



2021 ANNUAL WALK

 **NAMI** Mahoning Valley
National Alliance on Mental Illness

Sunday, October 10th, 2021
Wick Park – Youngstown, Ohio
10:00am - 2:00pm

Supported in part by the Mahoning and Trumbull County Mental Health & Recovery Boards

New to our Annual Walk?

The *Awareness Walk* is one of the main fundraisers of NAMI Mahoning Valley. Our **2021 Annual Walk is on Sunday, October 10th, 2021** which is World Mental Health Day. Our theme this year is “Mental Health Matters”. Our Walk is attended by many people dealing with mental illness in their own lives who walk to help break down barriers, reduce stigma and show that mental health is everyone’s concern. It is an opportunity for people throughout the Mahoning Valley to come together to show their support for local individuals who deal with mental illness. The Annual Awareness Walk helps to raise money to support the education classes, special events and support groups that NAMI Mahoning Valley offers free of cost.



We need your help to make this year’s Walk even bigger and better! The past year has been a difficult one showing all of us that mental health matters to everyone!

How It Works:

- You can walk either as an individual, on a team organized by someone else or raise your own team.
- Each individual or member of the team asks people they know to sponsor them on the Walk by making a small donation. You can ask family members, people you go to church with, your neighbors, the guy who runs the store down the street, your teachers, your classmates, the people you work with, etc.
- You keep track of your contributions on your Walker Registration form in this packet or download one at www.namimahoningvalley.org/2021annualwalk
- Bring yourself (or you & your team) to the Walk on Sunday, October 10th, 10:00am at Wick Park on the Northside of Youngstown, and register to participate in the Walk by turning in your Walker Registration form and contributions when you register. Enjoy the fun activities, events and the one mile Walk beginning at 1:00pm.
- Can’t make it to the Annual Awareness Walk? You can still make a donation! Just E-mail us at info@namimahoningvalley.org or call 330-727-9214 and we can arrange to pick up your contributions! You can also drop them by our office at 201 Wick Ave, Youngstown, Ohio 9am-1pm. (Our offices are in the First Presbyterian Church Building), or donate directly on our website at www.namimahoningvalley.org

Call or e-mail with any questions. Remember all contributions are tax deductible!

THANK YOU for being a part of our Annual Awareness Walk and helping to raise awareness and support to people in the Mahoning Valley dealing with mental illness!

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2021 Annual Walk Schedule

Date: Sunday, Oct. 10th, 2021

Location: Northside, Wick Park, Youngstown, OH

Distance: 1 mile on park sidewalks Registration: 10:00AM

10:00 AM

Registration opens at the Pavilion

- Visit the info & vendor booths and other activities!
- The Public Library: Pop-Up Library/Meet Library Mascot, Booker Bear
- Make a sign for your team photo
- Enjoy live entertainment by The Classics Vocal Group!
- Enter “Electric Slide” dance contest that starts at 11:00am!
- Buy Basket Raffle tickets in the Pavilion
- Buy 50/50 tickets outside
- PAWS Therapy Team – “Providing Affection Well-Being Support”

11:00 AM

Electric Slide Dance Contest begins

12:00 PM

Team Photographs and T-Shirt Contest

1:00 PM – THE WALK BEGINS!

1:30 PM

Basket Raffle & 50/50 Results Posted

2:00 PM

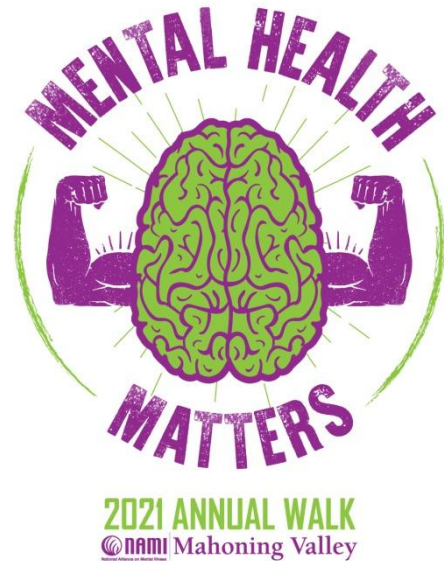
End of the 2021 Annual Mental Health Matters Walk...*THANK YOU!*

Come and join the fun! Please Note: Schedule of events are subject to change

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2021 Team Rules

1. Any group 2 or larger can be a team. You simply have to identify yourself as such at the Group Registration table.
2. Teams **MUST** be registered at the Group Registration table by their team captain as a group entity.
3. When registering, team captains must present a Team Roster listing **ALL** of the walkers on their team who are participating.
4. When registering teams, team captains **MUST** present a signed walker registration form for each person who is walking that day.
5. Any individual on a team or individual in general who raises more than \$100.00 receives a NAMI water bottle.
6. All money raised by individuals on the team goes to the team total.
7. Sponsorships by agencies are considered separate contributions and are **NOT** included in the group's team total.
8. Any team who wants to bring their own tables/booths/tent can do this but **MUST** have this approved by either Carrie Baun 330-727-9214 or Hope Haney 330-770-4975. You may also e-mail us at info@namimahoningvalley.org. ***This is per our event liability insurance policy.***
9. Any dogs brought to the walk **MUST** remain leashed at all times. This is per Park policy and municipal regulations.
10. Team photos and the team T-shirt contest will take place at 12:00pm at the pavilion. Please have your team assembled and ready to have your picture taken.
11. All NAMI Walk activities must be monitored, supervised and performed by NAMI volunteers per our event liability insurance policy. ***If you would like to become a Walk volunteer we would love to have you, please contact us as outlined above.***



We welcome you, are thrilled to have you and hope everyone has a great time at our Annual Mental Health Matters Walk!

