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Visit us online!
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JOIN US FOR THE
13th Annual NAMIWalks Event
Saturday, April 6, 2019
KENNEDY PARK- FIESTA AREA



FIND HELP.
FIND HOPE.

Celebrating 35 Years
1983-2018

2018
ANNUAL REPORT



From the Executive Director

2018 marks NAMI Southern Arizona’s 35th Anniversary as an affiliate. We provide advocacy, education and support to individuals living with a mental illness and to their families and friends. Not only do we provide these services to people who are living with a highly stigmatized set of disorders, we provide them no cost to the recipient. Yet, because of the stigma, few people are willing to talk about the barriers these disorders present. As a result, many think that these are uncommon illnesses, but they would be mistaken!

In Pima County alone 200,000 people will experience a mental illness in a given year. That is 1 in 5 adults and youth. Therefore, it is no surprise, that each year mental illness will cost Pima County employers \$605 million in lost-time hours. Mental illnesses are not uncommon and are extremely expensive to individuals, families and the community at large.

Here are a few facts:

- Mental illnesses begin early in life; 50% of all mental illnesses begin by age 14 and 75% by age 24.
- In Pima County 1,600 students over the age of 14 with a mental illness dropped out of high school and 70% of youth in the juvenile justice system in Pima County have at least one mental health condition.
- Suicide is the third leading cause of death in youth aged 10-24 and Veterans take their lives at a rate of 22 per day!
- Ninety percent of all completed suicides are carried out by someone with a diagnosable mental illness.
- An equally unsettling statistic is that individuals in Arizona with a serious mental illness diagnosis die 30 years younger than their non-mentally ill counterparts!

Mental illnesses have been known for centuries yet only recently understood as biological brain disorders that are highly treatable. Like most illnesses, early recognition and treatment result in better outcomes, but regardless of when an individual is diagnosed, mental illnesses can be treated and individuals can lead useful productive lives. NAMI Southern Arizona provides a broad array of information and education in addition to our advocacy and support work. Participants face no costs, but our work requires money to carry out. Here are a few examples:

- \$500 pays for 2 presenters to make 4 presentations of Ending the Silence, the mental illness awareness program for middle and high school students.
- To educate 15 to 20 people in our 10-class Peer-to-Peer program costs \$1,500
- \$72 pays for one family member to take our 12-class Family-to-Family program
- An In Our Own Voice presentation to 40 people costs \$100

The demand for our programs keeps expanding, but the funding has not kept pace; in particular, our peer programs graduated half the number of individuals this year than in 2017. We have redoubled our fund-raising efforts and we were able to raise \$123,123 from our April 2018 NAMIWalks. Our 2019 NAMIWalks on April 6th will be instrumental in maintaining our programs and services next year; we need you with us!

Our overall revenue outlook for 2019 is continuing the downward trend, which means that some staff hours will be reduced or eliminated. Consequently, our program growth will stop or be reversed and, ultimately, we will help fewer people.

H. Clarke Romans, Executive Director

Kelli Schneider, Ending the Silence Program Assistant

YProgScheduler@namisa.org



Kelli Schneider recently joined the NAMI team of Southern Arizona assisting with the Ending the Silence Program. Kelli has a Bachelor’s degree in Journalism from West Virginia University and has worked behind the scenes in local news media outlets for more than 20 years. She is now getting her Master’s degree in Psychology from Grand Canyon University, and hopes to someday help teenagers who are experiencing mental health issues.

Martha Auslander, Ending the Silence Outreach Assistant

OutreachAssist@namisa.org



Martha has been a family member of NAMI for the last 20 years following her younger son’s diagnosis of schizophrenia. “The hospital where my son was treated referred me to NAMI. I had so many questions about everything, and when I showed up at NAMI a complete wreck Jean shut the office and spent an hour with me responding to my concerns and assuring me that life would be different but manageable. I was so grateful then and have continued to be over the years for the support, education and opportunity to give back to the mental health community.” She has volunteered for the past 11 years doing presentations with Parents as Allies and now, Ending the Silence. She has also volunteered as a Resource Specialist, been a speaker for the family experience of mental illness and participated in tablings at various events. Currently, she is the Outreach Assistant for Ending the Silence, tasked with bringing the program to Pinal, Cochise, Santa Cruz and Pima counties.

Shay Cameron Mar, Ending the Silence Program Assistant

scameronmar@namisa.org



Shay is a native of Washington DC, and he has lived in Tucson since 2005. Shay’s personal experience with major depressive disorder led him to volunteer with NAMI in 2015, and he joined the administrative staff in July of 2016. “NAMI is an amazing organization with a very important mission. I am proud to count myself as a contributor to NAMI’s efforts, and I am grateful to be working with such a dedicated and positive group of people.” Shay started his education as an art student and went on to study linguistics and business. He holds degrees from the University of Arizona, the University of California, Berkeley, and the Corcoran College of Art and Design in Washington DC. Shay continues to expand his mental health awareness as a Peer Mentor in NAMISA’s Peer to Peer program.

FACILITIES MAINTENANCE STAFF

Anastasia Stalling, 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 assisting with setting up class meals and the janitorial services in our building.

DEPRESSION AND ANXIETY ARE EVERYWHERE.

IN PIMA COUNTY: anxiety/depression disorders are identified as the top health issue.

IN THE US: 18% of American adults live with anxiety disorders.

