

namiWalks

YOUR WAY

Southern Arizona



April 2, 2022
Kennedy Park

16TH ANNUAL NAMI Walks

National Alliance on Mental Illness

Saturday, April 2, 2022

MEDIA SPONSORS



BEHAVIORAL HEALTH COALITION OF SOUTHERN ARIZONA



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.

2022 Honorary Chairpersons



Sheriff Chris Nanos
Pima County Sheriff's Department



Mayor Ed Honea
City of Marana

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.

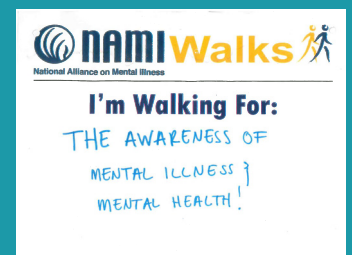
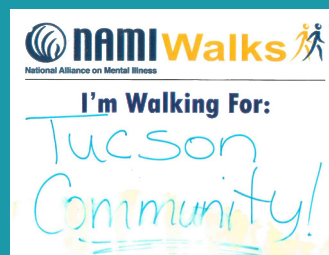
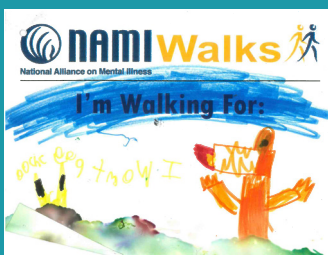


Recovery

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!



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 Health Plans

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.



NAMIWalks Report & Highlights

\$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

Team Name	Team Captain	Total Raised
1. Lettes Fight Stigma	Ann Lettes	\$14,166.00
2. Camaro Kid	Brandee Devaney	\$5,181.66
3. The Ethan Ardrey Project	Stephanie Stark	\$4,625.00
4. Nature Nurtures	Christina Bickelmann	\$4,530.10
5. Walking Beside You	Shelly Jernigan	\$2,915.00
6. NAMI On Campus UArizona	Shailey Bergstrom	\$2,660.00
7. Southern Arizona Psychological Assoc.	Tara Noecker	\$2,608.00
8. Team Genoa	David Reuter	\$2,485.00
9. Sierra Tucson Miracle Makers	Gordy Longville	\$2,315.00
10. Banner Barrier Breakers	Andrew Thomas & Michelle Spetnagel	\$1,850.00
TOTAL RAISED BY ALL TEAMS: \$43,335.76		

Top 10 Teams by Size

Team Name	Team Captain	Team Size
1. COPE Wellness Warriors	Rene Pacheco	131
2. Stigma Stompers	Randy Van Nostrand	117
3. The Ethan Ardrey Project	Stephanie Stark	72
4. CODAC Health, Recovery & Wellness	Kristine Hall & Karina Monroy	45
5. Pueblo Student Council	Gregory Obregon	43
6. Camaro Kid	Brandee Devaney	41
7. Banner Barrier Breakers	Michelle Spetnagel	41
8. Dear Dylan	Liv Hara	35
9. Team Genoa	David Reuter	32
10. El Rio Dream Team	Nick Cosentino	30

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

Participant	Team Name	Amount Raised
1. Marsi Quigley	Lettes Fight Stigma	\$5,400.00
2. Christina Bickelmann	Nature Nurtures	\$4,000.10
3. Ardith Powell		\$3,720.00
4. Mary Ann Johnson	Lettes Fight Stigma	\$3,505.00
5. Brandee Devaney	Camaro Kid	\$2,646.66
6. Ann Lettes	Lettes Fight Stigma	\$2,055.00
7. Andrew Lettes	Lettes Fight Stigma	\$1,721.00
8. Valerie Kading	Sierra Tucson Miracle Workers	\$1,600.00
9. Deziree Baugher	The Ethan Ardrey Project	\$1,460.00
10. Liv Hara	Dear Dylan	\$1,215.08
11. Martha Holcomb		\$1,200.00
12. Susan O'Brien	Walking Beside You	\$1,075.00
13. Barbi Reuter	Team Genoa	\$1,050.00
14. Laurie Bergstrom	NAMI On Campus UArizona	\$1,000.00
15. Sandy Stein	Banner - University Health Plans	\$1,000.00
16. Shailey Bergstrom	NAMI On Campus UArizona	\$1,000.00

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!





NAMI

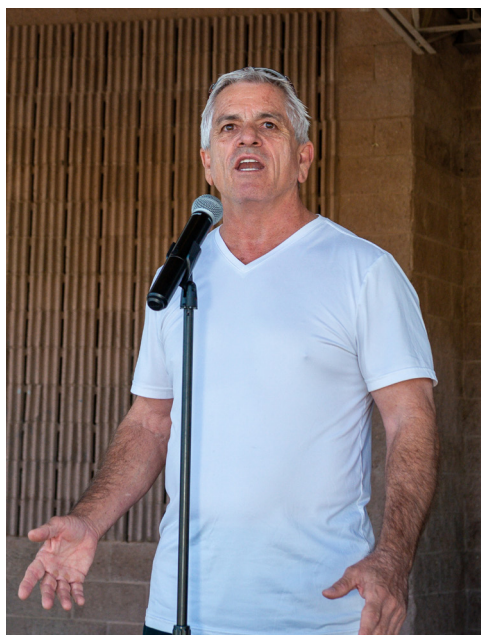
National Alliance on Mental Illness

Southern Arizona

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 *

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 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.

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 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 Walks** supports **NAMI**

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 not for some.

MENTAL HEALTH IS FOR *all*



NAMI Staff

EXECUTIVE MANAGEMENT & DEVELOPMENT

Christina Bickelmann, Executive Director, cbickelmann@namisa.org

Shelly Jernigan, Communications & Events Director, mjernigan@namisa.org

Marisol De La Rosa, Office/Volunteer Manager, mdelarosa@namisa.org

EDUCATION PROGRAMS

Yazmin Garcia, Peer-to-Peer, Persona-a-Persona & Familia-a-Familia Program Coordinator, ygarcia@namisa.org

Judy Kowalick, Family-to-Family Program Coordinator, jkowalick@namisa.org

Judi Maikoff, In Our Own Voice Program Coordinator, jmaikoff@namisa.org

Melissa Olsen Clayton, Ending the Silence Program Manager, mclayton@namisa.org

Ann Lettes, NAMI Basics Program Coordinator, alettes@namisa.org

RESOURCE SPECIALISTS

Anastasia Stalling, Resource Specialist, astalling@namisa.org

Lisa Cole, Resource Specialist, lcollections@namisa.org

SUPPORT STAFF

Becky Nuffer, Membership and Ending the Silence Assistant, memberships@namisa.org; yprogscheduler@namisa.org

Susan O'Brien, Communication & Events Assistant, eventassist@namisa.org

Whitney Woodcock, Communications & Events Assistant, wwoodcock@namisa.org

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

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.



6122 E. 22nd St.
Tucson, AZ 85711

Office 520 • 622 • 5582

Visit us online!
namisa.org

namisa@namisa.org

**Join us next year on April 1, 2023
Kennedy Park Fiesta Area
for the 17th Annual
Southern Arizona NAMIWalks!**