

### **What is NAMI New Jersey?**

NAMI New Jersey is the state affiliate of National Alliance on Mental Illness, a statewide private non profit organization dedicated to improving the lives of individuals and families affected by mental illness. Our network of support and advocacy groups is composed of families, friends and persons affected by mental illness.

### **What does NAMI New Jersey do?**

NAMI provides Support, Education and Advocacy in support of our mission.

#### **Support:**

NAMI New Jersey's support is focused on providing those affected by mental illness and their families emotional support, information and resources through the following ways:

- Peer led Support groups across the state for individuals and families, including those offered for multicultural groups, where members find understanding, acceptance and mutual support.
- Information and on local, state and national resources for those affected by mental illness and their families

#### **Education:**

NAMI New Jersey offers an array of support and education programs and initiatives, including:

- NAMI signature programs such as Family to Family Education, In Our Own Voice and Hearts & Minds that provide critical education to help individuals and families gain knowledge and skills for living successfully with mental illness.
- State developed programs such as school based education for teachers and students, law enforcement education, and other activities to help professionals, government, providers and the general public understand mental illness.
- A comprehensive website, print and e-newsletters, conferences and activities that provide the latest information on treatments and research, foster understanding and dispel stigma.

#### **Advocacy:**

NAMI NJ promotes legislative and public policy issues that improve mental health services, achieve parity in health insurance, eliminate stigma, and increase research into the causes and treatment of brain disorders. We advocate for improved delivery of services, community support and housing.

## NAMI New Jersey Programs

Family-to-Family Education Program in English & Spanish

NAMI Basics - Education for Young Families

NAMI Connection Recovery Support Group

Mutual Self-Help Support and Advocacy Programs

Law Enforcement Education Program

School Education: Educating the Educators & Every Mind Matters

South Asian Mental Health Awareness in Jersey (SAMHAJ)

Chinese American Mental Health Outreach Program (CAMHOP-NJ)

NAMI NJ en Español & Latino Outreach Program

African American Outreach Advisory Group - AACT-NOW!

National Institute of Mental Health Outreach Partnership

“In Our Own Voice - Living with Mental Illness”

Hearts & Minds

Consumer Outreach Program & NAMI CARE

Statewide Grassroots Advocacy Network

Public and Community Education and Awareness Programs

Public Policy & Legislative Advocacy

Expressive Arts Network

“People with Mental Illness Enrich Our Lives”

NAMI NJ-Intensive Family Support Services  
Family Outreach Program

“Freedom from Stigma” Campaign

Affiliate Leadership Development

Education and Awareness - Conferences, Newsletters, Website, & Publications

Family Site Review Program

Family Support Act Workgroups



## About NAMI

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. NAMI advocates for access to services, treatment, supports and research and is steadfast in its commitment to raising awareness and building a community of hope for all of those in need.

Thousands of members and supporters are the face and voice of the NAMI movement—families, individuals, friends and businesses—who come together to celebrate mental illness recovery, to honor those who have lost their lives to mental illness and to combat stigma, promote awareness and advocate for others.

## What Did NAMI Accomplish in 2011?

- Over 135,000 people walked in 84 NAMIWalks events across the country and three NAMIBikes events were piloted to raise awareness and support.
- We wrote and released key reports on the state budget crisis and barriers, elevating our advocacy platform profile with the media and policymakers.
- We trained and certified over 1,500 new volunteer teachers who educated over more than 12,500 new families and individuals through our peer-led programs. Family-to-Family became an evidence-based program.
- We aggressively responded to the tragic Arizona shooting tragedy and successfully shaped the national dialogue, focusing on the real story— a shattered mental health care system.
- A total of 116 VA hospitals and medical centers in 46 states are hosting NAMI education classes for families of veterans in just the second year of this rapidly-expanding initiative.
- We distributed over 500,000 brochures on mental illness educating the public about the true nature of mental illness.
- We trained more than 2,000 new volunteers who live with mental illness to present our education speaker's bureau, In Our Own Voice, to over 50,000 audience members.
- We responded to 200,000 incoming telephone, email, social media and postal requests for support, information and referral through the NAMI HelpLine.

**“Simply put, treatment works, if you can get it. But in America today, it is clear that many people living with mental illness are not provided with the essential treatment they need.”**

—Michael J. Fitzpatrick, executive director of NAMI National, National Alliance on Mental Illness, Grading the States 2006, Arlington, Va.

