**


We surpassed our goal of \$140,000!

- ◇ Approximately 1,500 people walked and 4,000 people attended on Walk Day.
- ◇ 70 Teams consisting of families, friends and businesses!
- ◇ Our Honorary Chairs for 2016 were Congressman Raúl Grijalva and Jonathan Rothschild, Mayor City of Tucson.
- ◇ \$52,340.00 in-kind donations-media coverage, food, snacks, water and discounts on equipment, as well as hundreds of volunteer hours. Thank You!

## Top 10 Fund-raising Teams

Team Name	Team Captain		Total Raised
1. Cenpatico	Michael Johnson		\$41,456.71
2. Lettes Fight Stigma	Ann Lettes		\$11,720.50
3. Walking Together	Marion Gudinas		\$7,530.10
4. Banner University Medicine/ Dept. of Psychiatry & Behavioral Health	Lee Easter		\$5,726.01
5. The Informers	Marsi Quigley		\$3,622.70
6. Palo Verde Brain Stormtroopers	Lorraine Kaiser		\$2,856.39
7. Nature Nurtures	Christina Bickelman		\$2,525.00
8. Team Awesome SOS	Trish MacFarland		\$2,069.93
9. Episcopal Church of St Matthew	Julie Neff-Encinas		\$2,005.48
10. Defenders Against Stigma	Grace Peterson		\$1,947.26
			\$1,453.34

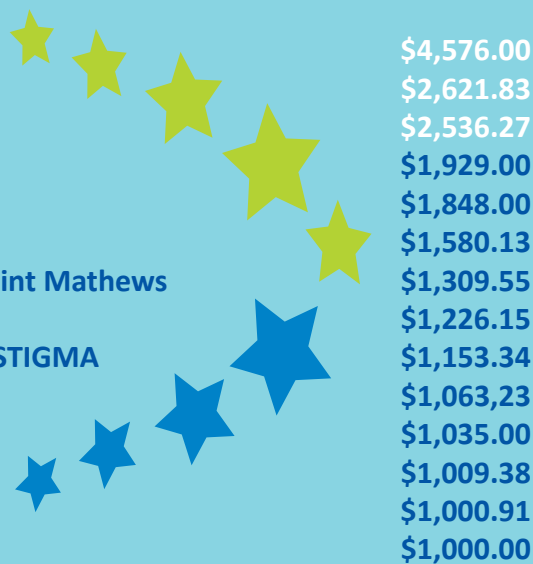
## Top 10 Teams by Size

Team Name	Team Captain		Team Size
1. La Frontera Stigma Stompers	Dax Franklin-Hicks		191
2. Cenpatico Integrated Care	Michael Johnson		176
3. Intermountain Bears	Karen Young		85
4. COPE Community Services	Michelle Alexander		81
5. Pasadera Behavioral Health Network	Laurel Ragaller		66
6. CODAC Health, Recovery & Wellness	Amber Selph		66
7. Palo Verde Brain Stormtroopers	Lorraine Kaiser		46
8. Community Partners Stigma Fighers	Eric Stark		43
9. Tean HOPE	Valerie Stephens		35
10. Banner UA/Psychiatry/Behavioral Health	Lee Easter		35

## Top Individual Fund-raisers & Walk Stars

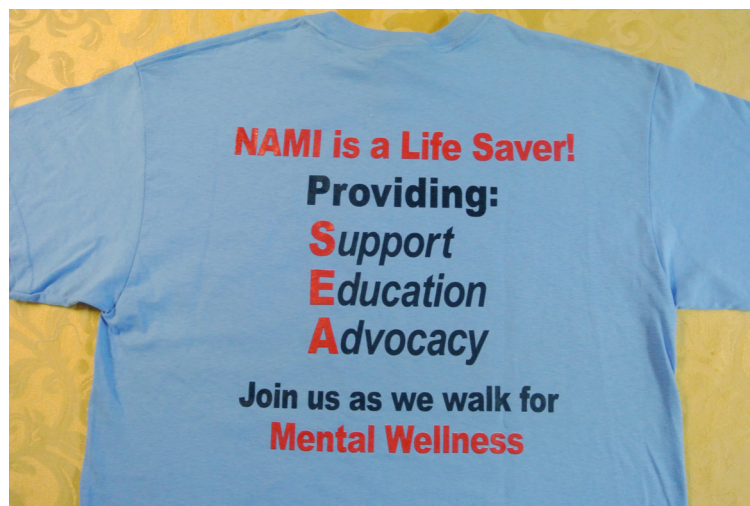
Participant	Team Name
1. Marion Gudinas	Walking Together
2. Vicki Gotkin	Lettes Fight Stigma
3. Mary Ann Johnson	Lettes Fight Stigma
4. Marsi Quigley	Informers
5. Ardith Powell	
6. Terry Stevens	Cenpatico
7. Julie Neff- Encinas	Episcopal Church of Saint Mathews
8. Christina Bickelmann	Nature Nurtures
9. Grace Peterson	DEFENDERS AGAINST STIGMA
10. Trish MacFarland	Team Awesome-S.O.S
11. Teri Krantz	Cenpatico
12. H. Clarke Romans	For Ken
13. Sarah Loughlin	
14. Derry Dean	Recovery (for all) Now

