NAMIWALKS 2013

This is an exciting time for NAMI Greater Cleveland, as we prepare for our annual NAMIWalks. This year we are raising the bar, we hope to raise $200,000 with 2,000 registered walkers, but of course we can’t do it alone. We need everyone’s help to spread the word. By raising awareness about the Walk, supporters are not only aiding NAMI Greater Cleveland to provide better services for those with mental illness and their families but they are also assisting us in advocating for change.

There’s a great deal of information on the NAMIWalks website at www.nami.org/walks. Here, prospective sponsors, captains and volunteers can donate, register their teams, and learn more about the 2013 NAMIWalks and NAMI’s goals. Also, check out our Facebook page at www.facebook.com/namiwalksgreatercleveland and our twitter @namigtrclewalk to follow the progress of this year’s NAMIWalk.

Thank you!! We are looking forward to an exciting year!!

2013 NAMIWALKS Kick-Off Luncheon

We will be holding the annual NAMIWalks’ FREE Kick-Off Luncheon at Ariel International Center, 1163 East 40th Street, Cleveland, OH on June 21, 2013 from 11:30-1:00pm. It’s FREE for anyone who wants to create a Walk Team or learn more about the Walk and the many opportunities to participate in this exciting event. We will be welcoming Joe Cimperman as our Honorary Chair and Chad M. Gross from Ernst and Young as our Business Chair. Our guest speaker will be Mark Whitacre from “Informant” to Inspirational. Please RSVP at bmurphy@namicleveland.org or call the office at 216.875.0266 and invite anyone who might be interested in the participating and donating.

ADHD Summer Help

It’s important for a child with ADHD to stick to a set schedule or routine even when school’s out. “Summer goes by quickly,” says Tiffany Sanders, PhD, a psychologist in Naperville, Ill. “The transition back to school will be pretty difficult if your child doesn’t have a routine during the summer.” The key is finding summer activities that provide the necessary structure while still being fun. There are many day and overnight summer camps that cater to ADHD children and their special needs. Such camps will provide summer activities that can help a child with ADHD fit in and behave better — recreational activities, like swimming, kayaking, and mountain climbing for getting needed exercise, and team sports for developing social skills. “Camps are good because the child is still in a structured, learning atmosphere,” Sanders says. Even though it’s summer, you still need to set specific times for waking up, eating, playing outside, watching television, and going to sleep. Children with ADHD crave routine, and it helps them behave appropriately. Following a summer schedule will also make it that much easier to get into a routine come fall. “You can relax it a bit,” Sanders says, “but the day should progress in the same order as much as possible.”

One way to put fun into your summer schedule is to designate set days for summer activities. For example, you might designate Mondays to go to the park, Tuesdays for swimming, Wednesdays to visit a museum, Thursdays to go to the library, and Fridays for a bike ride. Pick places for outings that won’t be too crowded so your child isn’t overwhelmed. Be sure to check the weather and provide advance warning if it doesn’t look like outdoor activities can happen on a set day.

continued next page

Views expressed in this newsletter are those of the writers and not necessarily those of our officers, staff or funding sources.
During the school year, you don’t want to overload a child with ADHD with chores and responsibilities because he needs to be able to concentrate on his schoolwork. But you might add a few household tasks to your child’s summer schedule. “In the summer, you can step it up a little bit,” Sanders says. Chores teach your child responsibility and are a good way to sneak in extra exercise, too. For instance, ask your child to help weed the garden or wash the windows.

ADHD children can regress in summer months if they don’t practice the skills they learned in school. Reading is among the most critical of those skills. “You want at least 20 minutes of reading at least every other night,” Sanders says. “You want to keep that learning environment going so school-year gains aren’t lost.”

Work a reading list into your child’s summer schedule. Take your child to the library or bookstore to select the books, and check them off as each one is read.

Summer activities should include play dates for ADHD children. Friendships can help kids develop social skills and self-worth. Keep the group small, just one or two friends at a time. “Be sure to choose kids that your child gets along with,” Sanders says. “You don’t want them getting into fights over the summer.”

Plan activities where you can supervise the children closely. The activities should be short; plan several ahead of time.

Community and local colleges, the YMCA, the library, and the local theater are all likely to offer enrichment activities for children during the summer. Tell your child the options and ask her to pick something she would like to do, whether an arts and crafts class or music or dance lessons. Many ADHD children have special talents, and these summer activities provide an opportunity to nurture them. Just be sure to tell her in advance when you’re adding activities and changing her routine.