IN THE WORLD: depression is the leading cause of disability.



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.

Julie Drizin, Advocate

jdrizin@namisa.org



I came to NAMI in December of 2017 when I attended the Peer-to-Peer training. I was referred by my Case Worker at La Frontera where I receive services for Bipolar I Disorder. In May, I began volunteering with Advocate George Storm who has provided me with a wealth of knowledge and support. Just recently, my status changed from volunteer to employee when I filled in for George while he was away on vacation. It was a hectic three weeks but very rewarding and never dull. The work environment at NAMI is supportive and encouraging for those of us re-entering the workforce and living with a mental illness. I have enjoyed working with people that live with conditions similar to my own or that have loved ones with an illness. My background has also helped reduce the learning curve. I have a Bachelor’s of Science in Human Resource Management and more importantly 8 years experience in office management. Computer, research, and organizational skills are key to a becoming an Advocate, as are listening and people skills. I am grateful for my employment at NAMI and continue to look forward providing services to our clients.

James Pacheco, Outreach Specialist

jpacheco@namisa.org



James started volunteering at NAMI in early 2017 when he reached the rebuilding stage of his recovery. He has been free of addiction and practicing good mental care since mid-2015. Initially James was seeking to volunteer as a means of getting involved with the community. During time volunteering he also attended NAMI trainings (P2P, PM, PSS, Documentation). He is currently the Outreach Specialist for NAMI Southern Arizona. James finds and researches resources for community members in need. These resources include, but are not limited to, behavioral/health care and AHCCCS assistance, food basket locations and times, job fairs, and advocacy opportunities in the community wherever people need them. James says, "I’m so grateful for the opportunity to be involved with NAMI. I know firsthand that there is hope for wellness, stability, and happiness. 'The only person you are destined to become is the person you decide to be.'"

– Ralph Waldo Emerson



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. 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 people 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 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 individuals 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!

**SERVING THE TUCSON
COMMUNITY FOR OVER**



1983 - 2018

NAMI Southern Arizona would like to gratefully acknowledge the following foundations for their contributions in 2018.

- Lovell Foundation-\$50,000
- Connie Hillman Foundation-\$20,000
- Stonewall Foundation-\$35,000
- SAMHSA-\$102,000

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

YOU'RE INVITED TO LEAVE A LEGACY OF HOPE



There are many reasons that individuals and family members find their way to NAMI Southern Arizona. The programs that NAMI offers (including Family to Family, Peer to Peer, Ending the Silence, In Our Own Voice and the support groups) have provided a path for many of us to a more positive way of life when the difficulties of living with a mental illness seem overwhelming.

Many of us volunteer our time, talent and dollars to make sure that NAMI Southern Arizona continues to offer these life-changing services right now. There is an additional way that you can benefit our organization in a significant way long into the future by making a planned gift.

A planned gift is a future gift that you can make by designating NAMI Southern Arizona (or the NAMI Southern Arizona Endowment Fund*) in your will or trust, through a beneficiary designation on a financial account or in a charitable annuity or trust arrangement.

NAMI Southern Arizona established the Legacy of Hope Society in 2012 to honor those who let us know that they have designated our organization to receive a future planned gift. For more information or to let us know that you have already designated NAMI Southern Arizona in your estate plan, 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

*In 2016, the Board of Directors established the NAMI Southern Arizona Endowment Fund at the Community Foundation of Southern Arizona. An endowment is like an artesian well; it never runs dry. That's because our Fund policy prohibits spending the principal. Only the income can be used to meet the purposes of the endowment.

EDUCATION PROGRAMS

Judy Kowalick, Family-to-Family and Homefront 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, Ending the Silence, Program Director
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 managing the educational program Ending the Silence, which is designed for youth. Judi is thankful for the generous and energetic support she receives from all volunteers and employees who help to make the Ending the Silence program successful.

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 they 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 9 years. Around the same time I started taking the Persona a Persona course. As it turned out I took it three times. I really loved it to the point that I became Persona a Persona mentor, which I've been doing for 7 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.



Maria Fernanda Mendoza, In Our Own Voice, En Nuestro Propia Voz Coordinator
mmendoza@namisa.org

I have been an active volunteer for NAMI Southern Arizona since 2009. NAMI Sa has been an important part of my recovery. By attending the NAMI education programs, my family and I now have a much better understanding of my mental health condition. The In Our Own Voice (IOOV) program has a special place in my heart, being able to share my story with others has been therapeutic for me in a way. I love to have contact with my peers and listen to their own stories of struggles and hope, dreams and challenges. As the new IOOV and En Nuestra Propia Voz (ENPV) program coordinator for NAMI Sa, it is both an honor and a responsibility that I am ready to embrace.

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. She believes doing Peer-to-Peer Mentoring and In Our Own Voice helps her stay balanced but also educates the community about mental illness. Marsha is a native of California and a graduate of California State University, Chico, with a Bachelor's in Business. She worked in South Korea as a conversation language teacher after graduation. She retired from IBM after 14 years in 2010.

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 14 years ago as a receptionist. For the last 9 years she has been assisting the Director with the bookkeeping. She is currently the membership coordinator and has continued to help in any way she can 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!

