15 Years of NAMIWalks
Saturday, September 16
Edgewater Park – upper pavilion
Goals: Raise $135,000 and attract 1,400 participants

This year marks the 15th anniversary of the NAMIWalks program, which has grown steadily since its inception in 2002. Collectively, NAMIWalks has raised over $111 million for NAMI affiliates across the country. In Cleveland the initiative has raised nearly $2 million. Just as important, it has changed the way we talk about mental illness.

With over 60,000 Walkers annually, including more than 6,000 walk teams and 3,000 businesses, organizations and schools, NAMIWalks is at the forefront of the NAMI movement. NAMIWalks is often a person's first introduction to our organization – as a walker invited by a friend, a local business recruited as a sponsor, or a family member asked to donate – and is often how we find our most passionate mental health advocates.

NAMIWalks was created for everyone – peers, family members, friends, mental health professionals and well-versed advocates, fitness enthusiasts, the concerned and the curious. Join us on September 16. Go to www.namiwalks.org/greatercleveland to register, donate or sponsor.

NAMIWalks Announces New Incentive Program
Earn great prizes by fundraising for NAMIWalks.

- Raise $100 and receive the 2017 NAMIWalks T-shirt on Walk Day.
- Raise $250 and receive the 2017 NAMIWalks T-shirt and the Game Day Tote.
- Raise $500 and receive the 2017 NAMIWalks T-shirt and the Full Zip Hoodie.
- Raise $1,000 and receive the 2017 NAMIWalks T-shirt and the Performance Fleece.
- Raise $1,500 and receive the 2017 NAMIWalks T-shirt and the Weather Resistant Jacket.
- Raise $2,500 and receive the 2017 NAMIWalks T-shirt and the Compu-Backpack.

With the exception of the T-shirt, which is awarded on Walk Day, recognition gifts will be mailed to qualifying participants after the Walk. Start earning your prizes today. To register for NAMIWalks 2017, go to www.namiwalks.org/greatercleveland. For more information contact Lisa at 216-875-0266.

Alpha Kappa Alpha-Lambda Phi Omega Chapter Lights Terminal Tower
On May 31, Cleveland witnessed the lighting of the Terminal Tower in pink (AKA) and green (AKA & Mental Health) in honor of Mental Health Month. Sorority sisters from the chapter attended the lighting, along with NAMI GC's Program Director Marsha Mitchell-Blanks. Thank you to the AKAs Lambda Phi Omega Chapter for bringing attention to mental health during May.
I’m delighted to report that our annual conference this year, “We’re in this Together: Integrating Mental Health and Addictive Services,” was a huge success. The conference included sessions on theory and best practices in treatment for those with co-existing disorders. Sessions included Integrated Service Model: Challenges and Treatment in Mental Health and Addiction Services, Cannabis and Clinical Psychiatry, Community-based Treatment of Adolescents with Co-Occurring Disorders, on The Justice System as well as Dual Diagnosis: Mental Health and Drug Court, and a plenary session, We Are In This Together: A Lived Experience.

Based on surveys we received from participants in the category of “Please rate the overall conference; location, topic & impression,” participants rated their experiences as excellent or good in 91% of the surveys we received. Individual sessions and presentations were rated even higher. Here are some of the comments taken from the surveys: “Wonderful presentation;” “Informative, engaging;” “Ben’s story was helpful, inspiring and insightful.” There were some areas we can improve on that were also listed in the evaluations, and committee members will review the results to consider for our next conference. 104 people attended the conference.

During our Annual Meeting & Awards Ceremony that day, State Representative Marlene Anielski, 6th District Ohio House, talked about her legislative efforts addressing suicide prevention, statewide resources, and advocacy and communication strategies to employ when meeting with state lawmakers. We honored six individuals and two organizations for their outstanding contributions in their work in helping individuals and families who live each day with mental illness. (Please see the photograph below.)

Our thanks to The Margaret Clark Morgan Foundation, Western Reserve Area Agency on Aging, Rose Hill Center, The Centers for Families and Children, Highland Springs Hospital and Southwest General Medical Center for supporting the Conference and the Annual Meeting & Awards Ceremony.