Swimming lessons, a karate class, or soccer are excellent summer activities for children with ADHD. Participating in sports allows your child to expend excess energy, and exercise helps elevate brain chemicals that play key roles in attention and thinking. Being part of a team also can help build friendships and self-esteem. “Pick anything that doesn’t add too much pressure because it’s summertime and it is supposed to be fun,” Sanders says.

When summer begins, you and your child can decide on a behavior skill that needs improvement. Perhaps it’s waiting his turn, not interrupting, or getting along better with his siblings. Together, develop a plan to improve that skill. Write it down, make a checklist of the steps involved, and practice it at least a couple of times a week. Each time your child shows improvement, acknowledge it. When it’s clear he has mastered the skill, celebrate that achievement.

Some ADHD children find that they learn a lot about themselves by keeping a journal that includes their successes and setbacks. Summer is a good time to start one. Parents of younger children may help them write their entries in the journal. For older children, this is also a chance to keep up their writing skills while they are out of school. If you find it helps your child, encourage her to continue writing when school starts again in the fall.
NEWS AND NOTES FROM THE EXECUTIVE DIRECTOR – SPRING TO SUMMER

NAMI GREATER CLEVELAND RECOGNIZED FOR ITS FAMILY PROGRAMMING EFFORTS
On May 22, a Ribbon-Cutting Ceremony was held for a new program, Building on Family Strengths: Support, Education and Advocacy Program sponsored by North East Ohio Medical University’s (NEOMED) Best Practices in Schizophrenia Treatment (BEST) Center and the Murtis Taylor Human Services Center. NAMI Greater Cleveland (NAMIGC) was presented with a plaque recognizing our participation in the project, utilizing NAMI’s Family to Family program. Terri Miller, who has been working close with staff from the Best Center and Murtis Taylor on the project, accepted the award on our behalf.

MENTAL HEALTH FORUM/COMMUNITY PRESENTATION
On May 30, over 100 people attended a community forum that NAMIGC helped to sponsor as part of a wrap-up for Mental Health Month. The program was originally conceived as a response to recent tragedies that have touched communities across the nation such as the shootings at Sandy Hook Elementary School and within our own community at Chardon High School. NAMI partnered with the ADAMHS Board of Cuyahoga County, the Common Pleas Court of Cuyahoga County, Mandel School of Applied Social Sciences at Case Western Reserve University, and the Mental Health Advocacy Coalition to present “Change the Conversation About Mental Illness” to Mental Health. Speakers shared personal success stories of recovery from mental illness including our own volunteers Sakeenah Francis and Ben Seeley. Kari Kepic, NAMI’s Helpline/Information and Referral Specialist was part of a panel representing mental health organizations, schools, faith-based organizations, and the criminal justice system. Private one-on-one meetings with provider organizations were available to participants to get their questions answered. Information was provided on what to do if someone they knew was exhibiting signs of mental illness and/or addiction. Referrals for mental health and addiction treatment services, and appointments for assessments were also provided on the spot. The hope is to develop and provide an ongoing dialogue between community members, including peers and family members, and the various systems of care that deal with mental illness/health.

WELCOME TO OUR NEWEST BOARD MEMBER
Christine Stadler
Christine is the founder of Business Development Solutions. She is a veteran business advisor specializing in helping companies grow through the integration of sales and marketing initiatives. Ms. Stadler has 25 years of experience in sales, major account management, and marketing, and has held senior management positions in the publishing, wireless, and software industries. She writes in her application: “I have a family member who has struggled with mental health issues since he was a teenager. I am very familiar with the challenges faced by these individuals. In addition, I enjoy being involved in the community and assisting non-profit groups.” Christine is a native of Cleveland and a graduate of Cleveland State University with a degree in Communications and Marketing. She is a past board member of Bellflower, PDMA-NE Ohio, and Ohio Venture Association.

