NAMIWalks 2019: Mental Health Heroes Abound

We wish to acknowledge everyone who participated in NAMIWalks 2019 and helped us raise nearly $135,000. Furthermore, we believe the crowd of mental health heroes assembled was the largest in our 17 year history, transforming Upper Edgewater Park into a stigma-free zone!

Proceeds from NAMIWalks allow NAMI GC to offer free education, support and referral services to people affected by mental illness. By joining a support group, attending an education program, or calling for a referral, peers and family members alike can find the knowledge and resources they need to invoke their inner super powers and take the next step on their mental health journeys.

Our deep thanks to all of the mental health heroes who walked, donated and/or volunteered. We appreciate your support of current and future mental health heroes.

Some of our Star Fundraisers were on hand to NAMI GC Board President Chair Christine Young and Executive Director Chris Mignogna. From left to right, they are Ken Alexander, Nora Hennessy, Sandra Lawrence, Christine, Chris, Amy Blackburn, Maggie Kubovchik, Tom Swales, Anne Schleicher and John Bianco

Top 10 Teams
Cleveland Clinic Behavioral Health/Kristen Griebel: $7,995
Team Carolyn/Katie Jerome Taylor: $7,116
EY Walk Team/Zach Douglas: $4,589
Bianco Young/Christine Young & Anne Schleicher: $3,294
With Passion/Mitch Evans: $3,195
University Hospitals Psychiatry/ Layne Gritt: $2,654
Stepping Together/Lynn Bango: $2,653
PsychBC All-Stars/ Kimberley Hardy: $2,625
Team Spada/Mary Spada: $2,275
1 in 5/Nora Hennessy: $2,206

NAMIWalks 2019 by the Numbers:
Amount Raised: $138,347
Number of Teams: 116
Number of Participants: 1,053
Number of Sponsors: 34
Number of Donors: 1,230
Number of In-kind Donors: 4
Number of Volunteers: 60

Members of the Cleveland Hts. Police Academy were out in force.

Views expressed in this newsletter are those of the writers and not necessarily those of our officers, staff or funding sources.
Thank You to our Generous NAMIWalks Sponsors

National Elite Sponsor
Alkermes

National Lead Sponsor
HBC Foundation: Headfirst

National Sponsor
The Allergan Foundation Takeda

National Partner
Lundbeck

Presenting Sponsor
Cleveland Clinic

Media Sponsor
WKYC Studios

Silver Sponsors
ADAMHS Board of Cuyahoga County • Community Fund Management Foundation • Hopewell • Lundbeck
St. Vincent Charity Medical Center • Signature Health • UnitedHealthcare Optum
University Hospitals

KOL Sponsor
Highland Springs

Start/Finish Line Sponsors
Benesch, Friedland, Coplan & Aronff LLP • Neurocrine • PhRMA • Senator Bob & Mrs. Mary Spada

Bronze Sponsors
Benjamin Rose Institute on Aging • Buckeye Health Plan • Calfee Halter & Griswold LLP
Daugherty Construction Inc. • Janssen • Nexis Wellness • Old Stone Church
The Sherwin-Williams Company

Supporter Sponsors
Berea Window and Door • New Community Bible Fellowship • PsychBC • The Sater Family
Southwest General Medical Center • VNA of Ohio • Wester Reserve Area Agency on Aging

Kilometer Sponsors
Best Practices in Schizophrenia Treatment (BeST) Center • Rosie Palfy

In-Kind Donors
Dave’s Markets • Giant Eagle • Good Company • Magnetic Sprints Water Co. • Marc’s
Murtis Taylor Human Services System • The Plum

NAMIWalks Star Fundraisers ($1,000)

Liz Krull/Oldies But Goodies: $2,400
Thomas Swales/PsychBC All-Stars: $1,980
Mary Spada/Team Spada: $1,775
Maggie Kubovchik/Dan Miller Memorial: $1,740
John Bianco/Bianco Young: $1,413
Amy Blackburn/#team tribe: $1,380
Nora Hennessy/1 in 5: $1,370
Kenneth Alexander/Cleveland Clinic Behavioral Health: $1,225
Ellen Riehm/Driehm Team: $1,255
Kristin Cipolla/Team Cipolla: $1,000
Sandra Lawrence/Peaches Heroes: $1,000
Anne Schleicher/Bianco Young: $1,000

NAMI GC Volunteer Recognized by NAMI National

Recently NAMI GC volunteer Jonathan Epstein reached a milestone. Upon completing his 30th In Our Own Voice (IOOV) presentation, Jonathan was recognized by NAMI National and named a Silver Member of the Education Hall of Fame honoring his commitment to the program. During his tenure as a member of NAMI GC’s IOOV team, Jonathan has presented at local police academies, Crisis Intervention Trainings and colleges and universities. Congratulations Jonathan!