WELCOMING OUR NEWEST BOARD MEMBER

Lauren Borato was recently voted on to the NAMI GC Board of Directors at our annual meeting on May 5th. Ms. Borato is a Research Assistant at The Benjamin Rose Institute where she works on projects related to cardiovascular health and elder abuse. Lauren is also a mental health advocate and has assisted with promoting NAMI signature courses. She previously worked at the Cleveland Clinic where she developed an interest in caregiver burden, the very real problem of experiencing stress, guilt, anxiety and minimal time for self-care when caring for others suffering from either physical or mental illness. Lauren wrote in her application to us that NAMI’s mission of empowering persons affected by mental illness “aligns strongly with my personal and professional belief that empowerment, education and support are necessary tools for recovery.” We welcome Lauren and look forward to working with her in the coming years.

ASSISTED OUTPATIENT TREATMENT (AOT) PROGRAM BEGINS IN CUYAHOGA COUNTY

Cuyahoga County’s AOT program involves the Alcohol, Drug Addiction and Mental Health Services Board of Cuyahoga County (ADAMHSBCC),
the Cuyahoga County Probate Court, and a mental health treatment agency, FrontLine Service. Through a grant from the US Department of Health and Human Services, Substance Abuse and Mental Health Services Administration, the ADAMHSBCC and its partners are able to provide an intensive level of service to persons in the AOT program, to help them live safely in the community.

Individuals found to be a “mentally ill person subject to court order” are committed by the Cuyahoga County Probate Court to the ADAMHSBCC and ordered to participate in the AOT Program. Clients are assigned an Assertive Community Treatment (ACT) team at FrontLine Service. An ACT team provides services in the home, and support is available 24 hours a day, 7 days a week. The ACT team ensures that clients have access to the mental health services they need, including a case manager and a psychiatrist. The client and the ACT team develop the treatment plan together. If a client identifies other service needs, the case manager helps secure those services. The ACT team also oversees the client’s progress in the AOT Program. ACT team members ensure that clients are present for weekly one-on-one meetings with the Probate Judge at the Court. The Court reviews progress with clients, to provide encouragement and support, and to let them know the Court is interested in their success.

For more information about the AOT program, please contact Maggie Tolbert, R. N., Utilization Review Specialist, ADAMHS Board of Cuyahoga County, at 216-241-3400 or tolbert@adamhsc.org.

AKA SORORITY AND NAMI GC PARTNER TO PROVIDE “HYGIENE KITS” FOR RESIDENTS OF THE BROADWAY COMMUNITY

On March 21st, the Alpha Kappa Alpha Sorority (AKA) held their 86th Great Lakes Regional Conference “Rocking and Rolling with New Dimensions of Service.” The conference included a variety of educational sessions, workshops, public events, and an exposition of products and services. As part of the conference activities, the AKA sorority sisters purchased and assembled over 1,000 hygiene and mental health “kits” for participants in the Integrated Care Reentry Project, a program of MetroHealth’s Broadway Clinic, and The Murtis Taylor Human Services System. These are residents of the Broadway area that have a severe mental illness and have recently been released from jail. The kits will include toiletries, towels and socks, as well as important resource materials about mental health and community services. For the past several years, the AKAs have been partnering with NAMI affiliates around the country to provide education, outreach & service activities. Our thanks to the AKA Sorority for all the volunteers that worked on the project and their generous donations to continue to help support those with mental illness.

NEW ADVOCACY COMMITTEE FORMING AT NAMI GC

Tom and Anne McCabe (both NAMI GC support group leaders) represented our affiliate in Columbus at the NAMI Ohio Rally for Mental Health Reform and hope to help form a local advocacy committee. Anne wrote this about their trip to the NAMI Ohio event: “Our experience has convinced us that people working together can bring needed changes. We hope the committee will focus on legislative issues, individual and family concerns, or work on specific needs such as housing, jobs, and socialization. As we form the direction and objectives of the advocacy committee, we will look to areas that have not been addressed, or that need even more support, and will work with other advocacy groups to ensure we prevent duplicating the good work already being done in our county.” Tom, Ann and I invite you to join us. Please contact me at 216-875-7776 or mbaskin@namicleveland.org if you’re interested in joining the new Advocacy Committee.
NAMI GC will apply to re-certify our status in the following service areas in mental health: Mental Health Education, Self Help/Peer Support, Referral and Information, plus Multicultural Outreach and Hospital Network Visitation. We have been certified since 2008 and are required to re-apply every three years. The certification is important for several reasons: it gives us status in our field to be recognized as a certified provider, it holds us to important standards, and it helps in letting our stakeholders know we are qualified by the state authority to provide the programs and services central to our work. We submitted our application in May and hope to hear back from ODAMHS in July.

