NAMIWALKS 2013

We had a wonderful NAMIWalks 2013! As most of you know, we had a major transition prior to the Walk with the departure of Special Events Coordinator, Bridget Murphy in June. However, she left us in the hands of our capable interns: Elisabeth Maher, Niki Armstrong Inman, and Ben Seeley. These three were the key to the success of the 2013 NAMI Walk. Their dedication and hard work inspired me to do my very best, too. Also, as part of the Walk team, Anne Schleicher helped in numerous organizational capacities, including fundraising and media. In partnership with Channel 19, Anne was able to secure multiple media opportunities such as a NAMIGC phone Bank, a Public Service Announcement (PSA) featuring Channel 19’s, Danielle Serino and on air interviews. Finally, staff members Michael, Kari, and Liz rounded out the team with their work and support pertaining to various logistics and details of the Walk.

On Walk day, we had fabulous weather, spirited music, a fun kids’ corner, and a spot for NAMI dogs to play! A crowd of close to 1,000 people gathered to celebrate recovery, advocacy, and the NAMIGC community.

As of this writing, we have raised almost $140,000! We have until October 19th to finish our campaign, so keep asking for donations and help NAMIGC to meet our $200,000 goal.

By the time you read this or soon after, we will be welcoming a new Special Events Coordinator. I want to thank the staff, board, volunteers and community for their support and patience leading up to and during the Walk. I hope to see you at NAMIWalks 2014…or sooner!

Thank you to Bridget Murphy for all of her work securing NAMIWalks sponsors and getting us started off on the right foot.

Warm regards,

Jane
Jane Arnoff Logsdon NAMIWalks 2013 Liaison and Volunteer Coordinator
Our successes are the result of so many individuals and organizations, we offer deep gratitude to:

- **Cleveland Clinic Center for Behavioral Health**, our presenting sponsor
- **Chad Gross**, EY, Business Chair
- **Danielle Serino**, WOIO Ch. 19, Media Chair
- **Councilman Joe Cimperman**, Honorary Chair
- **Channel 19 Action news**
- All of our amazing **Sponsors** and community friends (too many to list!)
- **Senator Bob Spada** (assisted by Becky) and **Jess Archer** for taking pictures
- **Murtis Taylor Human Services Center** (for vans and shuttles to parking lots)
- **NAMI Geauga County** – for ongoing participation
- **Anna Ronis**, our wonderful clown and face painter
- **Ohio City Burrito** for having a "Burritos 4 a Cause" fundraiser for NAMIGC
- **Bonbon Café** and **Tim Cornett** for hosting our Cupcakes and Comedy fundraiser
- **Giant Eagle, Einstein Bagels, and Marc's** for refreshments
- **50/50 Raffle winner Nicole Vassil** for donating her winnings back to us!
- **Style Mutt** – for hosting the "Dog Pound" and providing water and treats for our canine "walkers"
- All of our **Walk volunteers** who helped in advance and on the day of the event
- All of our **Walkers!**
BEST WISHES TO MIKE DUSSEAU, RETIRING BOARD MEMBER

Congratulations to Mike Dusseau who has decided to retire from the NAMIGC Board. A longtime Support Group Leader, Mike will continue his work advocating for those affected by mental illness, speaking out against stigma and helping with the NAMIWalk. As chair of the Membership Committee for the past several years, Mike established a number of innovative membership initiatives, including scholarships for support group participants and for patients at local psychiatric facilities. He was also active on the Development Committee and with a number of fundraisers that assisted the walk. Mike has decided to spend more time with family traveling, visiting his grandchildren, and pursuing his interests in being a part of the Ancient Order of Hibernians (AOH). AOH was formed in Ireland and established to combat religious persecution there. Dusseau will be presented with an award for his exemplary work with NAMIGC at our next board meeting.

