



# NAMI Walks

National Alliance on Mental Illness

## Southern Arizona



## #StigmaFree

## CHANGING MINDS...



## ONE STEP AT A TIME!

# 13TH ANNUAL NAMI Walks

National Alliance on Mental Illness

National NAMIWalks Elite Sponsor



NAMIWalks National Partner

## MEDIA SPONSORS



## THANK YOU 2019 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 \$12.5 million this year.

Every journey begins with that first step. This year thousands of people in more than 100 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.



# 2019 Honorary Chairpersons



Ann Kirkpatrick, U.S. Congresswoman  
House of Representatives,  
Arizona's 2nd District



Dave Bradley, Tucson Minority Leader  
Representative, Legislative District 10  
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 15-Year Sponsors



works hard to build personal responsibility, to stabilize families, and to assist individuals in achieving their recovery goals. And that makes all of our communities safer, stronger, and healthier.



provides best practice-based, integrated physical and mental healthcare to improve the health and well-being of each person and community we serve.



provides tools, support and services to individuals, families and communities so they may live with dignity, free from the harmful effects of mental illness, substance use disorders and trauma.



is proud to support NAMIWalks Southern Arizona by providing eegees drinks for the past 15 years to Walk participants.

## 10-Year Sponsor



Over the years KOLD has provided over \$112,000 in in-kind media coverage, to reduce stigma and promote our annual NAMIWalks event.

## 5-Year Sponsors

**CARF International** - is an independent, nonprofit organization that surveys and accredits health and human services providers worldwide.

**Chick-fil-A** - is an in-kind sponsor providing chicken sandwiches for volunteers at the NAMIWalks event, and Be Our Guest (BOG) gift cards for team captains and participants.

**CPES** - is a community human services and healthcare organization. We provide person centered supports by recognizing the value and contribution of every person. We are committed to promoting independence, growth, community connections, and financial sustainability through inspiration, education, and innovation.

**Creative Printers** - provides an in-kind sponsorship by printing some of the Walk materials at no charge.

**Gospel Rescue Mission** - donates, cooks and serves hot dogs for participants on Walk day when their Red Shepard food truck is available. Their mission is to become the most effective life changing ministry in Tucson that serves the homeless and needy by providing for their spiritual, physical, emotional, and mental wholeness through the power of Jesus Christ.

**HSL Properties, Inc.** - is committed to supporting the community and making a positive impact through sponsorships, donations, and volunteer hours.

**Pathways of Arizona** - We deliver exceptional value by creating healthy communities through exceptional people working side by side. We are caring, enthusiastic, respectful, focused, thrifty, accountable, we give feedback, and are One Pathways.

**Pima Federal Credit Union** - In 1951, sixteen teachers pooled together \$84 in deposits and founded our credit union with the common purpose of helping people. To this day, our common purpose still exists. We're here for our members and we thrive by delivering on our value promise of Smart. Simple. Personal.

**Sabino Electric** - has been a long-time supporter of NAMI SA, providing in-kind electric services and cash sponsorships for the Walk.

**Sierra Tucson** - For more than 35 years, Sierra Tucson has been a place of peace, hope, and healing. On our serene, 160-acre campus, experienced professionals provide integrative, evidence-based care to help men and women achieve lasting recovery from addiction and mental illness.

# NAMIWalks Report & Highlights

**\$144,311.00 was raised**

- ◇ Approximately 1,200 people walked and 2,500 people attended on Walk Day.
- ◇ 68 Teams consisting of families, friends and businesses!
- ◇ Our Honorary Chairs for 2019 were Congresswoman Ann Kirkpatrick, and Dave Bradley, Arizona Legislature
- ◇ \$110,040 in-kind donations were provided-media coverage, food, snacks, water and discounts on equipment, as well as hundreds of volunteer hours. Thank You!

## Top 10 Fundraising Teams

Team Name	Team Captain	Total Raised
1. Boardwalkers, NAMI Southern Arizona	Marsi Quigley	\$8,684.00
2. Nature Nurtures- family team Christina Bickelman		\$5,470.00
3. Defenders Against Stigma-- family team	Lisa Surhio	\$5,383.38
4. U of A Psychiatry/Banner Behavioral Health	Sadia Ghani	\$4,970.00
5. Lettes Fight Stigma-- family team	Ann Lettes	\$4,148.00
6. Sonora Walkers	Michael Barr	\$3,555.00
7. Sierra Tucson Superstars	Jasleen Chhatwal	\$3,465.00
8. Team US	Lori Iaconis	\$3,430.00
9. Episcopal Church of St Matthew	Julie Neff-Encinas	\$2,595.00
10. Grey Matter	Mary "Louise" Rempfer	\$2,135.00

## Top 10 Teams by Size

Team Name	Team Captain	Team Size
1. La Frontera Stigma Stompers	Randy Van Nostrand	144
2. COPE Community Services, Wellness Warriors	Christina Anaya-Silva	59
3. CODAC Health, Recovery & Wellness	Kristine Hall	54
4. U of A Psychiatry	Sadia Ghani	48
5. Sonora Walkers	Michael Barr	45
6. Banner University Family Care Team	Eric Stark	40
7. The HOPEsters	Susan Arnold	32
8. Sierra Tucson Superstars	Jasleen Chhatwal	29
9. Health Department Family & Friends	Andrea Altamirano	23
10. SWU 411	Nora Reyes	20