OUR 2012 ANNUAL MEETING EVENT
On April 18, over 225 people attended NAMIGC’s Annual Meeting at the Hilton Garden Inn in downtown Cleveland. Molly McVoy, M.D., child psychiatrist at University Hospitals Health System and member of NAMIGC board presented on the American Psychiatric Association’s revised Diagnostic and Statistical Manual of Mental Disorders (DSM-V). Ms. Reaver Nelson, a board member at the Lesbian Gay Bisexual and Transgender Community Center of Greater Cleveland presented on “Mental Health Issues that Affect the LGBT Community.” Members of NAMIGC, community mental health organizations, and other stakeholders all joined with us in the festivities. At the annual meeting portion of the program, the following candidates were elected to a first term expiring in 2015: John Cipolla, Esquire, Esther Pla, RN, Jeffrey Staats, MBA, James Vernon, MPA, LICDC, PCC-S, Christine Young, LSW, MISA. In addition, Molly McVoy, MD, and Ben Miladin, MSW, LISW-S, were elected to second terms which also expire in 2015. As we do every year, Mental Health Volunteer and Provider Awards were presented to the following individuals for their work in 2012:

- Haines Lanctot
  The Scott Adamson Memorial Peer Award
- Karen Jarr
  Mental Health Family/Caregiver Award
- Craig Sams
  Cultural Competence in Mental Health Award
- Craig Fallon
  Alcohol Drug Addiction & Mental Health Services Board: Mental Health Provider Award
- Nora McNamara, MD, University Hospitals
  Eugene Brudno Memorial Provider Award
- George Tesar, MD, Cleveland Clinic
  Exemplary Psychiatrist, NAMI Medical Advisory Board

CONGRATULATIONS TO EACH OF OUR AWARD RECIPIENTS!

NAMIGC’S STRATEGIC PLAN: NEXT STEPS
Our Lead (Planning) Team met for a final time to review a draft of the plan submitted by Janus Small, our consultant for our three-year strategic plan. The goals of the plan have been set and are as follows:

• Goal One: Increase visibility of NAMIGC. (Utilize marketing and public relations.)
• Goal Two: Secure the governance and administrative core of NAMIGC to best support current and future operations. (Increase staff to increase services; continue to expand the Volunteer Program.)
• Goal Three: Further strengthen NAMIGC’s current programs and increase availability and accessibility of these programs. (Increase the variety and volume of programs where possible and the diversity of who and where we serve.)
• Goal Four: Grow contributed income (Increase our income.)

Objectives within each of these goals have also been written and approved by the Lead Team. On June 18th, the NAMIGC board of directors will meet to review a final draft of the plan. Once the draft is approved, the next steps will be: (1) populate committees with Board members and other interested and expert volunteers; (2) each committee will develop specific, incremental, and realistic action steps and timetables to move each objective forward which it is responsible for; and (3) get started! While implementation of this comprehensive strategic plan will take lots of hard work from NAMIGC’s already hardworking Board, staff, and volunteers,
New(s) (con’t)

it will undoubtedly result in even greater service to more people. The final approved plan and objectives will be listed in the Fall edition of The Voice.

LOCAL DESIGNATED MENTAL HEALTH LEVY BEING CONSIDERED FOR NOVEMBER BALLOT
Cuyahoga County Council will be deciding on whether a designated Mental Health Levy will go to the voters in November 2013. This will provide for additional dollars to provide mental health and addiction programming county wide. There are several hurdles to get thru before a decision is made. We should know by the end of June whether it will be on the ballot.

MEDICAID EXPANSION UPDATE
A bill is expected to be introduced by Sen. Dave Burke and Rep. Ron Amstutz and is said to be the vehicle for Medicaid expansion. It is unclear at this time whether it will pass by the end of June or be put off until the fall. Our job is to continue to keep the pressure on our elected leaders and to urge them to pass a bill so that individuals in need of health care can get it as soon as possible and so Ohio can maximize the savings from the federal government. This truly is the BIGGEST opportunity to fix Ohio’s Mental Health System to come our way in decades and we may not have such an opportunity again. Thank you for all that you are doing to help make Medicaid expansion a reality.