PROGRAM UPDATE: BRIDGING HOPE IN THE FAITH BASED COMMUNITY

Over the years, several people have contacted us and expressed an interest in reaching out to churches, synagogues and mosques to assist with the stigma and subsequent discrimination that keeps those affected by mental illness isolated. NAMI Greater Cleveland recognizes the importance of faith and spirituality in the recovery process. Towards that end, a faith based outreach committee was formed. The purpose of the committee is to raise awareness, challenge the stigma about mental illness, and provide information and resources to faith based institutions. Terri Miller, our Peer and Family Program Coordinator, oversees the project.

Bridges of Hope, developed by NAMI National, is our first comprehensive community education project to address this population/community. The purpose of Bridges of Hope is to educate clergy and congregations about mental illness so that they can begin the process of developing support, information and an avenue to access services within their congregations. Bridges of Hope is a three-part presentation which includes:

Section I - What is mental illness? How does it impact individuals, families, and communities?

Section II - What is the role of the faith community in helping people and families touched by mental illness?

Section III - Who is NAMI and what does it offer to individuals, families and faith communities?

NAMI National’s FaithNet Project has provided us with a grant to assist with the start up of this program. In July, we presented our first Bridges of Hope program at the Mt. Sinai Baptist Church in Cleveland. Craig Sams, a Peer to Peer and Support Group Facilitator for NAMI, coordinated the program which he titled “Coming Together With Love”. Thanks to Craig for the tremendous work he put in to make this start up so successful. Additional Bridges of Hope programs are expected to be delivered this fall.

NAMIGC’s STRATEGIC PLAN APPROVED BY THE BOARD

We look forward to getting started on the Strategic Plan this month. Committees and committee chairs will begin the task of detailing the plan by writing specific action steps based on the goals (strategies) listed below.

- Goal One: Increase visibility of NAMIGC.
- Goal Two: Secure the governance and administrative core of NAMIGC to best support current and future operations.
- Goal Three: Further strengthen NAMIGC’s current programs and increase availability and accessibility of these programs.
- Goal Four: Grow contributed income and revenue.

I’d mentioned in the last newsletter that I would list the objectives of the Strategic Plan, but due to its length (4 pages), and the limitations of space in the newsletter, the plan will be posted on the NAMIGC website.

CUYAHOGA COUNTY HEALTH AND HUMAN SERVICES LEVY TO SUPPORT MENTAL HEALTH/ADDICTIONS

In July, Cuyahoga County Council voted 11-0 to support the resolution to send the Health and Human Services Levy to the voters on November 5th. The levy is a replacement and increase for the smaller Health and Human Services (HHS) levy. The primary purpose of the increase is to cover the structural deficit that currently exists in the Health and Human Services Levy fund. The targeted Mental Health and Addictions levy did not receive enough votes to be put on the ballot so this levy is an alternative to provide additional funds to sustain and potentially increase funding for Mental Health & Addiction services.

Look for additional information to come your way, with information on how you can help support this levy which benefits NAMI members/participants.

Best Wishes for a wonderful fall season!

Michael
September 2013
MULTICULTURAL NEWS! Minority Mental Health Month Event a Success!

NAMI’s Multicultural Outreach Program (MCO) sponsored Fresh Friday July 12, 2013 in collaboration with the Cuyahoga County Public Library at the Warrensville Heights Branch in observance of Bebe Moore Campbell National Minority Mental Health Awareness Month. “Fresh Friday for Emotional Wellness” was attended by more than 100 residents of Cuyahoga County. People of all ages came together and enjoyed stress reducing, fun activities, learned about emotional wellness and were able to access information and resources that allowed them to refresh their body, mind and spirit. The day long activities which included sessions on fitness, art therapy, dance, meditation/relaxation exercise as well as stress management techniques for all ages.

