NAMI Walks
YOUR WAY
Southern Arizona

April 2, 2022
Kennedy Park
16TH ANNUAL NAMI WALKS
National Alliance on Mental Illness
Saturday, April 2, 2022

THANK YOU 2022 SPONSORS!
Benefiting NAMI Southern Arizona
A Message From Our Executive Director - Christina Bickelmann

Our 2022 NAMIWalks event was literally a breath of fresh air for the 1,500 to 2,000 people who joined NAMI Southern Arizona on April 2nd to celebrate Mental Health for All! It was so amazing to be together again after 2 years of living in a “virtual world.” We reached 93% of our goal, raising $139,292. The funds we raise with our walk helps to support our programs and services, allowing us to provide them at no cost to you!

I personally want to thank each of our sponsors, team captains and individual fundraisers for making our first live Walk in two years such a huge success. Mark your calendars for April 1st 2023, no fooling!

Ardith Powell

We recently lost a true champion of all those affected by mental illness, Ardith Powell aka “Ardie of Hope!” She was an ardent supporter of NAMIWalks and always our top “Peer” fundraiser, raising $27,500 since she began participating; this was her 7th Walk.

Ardie was beloved to her NAMI family and an inspirational spirit to those who were her friend, who worshipped with her and all who supported her in both her dark days and the days she shone brightly. On those bright days, she met you with a beaming smile and thoughtfully moved through her life in support of our mission to eliminate stigma, proudly declaring her mental illness and making everyone aware that mental illness does not discriminate, people do. She was our NAMI SA Poet Laureate and proudly wore her pin and donned her pen to write poetry describing both the despair and the hope surrounding mental illness.

She was my friend, and I learned a lot from her, she will be missed by the many people whose lives she touched. --Christina

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.
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 Ribbon to Promote Awareness!

NAMIWalks is NAMI’s annual mental health awareness program, and our largest fund-raising/awareness campaign is “Together for Mental Health.” Nationwide the Walks are projected to raise over $12.5 million this year. 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 raise money and awareness to ensure NAMI’s vital programs and services are available at NO COST to provide help and hope to all affected by mental illness.

Be sure to join us next year! Contact us at namisa@namisa.org for more information.
15-Year Sponsor

Palo Verde Behavioral Health is a psychiatric facility in Tucson offering a continuum of inpatient and outpatient services to adolescents and adults.

10-Year Sponsor

Otsuka Pharmaceutical Co., Ltd., abbreviated OPC, is a pharmaceutical company headquartered in Tokyo, Osaka and Naruto, Japan. The company was established August 10, 1964.

5-Year Sponsors

Banner – University Family Care/AHCCCS Complete Care (B-UFC/ACC) is an integrated health insurance plan.

Community Bridges, Inc. (CBI) uses a holistic—or integrated—approach to addiction treatment and behavioral health concerns.

HiMS believes in giving back to the communities that our employees work, live and play in. The company donates up to 10% of its annual net profit to local and non-profit agencies.

Mercy Care is a not-for-profit health plan offering integrated care to children, adults and seniors eligible for AHCCCS benefits.
$139,292 was raised

Approximately 1,100 people walked and 2,000 people attended on Walk Day.

77 Teams consisting of families, friends and businesses!

Our Honorary Chairs for 2022 were Mayor Ed Honea of Marana and Pima County Sheriff Chris Nanos.

