#Cure Stigma

**CHANGING MINDS...**

**ONE STEP AT A TIME!**
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

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.
Established in 1994, Sonora Behavioral Health is a 72-bed acute inpatient psychiatric hospital that caters to individuals who are working towards recovering from behavioral health conditions and chemical dependency issues. With treatment services available for children, adolescents, and adults, Sonora has expanded its size and the scope of programs available to meet the needs of those in Pima County and Southern Arizona. Offering Mental Health and Chemical Dependency Intensive Outpatient services.

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**NAMIWalks 5-Year Sponsors**

Cenpatico /Arizona Complete Health provides behavioral health services to members who are AHCCCS eligible with Title XIX and Title XXI benefits, and adults with serious mental illness (SMI.)

Casa de los Ninos has in-home programs that help families right where they live...providing parents either resources and skills so they can keep children safe, healthy and at home. The mental health and well-being of children and young adults is the cornerstone of the work of Casa de los Niños.

Comcast promotes NAMIWalks and NAMI programs and services throughout our community helping spread the word and raising awareness about mental health issues.

Cox Communications, Inc. Tucson is a media sponsor promoting NAMIWalks and NAMI programs and services, they understand the importance of serving the communities in which their employees and customers live and work.

iHeart Radio is a media supporter of NAMI and NAMIWalks helping us raise awareness and reduce stigma surrounding mental illness.

Parties Plus provides rental equipment for parties and special events. Their discounts help NAMI keep more of the funds raised to support our programs and services.

Tucson Lifestyle Magazine has been a long-time media supporter of NAMI and NAMIWalks, they feature local arts & events, homes and gardens, health, dining.

University of Arizona, Department of Psychiatry at the College of Medicine excels in enhancing behavioral health through scientific research, education, training, community leadership, and service.

Water Street Station has been providing water refill stations for NAMIWalks to help us reduce plastic waste. Mark Hansen started Water Street Station in 1989 out of the desire to provide freshly purified water that is both convenient and inexpensive to the people of Tucson.
Approximately 1,500 people walked and 3,000 people attended on Walk Day.

79 Teams consisting of families, friends and businesses, our highest number ever!

Our Honorary Chair for 2018 was Mayor Jonathan Rothschild, City of Tucson

$104,389 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

<table>
<thead>
<tr>
<th>Team Name</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>$10,405.00</td>
</tr>
<tr>
<td>2. Nature Nurseries</td>
<td>Christina Bickelman</td>
<td>$4,520.94</td>
</tr>
<tr>
<td>3. Episcopal Church of St Matthew</td>
<td>Julie Neff-Encinas</td>
<td>$4,150.00</td>
</tr>
<tr>
<td>4. Team Pele</td>
<td>Skipper Haggard</td>
<td>$3,831.00</td>
</tr>
<tr>
<td>5. Defenders Against Stigma</td>
<td>Lisa Surhio</td>
<td>$3,761.00</td>
</tr>
<tr>
<td>6. Pueblo HOSA Biotech Warriors</td>
<td>Andrew Lettes</td>
<td>$3,401.61</td>
</tr>
<tr>
<td>7. U of A Psychiatry</td>
<td>Sadia Ghani</td>
<td>$2,925.00</td>
</tr>
<tr>
<td>8. Recover Now</td>
<td>Thomas Dean</td>
<td>$2,101.80</td>
</tr>
<tr>
<td>9. Team Alkermes</td>
<td>Julie Jameson</td>
<td>$1,795.00</td>
</tr>
<tr>
<td>10. Grey Matter</td>
<td>Mary Louise Rempfer</td>
<td>$1,680.00</td>
</tr>
</tbody>
</table>

### Top 10 Teams by Size

<table>
<thead>
<tr>
<th>Team Name</th>
<th>Team Captain</th>
<th>Team Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. COPE Community Services, Wellness Warriors</td>
<td>Christina Anaya-Silva</td>
<td>129</td>
</tr>
<tr>
<td>2. La Frontera Stigma Stompers</td>
<td>Randy Van Nostrand</td>
<td>109</td>
</tr>
<tr>
<td>3. U of A Psychiatry</td>
<td>Sadia Ghani</td>
<td>87</td>
</tr>
<tr>
<td>4. Intermountain Bears</td>
<td>Paul O'Rourke</td>
<td>75</td>
</tr>
<tr>
<td>5. The HOPEsters</td>
<td>Susan Arnold</td>
<td>73</td>
</tr>
<tr>
<td>6. CODAC Health, Recovery &amp; Wellness</td>
<td>Amber Selph</td>
<td>58</td>
</tr>
<tr>
<td>7. Centered Spirit</td>
<td>Steve Velasquez</td>
<td>36</td>
</tr>
<tr>
<td>8. Palo Verde Walking warriors</td>
<td>Katie Barans</td>
<td>32</td>
</tr>
<tr>
<td>9. Team Pele</td>
<td>Skipper Haggard</td>
<td>29</td>
</tr>
<tr>
<td>10. El Rio</td>
<td>Marketa Jansky</td>
<td>26</td>
</tr>
</tbody>
</table>
### Top Individual Fund-raisers & Walk Stars = $1,000 or more