Session presenters included CeCe Miller, Licensed Minister, Executive Director of Sacred Space and Artistic Director of Spirit of Life Performing Arts Center; Brittany Lesch, MT-BC, of The Beck Center for the Creative Arts; Jennifer Wright, ATR-BC, from Ursuline College - The Art Therapy Studio, Gerald McGree, LISW and Autra Calvin, South University Psychology Intern. All donated their time and talent to the event. A very special session with NAMI/MCO volunteer Sakeena Francis gave participants a look into the life of a person living with mental illness and the possibility of recovery. The Cleveland Clinic’s Stephanie Tubbs Jones Health Center and South Pointe Hospital reached out to the community with information on health conditions and resources available through their respective locations. Local vendors: Al’s Train and Hobby, Epiphany Hair Studio, Giant Eagle (Mayfield Rd), Gionino’s Pizzeria, and Speedway (South Euclid), along with Gary and Jan Fielman donated door prizes. Dave’s Supermarket provided the refreshments. A good and informative time was had by all!

Project DAWN (Deaths Avoided with Naloxone)

What is Project DAWN?
Project DAWN is a community-based overdose education and naloxone distribution program. Project DAWN participants receive training on:

- Recognizing the signs and symptoms of overdose
- Distinguishing between different types of overdose
- Performing rescue breathing Calling emergency medical services
- Administering intranasal Naloxone

What is Naloxone?
Naloxone (also known as Narcan) is a medication that can reverse an overdose that is caused by an opioid drug. When administered during an overdose, naloxone blocks the effects of opioids on the brain and restores breathing within two to eight minutes. Naloxone has been used safely by emergency medical professionals for more than 40 years and has only one function: to reverse the effects of opioids on the brain and respiratory system in order to prevent death. Naloxone has no potential for abuse.

If naloxone is given to a person who is not experiencing an opioid overdose, it is harmless. If naloxone is administered to a person who is dependent on opioids, it will produce withdrawal symptoms. Withdrawal, although uncomfortable, is not life-threatening.

Naloxone does not reverse overdoses that are caused by non-opioid drugs, such as cocaine, benzodiazepines (e.g. Xanex, Klonopin and Valium), methamphetamines, or alcohol.

According to a recent CDC Publication, between 1996 and June 2010, a total of 53,032 individuals have been trained and given naloxone by overdose prevention programs. During that same time period, these programs have received reports of 10,171 overdose reversals using naloxone.

What is the target population for Project DAWN?
Community level programs aimed at reducing opioid drug overdose deaths, such as Project DAWN, target a wide-range of high-risk individuals. These individuals vary from chronic pain patients who may misuse or abuse medications to non-medical users of prescription opioids and heroin users. Additional indications include: those who are opioid naive or have abstained from using opioids (recently released from jail or treatment facility), individuals with certain health conditions (renal dysfunction, COPD, HIV/AIDS) and those who are concurrently using other central nervous system depressants (benzodiazepine, alcohol, anti-depressants).

Project DAWN Sites
Currently there are three Project DAWN sites in Ohio:

- **Portsmouth City Health Department**
  605 Washington Street Portsmouth, Ohio 45662
  Phone: (740) 353-8863 / Extension 234 www.portsmouthhealthdept.org

- **The Free Medical Clinic of Greater Cleveland** (OPEN Fridays 1pm - 5pm)
  12201 Euclid Avenue, Cleveland, OH 44106
  (216) 721-4010 or (216) 778-7878 www.thefreeclinic.org

- **Cuyahoga County Board of Health** (OPEN Fridays from 9am - 12pm)
  5550 Venture Dr, Parma, Ohio 44130 12201
  Euclid Avenue, Cleveland, OH 44106
  (216) 721-4010 or (216) 201-2000

Excerpts taken from:
Navy Shipyard Tragedy: NAMI Calls on Congress for Immediate Action on Mental Health

ARLINGTON, VA—In the wake of the Navy Yard tragedy, the National Alliance on Mental Illness (NAMI) has called on the President and Congress to act immediately on mental health legislation that has been stalled since the collapse of the gun debate earlier this year.

"Congress has bills introduced that are about mental health. They are not about guns," said NAMI Executive Director Mike Fitzpatrick. "They are modest proposals that will at least begin to make a difference.

"Mental illness does not discriminate between Republicans and Democrats. The bills are bipartisan. There is no reason that they cannot be enacted before the first anniversary of the Newtown tragedy in December."

