



National Alliance on Mental Illness

# NAMI Walks

## Southern Arizona



#IAmStigmaFree

## CHANGING MINDS...

## ONE STEP AT A TIME!



# 11TH ANNUAL NAMI Walks

National Alliance on Mental Illness

**Saturday, April 1, 2017**

National NAMIWalks Elite Sponsor



## MEDIA SPONSORS



BEHAVIORAL HEALTH COALITION  
OF SOUTHERN ARIZONA



**Carondelet. Be well.**  
Carondelet Health Network



**CODAC**  
HEALTH + RECOVERY + WELLNESS



**SONORA**  
BEHAVIORAL HEALTH



THE UNIVERSITY OF ARIZONA  
COLLEGE OF MEDICINE TUCSON  
Psychiatry



CONNECTIONS  
SOUTHERN ARIZONA



**Palo Verde**  
BEHAVIORAL HEALTH



Otsuka



TUCSON  
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Community  
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*Strengthening Families. Empowering Communities.*



Tucson  
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**casa de los niños**  
CHANGING LIVES FOR GENERATIONS



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**eegee's**

Wildlands  
Restoration



**THANK YOU 2017 SPONSORS!**

**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](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 \$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.

# 2017 Honorary Chairpersons



**Martha McSally,**  
U.S. Representative, Arizona's 2nd  
Congressional District



**Dr Randall Friese, M.D.**  
Representative Legislative District 9  
Arizona Legislature

## 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!**



## NAMIWalks 10-Year Sponsors



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.

# NAMIWalks Report & Highlights

**\$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!

## Top 10 Fund-raising Teams

Team Name	Team Captain	Total Raised
1. Boardwalkers, NAMI Southern Arizona	Marsi Quigley	\$8,386.00
2. Lettes Fight Stigma	Ann Lettes	\$4,055.00
3. Nature Nurtures	Christina Bickelman	\$3,935.53
4. Walking Together	Marion Gudinas	\$3,400.00
5. Defenders Against Stigma	Grace Peterson	\$3,190.00
6. U of A Psychiatry	Sadia Ghani	\$2,340.00
7. Episcopal Church of St Matthew	Julie Neff-Encinas	\$2,126.00
8. Team Alkermes	Julie Jameson	\$1,250.00
9. Pueblo HOSA Biotech Warriors	Andrew Lettes	\$1,170.00
10. Dream Catcher Family	Rosalva Salazar	\$1,117.00

## Top 10 Teams by Size

Team Name	Team Captain	Team Size
1. La Frontera Stigma Stompers	Randy Van Nostrand	226
2. COPE Community Services	Christina Anaya-Silva	94
3. CODAC Health, Recovery & Wellness	Amber Selph	64
4. Intermountain Bears	Paul O'Rourke	47
5. U of A Psychiatry	Sadia Ghani	45
6. Sierra Tucson SuperStars!	Cheryl La Plant	36
7. Camp Wellness Cats!	Michele Keller	33
8. Alleaka Ka'ate (Happy Walk)	Sue Tham	32
9. Palo Verde Brain Behavioral Health	Jennifer Poole	30
10. Sonora	Robert Murray	29

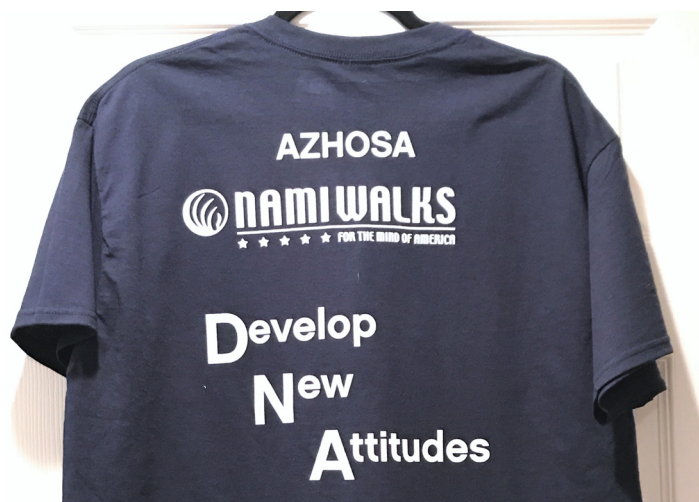


## Top 10 Individual Fund-raisers & Walk Stars = \$1,000 or more

Participant	Team Name	Amount Raised	Total
			\$21,567.26
1. Marsi Quigley	Boardwalkers, NAMI SA	\$3,596.00	
2. Ardith Powell	Individual fundraiser	\$3,120.00	
3. Mary Ann Johnson	Lettes Fight Stigma	\$2,585.00	
4. Vicki Gotkin	Lettes Fight Stigma	\$2,560.00	
5. Marion Gudinas	Walking Together	\$2,340.00	
6. Lisa Surhio	Defenders Against Stigma	\$2,165.00	
7. Christina Bickelmann	Nature Nurtures	\$2,145.00	
8. H. Clarke Romans	For Ken	\$1,050.00	
9. Julie Neff-Encinas	Episcopal Church of St. Matthew	\$1,005.00	
10. Jenni Compton	Nature Nurtures	\$1,001.26	

