



Volume 11 Issue 1

The Voice

January 2008

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2008-2009
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**COMING SOON
TO A PLACE NEAR YOU
OMAHA!!**



**NEBRASKA'S FIRST
NAMIWALKS FOR THE MIND OF AMERICA
JUNE 21, 2008**

**BE A VOLUNTEER
WALK OR SPONSOR**

Don't live in Omaha? You can still have an important role. Come to Omaha to walk or sponsor a team. Email jdeppe@nami.org Don't have email? Call the office! 1-877-463-6264. You can register using the form on the last page of the email.

NAMI-Nebraska is funded in part by the Nebraska Department of Health and Human Services, along with membership dues, grants, and donations.



NAMI Walks for the Mind of America --June 21, 2008

If you are reading this article, there's a good chance you are already familiar with the help and support that NAMI provides to families and our loved ones with mental illness. But did you know:

- One in four families are impacted by a mental illness at some point in their lives?
- One out of ten children has a mental illness in need of treatment?
- Depression leads the list of illnesses causing lifetime disability and four other mental illnesses are in the top ten?

You can help bring hope to those in our families and communities who know personally what the above statements mean in their lives. Perhaps you have sponsored the participation of a friend or family member in a walkathon benefiting a worthy cause, or you have even taken part in one yourself. Each year, thousands of these walks raise considerable public awareness and hundreds of millions of dollars for a myriad of national health problems, but up to now, never for mental illness.

That's about to change and we are asking for your support in helping to make this critical change possible. You can help by getting involved in the first ever **NAMI Walk** in Nebraska.

The foundation of the **NAMIWALKS for the Mind of America** is the process that encourages NAMI members and supporters to write letters and send emails to everyone in their personal and professional networks to educate them on mental illness and NAMI. Personal communication is also the way to ask them to join our efforts and support the NAMI Walk in Nebraska. It is through this communication that we may be able to have a real impact on the stigma related to these illnesses and to successfully reach out to members of our community that may benefit from the NAMI programs. The goals of the NAMI Walk program are to increase public awareness about mental illness and the devastating effects that it has on the lives of millions of Americans and to raise much needed dollars to help fund the wide array of NAMI support, education and advocacy programs so we can continue our mission.

At 9:00 AM on **Saturday, June 21, 2008**, hundreds of concerned citizens will walk (not run) together in Omaha to raise money and awareness about our community's need for quality, innovative treatment and recovery for people with mental illness. We wish each and every one of you could join us.

Obviously, many of you may be too far away. If you can walk with us, bring your family and friends. Raise money from your own family and friends who can not walk with us. There is no set amount, no amount per mile. Just what you can give to support an organization that provides education, support and advocacy services for families and those who must deal with the pain of mental illness.

Ways you can join us:

Form your own team (create your own team name) and join us on June 21st at Elmwood Park.

Join an existing team and get donors to sponsor you as you "walk the walk" with us.

Sponsor an existing walker or make a donation on your own and/or help solicit funds from family, friends, neighbors and co-workers.

Here is how you can find out more - You can contact our **Co-Walk Managers**, Aileen Brady (402-341-5128) or Melissa Kuskie (402-203-9584) or Jonah Deppe at the state office (402-345-8101 or 877-463-6264) for more information and to answer your questions. You can also go to nami.org/namiwalks and click on the state of Nebraska. All of the walk day information is there and how you can join us.

REGISTRATION FORM

June 21, 2008/9:00 AM

Please Note: By completing the **Early Registration Form**, this officially registers you for the 2008 NAMI WALK; no other registration form is required. However, we encourage you to register online at www.nami.org click NAMIWALKS, then Nebraska, then follow the prompts!

Name: _____ Adult _____ Child (under 18) _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Fax: _____

E-mail: _____

Are you: Individual Walker: _____ OR Team Walker: _____

Team Name: _____

Team Captain Name: _____

T-shirt size: sm _____ med _____ lg _____ xl _____ xxl _____ (if you raise \$100.00 or more)

Your donation will benefit the NAMI Omaha Affiliate and the NAMI Nebraska state office which supports all of the affiliates across the state.

My Fundraising/Contribution Goal is: _____

My Company offers a Matching Gift Program: ___yes ___ no

Name of Company _____

Please check one of following

___ I am interested in organizing a Walk Team. Send me information to help me get started.

___ Please call me. I want to help organize and prepare for this WALK.

___ Please call me. I would like to help out on the day of the walk.

___ I am unable to participate in the Walk. Enclosed is my donation to support NAMI.

(Make check payable to NAMI Nebraska and mail to address below.)

Each participant MUST read and sign below.