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 for several years. During her summer breaks Gabriela would volunteer at NAMI doing clerical and outreach work alongside her aunt. In January of 2013, she got her very first job as a staff member at NAMI Southern Arizona. She has served as the NAMIWalks/Communication & Events Assistant, managed the NAMI SA main website, Walks website, as well as some basic staff assistance around the office. Gabriela left NAMI this past summer to pursue other career opportunities; stating she "is really proud to have worked for an organization that strives to improve the quality of life for the people affected by mental illness in our community."

Michelle "Chelle" Means, Social Media
media-assist@namisa.org



Michelle "Chelle" Means first joined NAMISA by taking our Peer-to-Peer classes in April 2017. Her goal is to advocate and educate for those living with mental illness, and help end the stigma. After getting her certification, she joined on as a member and volunteer in our outreach and Ending the Silence program as a Young Adult presenter. At the end of December 2017, she became the Volunteer Social Media Coordinator, and was hired on as of July 2018 helping promote, educate, and provide resources utilizing social media. She currently manages our Facebook, Twitter, Pinterest and Instagram accounts and our weekly e-blasts.



Help & Hope for YOUTH

Is a multi-sector initiative to reduce stigma associated with mental illness so youth (ages 10-24) will seek help when experiencing signs or symptoms of mental illness or behavioral health issues.

NAMI SA, in collaboration with the University of Arizona (UA) Department of Family & Community Medicine (DFCM), and the UA Southwest Institute for Research on

Women (SIROW), has begun a multi-sector initiative with the goal to reduce stigma associated with mental illness so youth (ages 10-24) seek help when experiencing signs or symptoms of mental illness or behavioral health issues. We are bringing together many organizations and individuals who collectively can take on educating a new generation to be free from stigma in how they view and treat themselves and others. We are committed to ensuring that more children and teens receive the help they need to begin recovery and prevent mental health issues from spiraling out of control.

Reducing the Stigma of Mental Illness

Stigma is the single biggest deterrent to mental health treatment and recovery, keeping 60% of people from accessing treatment who could find help. Symptoms may begin at age 14 or earlier, yet the stigma associated with mental illness often results in a staggering delay of 8-10 years between onset of symptoms and receiving treatment.

Today young people are increasingly vulnerable to depression, anxiety and other forms of mental illness. According to Mental Health America's recent report, The State of Mental Health in America 2017, youth depression rates have risen from 8.5% in 2011 to 11.1% in 2014. In Arizona, 13% of youth reported suffering from at least one major depressive episode in the past year and 10% had severe depression; of these, nearly 70% of youth with major depression did not receive any mental health treatment. Currently, Arizona ranks 50th among 50 states and the District of Columbia for youth (12 to 17) with higher prevalence of mental illness and lower rates of access to care.

Mental illness stigma disproportionately affects help seeking among youth as well as ethnic minorities. Stigma includes negative beliefs, attitudes, intentions, and behaviors towards mental illnesses and its treatment. Stigma isolates children and teens and stops them from talking about what they are experiencing and seeking help. If untreated, mental health disorders can lead to skipping school, substance abuse, self-harm, suicidal thoughts, eating disorders, dropping out or expulsion from school, violence, and suicide or a psychotic episode. The National Institute of Mental Health (NIMH) reports 37% of students with a mental health condition age 14 and older drop out of school; 70% of youth in state and local juvenile justice systems have a mental illness. The Centers for Disease Control and Prevention (CDC) reports that suicide is now the second leading cause of death for ages 10-24.

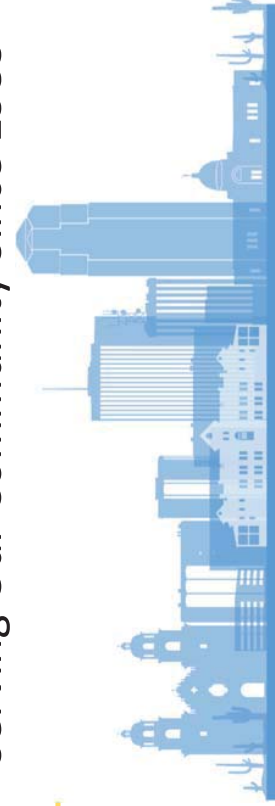
It is time to break the stigma and here are the Initiative objectives to accomplish that.

- 1. Build capacity to improve youth mental health in Pima, Pinal, Cochise and Santa Cruz Counties.**
Activities focus on
 - Getting information out to the community on stigma (in both English and Spanish),
 - Promoting help seeking,
 - Ensuring information on resources is widespread and easily available, and
 - Developing long-term funding and in-kind support to sustain efforts.
- 2. Widely disseminate education and training on stigma reduction and information on mental health resources in four counties.**
- 3. Advocate for State-wide systemic change.**
The collective leadership of the Arizona Youth Mental Health Alliance will enable us to advocate for policy changes in Arizona that serve to reduce stigma and encourage help-seeking behavior. Systemic change will involve bringing together major providers of youth mental/behavioral health services, including primary care providers in integrated healthcare settings, and youth, to conduct a dialogue that leads to early intervention and improved access to appropriate mental /behavioral health services.