$66,985 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

<table>
<thead>
<tr>
<th>Team Name</th>
<th>Team Captain</th>
<th>Total Raised</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lettes Fight Stigma</td>
<td>Ann Lettes</td>
<td>$14,166.00</td>
</tr>
<tr>
<td>Camaro Kid</td>
<td>Brandee Devaney</td>
<td>$5,181.66</td>
</tr>
<tr>
<td>The Ethan Ardrey Project</td>
<td>Stephanie Stark</td>
<td>$4,625.00</td>
</tr>
<tr>
<td>Nature Nurseries</td>
<td>Christina Bickelmann</td>
<td>$4,530.10</td>
</tr>
<tr>
<td>Walking Beside You</td>
<td>Shelly Jernigan</td>
<td>$2,915.00</td>
</tr>
<tr>
<td>NAMI On Campus UArizona</td>
<td>Shailey Bergstrom</td>
<td>$2,660.00</td>
</tr>
<tr>
<td>Southern Arizona Psychological Assoc.</td>
<td>Tara Noecker</td>
<td>$2,608.00</td>
</tr>
<tr>
<td>Team Genoa</td>
<td>David Reuter</td>
<td>$2,485.00</td>
</tr>
<tr>
<td>Sierra Tucson Miracle Makers</td>
<td>Gordy Longville</td>
<td>$2,315.00</td>
</tr>
<tr>
<td>Banner Barrier Breakers</td>
<td>Andrew Thomas &amp; Michelle Spetnagel</td>
<td>$1,850.00</td>
</tr>
</tbody>
</table>

**TOTAL RAISED BY ALL TEAMS:** $43,335.76

### 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>COPE Wellness Warriors</td>
<td>Rene Pacheco</td>
<td>131</td>
</tr>
<tr>
<td>Stigma Stompers</td>
<td>Randy Van Nostrand</td>
<td>117</td>
</tr>
<tr>
<td>The Ethan Ardrey Project</td>
<td>Stephanie Stark</td>
<td>72</td>
</tr>
<tr>
<td>CODAC Health, Recovery &amp; Wellness</td>
<td>Kristine Hall &amp; Karina Monroy</td>
<td>45</td>
</tr>
<tr>
<td>Pueblo Student Council</td>
<td>Gregory Obregon</td>
<td>43</td>
</tr>
<tr>
<td>Camaro Kid</td>
<td>Brandee Devaney</td>
<td>41</td>
</tr>
<tr>
<td>Banner Barrier Breakers</td>
<td>Michelle Spetnagel</td>
<td>41</td>
</tr>
<tr>
<td>Dear Dylon</td>
<td>Liv Hara</td>
<td>35</td>
</tr>
<tr>
<td>Team Genoa</td>
<td>David Reuter</td>
<td>32</td>
</tr>
<tr>
<td>El Rio Dream Team</td>
<td>Nick Cosentino</td>
<td>30</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</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Marsi Quigley</td>
<td>Lettes Fight Stigma</td>
<td>$5,400.00</td>
</tr>
<tr>
<td>2. Christina Bickelmann</td>
<td>Nature Nurseries</td>
<td>$4,000.10</td>
</tr>
<tr>
<td>3. Ardith Powell</td>
<td></td>
<td>$3,720.00</td>
</tr>
<tr>
<td>4. Mary Ann Johnson</td>
<td>Lettes Fight Stigma</td>
<td>$3,505.00</td>
</tr>
<tr>
<td>5. Brandee Devaney</td>
<td>Camaro Kid</td>
<td>$2,646.66</td>
</tr>
<tr>
<td>6. Ann Lettes</td>
<td>Lettes Fight Stigma</td>
<td>$2,055.00</td>
</tr>
<tr>
<td>7. Andrew Lettes</td>
<td>Lettes Fight Stigma</td>
<td>$1,721.00</td>
</tr>
<tr>
<td>8. Valerie Kading</td>
<td>Sierra Tucson Miracle Workers</td>
<td>$1,600.00</td>
</tr>
<tr>
<td>9. Deziree Baugher</td>
<td>The Ethan Ardrey Project</td>
<td>$1,460.00</td>
</tr>
<tr>
<td>10. Liv Hara</td>
<td>Dear Dylon</td>
<td>$1,215.08</td>
</tr>
<tr>
<td>11. Martha Holcomb</td>
<td>Walking Beside You</td>
<td>$1,200.00</td>
</tr>
<tr>
<td>12. Susan O’Brien</td>
<td>Team Genoa</td>
<td>$1,075.00</td>
</tr>
<tr>
<td>13. Barbi Reuter</td>
<td></td>
<td>$1,050.00</td>
</tr>
<tr>
<td>14. Laurie Bergstrom</td>
<td>NAMI On Campus UArizona</td>
<td>$1,000.00</td>
</tr>
<tr>
<td>15. Sandy Stein</td>
<td>Banner - University Health Plans</td>
<td>$1,000.00</td>
</tr>
<tr>
<td>16. Shailey Bergstrom</td>
<td>NAMI On Campus UArizona</td>
<td>$1,000.00</td>
</tr>
</tbody>
</table>