Waiver of Release and Liability:

I hereby waive all claims against NAMI, NAMI Omaha, NAMI Walk, sponsors, or any personnel for any injury that I might suffer in this event. I attest that I am physically fit and prepared for this event. I grant full permission for organizers to use photographs of me and quotations from me in legitimate accounts and promotions of this event.

Signature: _____

Parent or Guardian: _____

(If Walker is less than 18 years of age)

NAMI- Nebraska
1941 South 42nd Street, Suite 517
Omaha, NE 68105
402-345-8101 or 877-463-6264
Fax: 402-346-4070

UPDATE!!!!

NAMI WALKS UPDATE- January 17, 2008

We have very exciting news to report on our progress with our support of NAMI and our NAMI Walks event, 2008.

We are very pleased and excited to announce the sponsorship from The Kim Foundation as a Presenting Sponsor at the level of \$10,000. It's very exciting!

Special thank you to Craig Wolf for securing this contribution. As some of you already know Larry and Kathy Courtage have been supportive of NAMI in the past and are very generous individuals. We are humbled by their support and continued generosity! This gift provides us with a wonderful foundation on which to build and make this first ever NAMI Walk in Nebraska a highly successful event!

So, our total to date looks like this for :Sponsors:

The Kim Foundation - Presenting Sponsor - \$10,000

American National Bank - GOLD Sponsorship - \$5,000

Alegent Health - SILVER Sponsor - \$2,500

Iron Mountain 42 - Supporter Sponsor - \$500 (on-line contribution given by John McGraw)

Jonah Deppe – Kilometer Sponsor - \$250

Individual donation - \$50

YOU, TOO, CAN BE A SPONSOR – JOIN THE SPONSORS ABOVE!!

Walk Team Update: 7 Teams registered on-line so far!

From the President



Linda recently moved from Kearney to Omaha to be closer to family.

New Years Greetings from NAMI-Nebraska.

Hi! I am Linda Jensen, your new president for 2008-2009. I have been associated with the NAMI Board for about 14 years in various roles including President, Vice-President, and Family to Family Trainer. I lived in the Kearney, Nebraska area for thirty-two years but recently moved to the Omaha area to be closer to sons and grandchildren. Having taught nursing for twenty-eight years, I am currently an Associate Professor for Clarkson College.

Welcome to new Board Members: Dean Settle, Steve Spelic, Denis McCarville, Janelle Bower, and John Pinkerton. We welcome your leadership skills and appreciate your willingness to serve NAMI-Nebraska.

I would like to welcome Jonah Deppe, our Interim Executive Director. Jonah is a well-known advocate for improving mental health services in Nebraska, with a vast amount of professional experience in non-profit management. We are fortunate to have her wisdom, caring, and business knowledge.

The NAMI Nebraska Board of Directors had a retreat in October at which we wrote a new mission and vision statement and began to set priorities for action. Jonah recently completed an analysis of our organization and a business plan for the next 6 months, one year, and three years. The Board will be reviewing this plan, setting priorities, forming committees, and moving forward this next year. We will be calling on members outside of the Board to help on committees.

NAMI Nebraska has several valuable programs that need to become more stable, and many more opportunities exist for new programs from NAMI National to better diversify our organization and help more people. However our financial resources are very limited.

We must establish a more defined infrastructure and a broader funding base. Our services are so needed in Nebraska at this time.

Future issues of the VOICE will showcase the affiliate groups that are located across the state and the signature NAMI programs currently available with NAMI Nebraska. Join us as we move forward in 2008 and beyond to serve people with mental illnesses, families, workers, professionals, legislators and the public with education and support.

Executive Director's Notes

At NAMI-Nebraska, it is our goal to help families and individuals dealing with the reality of mental illness to not have to face the challenge alone. NAMI-Nebraska and its ten affiliates across the state offer Family-to-Family and VISIONS community education courses for family members of both adults and children. Support groups are offered for consumers as well as opportunities to participate in anti-stigma and advocacy efforts.

NAMI-Nebraska and its affiliates would like to offer CONNECTION support groups across the state – with a CONNECTIONS Meeting available for anyone. Consumers facilitate the CONNECTIONS support meetings.

The first part of January, nine family members were trained as teachers for the Family to Family Program. We have additional persons waiting to be trained but need to have the funds to provide the training. The Family to Family Program Director and trainers all volunteer their time so others can become teachers and share their knowledge with others.

We need your help to broaden the scope of our outreach, education and support services.

