MISSION: To empower persons affected by mental illness and their family members to achieve a better quality of life by providing them with mutual support, practical information, referral, advocacy and educational resources.

NAMiWalks: Changing Minds One Step at a Time, September 24, 2011. The largest mental health walk in the state of Ohio.

A fresh autumn morning of bright blue sun filled sky overhead, a glimmering silver lake to our side, wonderful gifted people from all walks of life and different backgrounds; 2100 people came to celebrate recovery from mental illness and bring awareness to the very important issues regarding mental health - this was the setting for our 9th annual NAMiWalks. The kids were getting their faces painted by clowns, dogs were dressed up and getting milk bones at the Dawg Pound, and kites were overhead to help celebrate the spirit of community and the power of action through the 2011 NAMi walk. Thank you to all of our sponsors but especially our presenting sponsor, The Cleveland Clinic Center for Behavioral Health, and our Gold Sponsors, MetroHealth Department of Psychiatry, Astrazeneca and Shire Pharmaceuticals. Many thanks to our Honorary Chair, Dr. George Tesar, Business Chair, Dr. Toni Johnson, Board President, Kathleen Stock, and our Family Chair Anne Schleicher. A special thanks also goes to Carol Baker, Sue Masevice, Jennifer Shields, Aja Henderson and Randy Denman for all the on-going assistance leading up to the walk. And to all those others who volunteered the day of the walk, we appreciate what you do - you are part of the volunteer force we think of as the hearts and minds of NAMI. And for our walkers, walk teams and donors, you helped make this our best walk ever, and helped NAMI raise nearly $140,000 to fund NAMI programs and services. We will continue this month and next to get closer to our goal of $175,000...you can still mail in the donations or go on-line to donate.
NOTES FROM THE EXECUTIVE DIRECTOR

BOARD ADDITIONS

Welcome to Molly McVoy, MD who was elected to the NAMI Board on August 16, 2011. Dr. McVoy is a Child and Adolescent Psychiatrist for University Hospital and is the Assistant Training Director/Research Physician at the CWRU Medical School/University Hospital Psychiatry program. In her application to become a Board Member, she wrote, "Advocacy is a significant part of why I became a child psychiatrist. …NAMI has provided so much support to so many of my patients and families—the NAMI Greater Cleveland website is the first one I hand to any of my kids who get a new mental health diagnosis. I'd be honored to be a part of such an organization." Molly is interested in working on advocacy and assisting NAMI in marketing its programs.

We also welcome Ben Miladin, MSW, LISW-S. Mr. Miladin is the Manager of Continuous Quality Improvement at Recovery Resources. He writes, "...I have developed a passion for helping those who struggle to overcome mental illness. Through my time working in the field, I have become dismayed at the poor state of our mental health system, and wish to find ways beyond my work to support the system and the behavioral health consumers it supports. I would like to be a part of the NAMI Board so that I might assist this excellent organization in advocating for behavioral health consumers and their families." Ben was one of the leading personal fundraisers for the 2010 NAMIWalks, leading the Recovery Resources Team as the 3rd highest fundraiser in last year’s walk. Ben has experience in strategic planning, research, marketing and fundraising which will be helpful in his efforts on behalf of NAMI in the coming years.

NAMI OHIO-YEAR OF THE AFFILIATE CONFERENCE

In August, I attended NAMI Ohio’s Year of the Affiliate conference where over 100 affiliates from across Ohio came to meet at Deer Creek State Park. The conference offered workshops, a keynote and presentations from staff at NAMI Ohio, as well as providing a forum to hear about other NAMI programs throughout the state, share about ours, and to network with other affiliate executive directors and board members.

Lynn Borton, Chief Operating Officer from NAMI National, spoke about plans to implement a Standards of Excellence program which will provide standards of operation for state (NAMI) organizations as well as local affiliates. For example, affiliates will be required to ensure members pay standardized dues this would vary from our current practice. In the coming months and years, NAMI National will undertake a chartering and affiliation process for the state and affiliate organizations to ‘ensure our future through a renewed spirit of cooperation and shared accountability.’

Workshops on diversity, fundraising, advocacy and programming were facilitated by various NAMI Ohio staff.

Mary Spada from NAMIGC’s Board of Directors and NAMI Ohio Board members, Lori D’Angelo, Dr. Patrick Runnels, Bob Spada, and Jodie Ross (also NAMIGC Board member) were also in attendance.

PROGRAMS AND SERVICES

The NAMI staff is underway making plans for new or revised programming in 2012. A 2012 Service Plan that describes program offerings will be ready in October. While we don’t expect any major changes in 2012, some adjustments could alter part of what we do. For example, this fall, we are experimenting with a NAMI program for parents called NAMI Basics (described below) as an alternative to the Hand to Hand course. We are always looking to improve how we make our programs more accessible to families and peers. Major programs such as Family to Family, Peer to Peer, In Our Own Voice and Support Groups will continue to operate.

