CELEBRATING NAMIWALKS 2012!
NAMI Greater Cleveland’s 2012 Walk was a tremendous success due to the hard work of so many volunteers.
The weather broke just in time to give us a beautiful view of the city skyline and out onto Lake Erie so our 1,200+ walkers could march thru downtown Cleveland raising awareness about mental illness and mental health. We’re currently on target to meet our goal of raising $165,000 thanks to our sponsors, walkers and Team Captains that helped to build their walk teams and raise funds to support NAMI programs. Congratulations and thank you to those who held pre and post walk fundraisers like Kris and John Cipolla, Ben Miladin, Bob and Mary Spada, Kari Kepic, Chris Young and Anne Schleicher. And thanks to our Board of Directors and the Medical Advisory Board, for helping with sponsorships, building their own walk teams, and assisting with fundraisers. Thus far, thru November 6, we’ve raised over $160,000, and there’s still time to donate. So many thank yous to go around but most of all to Bridget Murphy, our Special Events Coordinator who makes the event come to life each year. I wish I could mention each and every individual and organization who gave so graciously to help us this year!! The following lists some of the leading players in the 2012 NAMI Walk.

- The Cleveland Clinic Center for Behavioral Health, our Presenting Sponsor, (Dan Karchmer and Dr. George Tesar)
- University Hospital’s Department of Psychiatry, our Major Sponsor (Dr. Robert Ronis)
- WKYC TV – 3 our Media Sponsor (Amanda Barren)
- Murtis Taylor Human Services Center (Lovell Custard) who donated vans for shuttles to parking lots
- Konica Minolta (Dave Robinson), who donated almost all of our printing
- Amanda Barren, Honorary Chair
- Chuck Germana, Business Chair
- Anne Schleicher, Family Chair
- Brianna Johnson, Junior Business Chair
- Interns: Annie Trostel, Claire Sonneborn, Ben Seeley and Earl duChossois

Amanda Barren, WKYC TV 3 reporter was on hand to do a story on the event which aired later that day.

Congratulations to Nadine Murphy, NAMI Social Work intern, who won the 50/50 raffle!

Please help us reach our goal - we have until November 15th! If you would like to volunteer, or if you have suggestions for next years walk please call Bridget Murphy at 216.875.0266.

Again, thank you to each and every one of you who contributed to the walk this year, our 10th annual, the best walk we’ve ever had.

WELCOME TO NADINE MURPHY, SOCIAL WORK INTERN AT NAMIGC
NAMI welcomes Cleveland State University student, Nadine Murphy who will be an intern with us through April 2013. Nadine will focus her work with the Multicultural Outreach Program and the Helpline. Her goal is to “advocate for social issues, policy, and legislation” - she also aspires to be a motivational speaker. Ms. Murphy became interested in social work due to early life experiences such as seeing how her mother was treated by the welfare system. She is open in sharing about her recovery from alcohol and drug addiction-she has been in recovery for over 12 years. Nadine is the mother of two, Petrice and Reginald, and has two grandsons, Maurice and Jacques. We have already seen how Nadine fits in so well with the NAMI staff and volunteers, and her compassion for families and individuals with mental illness. We are fortunate to have Nadine as part of the NAMIGC team.

PROJECT TO SERVE STUDENTS AT CUYAHOGA COMMUNITY COLLEGE
Northeast Ohio Medical University’s (NEOMED) Program for Campus Safety and Mental Health has awarded NAMIGC a grant to provide services to special populations at Tri-C including student veterans. NAMI will work together with several different departments, including Veterans Affairs, ACCESS (Students with disabilities), the Counseling Department and the Student Affairs office. The project is designed to educate and increase the awareness of mental illness and mental health issues on campus for students, faculty and school administrators.

NAMI TO PARTNER WITH THE BeST CENTER AND MURTIS TAYLOR
NAMI Greater Cleveland is collaborating with the BeST Center (Best Practices in Schizophrenic Treatment) and Murtis Taylor Human Services Center to be a part of their “Building on Family Strengths: Support, Education and Advocacy”. Knowing that family education and support helps to reduce relapse and re-hospitalization for...
New(s) (con’t)

individuals diagnosed with schizophrenia spectrum disorders, NAMIGC will offer its “Understanding Mental Illness” program to family members identified by the clinical staff at Murtis Taylor. Plans are to begin the project in November. The BeST Center is in the Department of Psychiatry at the NEOMED. Please see page 9 for details.