In a broader statement addressing issues reflected in the Navy Shipyard tragedy on Sept. 16, Fitzpatrick declared:

"Once again, the country is reeling from a senseless act of mass violence. Families and friends are grieving the loss of 12 innocent lives. Although information about the tragedy is still emerging, it is clear that the gunman lived with mental health issues for many years. In recent weeks, his symptoms seem like some associated with psychosis such as extreme paranoia.

His struggles were not a secret. People who knew him observed symptoms of mental health disorders. He had brushes with the law over the years, including misconduct with guns. He had at least eight disciplinary infractions during the time he served in the Navy Reserve. Just last month, Newport, R.I.'s police responded to a call for help from him and were so concerned about his mental health that they reported their concerns to the Navy. Yet nothing apparently was done at the time of these events to get him the mental health evaluation and care that might have averted tragedy.

The Navy Shipyard tragedy shares common factors with others, such as Virginia Tech, Tucson, Aurora and Newtown. The common denominator is an individual struggling with mental illness with others being aware of problems, but no meaningful action being taken in time to connect the person with effective services or support. Common factors include failures of understanding, resources, engagement, coordination or accountability. They can occur in schools, the health care system, law enforcement or the criminal justice system. Too often, there are no clear points of responsibility and few protocols.

Too often, the response to people experiencing psychiatric crisis in the United States bears little resemblance to the response given other medical conditions. People do not know where to turn for help. Treatment is unavailable or not provided until an emergency occurs.

Furthermore, care often lasts only until the emergency is over. Few people would expect, however, that a person having a heart attack would be given CPR, only to receive little or no care after being resuscitated. We would never tolerate such a system for any other health condition.

Concrete steps can be taken immediately to address our nation’s mental health care crisis and help prevent future tragedies. For example:

- Congress should immediately pass existing legislation introduced following the Newtown tragedy last year: the Mental Health Awareness and Improvement Act (S. 689), the Excellence in Mental Health Act (S. 264; HR 1263) and the Justice and Mental Health Collaboration Act (S. 162; HR 461). These are modest proposals that will at least help make a difference.

- All communities should have Crisis Intervention Teams (CIT) involving police, mental health professionals and other partners. Approximately 2800 communities in the United States currently have CIT programs that give police skills to handle psychiatric crises and get them to medical care.

- All communities should have mental health courts to help get treatment for people struggling with mental illness who commit non-violent offenses.

- Public education on mental health should be conducted throughout every community, including schools, military installations and veterans’ facilities. Family education and support must also be integrated and routine within the mental health care system. Everyone should know symptoms and appropriate responses for mental health problems-free from prejudice or discrimination.

- Greater research is needed into how to engage more effectively individuals who are at risk of harm to themselves or others, in order to improve initial evaluations and ongoing treatment.

"As a nation, let’s not wait again to act."

Press release from www.NAMI.org
Community Education

NAMI Basics
This 6 week educational program is for parents and caregivers of a child or adolescent living with mental illness.

Monday, October 21, 2013, 11 a.m. -1:30 p.m.
Light lunch will be served
ADAMHS Board of Cuyahoga County, 2012 W. 25th St., 6th Floor
Cleveland, Ohio 44113

Thursday, October 28, 2013 , 6:30 – 9 p.m.
Signature Health, 5410 Transportation Blvd., Suite 4
Garfield Hts., OH 44125

These programs are free and open to the public, but registration is necessary. Call the NAMI Office, 216-875-7776 or email tmiller@namicleveland.org

Understanding Mental Illness
This 5 week Support/Education course is for families/friends coping with mental illness in the Family.

Monday, Nov. 11, 2013, 6:30 -8:00 pm
Euclid Hospital 18901 Lake Shore Blvd.
Euclid, OH 44119

Tuesday, Nov. 12, 2013, 6:30 - 8:00 pm
St. Paul’s Lutheran Church and School 27993 Detroit Rd.
Westlake, Ohio 44145.