NAMI Basics, the NAMI National Signature education program for parents and other caregivers of children and adolescents living with mental illness begins in October. The six session course will be taught by Terri Miller and Kari Kepic. The course provides the fundamentals a caregiver needs to care for their child/adolescent who is living with a mental illness, their family, and themselves.

NAMI GC began a series of start up projects at Cuyahoga Community College (Tri-C) in September, reaching out to students and staff at Tri-C. Ellen Riehm, Community Education Coordinator for NAMI spoke at a counselors meeting and with Bob Spada at a Department Leadership meeting for Program Managers in various Health Career departments. Kari Kepic, NAMI’s Information and Referral Helpline Assistant helped to coordinate a table/display at Tri-C’s Disability Awareness event and a Student Life Activity event for school clubs and organizations. Bob and Mary Spada helped by making initial contact with staff at Tri-C in the hopes of having NAMI hold a class or support group on campus some time in the near future.

MEMBERSHIP

The membership committee, chaired by Mike Dusseau continues to look at different strategies to retain and recruit NAMI members.

A successful campaign to offer no cost memberships to NAMI program participants in Peer to Peer, Support Groups and through the Hospital Visitation program has brought in 143 new individual members dating back to June 2010.

At the walk last month, Mike Dusseau and Chris Van Deusen staffed NAMI’s Information/Membership table. Many people had questions about NAMI’s programs and services. Some were new to having a family member with a mental illness. In addition, board and staff members greeting walkers wore “Ask Me About Membership” buttons to assist inquiring walkers in learning about the benefits of membership and directing them to the information table. Thirty-three new members signed up that day and many more took home program and support group literature as well as membership forms. As an incentive to sign up, those that joined NAMI the day of the walk were given silver pins to wear in support of awareness about mental health.

Lapsed memberships have been a problem for us, so the committee will complete a phone survey of fifty lapsed members to explore their reasons for not renewing their memberships. Several other activities will be delivered that follow our Membership Marketing Plan.

CONTINUED ON PAGE 3
NOTES (CONTINUED)
The Membership Committee welcome two new community members to the committee, Mary Alice Lesiak and Elana Radivojevitch.

VOLUNTEER PROJECT
An objective within our Strategic Plan calls for NAMiGC to Optimize the Use of Volunteers. To accomplish that, a proposal has been submitted to the Gund Foundation to help fund the development of a comprehensive Volunteer Program in order to optimize the use of volunteers for delivery of programs and services. The first phase of the project includes the following objectives:

1. Conduct research of the current volunteer program and materials.
2. Conduct research of industry best practices (including those of other NAMI affiliates).
3. Conduct volunteer needs assessment through staff interviews.
4. Develop a comprehensive volunteer program to include identification, recruitment, training, management, evaluation and recognition of volunteers for programs, administrative functions and events.
5. Develop a job description for Volunteer Coordinator.
6. Develop job descriptions for volunteer positions.

During Phase II of the project, NAMi Greater Cleveland hopes to hire a Volunteer Coordinator on a part-time basis to manage the newly-designed program.

NEW FUNDERS FOR NAMI
Thank you to our newest funders, the CareSource Foundation, the George W. Codrington Charitable Foundation, Jennifer and Grant Dinner Fund of the Joseph and Florence Mandel Foundation, and the William M. Weiss Foundation – who will provide support for NAMI GC programs.

Michael Baskin
EXECUTIVE DIRECTOR

NAMiGC Multicultural Outreach Program Develops Pilot Project - Mental Health Wellness Workshops for Residents of East Cleveland’s Terrace Towers Apartments

The Multicultural Outreach Program kicked off its mental health wellness workshops developed for the residents of Terrace Towers Apartments on June 13, 2011 with the introduction of the wellness team which include Dr. Natalie Whitlow, Rentia Allen LISW-S and Delores Crosby BA and a motivational and stigma busting presentation from Tova’s N.E.S.T Inc. founder and executive director Tracee Black-Fall. Mrs. Black-Fall volunteered her time to the project which is designed to work with no/low income individuals with limited literacy levels in small group psycho-education/support/socialization sessions. Group members have been diagnosed and/or suspected of having a severe mental illness or behavioral problems which put them at risk of disruptive behaviors that can lead to eviction and possible homelessness. In addition to the Tova’s N.E.S.T presentation, MCO coordinator Marsha Mitchell-Blanks, MSW, LSW provided a psycho-education session during the kick-off hosted by Huron Rd Hospital. She spoke about the concepts of mind, body, spirit and emotional wellness that are important to overall health in order to prepare residents for the 8 mental health wellness workshops which began on June 24th.