- One in four adults—approximately 57.7 million Americans—experience a mental health disorder in a given year. One in 17 lives with a serious mental illness such as schizophrenia, major depression or bipolar disorder<sup>1</sup> and about one in 10 children live with a serious mental or emotional disorder.<sup>2</sup>
- About 2.4 million Americans, or 1.1 percent of the adult population, lives with schizophrenia.<sup>1</sup>
- Bipolar disorder affects 5.7 million American adults, approximately 2.6 percent of the adult population per year.<sup>1</sup>
- Major depressive disorder affects 6.7 percent of adults, or about 14.8 million American adults.<sup>1</sup> According to the 2004 *World Health Report*, this is the leading cause of disability in the United States and Canada in ages between 15-44.<sup>3</sup>
- Anxiety disorders, including panic disorder, obsessive-compulsive disorder (OCD), posttraumatic stress disorder (PTSD), generalized anxiety disorder and phobias, affect about 18.7 percent of adults, an estimated 40 million individuals. Anxiety disorders frequently co-occur with depression or addiction disorders.<sup>1</sup>
- An estimated 5.2 million adults have co-occurring mental health and addiction disorders.<sup>4</sup> Of adults using homeless services, 31 percent reported having combination of these conditions.<sup>5</sup>
- One-half of all lifetime cases of mental illness begin by age 14, three-quarters by age 24.<sup>6</sup> Despite effective treatments, there are long delays—sometimes decades—between the first onset of symptoms and when people seek and receive treatment.<sup>7</sup>
- Fewer than one-third of adults and one-half of children with a diagnosable mental disorder receive mental health services in a given year.<sup>2</sup>
- Racial and ethnic minorities are less likely to have access to mental health services and often receive a poorer quality of care.<sup>8</sup>
- In the United States, the annual economic, indirect cost of mental illness is estimated to be \$79 billion. Most of that amount—approximately \$63 billion—reflects the loss of productivity as a result of illnesses.<sup>2</sup>
- Individuals living with serious mental illness face an increased risk of having chronic medical conditions.<sup>9</sup> Adults living with serious mental illness die 25 years earlier than other Americans, largely due to treatable medical conditions.<sup>10</sup>
- Suicide is the eleventh-leading cause of death in the United States and the third-leading cause of death for people ages 10-24 years. More than 90 percent of those who die by suicide have a diagnosable mental disorder.<sup>11</sup>
- In July 2007, a nationwide report indicated that male veterans are twice as likely to die by suicide as compared with their civilian peers in the general United States population.<sup>12</sup>
- Twenty-four percent of state prisoners and 21 percent of local jail prisoners have a recent history of a mental health disorder.<sup>13</sup> Seventy percent of youth in juvenile justice systems have at least one mental disorder with at least 20 percent experiencing significant functional impairment from a serious mental illness.<sup>14</sup>
- Over 50 percent of students with a mental disorder age 14 and older drop out of high school—the highest dropout rate of any disability group.<sup>15</sup>

## REFERENCES

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## Team Captain Manual

## **Thank You for your interest in becoming a NAMIWalks team captain**

While this event relies upon the participation and generosity of each individual, team captains are able to go above and beyond to support NAMI and people affected by mental illness. Team captains help us involve even more participants in NAMIWalks and raise funds to support essential education, advocacy, support and awareness programs to help build better lives for the millions of Americans affected by mental illness.

To become a team captain, all you have

to do is ACT...

Assess and plan

Create your team

Tune in and Fundraise

This guide will help you with the details on how to accomplish each step. Also see the NAMIWalks Fundraising Manual to help your team achieve its fundraising goal.

For more information please email

[NAMIWalks@nami.org](mailto:NAMIWalks@nami.org) or visit

[www.nami.org/NAMIWalks](http://www.nami.org/NAMIWalks).

## Assess and Plan

A team is made up of at least ten people united in some way—any way you choose. You can sign up with colleagues, a support group, neighbors, friends and even your book club. Decide what you want your team to accomplish and follow these steps to plan with NAMIWalks for your team participation:

- Choose a team name (or have your teammates choose the name together).

- Set your team goals:

\_\_\_\_\_ people will be on the team.

Our team aims to walk \_\_\_\_\_ miles.

Our team seeks to raise \$\_\_\_\_\_.