**LET YOUR STATE LEGISLATORS KNOW TO KEEP MEDICAID EXPANSION**

Many states cover a broad array of community mental health services in their Medicaid programs that are rarely, if ever, covered by private insurance. Ohio currently does, but that could be at risk. Please make sure that Medicaid expansion remains part of our future so that we don’t put our family members at risk. Please continue to call your legislators to support Medicaid Expansion as well as the current House version of the budget which provides $171 million for behavioral health.

**THE BLACK DOG: WHY WE DON’T CARE**

On May 31st, three staff members heard Vikram Patel, Ph.D. speak on the topic of depression at the City Club. He had a very important message and described a highly promising approach — training members of communities to give mental health interventions, and empowering ‘ordinary’ people to care for others. Sound familiar? ---I thought so! Think of our community at NAMI though our volunteers are anything but ordinary: they are extraordinary people caring for others. Here’s a quote from Dr. Patel:

“When you’re honest, people react with compassion... stigma is the hardest part of combating mental health.”

**MENTAL HEALTH ANALOGIES: THEN AND NOW**

Though Winston Churchill was well known for using ‘black dog’ to describe his own depression, he was not the first person to use the term. Samuel Johnson referred to it when discussing his own melancholia [depression]: “The black dog I hope always to resist, and in time to drive.... When I rise my breakfast is solitary, the black dog waits to share it, from breakfast to dinner he continues barking.... Night comes at last, and some hours of restlessness and confusion bring me again to a day of solitude. What shall exclude the black dog from a habitation like this?”

**MAJOR SUPPORT FOR NAMI GC COMES FROM THE FOLLOWING ORGANIZATIONS**

- ADAMHS Board of Cuyahoga County
- CareSource Foundation
- George W. Codrington Charitable Foundation
- Cleveland Clinic Center for Behavioral Health
- Cleveland Foundation (Donor Advised Funds)
- William E. Harris Family Fund (recommended by JoDee and Denny Dreher)
- Community Shares of Greater Cleveland
- Community West Foundation
- Larry and Bonnie Frankel Philanthropic Fund
- Frank Hadley and Cornelia Root Ginn Charitable Trust
- Janssen
- Jewish Federation of Cleveland (Donor Advised Funds)
- Lilly
- Margaret Clark Morgan Foundation
- Mt. Sinai Healthcare Foundation
- Elizabeth Ring Mather & William Winn Mather Fund
- NAMI (national) - Faithnet
- Edwin D.Northrup II Fund (PNC)
- William J. and Dorothy K. O’Neill Foundation
- Stolier Family Foundation
- Talty Charitable Trust
- Reuter Foundation
- Ridgecliff Foundation
- William Weiss Foundation
- Woodruff Foundation

**FUNDING PROVIDED BY THESE GENEROUS ORGANIZATIONS MAKES IT POSSIBLE FOR NAMI GC TO OFFER ITS PROGRAMS AT NO COST TO PARTICIPANTS!**

**SEE YOU AT THE WALK KICK-OFF LUNCHEON ON JULY 12TH. UNTIL THEN, HOPE YOU HAVE A WONDERFUL SUMMER.**

Yours and Best,

Michael, July 2017
mbaskin@namicleveland.org
A Message from the Chair of our Membership Committee

As we move toward mid-year, I would like to thank all of you that have processed your membership dues for the upcoming year. As you may be aware, NAMI’s membership rates increased on July 1st, 2017. Both Regular and Open Door Memberships apply to one individual. If you have questions about the new dues rate, and the reason for changes please call the office (216-875-7776) and check with Liz Krull or Michael Baskin, or you can email me at jeanjohnson@digitaljetstream.com. You can also email membershipservices@nami.org.

Membership has its privileges and we want you to know what benefits your NAMI membership entitles you. Membership dues help NAMI provide free programs and support groups, advocate at all levels of government for access to treatment and services, fight stigma through information and awareness and provide hope to hundreds of thousands of people and families affected by mental health condition. Members receive access to quarterly publications of the “Advocate” from our national office & the quarterly local newsletter “The Voice” as well as quarterly issues of NAMI Ohio’s “News Briefs”. Members will receive discounts at local NAMI programs, where there is a cost. Membership helps to offset some of the costs of our programming thus enabling the organization with the day to day operations that we carry out families and peers.

