One Step at a Time!

Changing Minds...

IAmStigmaFree

NAMI Walks Southern Arizona

#NAMIWalkSAZ
11TH ANNUAL
NAMI Walks
National Alliance on Mental Illness
Saturday, April 1, 2017

Benefiting NAMI Southern Arizona
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.

NAMIWalks
National Alliance on Mental Illness

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 $11 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.
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.
ConnectionsAZ, Inc. is a physician-led company established in 2009 that specializes in providing emergency/crisis psychiatric services available 24 hours/day, 365 days/year. Their primary goal is to provide easy access services, including: crisis observation and stabilization; coordination of care with family and other supports, including treatment providers. They believe that hospitalizations can be avoided with appropriate interventions and access to care, and that hospitalization, when required, can be shortened with aggressive intervention.

Strategic collaborations with community partners (e.g. police, ED's, jails, families, behavioral health providers, medical providers) are essential for success and lead to the best possible outcomes for those we serve, and; most importantly, we believe that recovery is possible and should be expected for everyone.

Palo Verde Behavioral Health has a longstanding reputation for stability in mental health and substance abuse treatment, serving patients in and around Tucson since 1960. They offer individualized, inpatient and intensive outpatient treatment programs for adults and adolescents.

NAMIWalks 5-Year Sponsors

Carondelet Health Network
For more than 135 years, Carondelet Health Network has been committed to providing Southern Arizona with a full spectrum of high-quality, cost-effective care and improving the health of patients they serve.

Otsuka Pharmaceutical
Their primary focus is aimed at maintaining the health and well-being of patients. They concentrate on areas of unmet medical need in such as mental health, and creating innovative products that will make a real difference in people's lives.

KXCI Community Radio
Connecting the communities of Tucson and Southern Arizona to each other and to the world with informative, engaging and creative community-based radio programming.

Wildlands Restoration
Supplies native seed for Sonoran Desert, Great Basin, and Rocky Mountain revegetation and restoration projects, and provides site-specific collections. They have generously donated 500 native seed packets, we truly appreciate their continued support.
$104,487.00 was raised

◊ Approximately 2,000 people walked and 3,500 people attended on Walk Day.
◊ 63 Teams consisting of families, friends and businesses!
◊ Our Honorary Chairs for 2017 were Congresswoman Martha McSally and Dr. Randall Friese, AZ legislature, District 9.
◊ $61,177.25 in-kind donations-media coverage, food, snacks, water and discounts on equipment, as well as hundreds of volunteer hours. Thank You!

<table>
<thead>
<tr>
<th>Top 10 Fund-raising Teams</th>
<th>Team Captain</th>
<th>Total Raised</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Boardwalkers, NAMI Southern Arizona</td>
<td>Marsi Quigley</td>
<td>$8,386.00</td>
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<tr>
<td>2. Lettes Fight Stigma</td>
<td>Ann Lettes</td>
<td>$4,055.00</td>
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<tr>
<td>4. Walking Together</td>
<td>Marion Gudinas</td>
<td>$3,400.00</td>
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<tr>
<td>5. Defenders Against Stigma</td>
<td>Grace Peterson</td>
<td>$3,190.00</td>
</tr>
<tr>
<td>6. U of A Psychiatry</td>
<td>Sadia Ghani</td>
<td>$2,340.00</td>
</tr>
<tr>
<td>7. Episcopal Church of St Matthew</td>
<td>Julie Neff-Encinas</td>
<td>$2,126.00</td>
</tr>
<tr>
<td>8. Team Alkermes</td>
<td>Julie Jameson</td>
<td>$1,250.00</td>
</tr>
<tr>
<td>9. Pueblo HOSA Biotech Warriors</td>
<td>Andrew Lettes</td>
<td>$1,170.00</td>
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<tr>
<td>10. Dream Catcher Family</td>
<td>Rosalva Salazar</td>
<td>$1,117.00</td>
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<table>
<thead>
<tr>
<th>Top 10 Teams by Size</th>
<th>Team Captain</th>
<th>Team Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. La Frontera Stigma Stompers</td>
<td>Randy Van Nostrand</td>
<td>226</td>
</tr>
<tr>
<td>2. COPE Community Services</td>
<td>Christina Anaya-Silva</td>
<td>94</td>
</tr>
<tr>
<td>3. CODAC Health, Recovery &amp; Wellness</td>
<td>Amber Selph</td>
<td>64</td>
</tr>
<tr>
<td>4. Intermountain Bears</td>
<td>Paul O'Rourke</td>
<td>47</td>
</tr>
<tr>
<td>5. U of A Psychiatry</td>
<td>Sadia Ghani</td>
<td>45</td>
</tr>
<tr>
<td>6. Sierra Tucson SuperStars!</td>
<td>Cheryl La Plant</td>
<td>36</td>
</tr>
<tr>
<td>7. Camp Wellness Cats!</td>
<td>Michele Keller</td>
<td>33</td>
</tr>
<tr>
<td>8. Alleaka Ka'ate (Happy Walk)</td>
<td>Sue Tham</td>
<td>32</td>
</tr>
<tr>
<td>9. Palo Verde Brain Behavioral Health</td>
<td>Jennifer Poole</td>
<td>30</td>
</tr>
<tr>
<td>10. Sonora</td>
<td>Robert Murray</td>
<td>29</td>
</tr>
</tbody>
</table>
### Top 10 Individual Fund-raisers & Walk Stars = $1,000 or more

