









15TH ANNUAL Walks

National Alliance on Mental Illness

Saturday, April 10, 2021

NATIONAL SPONSORS





























BEHAVIORAL HEALTH COALITION of Southern Arizona



















































THANK YOU 2021 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 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 (800-950-NAMI) 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.



Christina Bickelmann, Executive Director

I want to personally thank all of the sponsors, team captains, and individual fundraisers for your overwhelming efforts and support of NAMIWalks 2021. It was our second virtual event and it was amazing how everyone really rallied this year. Because of all of YOU we raised over \$160,000, surpassing our goal and providing much-needed funds for our no-cost advocacy, education and support programs for

people with mental illness and their loved ones. It has been a challenging 18+ months and we have come through it "stronger together."

As you will see by the photos that were sent in by our "virtual walkers" everyone had a great time, Hula hooping, walking with friends, family and of course our pets in their walk shirts to promote the cause. So Cheers to YOU!

We had 51 teams and 10 Walk Stars this year, each raising a \$1000 or more, and a generous \$40,000 donation from a community member in honor of a son who lost his life to suicide. We have also experienced the loss from COVID, of one of our long-time NAMISA volunteers and avid NAMI-Walks Team Captain, Trish McFarland, she will be greatly missed.

As we open back up and adjust to our "new normal" we want you to know you are #NotAlone. We are as always here for you, even during the pandemic many staff were in the office to provide resources, to listen and to help in any way we could.

Next year we plan to go back to an in-person walk at Kennedy Park on April 2, 2022, we hope to see you all there to support Mental Health for All.





Education

MAMIEnding the Silence

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

MAMI Family-to-Family

A 8-class course for family and friends of adults with mental illness.



A 8-class course for individuals with mental illness focusing on recovery.

MAMI In Our Own Voice

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



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

Other Events & Services

@ NAMIWalks

Our annual walk for mental illness (March/April), which is our largest awareness campaign and signature fundraising event.

May is Mental Health Awareness Month.

July is Minority Mental Health Awareness Month.

Mental Illness Awareness Week*:

Promoting events and activities throughout the first week in October.

Lending Library *:

Books, DVDs, videos, and publications are available for checkout.

Presentations *:

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

Support

CONTROLL 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.



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



Heart to Heart: A friendship program for people with mental illness. Volunteers are matched with individuals who have mental illness and are trained to talk and participate in social activities together.

MAMI FaithNet

Supports faith communites 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

July 2021

2021 Honorary Chairpersons



Dr. Chad Whelan Chief Executive Officer Banner University Medicine Honorary Medical Chairperson



Mayor Regina Romero Honorary City Chairperson



Arisia Huff 2020 Miss Wildcat Honorary Family Chairperson



The StigmaFree campaign is NAMI's effort to end stigma and create hope for those affected by mental illness. Through powerful words and actions, we can shift the social and systemic barriers for those living with mental health conditions.

Together, we can encourage acceptance and understanding. Together, we can advocate for a better world. Together, we can turn StigmaFree Me into StigmaFree WE!



NAMIWalks 15-Year Sponsors

BEHAVIORAL HEALTH
COALITION OF
SOUTHERN ARIZONA

Behavioral Health Coalition of Southern Arizona is a coalition of behavioral health organizations that work cooperatively to provide quality behavioral health programs and resources throughout Pima County.



Intermountain Centers for Human Development provides the highest quality, evidence-based human services to facilitate self-sufficiency for individuals in their own communities and cultural contexts.

Intermountain strives to be a model for human service organizations.

NAMIWalks 10-Year Sponsors



Since 2007, Solari Crisis, formerly Crisis Response Network, has helped thousands of individuals and families in Arizona. Our professionally trained Crisis Intervention Specialists listen and respond to your specific needs. Crisis Response Network is a division of Solari Crisis and Human Services.

NAMIWalks 5-Year Sponsors



We at Janssen are entrusted with one of the most important jobs in the world. We aspire to transform lives by bringing lifesaving and life-challenging solutions to people who need them. We're committed to providing safe and effective medicines as well as the services and support that contribute to healthy outcomes. This calls for the best science, most creative minds and approaches to collaborate with researchers, governments, and patient organizations at every stage-from early discovery to market access and patient education.





Family owned and operated, we are proud to be serving the Tucson community. Our committed sales staff has many years of experience and makes it their top priority to satisfying each individual customer's needs. At Tucson Subaru, we will offer you a straight forward, simple and efficient car buying experience.



Centered Spirit Programs are part of the Pascua Yaqui Tribe Health Division, services are open to enrolled Pascua Yaqui members and their immediate family in the Tucson and Guadalupe areas. It is the mission of CSP to provide professional, confidential and culturally compatible mental health and substance abuse services for Pascua Yaqui Tribal members and their families.