Our MCO Coordinator has been visiting the apartment building for more than a year in collaboration with Huron Road Hospital’s Business Development Coordinator Ms. Jacquelyn Adams who provides health education to building residents and saw the mental health needs of the residents. As a result of Ms. Adams involvement, the MCO coordinator was able to build a relationship with residents and building management in order to identify both parties concerns with behavioral disruptions.

In June 2010, MCO attempted to assess the needs of the residents through a survey developed to include questions in psychological, medical, environmental, economical, cultural and educational domain areas. This survey was unsuccessful due to the educational level of residents taking the survey (many were unable to read the 6th grade level survey). MCO redeveloped the survey tool and in November 2010 introduced an interview process with the assistance of MCO Advisory Board member Rentia Allen, MSSA, LISW-S and students from Cleveland State University School of Social Work who interviewed thirty residents of the apartment building. Results indicated that 100% of residents interviewed had experienced some form of Post Traumatic Stress Disorder (PTSD), 73% Major Depression, 63% Bipolar Disorder, 23% Schizophrenia or Schizoaffective Disorder, 20% Obsessive Compulsive Disorder and 57% had a Dual Diagnosis using street drugs and/or alcohol to escape problems. In addition to mental health problems 57% of residents suffered from hypertension, 33% chronic pain, 27% diabetes, 25% chronic obstructive pulmonary disease (COPD), 20% obesity, and 10% had a heart condition, cancer, had suffered a stroke and had been diagnosed with HIV/AIDS.

As a result of the November survey, MCO enlisted mental health professional Natalie M. Whitlow Ph.D. to develop a culturally relevant, site specific curriculum to address the top mental health problems present in the building. This model is a combination of NAMI GC support and psycho-education models along with socialization skill building techniques. Sessions are discussion and activity focused in order to provide residents with education and skills necessary to change behaviors, and cope with the emotional, behavioral and physical effects of medical and mental illnesses within their environment.

Mental health wellness sessions cover issues identified by residents as important to them and include anger management and coping skills; stress-management and relaxation techniques; social skills and relationship building; healthy communication techniques, and harmful behaviors such as drug/alcohol use and promiscuity, which are major issues identified in the interviews. In addition, during the workshops psycho-education is provided on depression and bipolar disorder, PTSD, schizophrenia, personality disorders, the warning signs of suicide and the importance of medication compliance. While participation in sessions is voluntary, a site service coordinator encourages and refers residents who are having behavioral problems to attend workshop sessions in an effort to reduce evictions due to behavior patterns.
ANXIETY DISORDERS

There are many types of anxiety disorders that include panic disorder, obsessive compulsive disorder, post traumatic stress disorder, social anxiety disorder, specific phobias, and generalized anxiety disorder. Anxiety is a normal human emotion that everyone experiences at times. Many people feel anxious, or nervous, when faced with a problem at work, before taking a test, or making an important decision. Anxiety disorders, however, are different. They can cause such distress that it interferes with a person's ability to lead a normal life.

An anxiety disorder is a serious mental illness. For people with anxiety disorders, worry and fear are constant and overwhelming, and can be crippling.

What Are the Types of Anxiety Disorders?

There are several recognized types of anxiety disorders, including:

- **Panic disorder**: People with this condition have feelings of terror that strike suddenly and repeatedly with no warning. Other symptoms of a panic attack include sweating, chest pain, palpitations (irregular heartbeats), and a feeling of choking, which may make the person feel like he or she is having a heart attack or “going crazy.”

- **Obsessive-compulsive disorder (OCD)**: People with OCD are plagued by constant thoughts or fears that cause them to perform certain rituals or routines. The disturbing thoughts are called obsessions, and the rituals are called compulsions. An example is a person with an unreasonable fear of germs who constantly washes his or her hands.

- **Post-traumatic stress disorder (PTSD)**: PTSD is a condition that can develop following a traumatic and/or terrifying event, such as a sexual or physical assault, the unexpected death of a loved one, or a natural disaster. People with PTSD often have lasting and frightening thoughts and memories of the event, and tend to be emotionally numb.

- **Social anxiety disorder**: Also called social phobia, social anxiety disorder involves overwhelming worry and self-consciousness about everyday social situations. The worry often centers on a fear of being judged by others, or behaving in a way that might cause embarrassment or lead to ridicule.

- **Specific phobias**: A specific phobia is an intense fear of a specific object or situation, such as snakes, heights, or flying. The level of fear usually is inappropriate to the situation and may cause the person to avoid common, everyday situations.

- **Generalized anxiety disorder**: This disorder involves excessive, unrealistic worry and tension, even if there is little or nothing to provoke the anxiety.

What Are the Symptoms of an Anxiety Disorder?