ADVOCATES “SHRED” THE STIGMA OF MENTAL ILLNESS WITH ASSISTANCE FROM THE GOVERNER
On May 8, in recognition of May as Mental Health Month, over 300 advocates, including individuals with mental illness and their loved ones, gathered on the west lawn of the Ohio Statehouse to raise awareness about the harmful consequences of stigma and to demonstrate the amazing outcomes when stigma is overcome. People from throughout Ohio came together to urge others to do their part by symbolically shredding hurtful words attributed to mental illness. Individuals with mental illness, their family members, and others shared their personal experiences of mental illness and recovery. The Governor, John Kasich and Tracy Plouck, Director of the Ohio Department of Mental Health also spoke, delivering poignant messages about ways to improve the mental health system in Ohio. I hope you will join us for our the 2013 NAMIWalks Kick-off Luncheon on Friday, June 21st, featuring Guest Speaker Mark Whitacre, Ph.D., from “Informant” to Inspirational. Hollywood actor Matt Damon, played the role of Mr. Whitacre in the popular movie

Michael, June 2013

NAMI GC’s Hospital Network Program
The Hospital Network Program (HNP) is a unique program NAMI GC provides to seven area hospital psychiatric floors twice a month. We meet with patients to share the message of Hope For Recovery through real life stories given by one or two accomplished volunteers on their own recovery journey. In the hour presentation, we emphasize how our NAMI “family” provides a life-line as people’s lives are touched through our Education Courses and the 23 Family and Wellness Support Groups. The volunteers that facilitate these groups throughout Cuyahoga County truly are the heart and soul of NAMI. This quote was written on an audience evaluation form from a May HNP visit with volunteers Bobby Klinko and Laura Vanni presenting. “Thank you both for volunteering your time. Your stories have renewed my own inner possibilities to continue my own recovery.”

Mental Health Surveillance Among Children - United States, 2005-2011
The Centers for Disease Control and Prevention (CDC) releases its first comprehensive report on children’s mental health in the United States. The report was released on May 16th, and presents estimates of the number of U.S. children aged 3-17 years who have specific mental disorders. A total of 13%-20% of children living in the United States experience a mental disorder in a given year, and surveillance has shown the prevalence of these conditions to be increasing.

Some key findings from the report are: millions of American children live with mental health issues and disorders. ADHD was the most prevalent current diagnosis among children aged 3-17 years. Boys were more likely than girls to have ADHD, behavioral or conduct problems, autism spectrum disorders, anxiety, Tourette syndrome, and cigarette dependence. Adolescent girls were more likely than boys to have depression or an alcohol use disorder. Adolescent boys aged 12-17 years were more likely than girls to die by suicide.

The report also shows that suicide which can result from the interaction of mental disorders and other factors, was the second leading cause of death among children aged 12-17 years in 2010. The complete report can be read at http://www.cdc.gov/features/childrensmentalhealth/
**NAMI Has 'Got You Covered!'**

**BY JESSICA HART, NAMI POLICY AND LEGAL AFFAIRS ASSISTANT, AND SITA DIEHL, DIRECTOR OF STATE POLICY AND ADVOCACY**

NAMI National has a brand new health insurance coverage campaign and website: Got You Covered!

Today it takes an average of eight to 10 years after symptoms of mental illness emerge to get an accurate diagnosis, much less treatment. Health insurance is costly, hard to get, hard to keep and often does not cover needed care.

The future looks brighter because new health insurance options are coming this fall to help over 11 million uninsured Americans with mental health conditions get the care they need. The new insurance comes as a result of the Patient Protection and Affordable Care Act (ACA), passed by Congress and signed into law by the president in 2010. The purpose of the ACA is to make sure that all Americans have access to affordable health insurance.

Now that the ACA is law, Americans can expect the health care landscape to change. Beginning in 2014, most people will be required to have health insurance either through their employer, through a government-funded program such as Medicaid or Medicare, or through a plan they purchase in the new health insurance marketplace. People who like the insurance they have now can keep it, but those who are uninsured or under insured will be able to choose health plans to meet their medical needs and their budget.

What do these changes mean for adults, children and families affected by mental illness? For starters, more uninsured Americans will have access to care and new health plans will be required to cover mental health treatment at parity with other types of medical care.

NAMI’s new Got You Covered website will feature a wealth of information to help you navigate the system. On the site, you will find:

- Answers to frequently asked questions, such as:
  - With implementation of the health reform law, what options will be available to me for new, additional or expanded mental health care in insurance?
  - What does Medicaid expansion mean to me in my state?
  - What health insurance benefits must plans provide as part of the health reform law?

- Fact sheets about the new health law and how its implementation affects people with mental illness and their families.

- The Mental Health Parity Tool Kit, which was developed to assist people with mental illness and their families when it comes to mental health parity. For people who think their rights have been violated the toolkit shows how to respond.