Help NAMI-Nebraska and its affiliates statewide support Nebraska families and individuals whose lives have been impacted by mental illness. Your contribution will make a difference. Following are examples for how your monetary gift will be used:

- \$45 will provide a handbook and materials for each participant in the Family to Family 12 week course.
- \$50 will support the toll-free “warm line” for a month – providing a warm voice to talk to and provide information, support and referrals.
- \$450 will pay the weekly salary of a part time office manager
- \$300 will provide the materials for volunteer Family-to-Family teachers as they teach 12 participants in the 12 week course



NAMI Nebraska thanks the following persons for their donations and support for NAMI programs and services.

\$2000	\$100	\$25	\$25
Linda and Darrel Jensen	Hal & Mary Daub	Connie J Barry	Sharon Kennedy
\$300	Priscilla Henkelmann	Diane Bender	David & Janet King
Maureen & David Hughes	Jasung Kim	Connie J. Burns	Mr. & Mrs. John Kratky
\$250	Carolyn Mueller	Charles & Jacquelyn Cairns	Kimberly Lietel
Dean Settle	Ron & Michelle Rohlfig	Dorthea Dalton	Bill & Sue Lloyd
#200	\$50	John & Christine Dockery	Darrel/Marilyn Moreland
Paul & Ruth Few	Kristin & Allan Casari	Jim Fejar	Robert/Vickie Prillaman
Kevin & Nancy Vaughan	Diane & Kim Jorgensen	Johnny & Shinobu Galloway	John Regan
\$150	Gerald & Melba Lucas	John Jonas	James & Martha Siebken
Ford & Margaret Fischer	RDW Inc		Lily Sydow
	Patricia & Frank Yelik		Virginia Tilden

A SPECIAL THANKS

The Kim Foundation

NAMI-Nebraska was recently selected as a recipient of The KIM Foundation Awards for 2008. This gift in the amount of \$20,000 is to be used to provide NAMI members with opportunities to attend conferences, seminars and other NAMI sanctioned learning opportunities as they relate to mental illnesses and their effects on families.

The KIM Foundation continues to support the work of NAMI-Nebraska and its ten affiliates across the state. The foundation acknowledged NAMI-Nebraska's work to educate and support consumers, family members and care providers. The KIM Foundation's new radio broadcast educates the public regarding mental illness and the work being done by NAMI. This radio broadcast is on 640 AM at 4 P.M. on Tuesdays. The NAMI Family to Family Program was recently featured.

The William and Ruth Scott Family Foundation

The William and Ruth Scott Family Foundation has recently awarded a gift of \$10,000 for NAMI-Nebraska to continue providing CIT Training and Conference expenses. The Crisis Intervention Team Training provides training for law enforcement personnel which enables them to learn more tolerance and acceptance of those with mental illness. These funds will assist in providing three training sessions during 2008.

Magellan Health Services

Magellan Health Services provided NAMI-Nebraska with an award of \$5,477 which will provide scholarships for persons to participate in national training for the Family-to-Family workshop participants – NAMI provided materials to 74 participants last year and anticipates up to 100 participants in 2008. Our thanks to Magellan Health Services for their support.

John and Rachel Pinkerton

John and Rachel Pinkerton held their annual fund raiser for NAMI Nebraska on December 11 and invited friends and neighbors to their home to celebrate and learn about NAMI Nebraska. John and Rachel's support for NAMI is evident in all they do – serving on the NAMI Board, supporting the NAMI WALK and working with affiliates.

Dan Jackson

Dan just retired as Executive Director. He has served NAMI-Nebraska in a dedicated manner for the past four to five years as Office Manager and then as Executive Director. He will be greatly missed for his support for affiliates, family members and consumers.

Diane Domeier

Diane has been responsible for coordinating the FAMILY TO FAMILY PROGRAM for the past year and a half implementing a grant received from NAMI National to provide training for Family to Family Teachers. She has devoted many hours to working with all the volunteers – setting up training for new teachers, supporting new teachers as they teach their classes, and responding to the many requests for information.



_____ **YES**, I am interested in becoming involved with the inaugural NAMIWALKS for The Mind of America scheduled for June 21, 2008 in Omaha, Nebraska.

PLEASE PRINT CLEARLY

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Fax _____

Email: _____

I am interested in.....

_____ Receiving more information on the plans for the WALK as they develop

_____ Serving on the WALK Planning Committee

_____ Helping to identify and contact potential Sponsors for the WALK

_____ Getting other families I know who are touched by mental illness involved.

_____ Organizing a family or workplace based team of walkers

_____ Helping with logistics the day of the WALK

_____ Helping to secure food and drink donations for WALK Day

_____ Other (Please Explain) _____

Mail to: NAMI-Nebraska - NAMI WALK
1941 South 42nd Street #517
Omaha, NE 68105

Email: jdeppe@nami.org
Phone: 402-345-8101
or 877-463-6264