These programs are free and open to the public, but registration is necessary. Call the NAMI Office or email tmiller@namicleveland.org

Depression Sessions Helping Women of Color Deal with the “Strong Black Women” Syndrome
Sixty-four women so far this year have attended the two part community psycho-educational session: More Than Just the Blues: Depression in Women, designed to help women of color understand the signs and symptoms of depression as well as how this mental health condition could be affecting their everyday lives.

Particular attention is being paid to what is commonly known as the “Strong Black Women Syndrome”, in which African American women are socialized from birth to be strong in the face of insurmountable obstacles. Session participants learned about the types of depression, the warning signs/symptoms, and treatment options. Several women were identified during sessions as having symptoms of severe depression. These women were unaware of the level of depression they were experiencing and how their depressed state was affecting them and their families. Referrals and follow-up were done with these women to make sure they received the help they needed. Psycho-education sessions are a part of the Project HOPE-Holistic Outreach and Prevention Education component designed by the NAMIGC Multicultural Outreach Program. The program is designed to increase awareness of mental health and behavioral conditions in the African American and Hispanic communities which affect overall well-being.

The experiences that teach us the most are the ones we haven’t bargained for.

Congratulations Residents of Terrace Towers Apartments for Completing the Third Round of Mental Health Workshops!

Mental Health Workshops are small group educational/support/socialization sessions held at Terrace Towers Apartments, a public housing complex located in East Cleveland. These workshops target no or low income, vulnerable and minority populations diagnosed with mental illness (or suspected of having undiagnosed mental illness). They are held in a closed setting to prevent eviction due to inappropriate behaviors.
Giant Eagle Gift Cards

Think ahead for the Holidays!

Purchase Giant Eagle cards from NAMIGC, from now until Thursday, December 19, 2013, for every $25 you purchase, you will be entered into a drawing for a $25 Giant Eagle card. Three winners will be drawn on December 20, 2013 just in time for the holidays.

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

Thursday, September 19, 2013

Mental Health in the Marketplace

BY SITA DIEHL, NAMI Director of State Policy and Advocacy

Oct. 1 is right around the corner and it is time to spread the word that new health insurance options are available in every state as part of the Affordable Care Act (ACA). We all know someone whose quality of life would improve if they were able to obtain the mental health care they need. The website www.healthcare.gov provides clear, simple answers on what is available, including for those who has been turned down for private insurance in the past. For nearly 11 million uninsured Americans who live with mental illness, obtaining mental health care is a daunting prospect. If you are lucky, you can acquire basic medication or counseling on a sliding fee scale from a community mental health agency or health clinic. Some resort to self-medication, despite its immense risk, to find relief. For those who are self-employed, counseling and medications can cost hundreds of dollars a month. Moreover, case management and other evidence-based recovery supports are only offered through the public system and unavailable for purchase. A person may also be under-insured, wherein mental health benefits are not included or deductibles and copays are so high that doctor's visits are delayed and medications rationed. But changes will be made on Oct. 1 when the new Health Insurance Marketplace opens for enrollment. You, your family, your affiliate members and their families will be able to apply and enroll in quality health coverage with parity mental health benefits—at little or no cost—with coverage activating as early as Jan. 1, 2014. Are you confused about what this really means for you?

Don’t worry, there are resources out there. To promote mental health advocates’ and consumers’ understanding of what the new health care law provides, NAMI and our allies partnered with the Substance Abuse and Mental Health Services Administration (SAMHSA) to develop a narrated training toolkit called Getting Ready for the Health Insurance Marketplace. In just 30 short minutes, the toolkit reviews a wealth of free information to assist you and those you care about in taking advantage of the new coverage. The presentation is available here. https://event.on24.com/eventRegistration/EventLobbyServlet?target=registration.jsp&eventid=671995&sessionid=1&key=313D9CE356546691A3035DF1BF004B93&sourcepage=register

We all have an important role to play in making sure everyone has the best health coverage available to meet their needs. Learning about these resources is a crucial first step in helping both yourself and those around you lead a fuller, healthier life.
$25 ENTERTAINMENT BOOKS

and/or

$28 Our Town and All Around
2014 Books

Order Form - ENTERTAINMENT BOOK 2014 and OUR TOWN & ALL AROUND 2014

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.