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2021 Tips For Walk Team Captains

1. Remember the goal is to recruit walkers for your team who then get pledges from friends, neighbors, family, etc. Pledges can be as little as \$2.00 or \$5.00 or the walker themselves can just donate a small amount.
2. Encourage your walkers to recruit donations from people they come in contact with every day: relatives, staff at doctors' offices, neighbors, pastors, congregations, club members, co-workers, etc.
3. Set goals for the number of walkers you want to recruit for your team. For example: "We want to recruit 30 out of 50 employees here at the Agency."
4. Set a specific goal for the amount of money you want to raise. For example: "We want to raise \$1200.00" ***Having a set goal helps motivate your team.*** Consider having a "thermometer" showing your goal and how close you are to meeting it.
5. If your organization allows it, consider asking anyone connected to people on your team to join it. For example: spouses, children, former employees, churches. Some agencies have clients who are comfortable participating as well. Team Captains: please discuss possible confidentiality issues with your Clinical Director prior to inviting clients.
6. ***Remember you must have EACH PERSON who is walking on your team complete and sign a Walker Registration Form.*** You must present these when you register your team at check-in. It is less confusing if you as Team Captain register the team by presenting all your Walker Registration Forms at once to the Registration table on the day of the Walk.
7. It is suggested you have a Team T-shirt. Second only to having a motivated Team Captain, ***walkers report Team T-shirts as a unifying, team-building factor.*** Brightly colored T-shirts with your team's name or sponsoring agency on it are great. What a nice way to say thank you to team participants! This also allows you to participate in the T-Shirt Contest.
8. Throughout the weeks until the Walk, remind your team of the Walk date as well as registration, team photo and Walk times!
9. Remember to remind your team that **100% of the money raised at the Walk goes to services for people here in the Mahoning Valley dealing with Mental Illness.** These include program activities, support groups, education programs and advocacy efforts free of cost.
10. Also please remember to remind your walkers that the Walk is dog-friendly and **ALL** dogs that are leashed are welcome.



Date: Sunday, October 10th, 2021 **Location:** Wick Park, Youngstown, Ohio
Registration opens: 10:00AM **Walk begins:** 1:00PM

Team Photos: 12:00PM at the Pavilion

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2021 Walker Registration Form

Separate Form required for each participant

Yes! I am walking for NAMI Mahoning Valley!

Team you are walking w/: _____ Team Captain Name: _____

Your name: _____ E-mail: _____

Address: _____ City: _____ Zip: _____

Adult: ___ Under 18: ___ **Individuals under 18 must be accompanied by a responsible adult*

There will be Official 2021 Walk T-shirts available to purchase for only \$20 on the day of the Walk. (Limited quantities are available. First come, first serve basis.)

Waiver of Release and Liability: I hereby waive all claims against NAMI, NAMI Ohio, NAMI Mahoning Valley, sponsors or event personnel for any injury I might suffer in this event. I attest that I am physically fit and prepared for this 1 mile walk. I also grant full permission for organizers to use photographs of me in legitimate promotions of this event including the website, social media and other marketing platforms. Each participant must sign below:

X _____ X _____
 Signature of Walker Signature of Parent/Guardian if less than 18 years old

I have recruited the following sponsors:

Sponsor Name:	Donation Amount:
_____	_____
_____	_____
_____	_____
_____	_____
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Please make checks out to NAMI Mahoning Valley. Remember all donations are tax deductible!
Use the back of this sheet if you need more room.

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2021 Team Roster

Team Name:

Captain:

Walker Name:

Signed Walker Registration Form:

1. _____	Yes	No
2. _____	Yes	No
3. _____	Yes	No
4. _____	Yes	No
5. _____	Yes	No
6. _____	Yes	No
7. _____	Yes	No
8. _____	Yes	No
9. _____	Yes	No
10. _____	Yes	No
11. _____	Yes	No
12. _____	Yes	No
13. _____	Yes	No
14. _____	Yes	No
15. _____	Yes	No
16. _____	Yes	No
17. _____	Yes	No
18. _____	Yes	No
19. _____	Yes	No
20. _____	Yes	No

Team Captains:

PLEASE have all of your walkers listed on this form. This roster, as well as a Walker Registration form for EVERY walker AND your team monetary donations MUST be presented to the Registration desk when you check in. Use the back of this sheet if you need more room. Thank you!

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