- Register your team with NAMIWalks
  - Go to [nami.org/NAMIWalks/NJ](http://nami.org/NAMIWalks/NJ)
  - Enter team goals and personal information
- Edit your personal and team webpages.
- Utilize your team web page to keep your team members motivated and informed.
- Utilize your team web page to collect online credit card donations.

## Create a Team

### **Find Teammates**

- Spread the word to people you know.

Make sure people are aware of the opportunity to participate in NAMIWalks and support those affected by mental illness.

Send emails to your friends, family and colleagues. This can be done directly from your NAMIWalks page by selecting EMAIL and editing the pre-written message.

- Walk on behalf of someone you know who is affected by mental illness or perhaps someone who has lost their life to mental illness, if appropriate. Ask others to support this person with you.
- Post information about your participation on your Facebook, Twitter or blog. Include links to the NAMIWalks website so readers can find out more information.

### **Register and Motivate Your Teammates**

Once you have assembled your team, help them each register for NAMIWalks.

- Encourage your teammates to register with your team online, create their own walker fundraising page and make their own donation.
- If necessary, form your walker's webpage for them.
- Share your team name with each individual.
- Create team t-shirts.
- Follow team registration on your team webpage.
- Use your team webpage to motivate your team by sending frequent team emails. Include an up-to-date list of walkers and funds raised.

### **The most successful team captain:**

- Communicates regularly with their team members.
- Is enthusiastic and passionate about mental illness recovery.
- Establishes and meets their fundraising goal.
- Fundraises with a personal email or letter.

### **Tips for Teams:**

- Define the overall purpose and objectives for the team and communicate these to your team members often. Constant contact with your team keeps everyone informed and motivated.
- Ensure that each team member understands their own role and responsibility within the team. Assign tasks for walk day, getting sponsors, etc.
- Coach team members with “scripts” so they feel comfortable with asking for donations.
- Identify the strengths of the team and maximize these. Use each team member’s strengths. Some are not good at asking for dollars and others are okay with it.
- Celebrate significant successes within the team, both collectively and individually. Praise a sponsorship, fundraising goal, new walker, etc.
- Plan a special pre-walk or a post-walk barbecue, brunch, party or dinner to help celebrate the day and show your support.
- Make signs together for walk day. This creative activity can help bring your team closer together and show your spirit.
- Start a friendly competition with your team and get incentive prizes for those who reach certain goals, if it feels right.
- Relax and be proud of the important role you and your family and friends are playing in the fight for all those living with mental illness.

## **Prepare and Fundraise**

Now the fun part! You and your team are ready to prepare for the NAMIWalks event. Start by reassessing your fundraising and fitness goals to make sure they suit the entire team's ambitions. Next, prepare to motivate and guide the teammates towards each goal.

### ***Fundraise***

Each walker is expected to raise at least \$100 to support the event. There are many of exciting ways to fundraise, so help you teammates find the ones that work best for them. Whether you choose to fundraise together as a team or individually, there are many fun and easy ways to reach your goal. Read the NAMIWalks Fundraising Manual for a complete guide to fundraising and see below for tips on how to get started.

### ***Online Fundraising***

- Email the donations and sponsorship links for your NAMIWalks website to your friends, family, colleagues, local businesses, clubs, etc.
- Each individual team member can set up a webpage to send to his or her community contacts. Have team members send out their links also.
- Use social media, such as Twitter, Facebook and blogs, to let your online network know about your participation in NAMIWalks and how to help.
- Send regular emails to update your sponsors and supporters of your goal and how close you are to reaching it.
- Update your social media pages and posts regularly to keep people checking back.
- Create an event on Facebook and include a link to your fundraising page.

- Add a link to your NAMIWalks page in your email or on your Facebook, Twitter or blog.

### ***Other Methods***

- Follow the NAMIWalks Fundraising Manual.
- Write and send letters to your community contacts. A sample letter is included under EMAIL on your NAMIWalks webpage.
- Ask people you know to contribute in person.
- If you have a relationship with a small business owner, ask the business to place collection materials in the store or office.
- Create your own team fundraising initiatives that involve community members.
- Hang flyers in public locations around your town with your phone number and website link.
- Hold a bake sale, garage sale or similar event.
- Take advantage of the matching gifts program that may be available through your employer

## Team captain checklist and timeline

### Seven to nine weeks before the walk

\_\_\_ Attend the team captains' Kick-off Luncheon and get all the materials you will need to publicize the walk and recruit walkers for your team.