Symptoms vary depending on the type of anxiety disorder, but general symptoms include:

- Feelings of panic, fear, and uneasiness
- Uncontrollable, obsessive thoughts
- Repeated thoughts or flashbacks of traumatic experiences
- Nightmares

- Ritualistic behaviors, such as repeated hand washing
- Problems sleeping
- Cold or sweaty hands and/or feet
- Shortness of breath
- Palpitations
- An inability to be still and calm
- Dry mouth
- Numbness or tingling in the hands or feet
- Nausea
- Muscle tension
- Dizziness

What Causes Anxiety Disorders?

The exact cause of anxiety disorders is unknown; but anxiety disorders -- like other forms of mental illness -- are not the result of personal weakness, a character flaw, or poor upbringing. As scientists continue their research on mental illness, it is becoming clear that many of these disorders are caused by a combination of factors, including changes in the brain and environmental stress.

Like certain illnesses, such as diabetes, anxiety disorders may be caused by chemical imbalances in the body. Studies have shown that severe or long-lasting stress can change the balance of chemicals in the brain that control mood. Other studies have shown that people with certain anxiety disorders have changes in certain brain structures that control memory or mood. In addition, studies have shown that anxiety disorders run in families, which means that they can be inherited from one or both parents, like hair or eye color. Moreover, certain environmental factors -- such as a trauma or significant event -- may trigger an anxiety disorder in people who have an inherited susceptibility to developing the disorder.

How Common Are Anxiety Disorders?

Anxiety disorders affect about 19 million adult Americans. Most anxiety disorders begin in childhood, adolescence, and early adulthood. They occur slightly more often in women than in men, and occur with equal frequency in whites, African-Americans, and Hispanics.

How Are Anxiety Disorders Diagnosed?

If symptoms of an anxiety disorder are present, the doctor will begin an evaluation by asking you questions about your medical history and performing a physical exam. Although there are no laboratory tests to specifically diagnose anxiety disorders, the doctor may use various tests to look for physical illness as the cause of the symptoms.

If no physical illness is found, you may be referred to a psychiatrist or psychologist, mental health professionals who are specially trained to diagnose and treat mental illnesses. Psychiatrists and psychologists use specially designed interview and assessment tools to evaluate a person for an anxiety disorder.

The doctor bases his or her diagnosis on the patient's report of the intensity and duration of symptoms -- including any problems with daily functioning caused by the symptoms -- and the doctor's observation of the patient's attitude and behavior. The doctor then determines if the patient's symptoms and degree of dysfunction indicate a specific anxiety disorder.

CONTINUED ON PAGE 5
How Are Anxiety Disorders Treated?

Fortunately, much progress has been made in the last two decades in the treatment of people with mental illnesses, including anxiety disorders. Although the exact treatment approach depends on the type of disorder, one or a combination of the following therapies may be used for most anxiety disorders:

- **Medication:** Medicines used to reduce the symptoms of anxiety disorders include anti-depressants and anxiety-reducing drugs.
- **Psychotherapy:** Psychotherapy (a type of counseling) addresses the emotional response to mental illness. It is a process in which trained mental health professionals help people by talking through strategies for understanding and dealing with their disorder.
- **Cognitive-behavioral therapy:** People suffering from anxiety disorders often participate in this type of psychotherapy in which the person learns to recognize and change thought patterns and behaviors that lead to troublesome feelings.

Can Anxiety Disorders Be Prevented?

Anxiety disorders cannot be prevented; however, there are some things you can do to control or lessen symptoms:

- Stop or reduce your consumption of products that contain caffeine, such as coffee, tea, cola, and chocolate.
- Ask your doctor or pharmacist before taking any over-the-counter medicines or herbal remedies. Many contain chemicals that can increase anxiety symptoms.
- Seek counseling and support after a traumatic or disturbing experience.

Generalized Anxiety Disorder vs. General Anxiety about the Economy

Looking over today’s dismal economic horizon, you might feel as if there’s no end in sight. Whether you’re watching your retirement savings shrink, fretting about how to pay for college, or worrying about a possible layoff—or even if you’re happily employed but nervously following the news, these are anxiety-provoking times.

**ANXIETY: A NORMAL REACTION**

Worries about finances have long been a leading cause of anxiety for Americans. When asked what stressed people the most in a recent ADAA online poll, 45 percent responded “personal finances.” They have good reason to feel stress. The U.S. Department of Labor reported in March 2009 that the number of people receiving unemployment benefits reached a record high.

The following month a Washington Post-ABC News poll reported that more than six in 10 Americans say they are stressed out over the nation’s troubled economy, one-third reporting serious stress. Even among those who feel the economy is improving, a majority still named it as a source of their stress.

Another ADAA online poll confirms that sentiment: Nearly 77 percent said the economic downturn has caused a moderate amount to “a lot of stress.”

If so many people share such deep stress and worry about their bank balances than they did before this financial free fall, does that mean they all have an anxiety disorder? Does it mean anxiety disorders are on the rise? The answer: no.