MACY’S TO PROVIDE FUNDING TO SUPPORT WOMEN’S PROGRAMS

A new funder for NAMIGC, Macy’s will help to support the following projects in 2013:

- A Women’s Empowerment Support & Education Group: This group will meet weekly for 8 sessions for women who have experienced Post Traumatic Stress Disorder (PTSD) and other mental illnesses, the majority of whom have experienced verbal, physical and sexual abuse.

- Depression in Women

Psychoeducation Sessions: This program will be presented in conjunction with Urban Minority Alcoholism and Drug Abuse Outreach Programs (UMADAOP) and the Hough Collaborative Network in the Hough neighborhood of Cleveland.

- Living Independently with Depression and Anxiety: This support and education project will be launched in conjunction with the Rape Crisis Center of Cleveland and will target Hispanic/Latino women already involved with the Center due to traumatic experiences involving rape and/or domestic violence.

We look forward to collaborating with these organizations in serving these unique populations affected by mental illness.

VOLUNTEER PROJECT UNDERWAY

Roseanne Deucher from Business Volunteers Unlimited has begun work on our volunteer project, part of a strategy within our current strategic plan designed to:

- increase the expertise and proficiency of volunteers
- increase the quality of programs and services

Thus far, interviews with staff, board members and community stakeholders have been completed. A final plan, due out in November, will help us to recruit, train, retain, evaluate and celebrate volunteers at NAMI.

MEMBERSHIP GROWS

Chris Young has agreed to become the chair of the Membership Committee, taking over for Mike Dusseau, who did an exemplary job in his two years as chair, increasing membership from 600 to 800 members. Mike will be best known for his idea and implementation of instituting low or no cost memberships (“Open Door”) for patients at psychiatric facilities we visit as part of our “Hospital Networking”. Support Group members who cannot afford membership dues are also offered Open Door memberships. Mike intends to focus more on his role in the development committee for NAMIGC. Chris will work with the membership committee on increasing Family Memberships and having organizations and professional joining as NAMIGC “associates”. If you recall, we followed NAMI national’s prerequisite, as part of the Standards of Excellence program, and now offer only two categories of membership, General Memberships at $35 per year, and Open Door memberships at $3.

NAMI OHIO UPDATES - POSITION ANNOUNCEMENT

The National Alliance on Mental Illness of Ohio (NAMI Ohio) and the Ohio Federation for Children’s Mental Health (OFFCMH) have an opening for a Family Support Field Administrator. The Family Support Field Administrator is responsible for creating sustainable local systems of support among families that are struggling to cope with issues relating to their child’s mental health and/or emotional disorder. Additionally, the Family Support Field Administrator will be responsible for helping to unite the voices of families that NAMI Ohio and OFFCMH advocate for, so that the services and supports families want and need are available locally.

EMPLOYMENT OPPORTUNITY WITH NAMI NATIONAL’S “CENTER OF EXCELLENCE”

NAMI National has posted an employment opportunity on the NAMI website for a senior manager with the NAMI Center for Excellence. They are looking for a talented professional who will provide technical assistance and resources to NAMI State Organizations and NAMI Affiliates, helping them build organizational capacity and achieve the goals of the NAMI Standards of Excellence.

GET WELL WISHES FOR CINDY

Best wishes to volunteer Cindy Korzun who is recuperating from an illness. Each of us at NAMIGC hopes for a speedy recovery. Please keep her in your thoughts.

Again, many thanks for all you do in contributing to NAMI Greater Cleveland and raising awareness about mental illness/health!

Yours and best,
Voice Fellowship Award to Karen Curlis

NAMI Greater Cleveland Peer-to-Peer Mentor and Speaker Bureau member Karen Curlis recently received a Voice Fellowship Award from the Substance Abuse and Mental Health Services Administration (SAMHSA.)

SAMHSA’s Voice Awards Fellowship Program is a pilot project designed to give behavioral health consumer/peer leaders the skills they need to amplify their voices through storytelling. By sharing stories about resilience and recovery from a unique personal perspective, together, the Voice Awards Fellows can shape public perceptions of behavioral health and promote social inclusion in the workplace, in schools, and in communities nationwide.