- The Policy Makers Tool Kit, which includes fact sheets that can be used by mental health advocates to educate legislators and other decision-makers on why strengthening mental health care is critical to the health of our nation. Go to nami.org for all the details.

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**NAMI Family-to-Family Education Added to National Registry of Evidence-Based Mental Health Programs**

ARLINGTON, Va., May 28, 2013 — The National Alliance on Mental Illness (NAMI) is pleased to announce that the NAMI Family-to-Family Education Program has been added to the U.S. Substance Abuse and Mental Health Services Administration (SAMHSA) National Registry of Evidence-based Programs and Practices (NREPP).

In the review, the program was independently assessed and rated for quality of research and readiness for dissemination.

“NAMI is proud to be included in the registry,” said NAMI Executive Director Michael J. Fitzpatrick.

“It is an affirmation of one of NAMI’s signature education programs, established over 20 years ago, which to date has already helped more than 300,000 family members of people living with mental illness.

The NAMI Family-to-Family Education Program is a free 12-session course taught by other family members who have received intensive training for its presentation. Instruction and course materials are provided free to class participants.

NREPP is a searchable online database (http://www.nrepp.samhsa.gov/Index.aspx) intended to help people learn more about available evidence-based programs and practices and determine which may best meet their needs. It is a voluntary, self-nominating system in which program developers elect on their own to participate.

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**CLASS TOPICS INCLUDE:**

- Current information about schizophrenia, major depression, bipolar disorder (manic depression), panic disorder, obsessive-compulsive disorder.
- Borderline personality disorder, and co-occurring brain disorders and addictive disorders.
- Up-to-date information about medications, side effects, and strategies for medication adherence.
- Current research related to the biology of brain disorders and evidence-based treatments to promote recovery.
- Gaining empathy by understanding the subjective, lived experience of a person with mental illness.
- Problem solving, listening, and communication techniques.
- Acquiring strategies for handling mental health crises and relapse.
- Focusing on care for the caregiver: coping with worry, stress, and emotional overload.
- Guidance on locating appropriate supports and services within the community.
- Information on advocacy initiatives designed to improve and expand mental health services.
Heat and Mental Illness

The mercury’s rising across the country, and with the rising temperature comes increased risk of a potentially fatal illness: heat stroke. But, did you know that mental illness and some medications used to treat mental illnesses actually increase the risk for heat stroke? Heat stroke occurs when the body is unable to properly cool itself. Normally, the human body will regulate temperature by sweating, but heat stroke impairs the body’s ability to do this. If heat stroke is not treated immediately, it can cause permanent disability and even death. Disturbingly, individuals with mental illness may be particularly susceptible to heat stroke. Certain medications, including anti-psychotics and anti-cholinergics, are known to increase the risk for heat stroke because they inhibit the body’s ability to regulate its temperature. Additionally, people with mental illnesses who live in low-income housing without air conditioning are also at an increased risk for heat stroke. This combination can be dangerous; during a 1999 heat wave in Cincinnati, Ohio, almost half of the 18 heat-related deaths were individuals with a mental illness.

To help protect yourself or a loved one from the dangers of heat stroke, take a look at our list of do’s and don’ts for the hot summer days ahead.

### DO:
- Educate yourself about the symptoms of heat stroke, such as:
  - An extremely high body temperature (above 103 degrees Fahrenheit), Red, hot and dry skin (no sweating), Rapid strong pulse, Throbbing headache, Dizziness, Nausea, Confusion, Unconsciousness
- Stay indoors and use air conditioning if possible. If your home does not have air conditioning, go to a place that does such as a mall or public library. Even a few hours spent in air conditioning per day can reduce the risk of heat stroke. You can also call your local health department to see if there are any heat-relief shelters nearby.
- Drink more fluids and don't wait until you're thirsty to drink. Also, adjust your diet to include cold servings and foods that are rich in water, such as fruit and salad.
- Wear lightweight, light-colored and loose-fitting clothing
- Monitor loved ones and neighbors during a heat wave for signs of heat stroke
- Immediately seek medical attention if someone shows signs and symptoms of heat stroke

### DON’T:
- Exercise vigorously outdoors. If you have to be outdoors, drink plenty of fluids, rest frequently in shaded areas, and limit your activity to morning and evening hours.
- Drink liquids that contain caffeine, alcohol, or large amounts of sugar - these can cause you to lose more body fluid
- Depend on electric fans to cool you once the temperatures hit the high 90’s. Taking a cool shower or bath or going to an air-conditioned place is a much safer way to cool off.
- Leave anyone in a closed, parked vehicle

For more information about heat stroke, visit the Center for Disease Control’s Web site or talk to your physician about the risks of some psychiatric medications and heat stroke.