Anxiety is a normal reaction to stressful and uncertain situations. It’s your body telling you to stay alert and protect yourself, in this case to watch your spending, try to save for an emergency, work to keep your job, or consult a trusted financial expert.

**DIAGNOSIS: GENERALIZED ANXIETY DISORDER**

However, you may have generalized anxiety disorder if you worry about the economy or your finances for many hours every day, you can’t sleep or perform your usual tasks, and you’re aware that your fears are irrational.

Also known as GAD, this type of anxiety disorder differs greatly from the normal anxiety we may feel about the economy or any other stressful event. GAD is not triggered by a specific situation. The world doesn’t need to experience an economic downfall for someone to have GAD.

Even in the best of times, GAD affects 6.8 million adults, or 3.1% of the U.S. population, in any given year, and women are twice as likely to be affected.

People with generalized anxiety disorder experience persistent, excessive, and unrealistic worry about issues like money, health, family, or work for six months or longer. They don’t know how to stop the worry cycle, which they feel is beyond their control. Because the disorder frequently co-occurs with other anxiety disorders, depression, or a sleep disorder, it’s wise to raise concerns with your doctor about other symptoms.

**GOOD NEWS: GAD IS TREATABLE**

Like other anxiety disorders, GAD can be effectively treated with psychotherapy, medication, or a combination. Cognitive-behavioral therapy, or CBT, teaches skills for handling anxiety, which helps those with GAD learn to control their worry on their own.

Some people find that medication is helpful; the U.S. Food and Drug Administration has approved several antidepressants for the treatment of GAD. You may also want to talk to your doctor about adding alternative treatments, such as relaxation techniques, meditation, yoga, or exercise, as part of your overall treatment plan.

Forty million adults in the U.S. suffer from an anxiety disorder. That’s one number that hasn’t changed recently. But anxiety disorders are real, serious, and treatable, and like many people who have overcome them, you can, too.
Community Education Grant
The CareSource Foundation awarded NAMI Greater Cleveland a grant to support Community Education projects within our Multicultural Outreach Program. Pictured below: Maria Ritchie, Team Leader from CareSource presents Executive Director Michael Baskin with a $5,000 check. The Foundation provides grants to health and human service entities for focused, innovative and impact-based programs that improve the quality of health care and delivery services.

NARSAD Artworks
NARSAD Artwork’s mission is to educate the public about mental illness and to de-stigmatize it via the incorporation of art created by artists with mental illness into products sold worldwide. Like many of the NAMI locations around the country NAMIGC sells NARSAD Artwork’s items as a fundraiser. They are “Museum-Quality Art Products by and on Behalf of Mentally Ill Persons” including notecards, holiday cards, book marks and Silver Ribbon products. We have a limited supply available at our office, but we can order them for you and still raise funds for NAMIGC. Visit www.narsadartworks.org to make your choices and then call NAMIGC at 216-875-0266 with your order. We will place your order for you and receive credit for your purchase.

Congratulations
NAMI Greater Cleveland’s Bilingual outreach Coordinator, Dr. Evelyn Rivera was honored by the Ohio Latino Affairs Commission at the Distinguished Hispanic Ohioans Awards Gala held October 7, 2011. She was one of nine individuals from around the state to receive a Distinguished Hispanic Ohioan award. The award recognizes outstanding Hispanics who have excelled in the professional arena, leadership and community services. Congratulations Evelyn for this well deserved recognition.

Dr. Rivera also contributed an article “Reaching Teens and Families in Diverse Communities” to the NAMI National’s NAMI Beginnings Spring 2011 newsletter.

Workplace Giving
Please consider donating to NAMI Greater Cleveland through your workplace giving campaign. For United Way, write in NAMI Greater Cleveland. For Community Shares, our number is 28940. Thank you, we appreciate your generosity.

FOR SALE
Black Tri-fold Presentation Board (40x28x28x28). Mint condition. (Purchased from Mort Tucker Photography for $500) Asking $250. Please call Liz at the NAMI office if you are interested. 216-875-0266

Think ahead for the Holidays! Purchase Giant Eagle cards from NAMIGC. From now until December 19, 2011 for every $50 you spend you will be entered into a drawing for a $25 Giant Eagle card. Four winners will be drawn on December 20, 2011 just in time for the holidays.

NAMI/Giant Eagle Gift Card Order Form

Please submit your check payment with this form. We will mail you the card(s). Please make checks payable to: NAMI Greater Cleveland

Giant Eagle Gift Cards. Use them to purchase groceries, gas, or other gift cards. NAMI receives 5% of the amount purchased.
Recommended reading:


*By David Veale and Rob Willson, Basic Books (2008)*

Overcoming OCD is aimed at people living with OCD and their families or partners with a core message that OCD is common, persons with OCD are not crazy and that OCD can be overcome.