**\$23,888.79**  
**Amount Raised Total**



### T-shirt Winner - Family Team Category

Trish MacFarland- Team Awesome S.O.S.



### T-shirt Winner - Business Team Category

Rosalva Salazar- Amity Foundation and DreamCatcher Family





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

**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.

**Values-** Acceptance, Empathy, Hope, Make a Difference, Vision

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KOLD-13 Chief Meteorologist Kevin Jeanes -Emcee's and takes a selfie!



Davis Monthan Color Guard- Presents Colors







# 2016 Southern Arizona NAMIWalks-Photos by Linda Dols and Sprytime





# NAMIWalks The Force Is You!

KID'S ACTIVITY AREA IS NEW THIS YEAR, COMPLETE WITH SELFIE BOOTH, GAMES, ARTS AND CRAFTS, FACE PAINTING AND LOCAL MASCOTS, A GREAT TIME FOR ALL!







## Information on Mental Health







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In 2014 we started a Poet Laureate competition, each year we choose a new poet and feature their poems all year.

**Angel Allen-2016 Poet Laureate, NAMI Southern Arizona**

***A Positive Poem: Butterflies***

***April 24, 2016 - Hope in Stability***

*A positive poem.  
So difficult to capture.  
As elusive as that butterfly  
Of stability,  
The one that rarely leaves  
Its cocoon.  
She wants to spread her wings.  
I know her well.  
She can fly so high:  
50 percent of the time.  
She may not have the pretty wings.  
They may be tattered and smudged,  
Oils of too many hands  
Rubbing away their glow.  
But when unfurled,  
Oh mighty Sirens be  
Calling out,  
Soaring above,  
Her wings letting her direct the winds  
Rather than them holding her  
Caught in their sway.  
That butterfly  
When unfurled  
Can sing the most positive poem.  
It's hard to remember, sometimes.  
Hard to forget sometimes.  
A blessed duality.  
But that positivity always  
Comes around.  
Like cocoons releasing in the  
Depths of winter.  
And leaving the negative  
Sheath of her  
Sorrow behind.*



# 10TH ANNUAL NAMI Walks

National Alliance on Mental Illness

## Saturday, April 2, 2016

National NAMIWalks Elite Sponsor

### Alkermes®



National NAMIWalks Sponsor



NAMIWalks National Partner

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## THANK YOU 2016 SPONSORS!

### Benefiting NAMI Southern Arizona



## NAMI Board of Directors

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**Sheila McGinnis, Vice President**

**Ann B. Lettes, MD, Treasurer**

**Andres Gabaldon, Secretary**

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Ana Gallegos

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Eric Stark

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H. Clarke Romans,  
Ph.D.

### Advisory Board

Carolyn Kemmeries

Nancy Masland

Eleanor Schorr

On behalf of the NAMI Southern Arizona Board of Directors, I would like to extend a huge THANK YOU to everyone who contributed to the success of the 2016 NAMI Walk! The Walk again exceeded the targeted goal and that is due to the efforts of the dedicated staff of NAMI-SA and the army of volunteers who spent months organizing this event at our new Walk location at Kennedy Park. Participants enjoyed the beautiful spring day at the Festival Stage area and along the desert walking trails in the Park.

Thanks also to everyone who participated in this year's Walk—by organizing a Walk Team, by making a personal donation, by asking others for donations, and by coming out on Walk Day to join the enthusiastic crowd of individuals and families who care about the work of NAMI-SA and its impact in Tucson.

NAMI Southern Arizona's mission is to improve the quality of life for all those affected by mental illness in our community. The funds from the NAMI Walk help make possible the array of NAMI's education, support and advocacy services to realize that goal. Thanks again!

Mary Ann Johnson, President

NAMI Southern Arizona Board of Directors

## NAMI Staff

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**JOIN US NEXT YEAR ON APRIL 1, 2017  
KENNEDY PARK FIESTA AREA  
FOR THE 11TH ANNUAL  
SOUTHERN ARIZONA NAMIWALKS!**