REPRINTED FROM THE NAMI CONNECTION E-NEWSLETTER, AUGUST, 2007

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Volunteer Happenings

Things have been busy in the Volunteer Department! We are so happy to have a vibrant group of current and new volunteers working to lend a hand.

Volunteers are at the heart of what we do here. They serve as Support Group Leaders, they answer the phone, they make sure our mailings get out, they speak about their experiences on behalf NAMI GC in the community…and that’s just a small sample!

You will be learning more about our fantastic volunteers in the coming months as well as more specifics about the Volunteer program. One of the ways we are recognizing them is a monthly drawing for a Dave’s gift card. Congratulations to our first set of winners!

**April:** Terri Norris, who helps us out faithfully in the office every Thursday.

**May:** Marilyn Doss, Support Group Leader, who is facilitating the Understanding Mental Illness program in Euclid as well as an ongoing group in that area.

I look forward to sharing more with you as we build an outstanding Volunteer program here at NAMI GC.

Have a wonderful start to summer!

Yours,

*Jane*

[Handwritten note:]

Jane Arnoff Logsdon
Jarnoff-logsdon@namicleveland.org
x109
I Am Somebody
BY ROCHELLE MITCHELL

I have an aunt whose name is Mary
if given the chance she will prove herself worthy

When I was a little girl I had a very low self-esteem,
I kept to myself and would not talk to anybody

I would sit on the front porch (for what seemed like hours)
all by myself writing nothing but poetry while not
feeling good about myself

The poems that I wrote were all about me and how I had shut
the world out because I was too scared to give anyone the chance to
get close to me and see that I was indeed a nobody

It was then that my Aunt Mary came and sat down right
beside me and whispered ever so gently “Child, you are somebody”

Back then, I would not allow myself to understand or believe
what she was trying to tell me, because I was often told by those
who were supposed to love me that I would grow up to be just like
my father who was an alcoholic and an abuser, and like my mother
who was in and out of our lives

In so many words they told me that I would grow up to be a nobody

So deep into my thoughts I had shut the world out all around me,
that I wondered to myself “why did my mother even have me”

The feeling of loneliness and not feeling loved had so over-whelmed me
that I entertained the thought of just giving up

The thought of death seemed so inviting, the cares of
this world and its concerns were a burden too heavy for me
to bear, I began to cry because of the hurt deep within
of longing to believe that I am somebody

It was not until then that I heard this voice speak to me
from up above, He told me that He has great plans for
me and that I was not to give up

He will help me to see and believe that in Him, and that
through Him, and because of Him “I AM SOMEBODY”

Community Ed/Events

Mujer Latina:

Do you suffer from Depression or Anxiety? Are you a victim
of abuse or trauma? We invite you to participate in a confidential
Spanish speaking support group for Latina women.
Saturday’s in June 2013
9:30 – 11:00 a.m.
Light refreshments and child care (if needed) provided

REGISTRATION IS NECESSARY
Call NAMI Greater Cleveland at 216-875-7776 x 106
Group Facilitators: Edna Fuentes-Casiano, LSW, MSW and
Gabriela Sehinkman, LISW-S

Peer-to-Peer

A 10 week - two hours per week - experiential education
course for any person with serious mental illness who
is interested in establishing and maintaining wellness.
The curriculum is taught by trained “mentors” or peer
teachers, who are themselves experienced at living
well with mental illness. Learn about the major mental
illnesses, relapse prevention, stigma, medications, coping
skills and advocacy. The course establishes recovery as a
feasible, supportable goal. Upcoming Sessions:

Tuesday, June 25, 2013 1:00 – 3:00 p.m.
ADAMHS Board of Cuyahoga County
2012 W. 25th St., 6th Floor, Cleveland, OH 44113

Tuesday, June 25, 2013 6:30 – 8:30 p.m. Signature
Health 5410 Transportation Blvd., Ste. 4,

Monday, September, 9, 2013 1:00 – 3:00 p.m.
Marymount Hospital – Trudell Center 12300
McCracken Rd., Garfield Hts. OH 44125

September 2013
(date, time and location to be determined)
Strongsville, OH

REGISTRATION IS NECESSARY
Call NAMI Greater Cleveland at 216-875-7776 or
e-mail bfei@namicleveland.org
Giant Eagle Gift Cards

Purchase Giant Eagle cards from NAMIGC. Use them to purchase groceries, gas, or other gift cards. NAMIGC receives 5% of the amount purchased.