Veale and Willson take great care to describe why their book is an important read for persons living with OCD and how cognitive behavioral techniques can help manage and overcome symptoms.

**Dirty Secret: A Daughter Comes Clean About Her Mother's Compulsive Hoarding**

*By Jessie Sholl, Simon & Schuster/Gallery Books (2010)*

Dirty Secret: A Daughter Comes Clean About Her Mother’s Compulsive Hoarding, a memoir by Jessie Sholl, unlocks some of “why” and “how” behind the mysterious compulsion to hoard. More broadly, however, it is recommended for anyone seeking to understand the dynamics of a parent’s mental illness on the entire family.

In Dirty Secret the mother’s compulsive hoarding (and possible other undiagnosed condition) becomes the responsibility and ultimately the obsession of her daughter, sometimes pulling the author into the losing battle against the mother’s cluttered yellow house, while at other times she disengages from her mother or thinks the problem is solved.

In a disturbing twist, the physical pile of stuff that at times stands between the mother-daughter relationship literally gets under the daughter’s skin and becomes communicable. This skin condition that the daughter and her husband can’t shake is a visceral metaphor for how many families pass along anxiety, pain and trauma. (Sensitive readers may find that the second half of the book, which deals with the skin problems that color—and scent—their airplane rides and overseas vacations, to be a little upsetting.) Ironically, the infection brings the author to a new level of empathy with her mother because, like the stigma of mental illness, it made her feel like she herself had a secret to mask under her skin.

The book re-creates a suffocating feeling of battling against a huge pile of belongings, exacerbated by the relentless turning back upon itself that is the mother’s illness and family history—or any family history. It is with facts, a support group, and the emotional support of her husband and family members that the author ultimately carves out a truce with her mother and her mother’s stuff, a peace that grows out of a compassionate journey in which she shrinks herself down into her mother’s mind, which will always equal her mother’s house.

“The more I shared the secret the smaller it became,” she decides after working through her feelings about her mother. The actual mess remains in the house at the end of the book, postponed until the next archeological dig into her family’s emotional heritage preserved knee-deep in a yellow house.

Reviewed by Kim Puchir

The Adolescent Mental Health Initiative (AmHI) of the Annenberg Foundation Trust at Sunnylands has published the latest in a series of first-hand accounts of teenage experiences with mental illnesses:

**What You Must Think of Me: A Firsthand Account of One Teenager’s Experience with Social Anxiety Disorder**

*By Emily Ford, Michael Liebowitz and Linda Wasmer Andrews, Oxford University Press (2007)*

**Next To Nothing: A Firsthand Account of One Teenager’s Experience with an Eating Disorder**

*By Carrie Arnold and B. Timothy Walsh, Oxford University Press (2007)*

Part of the Adolescent Mental Health Initiative series, sponsored by the Annenberg Foundation Trust at Sunnylands to educate the public and improve the nation’s understanding of and response to adolescent mental illness.

In each book, the lead author, now in adulthood, writes in the first person and addresses teen readers directly: e.g. “Don’t expect a miracle. While medication can help relieve symptoms, it won’t necessarily erase all your fears and worries overnight. That’s where psychotherapy can be helpful.”

The result is an informative, compassionate memoir that serves as a mentoring guide. To ensure accuracy, each author is paired with a leading medical expert.

Each book discusses the nature of the illness, warning signs and symptoms, where to find help, how to talk with family and friends, the treatment options available, how to deal with hospitalization, how to manage and maintain recovery, and explanation of relapses or recurrence. There are practical tips, answers to common questions, and inspiration.
LATINO PARENTS…
NAMI Greater Cleveland Invites you to a seminar about:
THE EFFECTS OF MEDICATION ON YOUR CHILDREN
With
Dr. Tatiana Falcone, M.D.
Department of Child and Adolescent Psychiatry
Cleveland Clinic

Date: Wednesday, November 2, 2011 Time: 10:30 am – 12:00 PM
Place: ADAMH Board · 2012 W. 25TH STREET, 6TH FLOOR
Cleveland, OH 44113

PLEASE NOTE: This class will be held in Spanish. For more information, please contact Dr. Evelyn Rivera at (216) 256-1308 or Esther Rodriguez at (216) 744-3486.

---

NAMI Greater Cleveland Community Education Night presents:

Dr. George Jaskiw - SCHIZOPHRENIA
Dr. Toni Johnson - ANXIETY DISORDERS
Dr. Keming Gao - MOOD DISORDERS

WHEN Thursday, November 10, 2011
TIME 6:00 – 6:30 P.M. Registration
6:30 – 7:30 P.M. Introduction and Session 1
7:30 – 7:45 P.M. Break/Refreshments
7:45 – 8:45 P.M. Session 2
WHERE ADAMHS Board of Cuyahoga County
6th Floor, 2012 W. 25th St. (W. 25th St. and Lorain Ave.)
Cleveland, OH 44113

Free parking is available, check-in at the blue Parking Attendant Booth located in the lot behind the building on the east side of W. 26th Street. Inform the attendant you’re visiting the ADAMHS Board

Please note: Enter the building through rear entrance, off parking lot. Front door is locked to the outside at 5:00 p.m. and the rear door at 7 p.m.