Number of Entertainment Books _______ x $25.00 $___________

Number of Our Town & All Around Books _______ x $28.00 $___________

POSTAGE & Handling:
1 Book add $3.50 $___________

2 Books add $6.95 (more than 2 books call the office) $___________

Donation $___________

TOTAL $___________

NAME: ________________________________

ADDRESS: ________________________________

CITY: ____________________ ZIP: __________ PHONE: ____________________

Make check payable to: NAMI Greater Cleveland
2012 West 25th Street, #600 – Cleveland, OH 44113
216-875-0266 fax: 216-861-2574

Credit Cards: Master Card, Visa, and American Express, Discover Cards

Credit Card # ________________________________

Expiration Date ________________________________

Signature ________________________________

NAMI Greater Cleveland provides free support, education programs, referral and advocacy for individuals with mental illness and their family members.
Hello from the Volunteer Department!

As some of you know, things have shifted a bit over the summer unexpectedly. I want to thank the staff and Volunteers for bearing with me as I temporarily assumed some of Bridget’s Walk duties following her departure. However, now that the Walk is over I am glad to turn my full focus back to the volunteers. Speaking of transitions, we said bittersweet goodbyes to summer intern Kelsey Salamone, who returned to Boston University as well as our 2013 NAMIWalk Interns, Elisabeth Maher and Niki Armstrong Iman. “Thank you” does not begin to express what they mean to me and NAMIGC. These ladies put their hearts and souls into their work and left a permanent imprint on NAMIGC.

One of the ways we are recognizing our wonderful volunteers is a monthly drawing for a Dave’s gift card. Congratulations to our latest winners!

**June:** Carol Womack, JFSA Tuesday Support Group Leader

**July:** Debbie Sadlon, Southwest General Hospital Support Group Leader

**August:** Denise Fulks, HNP Volunteer

And as always, if you’re interested in volunteering, or just want to say hello, please contact me at extension 109 or jarnoff-logsdon@namicleveland.org. Stay well and happy!

Yours,

Jane

Jane Arnoff Logsdon

**Volunteers needed:**

We are looking for 2 volunteers to lead a Young Adult Support Group. 

Requirements: 18-25 years old, living well with mental illness and a willingness to share your story with and support others. Training will be provided.

Contact: Jane Arnoff Logsdon, 216-875-0266 or jarnoff-logsdon@namicleveland.org

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**Thank you to REO Joe (Joe Kutina)**

for his continued support of NAMI Greater Cleveland. If you or someone else you know is planning to buy or sell residential real estate in Northeast Ohio and utilize REO Joe in the buying or selling transaction he will donate 10% of his commission to NAMI Greater Cleveland. Just mention NAMI when you contact him.

For any questions or further interest, contact Joe anytime at 216-901-1416.

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**A big thank you to Bernice Kaldy**

of Image Builders Marketing for donating ad space to NAMI Greater Cleveland in her Image Books. Image Builders publishes community Image Books to 21 local communities annually, to keep residents informed about the great things happening around their towns. A comprehensive listing of area attractions, organizations, government offices and other important information is an invaluable resource for all residents. The listing also provides valuable exposure for NAMIGC to reach out to individuals with mental illness and their families.

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**WHAT YOU NEED TO KNOW ABOUT ISSUE 1**

- Supporting our Health and Human Services ensures that children, seniors and families will continue to receive critical services.
- Protects our children who are at risk of abuse and neglect.
- Provides critical emergency services, like our region’s only Level One Trauma and Burn Center at MetroHealth, Metro Life Flight and the Neonatal Intensive Care Unit.
- Helps senior citizens continue to live independently in their own homes with home health care services.
- Ensures our children enter school healthy, prepared and ready to learn.
- Any one of us – our children, our parents, our families, our friends – may one day need help. We must make sure those services are there when we need them most.
IN MEMORY OF RAYMOND BASTA
continued
Janine & Paul Iacobelli
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Donald Miller
Barbara A. Nader
Maureen & George Ploucha
Genevieve & Paul Rathke
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MetroHealth Medical Center

