



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 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!

Education



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



A 12-class course for family and friends of adults with mental illness.



A 10-class course for individuals with mental illness focusing on recovery.



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



An in-service education program for school professionals, parents, and agencies working with children and adolescents.



An early intervention program that engages students in mental health education and discussion.



A 6-session educational program for families, caregivers and friends of military service members and vets with mental health conditions

Other Events & Services



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



Provide the sharing of experiences, knowledge, hope and coping skills for family members and friends with a loved one with mental illness.



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

Expressive Arts Group: For those with mental illness who want to explore different art forms.



Heart to Heart: A friendship program for people with mental illness.



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.

Include the following sentence on your treatment plan:

"I and/or my loved ones would like to receive education, support, and/or advocacy from NAMI Southern Arizona."

Follow us on:



* Program/Service available in Spanish

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

September 2015



National Alliance on Mental Illness

How Far we've come!

NAMI Walks 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 \$10.4 million in 2016.

Launched in 2003 with 12 sites, NAMI "Walks" is now in more than 80 communities and has over 150,000 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 NAMI Walks 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.



TAKE YOUR
FIRST STEP



NAMI Walks Report & Highlights

**\$150,170 was raised - plus \$52,470 in-kind donations
We exceeded our goal of \$140,000!**

- ◇ **Approximately 2,500 people walked and 4,000 people attended on Walk Day.**
- ◇ **We had 71 Teams consisting of families, friends and businesses!**
- ◇ **Our Honorary Chairpersons for 2016 were Raúl Grijalva, U.S. Representative, Arizona's Third Congressional District and Jonathan Rothschild, Mayor of Tucson**
- ◇ **We received \$52,470.00 in-kind donations such as food, snacks, water and discounts on equipment, as well as hundreds of volunteer hours. Thank You!**

NAMI Southern Arizona 2016 Accomplishments

Education Programs: Cost \$81,400

- Family to Family
- Familia a Familia
- Homefront-NEW for family, friends and partners of military service members and veterans with mental health conditions
- Peer to Peer & Persona a Persona
- NAMI Basics

42 Teachers & Mentors taught a total of 206 classes to 358 students.

Outreach and Awareness Programs: Cost \$44,000

- In Our Own Voice
- En Nuestra Propia Voz
- Parents and Teachers as Allies
- Ending the Silence
- Heart to Heart
- Resource tables set up to distribute publications & brochures throughout the community

104 Presenters gave 100 presentations to more than 3,730 participants and set up and staffed 59 resource tables.

Events: Cost \$47,600

- Minority Mental Health Awareness Month, July, presentations to 100 people in the Chinese and Hispanic communities
- Mental Illness Awareness Week, All Faith Candlelight Vigil, attended by over 60 people
- Volunteer Appreciation Dinner-recognizing over 80 volunteers who contributed 20 hours or more
- NAMIWalks 2016 raised \$150,170

145 Volunteers & Staff organized 3 major events with over 4,200 participants.

Support and Advocacy: Cost \$111,000

Three Advocates (2 Bilingual)

- Two Peer Support Groups (1 Spanish) with 4 Facilitators
- Six Family Support Groups (1 Spanish) with 12 Facilitators
- NAMI Southern Arizona Book Club- 2 Facilitators
- Creative Expressions & Expressive Arts Groups with 4 Facilitators

29 Volunteers & Staff facilitated and advocated for 2,330 family members and consumers; had more than 8,181 Advocacy contacts & held 211 group meetings.

Communications: Cost \$38,500

- NAMI Southern Arizona Newsletter, Bringing Hope and Awareness to You
- Website & Electronic Mailings: eNews, NAMIWalks, and newsletters posted on website
- Brochures, Periodicals, Videos, Reference Library-with the help of a grant our brochures received a new look
- More than 60,000 visits to the NAMI Southern Arizona website

40 Volunteers & Staff published and distributed 6 major publications to over 13,000 recipients.

Volunteers and Members are: Teachers, Mentors, Facilitators, Advocates, Resource Specialists, Heart to Heart Friends, Receptionists, Bulk Mailers, Event Helpers, Board Members and Staff. 180 Volunteers facilitated and advocated; published and distributed; organized; gave, taught and befriended thousands of family members and consumers.

*** does not include facility or non-program staff costs; participants often use multiple programs and services.**