our mission

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

Serving Our Community Since 1983



35,960

individuals & families impacted this year by NAMI Southern Arizona

IMPACT	
STIGMA	participated in awareness events like NAMIWalks
3,800	
	presentations
90	
	volunteer hours
11,254	185 volunteers
	classes & training on mental illness
244	
	support group meetings
184	
	people supported by NAMI outreach
2,400	
INITIATIVES	
Help & Hope for YOUTH	The Stigma Reduction-Improved Youth Mental Health Initiative is a collaborative effort funded by the Lovell Foundation in partnership with the University of Arizona Family & Community Medicine and the Southwest Institute for Research on Women (SIROW).
4	counties
46	stakeholders
Education Programs	NAMI Southern Arizona's new Homefront program offers support for family, friends and partners of military services members and veterans with mental health conditions. The Homefront program is one of many NAMI education programs including Family to Family and Peer to Peer support groups.
74	teachers & mentors
160	presenters
Outreach & Advocacy	NAMISA Advocates support staff in advocating for 2,400 family members and consumers in the community including homeless and veterans. In 2018, NAMI had more than 8,080 contacts and held 184 group meetings to raise awareness about mental illness in Southern Arizona.
99	volunteers
78	resource tables

National Alliance on Mental Illness, Southern Arizona | 6122 E 22nd Street, Tucson, AZ 85711 | namisa@namisa.org | 520-622-5582 | namisa.org

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's son died in 2001. 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 Arizona Mental Health America of Arizona. Clarke is involved in NAMI because he believes that the stigma that plagued his son should be eliminated.

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



Christina is charged with raising awareness and funds to support local NAMI programs and services through events such as the annual NAMIWalks, quarterly newsletter, Annual Report/Annual Appeal and working with the media. Christina was introduced to NAMI and its mission in November of 2013 by a current board member and longtime colleague. Christina worked for ADWR as the water conservation specialist for the Tucson region for nearly 18 years, where she was responsible for program development, events, community outreach and developing educational materials. Her experience in event planning, communications, fund-raising and program development made her a good fit within the NAMI 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."

Arcelia (Arcy) Cornidez, MBA, Help and Hope for YOUTH Project Director
acornidez@namisa.org



Arcy is the Project Director for the Stigma Reduction and Improved Mental Health Initiative. She has over 11 years of experience in social services, having worked in case management, intensive home visitation, and respite care. She also has over 17 years' experience in education, including out-of-school time and during school time settings, and has worked with children, youth and young adults. She has provided training and guidance to community partners on youth friendly referral systems and has presented nationally on engaging youth in foster care and transforming curriculum. Arcy is an Arizona native and mother of twin 3-year-old sons. Her goal is to help educate and empower children, youth and young adults so that they may live a fulfilling life no matter what. She believes that the youth are our future and it is our responsibility as adults to encourage them to use their voice and recognize the value of the impact they can have on our future.

Emily Rourke, Help and Hope for YOUTH Program Assistant
erourke@namisa.org



Emily Rourke is a nonprofit professional and advocate with experience working with school based health centers and person centered medical homes. Prior to joining NAMISA staff Emily was a consultant for NAMI Connecticut working on the Alliance for Children's Mental Health. Emily graduated in 2010 from the University of Arizona's College of Social and Behavioral Sciences. Originally from Connecticut, she loves living in Tucson and spending time with her grandparents. Emily is a member of St. Andrew's Presbyterian Church in Oro Valley.

PIMA COUNTY REALITIES:

1 in 5, or **200,000 ADULTS**, experience a mental illness in a given year — 57,000 Hispanics, 4,800 Asians, 7,600 African Americans.

\$605 million in lost earnings.

HOW DOES THIS AFFECT LIFE SPAN IN ARIZONA?

People with a serious mental illness **DIE MORE THAN 30 YEARS EARLIER** than those without mental illness. **SUICIDE** is the **9TH LEADING CAUSE OF DEATH**.

Candlelight Vigil for Mental Illness Recovery and Understanding Mental Illness Awareness Week, October 7-13, 2018



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 9th. 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 Mother Ellen Morell, Episcopal Church of St. Matthew. Ten candles were lit representing Faith, Truth, Healing, Understanding, Grace, Hope, Justice, Peace, Thankfulness and Steadfast Love.

More than 60 people enjoyed beautiful weather at our 5th annual public candlelight vigil. As a way to break down the stigma of mental illness, presenters Lisa Cole and Bryanda Denisse Acuna, both young presenters in our Ending the Silence Program, shared their stories of personal struggle and the process of recovering from mental illness.

Mental illness impacts 60 million Americans and an estimated 200,000 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 (on a Tuesday during the first full week Sunday-Saturday in October) during Mental Illness Awareness Week.



Education

NAMI Ending the Silence

An early intervention program that engages students, school staff and families in mental health education and discussion.

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 Basics

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

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.

Creative Expressions: 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.



* Program/Service available in Spanish

Follow us on:



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

January 2019

Other Events & Services

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.