WHAT Question and answer sessions on anxiety, schizophrenia, and mood disorders. No formal presentations will be offered, just a chance to ask your questions about these mental illnesses.

COST Non-members - $10 (cash or check) or join and its free!
(Membership form on page 11)
NAMI members - Free

Registration required at (216) 875-7776

---

2012 Entertainment Book ($30) or 2012 Our Town and All Around Book ($28)

ORDER FORM

☐ I will pick up book(s) at the NAMI office:
2012 West 25th St., #600 · Cleveland, OH 44113
☐ Please mail my book(s). I will include the postage as noted below.

Number of Entertainment Books _________ x $30 ea. $___________
Number of Our Town & All Around Books _______ x $28 ea. $___________

POSTAGE & HANDLING ☐ 1 Book add $3.50 (more than 2 books call office)
☐ 2 Books add $6.50

Donation $___________
TOTAL $___________

NAME________________________________________________________________________
ADDRESS_____________________________________________________________________
CITY _______________________________ ZIP ______________________

MAKE CHECK PAYABLE TO: NAMI Greater Cleveland

MASTER CARD, VISA OR AMERICAN EXPRESS CREDIT CARDS ONLY

Credit Card # ____________________________
Expiration Date __________________________
Signature _____________________________________________________________________

A non-profit charitable organization affiliated with NAMI (National Alliance for the Mentally Ill) and NAMI Ohio. Providing support, practical information, and educational resources to families and persons affected by mental illness to empower them to achieve a better quality of life.
IS SCHIZOPHRENIA ON YOUR MIND?

Around 1 in every 140 people develops schizophrenia. That’s why we’re conducting HBDE, a clinical research study to compare an investigational medicine to aripiprazole (an approved schizophrenia treatment) in people aged 18 to 65.

Any study-related treatments/procedures would be provided at no cost to you.

Please contact us to find out more:

Contact name: Insight Clinical Trials
Site address: Beachwood, Ohio
Tel: 216-526-1843
Thank you for helping NAMI to improve the quality of life for those with mental illness and their families!

NAMI WALK Sponsors

PRESENTING SPONSOR
Cleveland Clinic Center for Behavioral Health

GOLD SPONSOR
AstraZeneca
The MetroHealth System
Shire

SILVER SPONSOR
Michael and Nicki Cancelliere

BRONZE SPONSOR
ADAMHS-Alcohol, Drug Addiction & Mental Health Services
Bristol-Myers Squibb
Janssen: Division of Ortho-McNeil-Janssen Pharmaceuticals, Inc
Dr. Alan and Judy Riga
VNA-Visiting Nurse Association of Ohio

START/FINISH LINE SPONSOR
Cenpatico, serving Buckeye Community Health Plan
US Bank

KICK OFF LUNCHEON SPONSOR
Jeff and Sandra Turner, Ph.D
The Cleveland Women’s Journal
VNA of Ohio

SUPPORTER SPONSORSHIP
Benjamin Rose Institute on Aging
Connections, Health, Wellness, Advocacy
Daugherty Construction
Happy Dog Saloon
North Coast Seal Inc
Ohio State Rep. Kenny and Pam Yuo
Reminger Attorneys at Law
Southwest General Health Center

Major Support for NAMI Cleveland comes from the following organizations:
- ADAMHS Board of Cuyahoga County
- AstraZeneca
- CareSource Foundation
- George W. Codrington Charitable Foundation
- Community Shares of Greater Cleveland
- Community West Foundation
- Jennifer and Grant Dinner Fund of the Joseph and Florence Mandel Family Foundation
- Disabled American Veterans Charitable Service Trust
- Frank Hadley Ginn & Cornelia Root Ginn Charitable Trust
- Lilly
- David and Inez Myers Foundation
- Pfizer Healthcare Charitables
- Ridgecliff Foundation
- Shire Pharmaceuticals
- Stolier Family Foundation
- Michael Talty and Helen Talty Charitable Trust
- United Black Fund
- United States Steel Corporation
- William M. Weiss Foundation
- Woodruff Foundation

Thank you for helping NAMI Greater Cleveland improve the quality of life for those with mental illness and their families!
Memorial & Tribute Gifts

REASONS FOR GIVING:

☐ In Memory  ☐ Birthday
☐ Recognition  ☐ Sympathy
☐ Graduation  ☐ Holiday
☐ Anniversary  ☐ Parenthood
☐ Other _______________________________________

Enclosed check in the amount of $ ______________________

Commemorating (Person/Occasion):

__________________________________________________________

Send card/letter to (Name):

__________________________________________________________

Address __________________________________________________

City ____________________ State ___ Zip _______________________

Other Comments ____________________________________________

Please make your check payable and return this form to:
NAMI Greater Cleveland
2012 W. 25th St., #600 · Cleveland, OH 44113

Thank you!

