

## DR. SOUTHARD HONORED AT 2015 NAMI WALKS EVENT

By Karen Zarsadiaz, Public Information Officer



On Saturday, October 3, 2015, the Los Angeles County Department of Mental Health (LACDMH) joined teams from all over Southern California for an early morning walk in support of the National Alliance on Mental Illness (NAMI).



The teams took part in the annual 5K NAMI Walks event in downtown Los Angeles. This was the second year the NAMI Walks event took place at Grand Park. LACDMH was a sponsor in this year's walk.



At the event, LACDMH Director Marvin J. Southard, DSW, was recognized by NAMI for his support, commitment and contributions to the organization. Dr. Southard will be retiring in early November, and NAMI honored him for all he has done throughout the years by presenting him with a plaque on stage.



“We are not alone. We are here acting together because acting together we have the opportunity to change the world and end the stigma of mental illness,” said Dr. Southard to the crowd after receiving his award. “Working as one, we will destroy stigma.”

Thousands of people joined the yearly NAMI event aimed at ending stigma and supporting NAMI programs in Los Angeles County. This year’s turnout is considered one of the largest yet. The annual 5K fundraiser helps support programs of education, research and advocacy for those who suffer from all types of mental illness, including schizophrenia, bipolar disorder, major depression, obsessive compulsive disorder and severe anxiety disorders.