Congratulations Karen!

Music for the Mind: Finding a Positive Note

Team Bianco/Young held its third NAMIWalks fundraiser, ‘Music for the Mind,’ on October 20 at the Happy Dog on Cleveland’s west side. The event featured original music from local acts, raffles and fun for a cause that has personal, painful roots.

Team Captains and longtime friends Anne Schleicher and Christine Young came up with the idea in 2010. Anne’s in-laws were helped by NAMI Greater Cleveland after the suicide of her husband’s brother in 2007.

“My mother-in-law said the Family-to-Family course was better than any counseling she could have gotten,” explains Anne, who was this year’s NAMIWalks family chairperson. Anne also placed several calls to the office during this time. “Every time I called NAMI, I found it assuring that person on the other end had survived the roller coaster ride we’d been going through.”

Paul had been diagnosed with bipolar disorder six months before he took his life.

“My brother-in-law was a talented musician,” explains Anne. “And Chris used to work in the music and entertainment field. We thought, ‘why not have a concert?’ It was a natural fit.”

Christine is now an employee assistance social worker for a large company and a NAMIGC board member. All the musician friends she asked to play at the event immediately agreed. Sean Kilbane, owner of the popular eatery and music hot spot, The Happy Dog, readily offered his venue.

Music for the Mind was born.

“With that first event, as now, I am so heartened by the compassion and generosity shown by the musicians, the Happy Dog staff, raffle donors, NAMI staff and everyone who attends,” says Christine. The event raised over $2300 this year.

This year’s Music for the Mind featured local favorites and alt-country rockers Brent Kirby & The Lost Fortunes. The opening act, the False Prophets, is the band Paul founded with his brothers and a friend in 2001. They will be performing mostly original songs, many written by Paul.

The Team Bianco/Young Co-Captains believe something good can come from anything. “With Music for the Mind, Paul’s legacy lives, and others are helped,” says Anne.
Coping with a drug, mental health crisis? Cuyahoga County gets $1.8 million to help

By Sarah Jane Tribble, The Plain Dealer

Published: Thursday, September 06, 2012, 9:30 PM Updated: Friday, September 07, 2012, 2:41 AM

CLEVELAND, Ohio — The Ohio Department of Mental Health announced Thursday that it will give Cuyahoga County $1.8 million to create an alternative treatment solution for people suffering from a psychiatric episode or substance abuse.

The short-term option, proposed by Cleveland’s biggest hospitals and community providers, would move people out of emergency departments to a dedicated, 72-hour unit that is expected to provide better care and reduce costs.

“What we are attempting to do here is to demonstrate whether there are positive budget and clinical outcomes that can occur,” said Tracey Plouck, Ohio’s mental health director. “Intuitively, we think the answer is yes.”

Individuals arrive daily at local emergency rooms with psychotic-like symptoms, including being disoriented and confused, according to local health experts.

Emergency rooms are not only a costly way to provide treatment, but they usually release individuals after 23 hours, said Esther Pla, chief executive of Connections, a non-profit mental and behavioral health agency that helped create the proposal for state funding.

Additionally, emergency room doctors and nurses often don’t have time to make an assessment, complete a drug screen and contact community agencies that may help the individual stay healthy, said Pla.

Yet, Pla said, the influx of individuals “is a huge problem.” She estimated that up to 1,200 people could be helped annually.

Bill Denihan, chief executive of the Alcohol, Drug Addiction and Mental Health Services Board of Cuyahoga County, called the state funding “significant” and said he believed the unit would reduce the number of people sent to state mental health hospitals.

The 72 hours gives hospitals more time to evaluate a person, give them a more specific level of care and determine more accurately whether they should be admitted, sent to a state mental health hospital or to a community organization, Denihan said.

Connections, along with University Hospitals, The Cleveland Clinic, MetroHealth System and St. Vincent Charity Medical Center will meet with state and county officials Friday to discuss how to spend the $1.8 million, and if a single unit could be located at one of the local hospitals.