Membership Information

NAMI Greater Cleveland members receive educational material and information about mental illness, the mental health care system and community resources. Speaker nights are scheduled several times during the year and a quarterly newsletter keeps members and others up-to-date on mental health issues and advocacy. NAMIGC advocates for better medical care, education, housing, jobs, and the elimination of the stigma of mental illness.

Your annual membership includes NAMI Greater Cleveland, NAMI Ohio and NAMI National memberships and their newsletters.

NOTE: You will not receive this newsletter if you only join at the State or National Level.

Date ______________________________________________________________________

Name ______________________________________________________________________

Address _____________________________________________________________________

City ____________________ State ___ Zip _______________________

Day Phone ___________________________________________________________________

Email Address ______________________________________________________________________

☐ I would like to volunteer time to help NAMIGC continue its important programs of Support, Education and Advocacy.

☐ I would be willing to help with mailings, office work and/or telephone committee.

Enclosed is my check for: (please circle)

Consumer Annual membership $ 3
Student/Individual $ 10
Annual Family Membership $ 35
Annual Professional Membership $ 75
Organization Membership $ 200
Open Door/for individuals wishing to pay what they can. $ ____________

Additional Donation $ ____________

TOTAL ENCLODED $ ____________

Credit Cards are also accepted:
☐ Master Card  ☐ Visa  ☐ Discover  ☐ American Express

Credit Card # ______________________________________________________________________

Expiration Date ______________________________________________________________________
OFFICERS
Kathleen Stock - President
Mary Spada - Vice President
Dianna Bell - Treasurer
Gay Lanctot - Secretary
Eliot Myers - Parliamentarian

BOARD OF DIRECTORS
Dan DiMarco, MBA
Mike Dusseau
Faye Gary, EdD, MS, RN
Molly McCoy, M.D.
Ben Miladin, MSW
R. Jeffrey Pollock, Esq.
Jodie M. Ross
Chris Van Deusen, MPA
Mark Weintraub, Esq.

BOARD EMERITUS
Lovell John Custard
Alan Riga, Ph.D

MEDICAL ADVISORY BOARD
George E. Tesar, M.D. - Chairman
Kathleen A. Clegg, M.D.
Lori D’Angelo, Ph.D.
Philipp L. Dines, M.D., Ph.D.
J. Jin El-Mallawany, M.D.
Norah C. Feeney, Ph.D.
Robert L. Findling, M.D.
Kerning Gao, M.D.
Richard R. Hill, M.D., Ph.D.
George E. Jaskiw, M.D.
Toni Love Johnson, M.D.
Evanne Juratovac, RN, M.S.N.
P. Eric Konicki, M.D.
Joseph A. Locala, M.D.
Gary T. Pagano, M.D.
Kathleen M. Quinn, M.D.
Luiz F. Ramirez, M.D.
Rakesh Ranjan, M.D.
Robert J. Ronis, M.D., M.P.H.
Patrick Runnels, M.D.
Roknedin Safavi, M.D.
Martha Sajatovic, M.D.
Jill Sanato, M.D.
Robert T. Segev, M.D., Ph.D.
Doug Smith, M.D.
Thomas P. Swales, Ph.D.
Cynthia S. Vrabel, M.D.

STAFF
Michael Baskin, mbaskin@nami.org
EXECUTIVE DIRECTOR
Marsha Blanks, M3BLANKS@aol.com
MULTICULTURAL OUTREACH SPECIALIST
Becky Fela, bfeala@nami.org
PEER SUPPORT SPECIALIST
Sally Follett, sfollett@aol.com
VOLUNTEER COORDINATOR
Kari Kepic, kkepic@nami.org
HELPLINE ASSISTANT
Liz Krull, lkrull@nami.org
OFFICE ASSISTANT
Terri Miller, tmiller@nami.org
CONSUMER AND FAMILY
PROGRAM COORDINATOR
Bridget Murphy, bmurphy@nami.org
SPECIAL EVENTS COORDINATOR
Ellen Riehm, eriehm@nami.org
COMMUNITY EDUCATION COORDINATOR
Evelyn Rivera
evelnrivera@sbcglobal.net
BILINGUAL OUTREACH COORDINATOR

NAMI GC
2012 West 25th Street, #600
Cleveland, Ohio 44113
Phone: 216-875-7776
FAX: 216-861-2574
www.namigreatercleveland.org