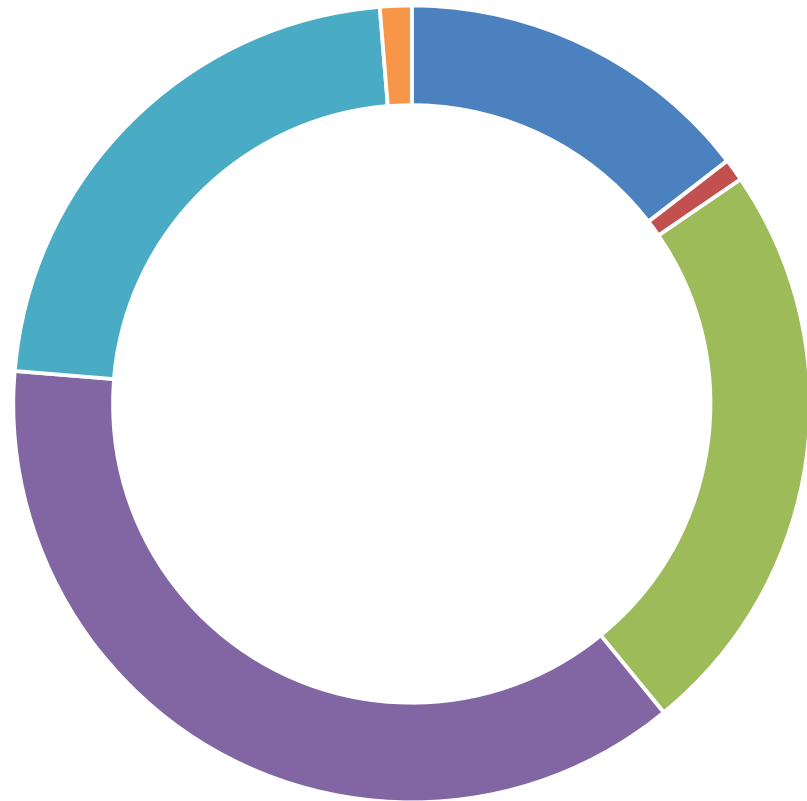
July is Minority Mental Health Awareness Month.

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.

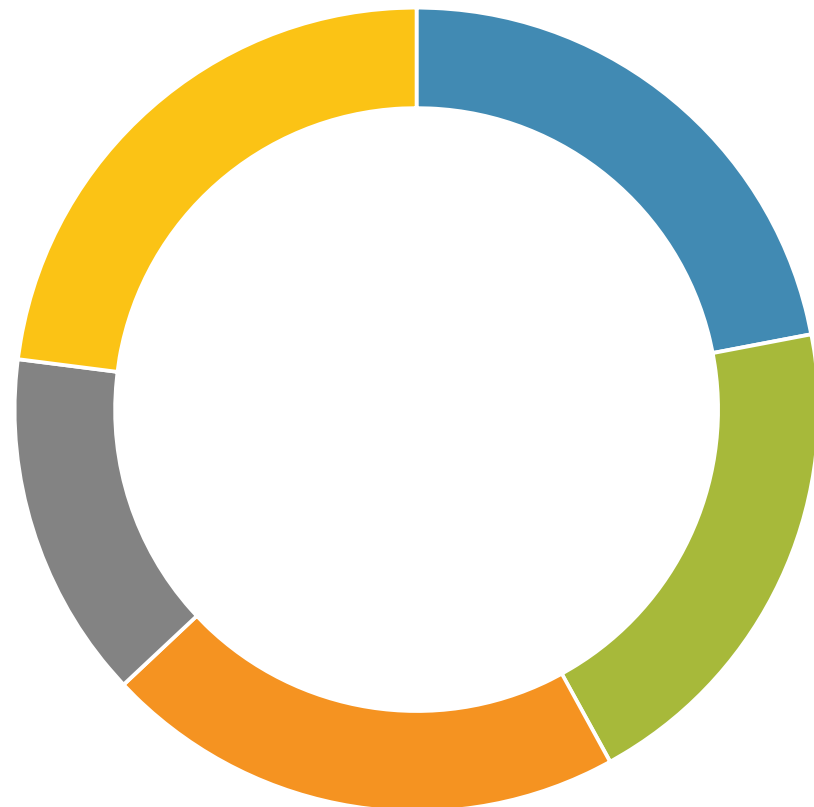
Presentations*: Provided on request for health providers, community groups, faith-based communities, businesses and others.

FY 2017/18 REVENUES & EXPENSES
October 1, 2017- September 30, 2018



REVENUES- \$550,000

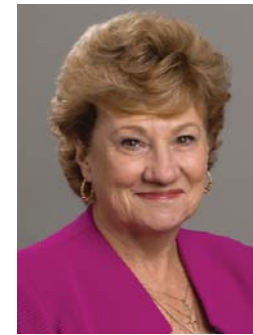
- Individual Contributions \$80,000 -15%
- Corporate Contributions \$5,000 -1%
- Foundations \$130,000 -24%
- Government Grants \$205,000 - 37%
- NAMIWalks \$123,000 - 22%
- Membership Dues \$7,000-1%



EXPENSES- \$480,000

- Programs and Outreach \$113,000 - 22%
- Advocacy \$104,000 - 20%
- Management and General \$97,000 - 21%
- Fundraising \$100,000 - 14%
- Help & Hope for YOUth \$66,000 - 23%

NAMI SOUTHERN ARIZONA BOARD OF DIRECTORS, continued



Julie Jameson, Member

Julie has been in the pharmaceutical industry for 30 years, the last 18 with a focus on psychiatric illness. Her passion to help patients stems from seeing friends and family affected by mental illness and suicide.

Julie has been married for over 30 years and has “an amazing 22 year old son!” She loves to volunteer and has been involved with 4-H, helping friends start a horse rescue, and been involved with NAMI for many years. She is dedicated to helping NAMI continue to provide great services for those that need it most!