A proud Jonathan Epstein (right) stopped by the NAMI GC offices to show his NAMI Hall of Fame certificate to former NAMI GC Education Outreach Coordinator Ellen Riehm.
Jess Carpenter writes what she loves in a city that she loves. She has a B.S. in psychology and an M.S. in health from the University of Michigan. Those who have mental illness need an ally, and educating yourself on what not to say is the first step in being one.

Walk Your Talk

Will tell you the correct terms to use, which can be a helpful reminder. If you don't catch yourself saying something hurtful and someone else does, don't get defensive. There's nothing worse than hearing someone else get defensive when they are in the wrong. Take it as a chance to apologize. Sometimes, the offended party is more likely to forgive you if you own up to your mistake.

Apologize

It's important to learn the correct terminology and what can be offensive. No one is perfect, but what you say matters. You can help create a healthy environment for someone with mental illness by being informed.

People with a mental illness are regular people. Often, you won't be able to tell who has a mental illness and who doesn't. So, if you do make a mistake by saying something insensitive, it's important to recognize it and then educate yourself to limit the damage. Everyone makes mistakes, and even the best of us slip up sometimes.

Some words that you think may be completely harmless can cause a wave of emotion in others. Words like "crazy" or "bipolar" can cause a lot of hurt and damage to a person. Everyone makes mistakes, and even the best of us slip up sometimes. When you do make a mistake, it's important to learn from it and change your behavior.

Here are some examples of harmful words that you should avoid:

- Happy pills (used to describe prescription medication, often poking fun at anxiety and depression)
- Mad brain (used to describe someone's mind)
- They're bipolar (used to describe someone who changes their mind often)
- They're psychotic (used to describe someone mad or angry)
- She's suffering from depression (used to describe someone diagnosed with depression)
- You're crazy (used as a descriptor)
- Did you forget to take your happy pills? (used to describe the lack of prescription medication, often poking fun at anxiety and depression)

Some words that you think may be completely harmless can cause a wave of emotion in others. Words like "crazy" or "bipolar" can cause a lot of hurt and damage to a person. Everyone makes mistakes, and even the best of us slip up sometimes. When you do make a mistake, it's important to learn from it and change your behavior.

Here are some examples of harmful words that you should avoid:

- Happy pills (used to describe prescription medication, often poking fun at anxiety and depression)
- Mad brain (used to describe someone's mind)
- They're bipolar (used to describe someone who changes their mind often)
- They're psychotic (used to describe someone mad or angry)
- She's suffering from depression (used to describe someone diagnosed with depression)
- You're crazy (used as a descriptor)
- Did you forget to take your happy pills? (used to describe the lack of prescription medication, often poking fun at anxiety and depression)

Avoid using these words in your daily conversations. Instead, use more positive and respectful language when talking about mental illness.

NAMIWalks Teams & their Captains

Magnolia Clubhouse/Lori D'Angelo
Magnolia Clubhouse Team/Vince Crowe
*Mayfield Marchers/Darcy Edelman
Mercyhurst Warriors/Chandler Brandetsas
MSSA BSA/Ariel Jordan
*Murtis Taylor Family Support Network/Cheyenne Toole
*NBH Stigma Stompers/Terry Hudson
New Community Bible Fellowship/Adrienne Bolden
New Day/Noel Williams
Ohio's First Class Credit Union/Marlina Rodriguez
Old Stone Rockers/Cheryl Carns
*Oldies But Goodies/Liz Krull
Omega Psi Phi Fraternity Incorporated/Lance McElrath
*PEACHES HEROES/Carolynn Pinkney
*PsychBC All-Stars/Kimberley Hardy
Reduce Disparities/Kelley Kauffman
Replanted Man/Orlando Boyd
Robert Myers Insurance Team Bob/Jennifer Lamont
*Robin & Chris/Robin Thomas
Sad Horse Supporters/Megan Bakaric
Shanti Warriors/Desiree Quinones
Shining Star Shirley/LeTrice Duckworth
*Signature Health/Mark Johnson
*Soutwest General Oakview Behavioral Health/Diane Levi
*Stepping Together/Lynn Bango
STIGMA AVENGERS - ENDGAME/Chris Mignogna
Stigma Busters/Karen Porter
StigmaBegon/Anne McCabe
*SUP CLE for NAMI/Jill Jankowski
Team Alkermes/Leslie Richer
Team Beech Brook/Amanda Nowak
Team Buniel/Anthony Buniel
*Team Carolyn/Katie Jerome Taylor
*Team Cipolla/Kristin Cipolla
Team Helen/Helen Cornelison
Team Jackie/Jacqueline Mitchell
* Team JWW/James Watson
Team PEARLS - Alpha Omega Chapter, AKA/Claire Powell
Team Ponomarenko/Karen Ponomarenko
Team Sherwin-Williams/Judy Folk
*Team Spada/Mary Spada
*Team Vinny/Lisa Moser
The Centers and Circle Health Services/Eileen Marsal Koch
The Monster League/Michelle Andrews
The Plum/Good Company/Brett Sawyer
The Power of One/TaNisha Coats
The Singers for Us and Them/Mike Betts
The Westside Walkers Compeer FWCDenise Ayres
Then go further on (for Trailmaster)/Dale Mortensen
Together strong/C. Dorian Scott
United Health Care/Elizabeth Milburn
*University Hospitals Psychiatry/Layne Gritti
Visiting Nurse Association of Ohio/Nicole Davis
We Can Do It!/Lisa Dellafiora
With a Little Help From My Friends/Lauren Borato
*With Passion/Mitch Evans
WKYC-Channel 3/Danielle Serino
*WRAAA Warriors Against Stigma/Rebecca Bittala
*Raised $1,000+
First there was Black Friday. Then there was Small Business Saturday. And don’t forget about Cyber Monday. Well, December 3 marks #Giving Tuesday, a global day of giving, harnessing the collective power of individuals, communities and organizations to encourage philanthropy and to celebrate generosity.