\_\_\_ Complete the team commitment/goal form and hand it in at the end of the event.

\_\_\_ Start to work closely with the staff person and volunteers coordinating the walk to build your team.

\_\_\_ Be a leader! Be the first person to register for your team and make a donation to yourself. Do all the things that you are encouraging others to do

\_\_\_ Schedule a meeting with the highest level manager you can reach (ideally the top manager or official of your company or organization) and ask him or her to sign up for the team and support your efforts to recruit employees/members (and their families) to participate in the walk.

\_\_\_ Try to recruit assistant team captains or organize a volunteer committee to help you build your team.

\_\_\_ Hold a meeting for your assistant team captains or the planning committee you recruit.

\_\_\_ Develop a walker recruitment game plan that includes things like publicizing the walk within your company or organization, distributing walk materials to all your fellow employees/members, developing incentive prizes for top money raising walkers and groups or departments and arrange for a NAMI representative to give a talk to potential supporters about the organization's mission and the walk.

\_\_\_ Make sure all the assistant team captains you recruit join you in signing up for the walk.

### **Four to six weeks before the walk**

\_\_\_\_ Schedule a team building kick-off event for your company or organization employees/members and have a NAMI staff person or volunteer join you in presenting the program.

\_\_\_\_ Send a team building announcement memo with a NAMIWalks walker or sponsor brochure to all employees/members.

\_\_\_\_ Sponsor a team t-shirt design contest among your employees/members.

\_\_\_\_ Begin sending team building progress reports about the walk to everyone on your team.

### **Two to four weeks before the walk**

\_\_\_\_ Select the winning team t-shirt design and order enough team t-shirts for all of your walkers. (You may have to estimate the number of shirts needed since walkers will continue to register even after the shirts are ordered.)

\_\_\_\_ Continue to promote the walk thorough memos, emails and newsletter articles.

\_\_\_\_ Hold a special sign-up day at work (or at a meeting of your club or organization) to recruit more walkers and raise awareness about the walk.

### **One to two weeks before the walk**

\_\_\_\_ Make a final big push to recruit as many walkers as possible.

\_\_\_\_ Distribute team t-shirts to your walkers a day or two before the walk.

\_\_\_\_ send a final reminder to all about your walk

Now that you know all the steps recommended for becoming a successful team captian, the only thing left to do is get started. NAMIWalks thanks you for the extra effort you are dedicating to helping those affected by mental illness. Enjoy the walk!



# nami Walks



National Alliance on Mental Illness

*Changing Minds One Step at a Time*

## Look Who's Walking on Our Team!

Name	Check If Registration Form Turned In	Name	Check If Registration Form Turned In
1. _____	_____	21. _____	_____
2. _____	_____	22. _____	_____
3. _____	_____	23. _____	_____
4. _____	_____	24. _____	_____
5. _____	_____	25. _____	_____
6. _____	_____	26. _____	_____
7. _____	_____	27. _____	_____
8. _____	_____	28. _____	_____
9. _____	_____	29. _____	_____
10. _____	_____	30. _____	_____
11. _____	_____	31. _____	_____
12. _____	_____	32. _____	_____
13. _____	_____	33. _____	_____
14. _____	_____	34. _____	_____
15. _____	_____	35. _____	_____
16. _____	_____	36. _____	_____
17. _____	_____	37. _____	_____
18. _____	_____	38. _____	_____
19. _____	_____	39. _____	_____
20. _____	_____	40. _____	_____

**For more information, contact:**

**Team captain:** \_\_\_\_\_

**phone:** \_\_\_\_\_ **email:** \_\_\_\_\_

[www.nami.org/walks](http://www.nami.org/walks)





# NAMI NEW JERSEY WALK

*"Step Forward For Our Heroes"*

Saturday, May 12, 2012 • Boardwalk at Seaside Park in Ocean County



**Location:** Boardwalk at Seaside Park in Ocean County  
**Date:** Saturday, May 12, 2012  
**Distance:** 5 K  
**Check-in:** 9:30 am  
**Start Time:** 11:00 am