Kate Lawson, Member

“It has been an honor and a pleasure to work and collaborate with NAMI throughout my career in the criminal justice system. The voice of NAMI has played an important role in shaping law enforcement and the justice system we see in our community today. As a board member, I hope to continue this collaboration and ensure the voice of consumers and their families is represented as our community progresses in justice system reform.”



Matthew Pate LMSW, Member

“I serve on the NAMI board because I believe in their mission of support to those experiencing mental illness, their family/friends and our wider community. NAMI is one of the loudest voices in our community fighting against the stigma of mental illness and I’m proud to be a part of that effort.”



Betty Seery, Member

“NAMI is an extremely important organization. NAMI has given a voice to families and their loved ones and raised awareness on many fronts. With the anti-stigma campaigns, television exposure, and recent movies, mental illness has been taken “out of the closet.” It is vital that this influence continues and that more families are brought into the fold through greater visibility. I would like to see NAMI membership and influence grow. We’ve done a lot, but there are still so many people who have no knowledge of mental illness.”



Eric Stark, Member

“I believe in the importance of NAMI’s mission and believe I can help further that mission. I would like to facilitate a wider awareness within the community and to increase referrals to NAMI’s programs.”

NAMI SOUTHERN ARIZONA BOARD OF DIRECTORS



David Delawder, President

"I believe in the vision of NAMI SA to make Southern Arizona a stigma-free community in which abundant resources exist so that everyone is healthy in body and mind. Through membership on the public policy committee I plan to further the vision of NAMI SA and assist in its mission to improve the quality of life for all those affected by mental illness in a system of integrated healthcare (physical and behavioral)."



Marsi Quigley, Vice-President

"I want to help NAMI with its mission to educate, advocate and support people with mental health conditions and their families. I think awareness and education are key in helping to reduce the stigma associated with mental illnesses."



Zacharias Knickerbocker, Treasurer

"As a board member I would like to support and further the mission and goals of NAMI in Tucson and the surrounding community. I am currently working on an MBA and would like an opportunity to apply this knowledge, such as marketing and financial management, in a real-world organization."



Laura Fairbanks, Secretary

"I would like to give back to the organization that has helped me get through some difficult times. I am interested in being involved in public education for the general public about mental illness and the symptoms associated with mental illness. One of my professional roles has been as a media liaison to local news outlets; I would like to put this experience to work to help educate our community about mental illness."



Dr. Margie Balfour M.D., Ph.D., Member

"I think NAMI is a great resource. The support that families need is often overlooked. The individual does better with family support, and families often need support so that they can understand what is going on and can be there for their loved one. I would like to help get people connected to NAMI who need it by increasing awareness among clinicians of what NAMI can offer."



Dr. Patricia Harrison-Monroe, Member

"Throughout my career in community mental health, I have sought to improve the lives of the underserved, address the needs of those who lack access to appropriate care, and support those who seek an equal voice. I hope to bring my experience of developing programs and working with at-risk and underserved populations and their families who are struggling with mental illness. I further intend to use my connections to local leaders to assist NAMI SA in continuing its efforts to have a clear and central presence in Pima County."

VOLUNTEER OPPORTUNITIES



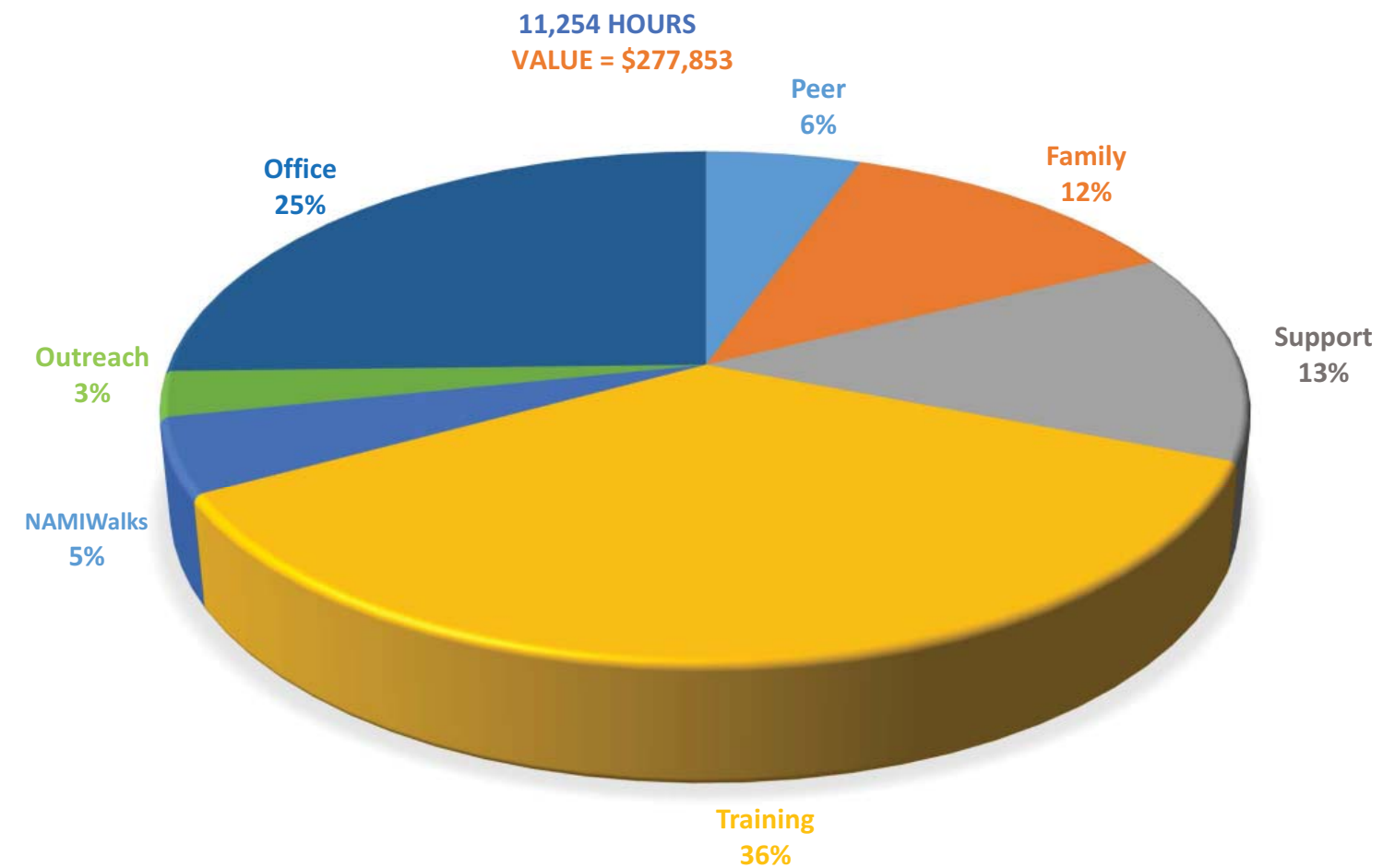
Volunteering is a way to develop greater knowledge and understanding of mental illness, explore career possibilities and gain a sense of personal satisfaction by making a difference in the lives of others.