**NAMIGC/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: NAMIGC Greater Cleveland

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**FOR SALE**

Black Tri-fold Presentation Board (40x28x28x28). Mint condition. (Purchased from Mort Tucker Photography for $500) Asking $100

Please call Liz at the NAMI office if you are interested. 216-875-0266

**CALL FOR RECEPTIONISTS**

We welcome Adair Hill, Patty O’Malley and Sakeena Francis to our new receptionist program serving NAMIGC. As our receptionist, you are the first contact for callers. If you would like to be part of our receptionist program and if you can donate 4 hours per week to the cause, please contact Jane Arnoff Logsdon, Volunteer Coordinator at 216-875-7776x109 or jarnoff-logsdon@namicleveland.org to apply.

Sally Follett, Helpline Coordinator

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**Behavioral Health Services**

We offer the finest in personalized comprehensive services for mental health disorders and chemical dependency.

- Assessment and evaluation for all ages
- Adult/geriatric inpatient emergency and crisis stabilization services
- Adult and adolescent outpatient mental health and chemical dependency group treatment programs
- Continuing care following chemical dependency treatment

18697 Bagley Road | Middleburg Heights, Ohio 44130 | 440-816-8200 | www.swgeneral.com
Special Offer & Fundraiser for Friends of NAMI Greater Cleveland
Saturday, July 6th at 7:00 PM
Quicken Loans Arena, Cleveland, OH

Please join us in supporting NAMI Greater Cleveland on Non-Profit Awareness Night at the Q! For each ticket purchased, the National Alliance on Mental Illness will receive $8 back towards their fundraising campaign. Thank you for your continued support and we look forward to seeing you at the Q!

Tickets can be purchased for $20 each and will be located in the best available of our club or straight level sections

Please visit: http://groups.theqarena.com/namicleveland
Promo Code: NAMI

If not ordering online, please fax or mail the completed order form below with payment information.
Fax to: 216-420-2546  Mail to: Quicken Loans Arena, 200 Huron Road, Attn: Amanda Takach, Cleveland, OH 44115
Phone Orders: Contact Amanda Takach at 216-420-2546

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NAME ______________________   DAY PHONE (____) __________
ADDRESS ______________________ CITY _______ ST _______ ZIP _______
EMAIL (REQUIRED- Seats cannot be issued without valid email address) ___________________ 

PAYMENT INFORMATION (Please select one)
☐ PLEASE CHARGE ☐ VISA ☐ MASTERCARD ☐ AMERICAN EXPRESS ☐ DISCOVER
CARD# ______________________   EXP. DATE __________   SIG. ______________________ 
☐ CHECK/MONEY ORDER (MADE OUT TO THE CLEVELAND GLADIATORS)

METHOD OF DELIVERY:
ALL SEATS WILL BE DELIVERED VIA FLASH SEATS - Just swipe the credit card used to make the purchase (or Driver’s License if paying with check/money order) at any arena gate to enter with ease and convenience. Flash Seats eliminates paper tickets and prevents lost or stolen tickets. You also have the ability to transfer seats at no cost.

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- Joe Kutina of R.E.O. Property Consultants is currently raising money for NAMI Greater Cleveland through his real estate business. If Joe lists, sells or helps someone purchase a home and the client mentions NAMI, Joe will donate 10% of his commission to NAMI Greater Cleveland. Joe is also sponsoring his own team for the 2013 NAMIWalks this fall, and plans on working with NAMI GC on October 6th by arranging for the NAMI bus to be at the Woollybear Festival in Vermillion.

- Shop at [www.smilesunlimited.net](http://www.smilesunlimited.net) in 2013 and use the coupon code "NAMI" to get a 5% discount off your order and another 5% will go to NAMI. Thank you to Dave Pardoe for your generosity.

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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. NAMI GC 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 ____________________________________________

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

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Enclosed is my check for: (please circle)

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