



National Alliance on Mental Illness

Northern California NAMIWalk 2012

## SUPPORT FOR NAMIWALK GROWS

### Thank You 2012 Sponsors!!!

Our community partners have really come through this year as NAMIWalk Sponsors.

We are delighted to report that both Pacific Gas and Electric Company (PG&E) and Heritage Oaks Hospital have stepped forward to be Gold Sponsors (\$5,000) for the 2012 NAMIWalk.

We also welcome Orrick, Herrington and Sutcliffe, LLP and Turning Point Community Programs as a Silver Sponsor (\$2500).

Several companies have joined us as Start-Finish Sponsors (\$1500), including: Bristol Myers Squibb, El Hogar, Merrill Lynch (Lela Bayley), Sacramento Association of Realtors, and Telecare.

Janssen and E. & J. Gallo have both returned this year as a Bronze Sponsors (\$1,000).

If you know of any companies in the area that might be potential sponsors, please contact our Walk Manager, Belinda Beckett, at 916.456.1478 or belinda@namisacramento.org.

#### HONORARY CHAIRMAN NAMED FOR THIRD ANNUAL WALK

State Senate President pro Tem, Darrell Steinberg has agreed to be the Honorary Chairman for the 2012 Walk. As the author of Proposition 63, the Mental Health Services Act, he has fought tirelessly for improvements in mental



### Third Annual—Bigger and Better than Ever!

#### Where and When?

Saturday, April 28, 2012

9:00 a.m. to Noon

William Land Park

Sacramento CA

The WALK is a 5K Route totally contained within the park.



2011 Sutter Center for Psychiatry Team

### WANT TO LEARN MORE?

Come meet the NAMIWalk Team and find out what you can do to be a part of this exciting event. There will be a NAMIWalk Information Meeting on January 9th from 6:00—7:00 p.m. before the NAMI Sacramento General Meeting in Conference Room 1B at the Sacramento County Mental Health Building at 3331 Power Inn Road, Sacramento CA 95826. (It's the middle building with the clock tower.)

#### NAMIWALK

#### INFORMATION MEETING



**MONDAY, JANUARY 9, 2012**

**6:00—7:00 P.M.**

**Northern California  
NAMIWalk 2012**

3440 Viking Drive, Suite 125  
Sacramento CA 95827

**Belinda Beckett**

Walk Manager  
916.456.1478  
belinda@namisacramento.org

**Pat Pavone**

Team Chairperson  
916.397.7831  
pat@namisacramento.org

**NAMIWalks—  
Changing Minds...One  
Step at a Time!**



For more information  
about NAMIWalks—

Go To

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



*La Bella Piedi Team*



*Blue Star Parents Team*

## How Do I REGISTER MY TEAM?

The best way to register your team is by doing it online at [www.nami.org/walks](http://www.nami.org/walks) and following these steps:

### Step #1: Create a myNAMI Account

If you already have a myNAMI account, you can skip these instructions and go to Step 2.

- Go to [www.nami.org](http://www.nami.org)
- Click on **SIGN-IN** (in the upper left-corner of the screen)
- Click on the blue text "Create your free sign-in account now"
- Fill out the required information to complete your profile.
- Write down your username and password somewhere you will remember.
- Click on **SUBMIT**.
- At the next screen, go to the top of the page and click on **LOGOUT**.

### Step #2: Register for the NAMIWalk

- Go to [www.nami.org/walks](http://www.nami.org/walks). Click on the location on the map that you would like to walk.
  - See the **WALK WITH US** box
- To form your own team, click on **FORM A WALK TEAM**.
- Click on the blue button **REGISTER ONLINE NOW**
  - Sign in to myNAMI. (Forgot your login information? Click on the phrase "I FORGOT MY USERNAME OR PASSWORD" just below the login key.)

- Follow the simple on-screen instructions then click **REGISTER AND PROCEED**.
- Create a team page by reading the instructions and completing the fields. Then click **CREATE TEAM PAGE AND CONTINUE**.
- Next, create your walker page in the same manner. Then click **CREATE MY WALKER PAGE AND FINISH**.

To join a team that already exists click on **JOIN AN EXISTING TEAM** or to walk as an individual click on **WALK AS AN INDIVIDUAL**.

- Click on the blue button **REGISTER ONLINE NOW**.
- Sign in to myNAMI. (Forgot your login information? Click on the phrase "I FORGOT MY USERNAME OR PASSWORD" just below the login key.)
- Follow the simple on-screen instructions then click **REGISTER AND PROCEED**.
- Create your walker page by reading the instructions. Then click **CREATE MY WALKER PAGE AND FINISH**.

Print the confirmation screen that lists the event details and the address to your walker page. *Be sure to read the "What To Do Now" portion near the bottom of the page.* If you need additional help, send an email to [walkhelp@nami.org](mailto:walkhelp@nami.org).

## WANT TO HELP, BUT DON'T KNOW HOW?

There are many ways you can help with the Walk. By volunteering for NAMI's major awareness and fundraising event, you will be supporting those affected by mental illness in our community and making a statement about all that must be done to meet their needs. If you, or someone you know, can help with any of the jobs listed — please contact NAMIWalk 2012 Chair, Belinda Beckett, [belinda@namisacramento.org](mailto:belinda@namisacramento.org) or (916) 456-1478:

- Walk Day logistics (renting equipment, organizing set-up)
- Contacting faith communities (churches, temples, mosques)
- Finding entertainment for Walk Day (bands, singers, etc.)
- Finding Walk sponsors; finding raffle prizes for team captain incentives
- Contacting media and news outlets for publicity
- Taking photos at the Kick-Off Luncheon and/or the Walk.

*Remember to register your team before January 31, 2012 to ensure that you receive an invitation to the **NAMIWalk Kick-Off Luncheon on Friday, March 2, 2012**, at the Radisson Hotel in Sacramento, and a chance to win a Kindle Reader. For more information contact Pat Pavone at 916.397.7831 or [pat@namisacramento.org](mailto:pat@namisacramento.org).*