NAMI Southern Arizona was established in 1983 and has been fortunate to have had the support and dedication of our many volunteers over the past 35 years. People in our community volunteer for many reasons. 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 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.

2018 NAMI SOUTHERN ARIZONA VOLUNTEERS



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 \$12.5 million in 2019.

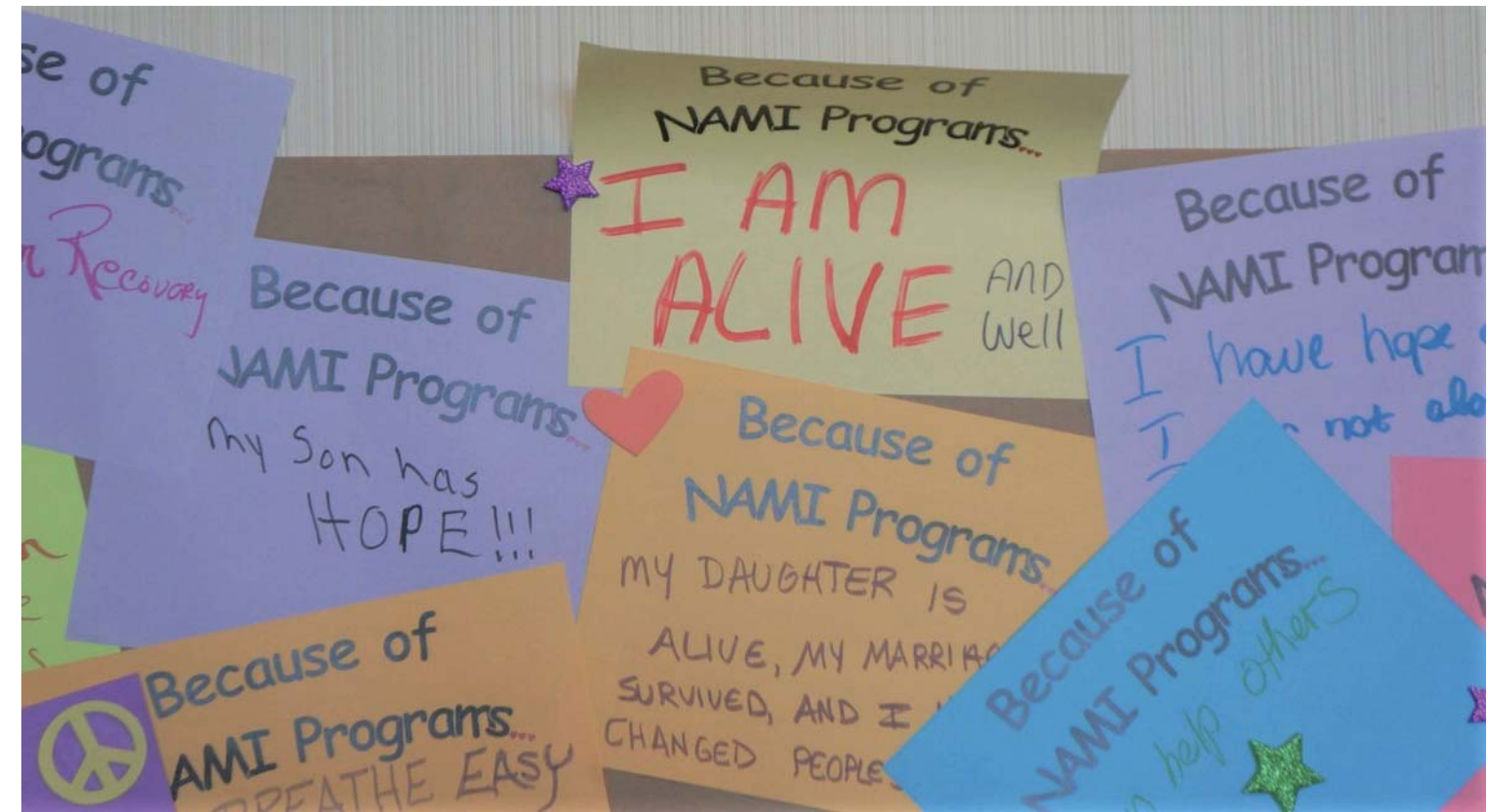
Launched in 2003 with 12 sites, NAMI "Walks" is now in more than 88 communities in 40 States and has over 100,000 people participating each year. All walkers are encouraged to reach out to family, friends, coworkers and business associates for donations in support of their participation in the Walk. 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