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

Participant	Team Name	Amount Raised Total
		<b>\$34,917.49</b>
1. Lisa Surhio	Defenders Against Stigma	\$4,948.38
2. Ardith Powell	Individual fundraiser	\$4,222.00
3. Marsi Quigley	Boardwalkers, NAMI SA	\$4,056.00
4. Mary Ann Johnson	Boardwalkers, NAMI SA	\$3,820.00
5. Christina Bickelmann	Nature Nurtures	\$3,190.00
6. David Iaconis	Team Us	\$2,995.00
7. Cheryl Mason		\$2,000.00
8. Mary "Louise" Rempfer	Grey Matter	\$2,000.00
9. Jasleen Chhatwal	Sierra Tucson Superstars	\$1,250.00
10. Julie Neff-Encinas	Episcopal Church of St. Matthew	\$1,195.00
11. Ann Lettes	Lettes Fight Stigma	\$1,170.61
12. Sadia Ghani	UA Psychiatry/Banner Behavioral Health	\$1,070.50
13. Art Benitez	Team Neurocrine	\$1,000.00
14. Kira O'Shea	ICS Hearts and Soles	\$1,000.00
15. H. Clarke Romans	For Ken	\$1,000.00

### T-shirt Winner - Family Team Category

Mary "Louise" Rempfer- Grey Matters



### T-shirt Winner - Business Team Category

Michael Barr - Sonora Behavioral Health





**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



Honorary Chairs Dave Bradley-AZ Legislature, Congresswoman Ann Kirkpatrick & National Sponsor Alkermes



Yasmine Durazo  
Sings the National Anthem



Davis Monthan Honor Guard present colors



NAMIWalks Emcee  
Lisa Villegas, KOLD  
Chief Meteorologist



## 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** \*

National Alliance on Mental Illness

A 8-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** \*

National Alliance on Mental Illness **RECOVERY SUPPORT GROUP**

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.

## Other Events & Services

### **NAMI Walks**

National Alliance on Mental Illness

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.



**FIND HELP.  
FIND HOPE.**

\* Program/Service available in Spanish

Follow us on:



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

June 2019



# OUR TEAMS ROCK-68 TEAMS THIS YEAR!





# TEAMS RAISED OVER \$77,000 THIS YEAR, UP \$12,000 FROM 2018!







Mariachi Aztlán de Pueblo High School



Four Winds Tohono O'odham Drummers



Tucson Pipers



HOPE, Inc. Client Band

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NAMIWALKS- A PET FRIENDLY FAMILY AFFAIR-KID'S ACTIVITIES, FACE PAINTING, LOCAL MASCOTS & ZUMBA!







Clarke Romans, Director NAMI Southern Arizona, Christina Bickelmann Communications & Events Director with Communications team Loren & Chelle!



## Resource Fair, Information on Mental Health



Photos by Jeff Miller, Sprytime & Chelle Means, NAMI Social Media & Loren Moore











Thank you to all of our volunteers we couldn't do it without you!









## NAMI Board of Directors

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

### Members

Dr. Margie Balfour, M.D., Ph.D  
Patricia Harrison-Monroe, Ph.D  
Julie Jameson  
Kate Lawson  
Matthew Pate, LMSW  
Betty Seery  
Eric Stark, JD, MSW, CRSS

### 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 2019 NAMIWalks event! Because of the efforts of the dedicated staff and the army of volunteers who spent months organizing this event at Kennedy Park, we are ensured that NAMI-SA will continue its mission.

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 on April 4th!

## NAMI Southern Arizona-Advisory Council

- **Lesley Abrams**, Pastor, St John on the Desert Presbyterian Church
- **Michael Barr**, Director, Mobile Assistant Team, Sonora Behavioral Health Hospital
- **Amelia Cramer**, Deputy P.C Attorney, P.C. Attorney's Office
- **Derek Derrick**, Principal Systems Engineer, Raytheon Missile Systems; Past President, Raytheon Alliance for Diverse Abilities
- **Francisco Garcia**, MD, Assistant County Administrator, Pima County
- **Lawrence Hecker**, Attorney, Hecker PLLC
- **Peter Hersberger**, former State Representative; retired nonprofit executive
- **Clint Mabie**, President/CEO, Community Foundation of Southern Arizona
- **Chris Magnus**, Chief of Police, Tucson Police Department
- **Priscilla Marquez**, former VP of Business Development, Tucson Hispanic Chamber of Commerce, retired
- **Nancy Masland**, founder/former Board Member, NAMI SA
- **Michael McDonald**, Executive Director, Community Food Bank of Southern Arizona
- **Christian Moher**, MD, President/CEO, Escalera Health
- **Jonathan Rothschild**, Mayor, City of Tucson
- **Eleanor Schorr**, Former President, NAMI SA Board of Directors
- **Ramon Valadez**, County Supervisor, Pima County

## 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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Join us next year on April 4, 2020  
Kennedy Park Fiesta Area  
for the 14th Annual  
Southern Arizona NAMIWalks!