Top 3 Fundraising Family Teams

Lettes Fight Stigma: Ann Lettes	\$13,744
Nature Nurtures: Christina Bickelmann	\$5,549
The Shamrocks: Shailey Bergstrom	\$4,500

Raised a total of \$23,793

Top 3 Fundraising Business Teams	Top	3	Fund	Iraising	Business	Teams
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Sierra Tucson: Gordy Longville \$1,865
Banner University Family Care Team: Eric Stark \$1,200
Tucson Chapter of the Links: Felicia Jackson \$925

Raised a total of \$3,990

These remaining four teams rounded out our top 10:

Compassion Not Cuffs: Dawn Priestman	\$1,600
For Recovery: Thomas Dean	\$1,500
NAMI SA & Tucson Volunteers: Donna Derrick	\$1,190
Ethan's Heaven: Shelly Jernigan	\$1,171

Raised a total of \$5,461

Top 3 Fundraisers

Ardith Powell	\$5,500
Marsi Quigley	\$5,349
Christina Bickelmann	\$3,600

Raised a total of \$14,449

NAMIWalks Your Way Highlights \$161,136 was raised

We surpassed our goal of \$150,000
We had 51 Teams Raise \$64,969.40
That's \$28,916.60 over from last year's walk
We had 381 Registered Participants
And this year we gained 40 Walk Stars!

Top Individual Fundraiser & Walk Stars

1. Larry Koch	\$40,000
2. Ardith Powell	\$5,550
3. Marsi Quigley	\$5,349
4. Christina Bickelmann	\$3,600
5. Mary Ann Johnson	\$3,545
6. Ann Lettes	\$1,805
7. Eric Bergstrom	\$1,500
8. Dawn Priestman	\$1,160
9. Robert Baker	\$1,060
10. Valerie Kadng	\$1,000

All Walk Stars Raised A Total of \$64,569



















Ket's Keep Pace with the rising need for mental health care.

1 in 5 Adults

in the U.S. experience mental illness in the average year - and now -

1 in 3 Adults
report experiencing symptoms
of anxiety or depression







Video Contest Winners

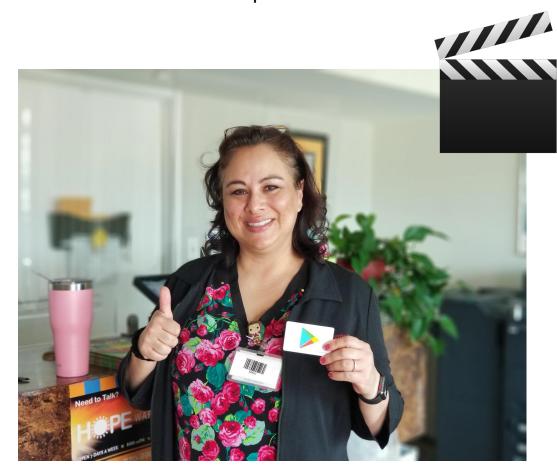








Dr. Dan and Dr. Phil of Desert Sage won 2nd and 3rd place for Best Video



Darunee Won \$100 Google Play Card for Best Overall Video

Our NAMI LOVE PUPS

















Let's Keep Pace



Ardith Powell 2021 Top Fundraiser













Since 2016, Ardith's first walk, she has personally raised a total of:

\$23,865.00

SALUTING NAMI VOLUNTEERS

With insight from experience they know what needs to be done. With caring and skill, they assist and help others to overcome. They provide a service so great in span. They rise to meet and extend a hand. They go far and above their best. Eradicating stigma is their quest. To bring hope and understanding. Reality stands tall. For mental health belongs to all. The mental health priority with feelings so strong. It touches everyone, we all belong. And when God sees the work you do, He will guide your steps, and see you through. So thank you, thank you, from my heart. You are the stars you've done your part.

By Ardith Powell, Ardie of Hope Poet Laureate

YOU ARE NOT ALONE

Taking on the challenges of mental health conditions, health coverage, and erasing the stigma around mental illness requires all of us.

















NAMI Staff

Executive Director

Christina Bickelmann

Office/Volunteer Manager

Marisol De La Rosa

Communications & Event Director

Shelly Jernigan

Communications & Event Assistant

Susan O'Brien

Social Media Coordinator

Chelle Means

Membership

Becky Nuffer

Peer-to-Peer, Persona a Persona &

Familia a Familia Coordinator

Yazmin Garcia

Family-to-Family, Homefront Coordi-

nator

Judy Kowalick

InOur Own Voice Coordinator

Judi Maikoff

Ending the Silence Coordinator

Ariane Davaul

Ending the Silence Assistants

Becky Nuffer

Shay Cameron-Mar

NAMI Basics Coordinator

Ann Lettes

Advocates

Lisa Cole

Anastasia Stalling

NAMI Board of Directors

David Delawder: **President**Matthew Pate: **Vice-President**

Becca King: Secretary

Heather McGovern: Treasurer

Julia Jameson Debbie Nicholson

Eric Stark

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



The coronovirus (COVID-19) has resulted in an unprecedented crisis that affects not only our physical health and daily lives, but also our mental health. To address these needs, NAMI is committed to providing credible information and resources to help people navigate through this crisis.

Throughout our 40-year history, NAMI has fought stigma and discrimination that marginalizes people with mental illness and poses barriers to their well-being. Today, we continue that proud tradition

and stand in solidarity with those communities disproportionally affected by COVID-19 and Asian-American communities whose members have been subjected to unjust hostility in the wake of the pandemic.

In the pursuit of our mission, NAMI will continue disseminating fact-based information and dispelling myths. And most importantly - we remain committed to serving all.



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Visit us Online www.namisa.org

Email namisa@namisa.org



Join us next year on April 2, 2022
Kennedy Park Fiesta Area
For the 16th Annual
Southern Arizona NAMIWalks