Major Support For NAMI Greater Cleveland Comes From The Following Organizations
o ADAMHS Board of Cuyahoga County
o CareSource Foundation* (returning supporter)
o Cleveland Foundation
o George W. Codrington Charitable Foundation (returning supporter)
 o Community Shares of Greater Cleveland
o Community West Foundation
o Louise H. & David S. Ingalls Foundation (returning supporter)
 o Janssen Pharmaceuticals*
o Lilly Pharmaceuticals
 o Elizabeth Ring Mather and William Gwinn Mather Fund
 o NAMI National FaithNet Project
 o North East Ohio Medical University (NEOMED)
 o Albert and Audrey Ratner Foundation
 o Reuter Foundation
 o Ridgecliff Foundation
 o Seiger Family Fund
 o Stolier Family Foundation
 o Michael Talty and Helen Talty Charitable Trust
 o Teva Pharmaceuticals
 o United Black Fund * (returning supporter)
 o William W. Weiss Foundation

Thank you to all of our sponsors!
*Our most recent sponsors
teach other peers about managing their trained mentors, or peer teachers who are curriculum through which teams of two Peer course which provides a comprehensive April 19th. Peer Mentors teach the Peer-to-
place at the NAMI GC offices the weekend of

• George Tesar M.D., Cleveland Clinic
• Nora McNamara, MD: University Hospitals: Craig Sams II: Cultural Competence in
• Karen Jarr: Mental Health Family/
• Haines Lanctot: The Scott Adamson

NAMI GC will recognize the following the LGBT Community”. At the meeting,
present on “Mental Health Issues that Affect
Community Center of Greater Cleveland will
the Lesbian Gay Bisexual and Transgender

revised manual is scheduled for May 2013. recommend for treatment. The DSM
accurate diagnoses which assists in making
Disorders - IV. The DSM classifies disorders

Cleveland Annual Meeting. Dr. McVoy
two presenters at the 2013 NAMI Greater
ne

university. Jeff is currently the president
Management) from John Carroll
Jeffrey Staats, MBA is the Marketing
marketing. John previously served on the
in getting involved with us in advocacy and

about NAMI: “I think NAMI does a great job
in a Family-to-Family course. He writes

and raised over $6,000. Their first
specializes in trademark law. Last summer,
Calfee, Halter and Griswold, LLP where he

I am pleased to announce that Jane Arnoff-
start iN marcH

NeW vOluNteer cOOrdiNatOr tO

Nami Gc’s strateGic PlaN cONtiNues

Strategic Planning.

The Planning Team (consisting of board
members, staff, volunteers, NAMI GC

The committee was convened as a
regarding children’s mental.
A Public Forum/Community Dialogue
NAMI GC to participate as a sponsor of
Board of Cuyahoga County, has asked
William Denihan, C.E.O. of the ADAMHS

Elementary School. The ADAMHS Board
response to the tragedy at Sandy Hook

The plan is to begin these
series of community forums with NAMI

and university communities to put on a

Financial Aid Committee by the
Response to Tragedy at Sandy Hook

Joseph S. Spera, M.D., Medical Director
NAMI Greater Cleveland, will take

April 18th at the HiltON GardeN iNN

News and Notes from the Executive Director – Winter to Spring

New Volunteer Coordinator To

NAMI Greater Cleveland Executive Director

What is the main goal of the Volunteer Program?

To provide community service. Mr. Staats

Looking to contribute to other boards and

Further More

Please make your check payable
and return this form to:

NAMI Greater Cleveland
2012 W. 25th St., #600 · Cleveland, OH 44113

Thank you!

Enclosed check in the amount of $ ______________________

Commemorating (Person/Occasion):

Send card/letter to (Name):

Address __________________________

City __________________________

State __________________________ Zip_____________________

Signed __________________________

Your City __________________________

State __________________________ Zip_____________________

Other Comments __________________________
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Mary Spada - Vice President
Dianna Bell - Treasurer
Gay Lancot - Secretary
Elliott Myers - Parliamentarian

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