### 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



Emcee Kevin Jeanes KOLD-13 Chief Meteorologist



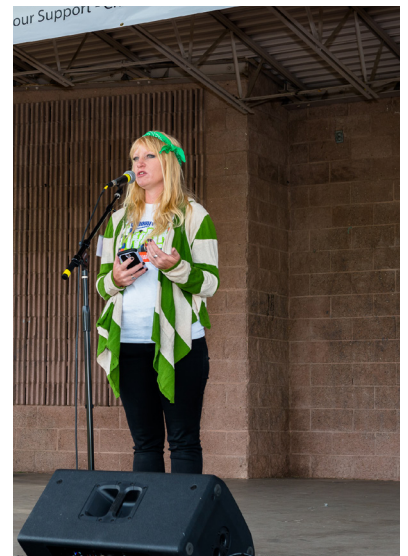
Davis Monthan Color Guard- Presents Colors



Honorary Chairs Dr Randall Friese & Martha McSally  
with Clarke Romans NAMI SA's Executive Director



Julie Jameson,  
Alkermes



Angel Allen, 2016  
Poet Laureate, NAMI SA







# Information on Mental Health-Photos by Sprytime







**nami**

National Alliance on Mental Illness

Southern  
Arizona

## 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





The County Line Country Band



Hannah Leigh Johnson,  
Miss Tucson Del Sol



Mariachi Aztlan de Pueblo High School



Four Winds Tohono O'odham Drummers





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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.

**2017 Poet Laureate, Ardith Powell**  
**NAMI Southern Arizona**

SEEK AND YOU WILL FIND

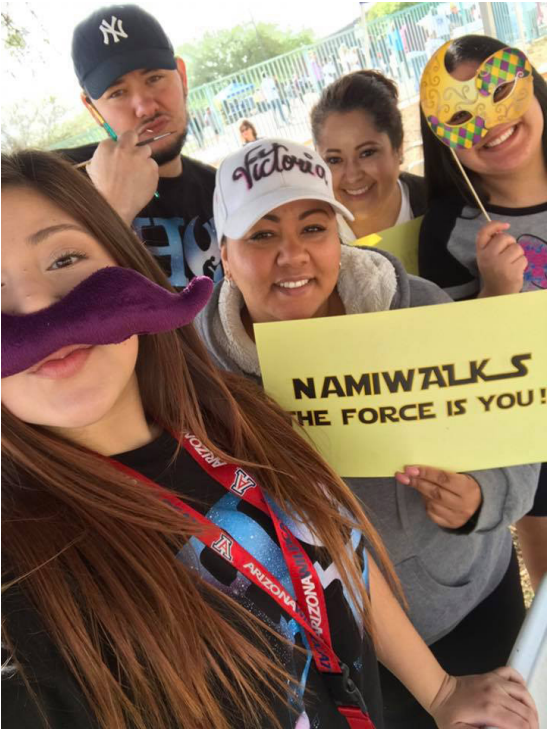
Love and kindness  
Grow on the vine.  
Their roots give seed  
For all mankind.  
Flowering plants  
Speak only the truth.  
Goodness and mercy  
Bring forth the proof.  
Sometimes we doubt  
The fruit of the vine  
But those who seek peace  
Their hearts they will find.  
And the Lord's blessings  
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!





# NAMI Board of Directors

**David Delawder**, *President*  
**Marsi Quigley**, *Vice President*  
**Zacharias Knickerbocker**, *Treasurer*  
**Laura H. Fairbanks**, *Secretary*

## Members

Dr. Margie Balfour, M.D.  
Ana Gallegos  
Chris Gwozd  
Patricia Harrison-Monroe, Ph.D  
Sheila McGinnis

Betty Seery	<b>Advisory Board</b>
Eric Stark	Carolyn Kemmeries
<b>Executive Director</b>	Nancy Masland
H. Clarke Romans, Ph.D.	Eleanor Schorr

## David Delawder, President NAMI SA Board of Directors

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!

# NAMI Staff

## EXECUTIVE MANAGEMENT & DEVELOPMENT

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## EDUCATION PROGRAMS

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National Alliance on Mental Illness

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Visit us online!  
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[namisa@namisa.org](mailto:namisa@namisa.org)



Join us next year on April 7, 2018  
Kennedy Park Fiesta Area  
for the 12th Annual  
Southern Arizona NAMIWalks!