**For more information:**

**732 940 0991 • [info@naminj.org](mailto:info@naminj.org)**

**[www.naminj.org](http://www.naminj.org)**

***NAMI New Jersey** is the state's largest grassroots organization dedicated to improving the quality of life of individuals and families affected by mental illness through education, support and advocacy. Local Affiliates in twenty-one counties provide self-help support and advocacy groups composed of families, friends and persons affected by mental illness.*



**TEAM COMMITMENT/VOLUNTEER INTEREST FORM**

**If you will be a primary Team Captain for your team or an assistant Team Captain, please complete this section:**

Name of the family, business, organization, service provider or affiliate your team will be representing in the Walk: \_\_\_\_\_

Our team name will be (complete if known): \_\_\_\_\_

Our team goals are: Walkers: \_\_\_\_\_ Dollars: \_\_\_\_\_ (Number of walkers x \$100)

**Yes, I am interested in supporting the 2012 NAMI New Jersey Walk in the following ways:**

\_\_\_\_\_ Collecting donations and walking in the Walk as a member of a team or as an individual walker not affiliated with any team. Please list name of the family, business, organization, service provider or affiliate that you will be representing in the walk if you will be walking as a member of a team: \_\_\_\_\_

\_\_\_\_\_ Volunteering to work the day of the Walk. (Tasks include setting up the walk site, registering walkers, serving refreshments, giving out event T-shirts, cleaning up after the Walk is over.)

\_\_\_\_\_ Helping to get other people and businesses that I know or have connections with involved.

\_\_\_\_\_ Helping to promote the Walk by scheduling a presentation at my work place or to a group or organization that I belong to.

\_\_\_\_\_ Helping to recruit companies or businesses in the community to sponsor the Walk by making a cash donation or donating good or services in support of the event.

\_\_\_\_\_ Helping to get food and refreshments (coffee, bottled water, juice boxes, sport drinks, bagels, donuts, snack foods, fruit, etc.) donated for the walk or helping to get entertainment (music, clowns, jugglers, magicians, face painters, etc.) for the Walk.

\_\_\_\_\_ Helping in some other way. Please explain: \_\_\_\_\_

\_\_\_\_\_

**Here is my contact information:** Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_ E-mail Address: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP Code: \_\_\_\_\_

**Please return this completed form to:**

*Aruna Rao, NAMI New Jersey Walk Manager*  
1562 Route 130, North Brunswick, NJ 08902. Ph: 732 940 0991 [info@naminj.org](mailto:info@naminj.org) [www.naminj.org](http://www.naminj.org)



## INFORMATION SHEET ON NAMI New Jersey WALK

DATE: May 12, 2012; LOCATION: Seaside Park, NJ  
WALKER CHECK-IN TIME: 9:30am; OFFICIAL WALK START TIME: 11:00 am  
DISTANCE: 3.1 Miles

- The **NAMIWalks** is a nationwide fundraising and mental health awareness program that is being held in more than 80 communities around the country in 2011, including right here in New Jersey. It is expected that these walks will raise approximately 9 million dollars in 2012 so NAMI can offer more support and services to the hundreds of thousands of individuals and families across the country affected by serious mental illness.
- There is no walker registration fee for the Walk. All participants are encouraged to collect donations from family members, friends, co-workers and business associates in support of their participation in the Walk.
- All the funds collected by Walkers will be used to fund NAMI New Jersey programs. These programs include support, education, research and advocacy involving schizophrenia, bipolar disorder (manic depression), major depression, obsessive-compulsive disorder and severe anxiety disorders.
- All walkers raising \$100 or more will receive a **NAMIWalks** event T-shirt. Walkers may also receive additional incentive prizes based on the amounts that they raise up to \$5,000 or more. (Additional incentive prizes are a local option.)
- Companies, organizations and families are encouraged to organize teams of walkers made up of employees, organization members, relatives and friends to take part in the Walk.
- Teambuilding and fundraising materials will be given out to team captains at a special kickoff event that will be held approximately 8 weeks before the Walk.
- **NAMIWalks** is a rain or shine event.
- There is a wide-range of corporate sponsorship opportunities available to local companies and businesses relating to the Walk. Anyone interested in information on how his or her company or organization can sponsor the Walk should contact Aruna Rao, Walk manager at the NAMI New Jersey office at 732 940 0991.