\$123,103.00 was raised

- ◇ 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.
- ◇ We received \$104,389 in-kind donations-media coverage, food, snacks, water and discounts on equipment, as well as hundreds of volunteer hours. Thank You!



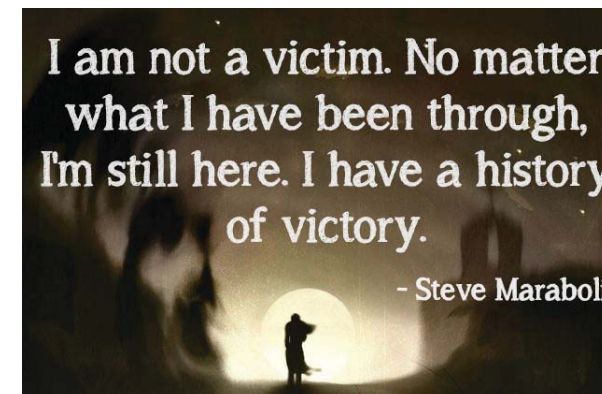
NAMI SUPPORT GROUPS

What are NAMI Support Groups?

The NAMI Support Group model operates differently than other, more traditional, "share-and-care" groups. NAMI offers a set of key structures and group processes for facilitators to use in common support group scenarios. Our support groups ensure attendees a chance to share and participate.

A support group can provide relevant information and a connection to personal experiences. Participants listen to others' experiences, provide sympathetic understanding and establish social networks. Knowing that there are others who have shared the same experiences may create a sense of relief, as no one need face these challenges alone. NAMI has Family and Friends support groups for those who have a loved one with mental illness. For persons with mental illness, NAMI Connection is offered. There are also support groups en español: Familias y Amigos and Conexión NAMI.

Other support opportunities are the Heart-to-Heart companionship program and Creative Expressions Art Group. Heart-to-Heart bridges the gap between the community at large and the population of people living with mental illness by matching trained volunteers with people who are living with mental illness. Volunteers become a friend to someone with whom they can spend a few hours of trusting companionship each week to help them with their integration back into society. The Creative Expressions Art Group uses a variety of activities to create opportunities for transformative experiences and a positive outlet for emotions to better deal with the struggles of mental illness.





Mariachi Aztlán de Pueblo High School



Los Diablitos Azules Folklorico-Sunnyside High School



HOPE Inc. Client Band



Four Winds Tohono O'odham Drummers

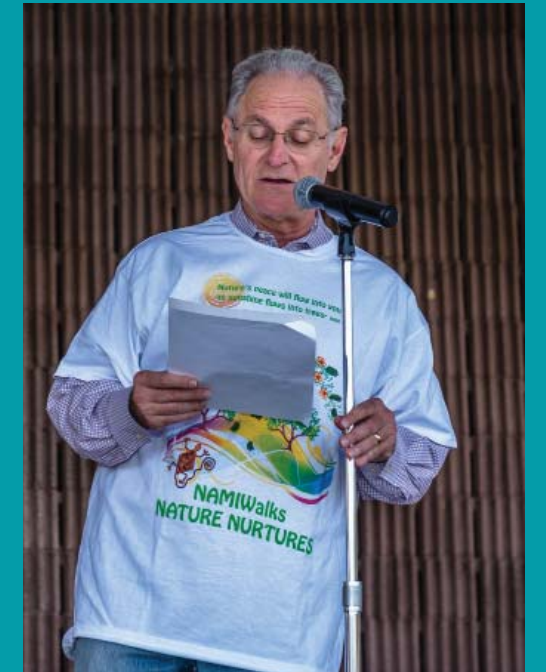


Yasmine Durazo, Sings the National Anthem

2018 Honorary Chairperson



Jonathan Rothschild
Mayor, City of Tucson



Mayor Rothschild proclaims April 1, 2018 as NAMIWalks for Mental Health Awareness Day!



Julie Jameson and Team Alkermes
National Sponsors



Emcee Lisa Villegas KOLD-13 Chief Meteorologist,
Mayor Rothschild & Christina Bickelmann,
Communications & Events Director

CURE STIGMA

National NAMIWalks Elite Sponsor



MEDIA SPONSORS



NAMIWalks IT'S A FAMILY AFFAIR-KID'S ACTIVITY AREA, COMPLETE WITH SELFIE BOOTH, GAMES, ARTS & CRAFTS, AND LOCAL MASCOTS, TOO MUCH FUN!