“It’s up to one of the hospitals to jump in and say they want it -- whichever hospital is willing to do it and feels that this is part of their mission,” Pla said.
NAMIGC was visited by 15 High School students from Mexico who were part of Jovenes en Accion, an innovative five-week youth exchange program that develops leadership skills, fosters civic engagement, and supports Mexican public high school students in creating service projects to implement in their communities. The program was initiated in 2010 by the U.S. Embassy in Mexico City and the Mexican Secretariat of Public Education with support from the private sector. The Cleveland Council on World Affairs hosted the students for two weeks and provided educational and cultural opportunities for them. NAMI Speaker Bureau members Justin Nogle and Sakeena Francis spoke with the students about their personal experiences living with mental illness as well as some of the issues impacting access to mental health care in America.

SAVE THE DATE

NAMIGC members and volunteers are invited to attend our annual holiday party, Saturday, December 8, 2012 from 11:30 – 1:30. We will provide sandwiches and side dishes and are asking members/volunteers to bring an appetizer and or dessert to share. A flyer with all the details will be sent out soon. RSVP to the NAMI office with your name, number of people attending and whether you are bringing an appetizer or dessert. We hope to see you there!
## FUNDRAISERS Holiday Gift Ideas

### Giant Eagle Gift Cards

Think ahead for the Holidays! Purchase Giant Eagle cards from NAMIGC. NAMI Greater Cleveland is selling Giant Eagle Gift Cards. Use them to purchase groceries, gas, or other gift cards. NAMI receives 5% of the amount purchased.

NAMI/Giant Eagle Gift Card Order Form

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TOTAL AMOUNT DUE $_________

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

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### 2013 Entertainment Books $30 and/or 2013 Our Town and All Around $28

- _____ I will pick up book(s) at the office 2012 West 25th Street, #600 – Cleveland, OH 44113
- _____ Please mail my Book(s). I will include postage.

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POSTAGE & HANDLING:
- 1 Book add $3.50 $_________
- 2 Books add $6.95 (more than 2 books call the office) $_________
- Donation $_________
- TOTAL $_________

NAME: ________________________________________________________________________
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216-875-0266 fax: 216-861-2574
CREDIT CARDS: Master Card, Visa, American Express, and Discover Cards

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CELEBRATING NAMIWALKS 2012!

Team Steven

Team Hopewell

Terrace Tower Team

Southside Johnny Team - largest Fundraiser

Joe Kutina

Team Jimmy
The Best Practices in Schizophrenia Treatment (BeST) Center at Northeast Ohio Medical University, Murtis Taylor Human Services System and NAMI Greater Cleveland are pleased to announce a partnership to provide services based on a model program developed by the BeST Center for consumers with schizophrenia spectrum disorders and their families.

The *Building on Family Strengths: Support, Education and Advocacy* (BOFS:SEA) program will provide:

- Family education and support.
- Services and supports that meet family needs.
- Improved relationships and well-being for individuals and family members and/or significant others.

A community meeting to preview the BOFS:SEA program will be held at Murtis Taylor Human Services System, 13422 Kinsman Road, Cleveland, in December 2012.

Call Michael Rhoades at Murtis Taylor, (216) 283-4400, x2291 for information and to participate.
DONATIONS

Cynthia Beard
Nadine Bendycki
Diana Bjel
Jerry Bowen
Jeffrey Campbell
Barb & Jerry Carper
Marilynn Clement
Nina Costanzo
Bernie Dawson
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IN MEMORY OF BARB ZIEL
Elaine & Ed Yakamavage

Major support for NAMI Greater Cleveland comes from the following organizations:

- ADAMHS Board of Cuyahoga County
- Marilyn M. Bedol Philanthropic Fund
- George W. Codrington Charitable Trust
- Community Shares of Greater Cleveland
- Community West Foundation
- David and Inez Myers Foundation
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☐ In Memory  ☐ Birthday
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☐ Graduation  ☐ Holiday
☐ Anniversary  ☐ Parenthood
☐ Other ________________________________

Enclosed check in the amount of $ ______________________

Commemorating (Person/Occasion):
________________________________________________________

Send card/letter to (Name):
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Address __________________________

City ____________________________

State ____________________________ Zip __________________

Signed ___________________________

Your 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)
Membership $ 35
Open Door $ 3
Additional Donation $ ____________

TOTAL ENCLOSED $ ____________

* Open door membership available for people with limited financial resources.

Credit Cards are also accepted:

☐ Master Card ☐ Visa ☐ Discover ☐ American Express

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