<table>
<thead>
<tr>
<th>Participant</th>
<th>Team Name</th>
<th>Amount Raised Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Marsi Quigley</td>
<td>Boardwalkers, NAMI SA</td>
<td>$5,775.00</td>
</tr>
<tr>
<td>2. Ardith Powell</td>
<td>Individual fundraiser</td>
<td>$3,435.00</td>
</tr>
<tr>
<td>3. Christina Bickelmann</td>
<td>Nature Nurseries</td>
<td>$3,330.00</td>
</tr>
<tr>
<td>4. Mary Ann Johnson</td>
<td>Lettes Fight Stigma</td>
<td>$3,300.00</td>
</tr>
<tr>
<td>5. Lisa Surhio</td>
<td>Defenders Against Stigma</td>
<td>$2,611.00</td>
</tr>
<tr>
<td>6. Mary &quot;Louise&quot; Rempfer</td>
<td>Grey Matter</td>
<td>$1,530.00</td>
</tr>
<tr>
<td>7. Julie Neff-Encinas</td>
<td>Episcopal Church of St. Matthew</td>
<td>$1,380.00</td>
</tr>
<tr>
<td>8. Julie Jameson</td>
<td>Team Alkermes</td>
<td>$1,255.00</td>
</tr>
<tr>
<td>9. Ann Lettes</td>
<td>Pueblo HOSA Biotech Warriors</td>
<td>$1,218.61</td>
</tr>
<tr>
<td>10. George Storm</td>
<td>Re-Creations</td>
<td>$1,205.50</td>
</tr>
<tr>
<td>11. Marion Gudinas</td>
<td>Walking Together</td>
<td>$1,070.00</td>
</tr>
<tr>
<td>12. H. Clarke Romans</td>
<td>For Ken</td>
<td>$1,010.00</td>
</tr>
<tr>
<td>13. Judy Kowalick</td>
<td>Episcopal Church of St. Matthew</td>
<td>$1,000.00</td>
</tr>
</tbody>
</table>

**Total Raised:** $28,098.11

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**T-shirt Winner - Family Team Category**
Bryanda Acuña- Just BRYthe

**T-shirt Winner - Business Team Category**
Nadine Tolano- South Tucson Mental Health Court
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
An early intervention program that engages students, school staff and families in mental health education and discussion.

**NAMI Ending the Silence**

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

**NAMI Family-to-Family**

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

**NAMI Peer-to-Peer**

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

**NAMI In Our Own Voice**

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

**NAMI Basics**

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

**NAMI Homefront**

A 6-class course for family and friends of adults with mental illness.

**NAMI Family Support Group**

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

**NAMI Connection**

Creative Expressions: For those with mental illness who want to explore different art forms.

**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.

**NAMI Walks**

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.

**Other Events & Services**

FIND HELP.FIND HOPE.

- Help break down the barriers to treatment and support.
- Help reduce stigma-talk about it!

Follow us on:

- [Facebook](https://www.facebook.com)
- [Twitter](https://twitter.com)
- [Instagram](https://www.instagram.com)
- [Pinterest](https://www.pinterest.com)
- [YouTube](https://www.youtube.com)

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

Email-namisa@namisa.org

June 2018
OUR TEAMS ROCK—AN ALL TIME HIGH OF 79 TEAMS!
TEAMS RAISED OVER $65,000 THIS YEAR, UP $15,000 FROM 2017!
Mariachi Aztlan de Pueblo High School

Los Diablitos Azules Folklorico-Sunnyside High School

HOPE Inc. Client Band

Four Winds Tohono O`odham Drummers

Yasmine Durazo, Sings the National Anthem
NAMIWalks IT'S A FAMILY AFFAIR-KID'S ACTIVITY AREA, COMPLETE WITH SELFIE BOOTH, GAMES, ARTS & CRAFTS, AND LOCAL MASCOTS, TOO MUCH FUN!
Information on Mental Health - Photos by Sprytime
A SPECIAL THANK YOU
TO OUR IN-KIND SPONSORS WHO
HAVE GENEROUSLY PROVIDED OUR
VOLUNTEERS AND WALKERS WITH
COMPLIMENTARY FOOD TODAY!
Thank you to all of our volunteers we couldn't do it without you!
"If our team reaches its goal & raises $3,000 you can shave my head"
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 2018 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 6, 2019
Kennedy Park Fiesta Area
for the 13th Annual
Southern Arizona NAMIWalks!