<table>
<thead>
<tr>
<th>Participant</th>
<th>Team Name</th>
<th>Amount Raised</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Marsi Quigley</td>
<td>Boardwalkers, NAMI SA</td>
<td>$3,596.00</td>
<td></td>
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<tr>
<td>2. Ardith Powell</td>
<td>Individual fundraiser</td>
<td>$3,120.00</td>
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<tr>
<td>3. Mary Ann Johnson</td>
<td>Lettes Fight Stigma</td>
<td>$2,585.00</td>
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<tr>
<td>4. Vicki Gotkin</td>
<td>Lettes Fight Stigma</td>
<td>$2,560.00</td>
<td></td>
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<tr>
<td>5. Marion Gudinas</td>
<td>Walking Together</td>
<td>$2,340.00</td>
<td></td>
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<tr>
<td>6. Lisa Surfio</td>
<td>Defenders Against Stigma</td>
<td>$2,165.00</td>
<td></td>
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<tr>
<td>7. Christina Bickelmann</td>
<td>Nature Nurtures</td>
<td>$2,145.00</td>
<td></td>
</tr>
<tr>
<td>8. H. Clarke Romans</td>
<td>For Ken</td>
<td>$1,050.00</td>
<td></td>
</tr>
<tr>
<td>9. Julie Neff-Encinas</td>
<td>Episcopal Church of St. Matthew</td>
<td>$1,005.00</td>
<td></td>
</tr>
<tr>
<td>10. Jenni Compton</td>
<td>Nature Nurtures</td>
<td>$1,001.26</td>
<td></td>
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### T-shirt Winner - Family Team Category
- Andrew Lettes- Pueblo HOSA Biotech Warriors

### T-shirt Winner - Business Team Category
- Julie Jameson- Team Alkermes

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T-shirt Winner - Family Team Category
- Andrew Lettes- Pueblo HOSA Biotech Warriors

T-shirt Winner - Business Team Category
- Julie Jameson- Team Alkermes
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
Information on Mental Health - Photos by Sprytime
Other Events & Services

**NAMIWalks**
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.

Education

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

**NAMI Family-to-Family**
A 12-class course for family and friends of adults with mental illness.

**NAMI Peer-to-Peer**
A 10-class course for individuals with mental illness focusing on recovery.

**NAMI In Our Own Voice** *
A presentation given by individuals with mental illness providing their testimonies.

**NAMI Parents & Teachers As Allies**
An in-service education program for school professionals, parents, and agencies working with children and adolescents.

**NAMI Ending the Silence**
An early intervention program that engages students in mental health education and discussion.

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

Support

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

**NAMI Connection** *
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.

**NAMI FaithNet**
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
Entertainment

The County Line Country Band

Mariachi Aztlan de Pueblo High School

Four Winds Tohono O’odham Drummers

Hannah Leigh Johnson, Miss Tucson Del Sol

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

2017 Poet Laureate, Ardith Powell
NAMI Southern Arizona

SEEK AND YOU WILL FIND

Love and kindness
Grow on the vine.
Their roots give seed
For all mankind.
Flowering plants
Speak only the truth.
Goodness and mercy
Bring forth the proof.
Sometimes we doubt
The fruit of the vine
But those who seek peace
Their hearts they will find.
And the Lord’s blessings
Will be the sign
When you find yourself
You’ll know you’ve been blind.
NAMIWalks - Unmasking Mental Illness!
KID’S ACTIVITY AREA, COMPLETE WITH SELFIE BOOTH, GAMES, ARTS AND CRAFTS, FACE PAINTING AND LOCAL MASCOTS, TOO MUCH FUN!
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 2017 NAMIWalks event! The Walk ensures NAMI-SA will continue its mission and that is due to the efforts of the dedicated staff and the army of volunteers who spent months organizing this event at Kennedy 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 NAMIWalks help make possible the array of NAMI’s education, support and advocacy services to realize that goal. We cannot do this without you. Thanks again and see you next year!
Join us next year on April 7, 2018
Kennedy Park Fiesta Area
for the 12th Annual
Southern Arizona NAMIWalks!