## Online Tools for Walk Participants

The NAMI National Web Site, [www.nami.org](http://www.nami.org), can help make your participation in NAMIWalks easier, more fun, and more successful. Here's how:

### Tools for All Walkers

- Register online
- Create a personal walker web page that tracks your fundraising progress. You pick the customized Web address and can personalize your page with a photo and a message. You can set a fundraising goal and watch your progress towards that goal. Send your link to family, friends, and others in your community to raise awareness and ask for their support in the form of a donation.
- Access a customized fundraising letter with the details of your Walk and your personal walker web page link already filled in
- Receive e-mail notification each time an online donation is made on your behalf
- Access a detailed report of all online donations you receive

### Tools for Team Captains:

- Register your team name so others can join
- Receive e-mail notification each time a new walker joins your team online
- Create a team page that displays your team's roster and tracks your fundraising progress. You pick the customized Web address for your team page. Personalize it with a photo and message from the team captain. Send your link to prospective members so they can join online
- Add members to your team who are not registered online as "offline" walkers
- Send e-mail(s) to your team
- Learn more about your team members through their personal walker web pages

To get started, go to  
**[www.nami.org/namiwalks](http://www.nami.org/namiwalks)**  
and click on your state

For help, send an e-mail to [walkhelp@nami.org](mailto:walkhelp@nami.org)



## **HAVING A TEAM T-SHIRT WILL HELP MAKE YOUR TEAM**

**More than any other single factor, team T-shirts help build a team prior to a WALK, and unite a team the day of a WALK. Here are some key tips to keep in mind regarding team T-shirts.....**

1. They should be **bright and colorful** so that the team wearing them **STANDS OUT** as much as possible on the day of the WALK.
2. The designs, logos and slogans on them should be as creative and unique as possible so they are a conversation piece both during and after the WALK. Team T-shirts are (in effect) walking billboards for your company, organization or family team
3. A great way for a company team of any type to develop creative and unique designs for its team T-shirt is to sponsor a T-shirt design contest for its employees or team members.
4. Another great way is to tap the talents of the company's PR department staff, or the company's in-house "artist".
5. Good team T-shirt designs almost always include the company, organization or affiliate's name and the NAMIWalks logo.
6. **THERE WILL BE A BEST TEAM T-SHIRT CONTEST WITH THE WINNER SELECTED AT THE WALK! WATCH FOR MORE INFO ON THE PRIZE THAT WILL BE AWARDED TO THE WINNING TEAM!**
7. A key point to remember is that team T-shirts are paid for by the team so that every dollar raised in the WALK will go to support NAMI and its programs.
8. Another important thing to remember about team T-shirts is that they are a very effective **WALKER RECRUITMENT TOOL** if publicized and promoted by the team captain prior to the WALK. **PEOPLE LOVE T-SHIRTS, ESPECIALLY COOL ONES!**
9. Although creative, unique team T-shirts are best, having a bland, uncreative T-shirt is almost always better than having no team T-shirt at all. Most teams usually get better at designing their T-shirts as the years go by. Get started with a team T-shirt this year, and get more creative in designing it each year!
10. Need help designing or ordering your team T-shirt? **Contact (name) at the NAMI office at (phone) or at (e-mail)**

Saturday, May 12, 2012 • Boardwalk at Seaside Park in Ocean County

### Registration Form

(A separate form is required for each participant)

Yes! I'll walk with NAMI—*Changing Minds One Step at a Time!*

Name: \_\_\_\_\_

Address: \_\_\_\_\_ City, State, Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Adult  Child (under 18)

Check one:

NAMI Affiliate: \_\_\_\_\_

NAMI NJ Program: \_\_\_\_\_

Team name: \_\_\_\_\_

Team captain: \_\_\_\_\_

**Team captains:** To ensure accurate credit to your team's total, we encourage you to fill in the team name and team captain lines on all registration forms and walker donor forms before you distribute them to your walkers. Thank you.

Individual walker

Walker on a team

Team captain

Walk day volunteer. Please call me.

I cannot attend the walk. I have enclosed my donation in the amount of \$ \_\_\_\_\_ to support NAMI.

Please send \_\_\_\_\_ extra brochures

I am a... (Check all that apply)

Individual living with mental illness  Family member

Mental health care professional  Friend

**Each Participant must sign below.**

**Signature:** \_\_\_\_\_

**Parent or Guardian:** \_\_\_\_\_

*(if walker is less than 18 years of age)*

Please turn in this Walker Registration Form to your Team Captain or mail to:

Aruna Rao, 1562 Route 130, North Brunswick, NJ 08902