**TOTAL RAISED BY WALK STARS: $33,647.84**

### VOLUNTEERS

Gabrielle Anderson – Martha Auslander – Gynis Borboa – Genevieve Bravo – Chris Burgan
Sharon Caldwell - Melissa Clayton – Rebecca Coffman – Lisa Cole – Tyler Cole – Rosalea Cota-Lopez
Ariane Davaul - Derry Dean - Isaac Evans – Laura Fairbanks – Dinah Fuentes – Martha Holcomb
Joni Hubbard - Chris Jernigan - Mary Ann Johnson - Judy Kowalick – Vana Dee Lewis – Michael Magee
Jenny Medina - Gina Murphy-Darling – Katie Murphy-Darling - Becky Nuffer – Fred Nuffer – Joselin Nunez
Susan O’Brien – Louise Rempfer – Alberto Riveria – Lucy Smith - Anastasia Stalling – George Storm
Elena Tatus – Paulo Tatus – Isaiah Tatus – Alan Trammell – Maddie Viceconte
Cassie White – Robert Wild – Rebecca Wilkinson

... and all the unsung heroes who help to make our Walk a success!
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 Sheriff Chris Nanos, Mayor of Marana Ed Honea

NAMI-SA Executive Director Christina Bickelmann

Yasmine Durazo
Sings the National Anthem

Davis Monthan Honor Guard
present colors

KOLD's Brooke Wagner
NAMIWalks Emcee
**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 8-class course for family and friends of adults with mental illness.

- **NAMI Peer-to-Peer**
  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.

**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.

**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 recovery-focused group for adults living 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 Resource Specialists 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.
- Provide guidance on how to self-advocate with the public/private mental health and legal systems.

**FIND HELP. FIND HOPE.**

* Program/Service available in Spanish

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- [Instagram](#)
- [YouTube](#)

[www.namisa.org](http://www.namisa.org)
Email-namisa@namisa.org

June 2022
OUR TEAMS ROCK - 77 TEAMS THIS YEAR!
OUR TEAMS RAISED OVER $54,000 THIS YEAR!
EXCITING ENTERTAINMENT FOR EVERYONE!

Ballet Folklorico

Four Winds Tohono O'odham Drummers

Shriner Clowns

University of Arizona Cheer Squad giving encouragement at the starting line with Sherriff Nanos and Mayor Honea
NAMIWALKS—A PET FRIENDLY FAMILY AFFAIR—Activities for adults, kids and dogs!
Sponsor Spotlight
Thank you to all of our volunteers - we couldn't do it without you!
NAMI Board of Directors

Becca King, President
Karl Wagner, Secretary
Heather McGovern, Treasurer

Members
Julie Jameson
Jennifer Janzen
Allana Lloyd-Hills
Natalia Molina
Angel Rivers
Faith T. Smith
David Zynda II

NAMI Staff

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Lisa Cole, Resource Specialist, lcole@namisa.org

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Whitney Woodcock, Communications & Events Assistant, wwoodcock@namisa.org
Chelle Means, Social Media, media-assist@namisa.org

And NAMI supports the 1 in 5 who experience mental illness
And the 5 in 5 who are affected by it.
YOU ARE NOT ALONE.
From every corner of the country
For every age and every background,
We walk, on the streets or in our hearts.
In a time of challenge and change,
We are united even when we appear alone.
MENTAL HEALTH IS FOR ALL.
THANK YOU SO MUCH FOR ALL THE WONDERFUL PHOTOS!
Contributors are: Ann Lettes, Elena Acoba, Marisol de la Rosa, Paula Palotay, Sheriff Nanos, Whitney Woodcock, Anabelle Aguayo, Derry Dean, Courtney Schuneman, with a special thank you to Jeff Miller of SpryTime Photo Productions.