Our committee is dedicated to increasing the number of members we currently have, but we need your help. Simply we ask that you share NAMI membership information with at least five (5) of your friends to become members of our organization. This is simply an endorsement of NAMI’s work, here and across the country, and spreads the word about the very important programs and services we have on the horizon.

Should you have any questions, please feel free to contact me at jeanjohnson@digitaljetstream.com.

NAMI Greater Cleveland Expands Faith Based Program

In 2016 with the support of a pilot grant from the Alcohol Drug and Mental Health Services Board of Cuyahoga County, NAMI Greater Cleveland expanded its Faith Based/Spiritual Outreach Program. The program which began in 2012 may be adapted to meet the
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needs of specific communities and provides faith institutions and congregations with mental health resources such as awareness presentations, education on mental health conditions, training in mental health first aid, and NAMI Signature programs. In addition, the program supports faith communities providing a supportive environment for persons experiencing mental illness and their families with faith/spiritual support groups. Last year, NAMI GC served more than 600 individuals, mainly through awareness presentations. This year, we are building upon existing relationships and will focus on training faith/spiritual communities in mental health first aid and psycho-education. If your faith/spiritual community is interested in one of our programs, contact Terri Miller or Marsha Blanks at 216-875-7776.

Upcoming Programs

Peer-to-Peer Class
A nine-week recovery program for persons with mental illness.

Monday, September 11, 2017
6:30 p.m. – 8:30 p.m.
Calvary Lutheran Church
6906 West Pleasant Valley Rd., Parma 44129

This program is free, but registration is required. Contact Becky Fela at bfela@namicleveland.org or 216-875-7776 for more information or to register.

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struggling with depression. It makes sense that if you are already in a low mood or not feeling good about yourself, having pictures of happy couples and smiling babies pop up on your screen on a consistent basis may make you feel worse. The same is true if you tend to generally have a negative outlook on life.

If Facebook posts depress you, the solution is simple. Here are four things you can do today to help you cope:

• Deactivate your Facebook account (you can always reactivate it later)
• Unfollow your most (seemingly) happy and successful friends
• Remember that Facebook isn’t a representation of reality
• Turn off the computer and go make your own annoyingly happy moments

Should you really take the four actions above?

In a 2015 study on the effects of Facebook use on mental health, researchers at the University of Missouri discovered that regular use could lead to symptoms of depression if the site triggered feelings of envy in the user.

“If it is used as a way to size up one’s own accomplishments against others, it can have a negative effect,” said Professor Margaret Duffy, one of the professors who co-authored the research. She explains that if it’s used “to see how well an acquaintance is doing financially or how happy an old friend is in his relationship - things that cause envy among users - use of the site can lead to feelings of depression.”

However, those who use the site primarily to feel connected do not experience the negative effects. In fact, when not triggering feelings of envy, the study shows, Facebook could be a good resource and have positive effects on well-being.

Further studies have shown that the majority of social media users tend to edit and post only their most attractive pictures, or ‘put a rose-tinted gloss over their lives’ in an effort to idealize themselves and, researchers believe, to improve others’ impressions of them.

To avoid Facebook-induced depression, users should be aware of the risks of using the site as a tool of comparison. Furthermore, users should be aware that most people are presenting a biased, positive version of reality on social media. Finally, if you’re still feeling down, angry, or generally disillusioned because of the positive news shared by your Facebook friends, on or offline, you should question why you feel that way.

Barring clinical depression or a recent life setback, is it really such a bad thing to see another human being enjoying life, especially if it’s a

Looking for an occasional volunteer opportunity?

From time to time, we need people to help prepare bulk mailings: folding, stuffing and sealing envelopes.

For more information, contact Liz Krull at 216-875-0266 or lkrull@namicleveland.org.
Health awareness and destigmatization.

To read the complete article go to www.psychologytoday.com/blog/nurturing-self-compassion/201703/mental-health-and-the-effects-social-media

Allison Abrams, LCSW-R is a licensed psychotherapist in New York City, as well as a writer and advocate for mental health awareness and destigmatization.
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