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## APA Walks for Mental Health

**Arlington, Va.** - On Saturday, November 6, 2004, staff, family and friends of the American Psychiatric Association (APA), American Psychiatric Foundation (APF), American Psychiatric Publishing, Inc. (APPI), and American Psychiatric Institute for Research and Education (APIRE) will walk in the first inaugural Washington, D.C.-based National Alliance for the Mentally Ill (NAMI) Walk.

Each year, NAMI hosts a series of NAMIWalks throughout the country. Each walk is designed to raise funds for programs which support, educate, advocate and encourage research on mental illness. In 2004, more than 35 NAMIWalks have taken place across the country.

“Participation in this walk is key to the support network for everyone involved in the mental health community,” said James H. Scully, Jr., M.D., APA medical director. “By becoming involved, we are not only helping members of the APA and their patients, but we are also helping to create a bond of advocacy and education that will support future initiatives.”

As sponsors, APA, APF and APPI, along with APIRE, have assembled a team of more than 50 staff members, family and friends to walk on Saturday with “Team APA.”

“NAMIWalks are about hope and recovery,” said Michael Fitzpatrick, NAMI executive director. “They have grown from 12 states in 2003 to more than 35 in 2004. NAMIWalks DC is the first time we will step out in the nation’s capital.”

NAMI has a full morning of activities planned for the walk, including several speakers who will kick-off a rally at 8 a.m. at Freedom Plaza in downtown Washington, D.C. Mayor Anthony Williams has been invited, along with the director of the D.C. Department of Mental Health, Martha Knisley. In addition, Dr. Steven Sharfstein, APA President-elect and Dr. James Nininger, Assembly Speaker will speak on behalf of the APA.

The NAMIWalks route will close streets in the district from 6:00 a.m. to 12:00 p.m. on Saturday, November 6. The walk will start at 9:30 a.m. at Freedom Plaza (east of the White House), and wind down Pennsylvania Avenue, circle the U.S. Department of Health and Human Services and return to Freedom Plaza.

For more information on the NAMIWalks Washington, D.C. walk and fundraiser, visit [www.nami.org](http://www.nami.org).

**The American Psychiatric Association is a national medical specialty society, founded in 1844, whose nearly 36,000 physician members specialize in the diagnosis, treatment and prevention of mental illnesses including substance use disorders. For more information, visit the APA Web site at [www.psych.org](http://www.psych.org).**

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