At NAMI GC, we use Giving Tuesday as the start of our Annual Fund Drive. This year, our goal is to raise $15,000. Please think about helping those affected by mental illness (both peers, family members, and caregivers). Make a contribution to our Annual Fund. Your gift at any level ensures that we continue to offer our signature NAMI program such as Family-to-Family and Peer-to-Peer classes and continue to develop programs that respond to the community’s needs such as our Hospital Network Program. Thank you for your consideration.

2nd Annual Plummertime Good Vibes Cookout Benefits NAMIWalks

More than 100 people gathered on the side yard of Terrestrial Brewing Company for Plummertime Good Vibes Cookout II. Hosted by The Plum, Good Company, and Terrestrial Brewing Company, the event raised nearly $1,600 for NAMIWalks. This second annual fundraiser included more than 23 chefs from Cleveland, Cincinnati, Columbus, Chicago, Detroit, Indianapolis, Los Angeles, and Pittsburgh, guaranteeing that it was no ordinary backyard barbecue. These chefs served grilled specialties that included meat, seafood and vegetarian options. A DJ and photo booth rounded out the event ensuring that guests were well fed and entertained.

Planning for Plummertime III begins soon. Interested in joining the Planning Committee? Contact Lisa at 216-875-0266 or ldelafiora@namicleveland.org.

Thank You to Plummertime’s Generous Sponsors

Arsenal Cider House (Pittsburgh)
Watershed Distillery (Columbus)
ChefWear • Tsar Nicoulai Caviar (California)
Guardian Cold Brew (Cleveland) • Rust Belt Riders
Sixth City Distribution (Cleveland)

Estate Planning

Are you interested in furthering your concern for people affected by mental illness? A bequest provides you with this opportunity. Is there a service or program of NAMI Greater Cleveland for which you are deeply passionate? Perhaps taking a Family-to-Family class gave you the skills to better support a loved one living with a mental health diagnosis, or attending a support group lessened your isolation? If so, you consider extending your influence into the future so other families affected by mental illness may take advantage of a NAMI signature program. If you are in the midst of drafting your will or reviewing it with your legal advisor, consider including NAMI Greater Cleveland as a beneficiary. Contact Lisa Dellafiora at 216-875-0266 for more information.

Support NAMI GC

When you shop on Amazon Smile, Amazon will donate .5% of your purchase to NAMI GC. Go to AmazonSmile.com. Select NAMI Greater Cleveland as your charity, and let the shopping begin!

Purchase your Every Day Cards and Gift Ideas through NARSAD. Every Dollar contributed to NARDAD’s research programs goes 100% to research grants. Art By and on Behalf of Mentally Ill Persons. www.narsadartworks.org
NAMI Greater Cleveland

Call for Nominations

NAMI Greater Cleveland (NAMI GC) is accepting nominations for outstanding achievement in promoting and providing mental health services for individuals, families and organizations in the year 2019. The awards will be presented at the 2020 NAMI GCs Annual Meeting in May 2020. Nominations are being sought for:

Crisis Intervention Team Officer Award - Recognizes a CIT Officer who has demonstrated effectiveness in the field utilizing CIT skills and partnerships. An Example anecdote highlighting how the use of de-escalation and other CIT skills led to a positive outcome is encouraged.

Cultural Competence in Mental Health Award - Recognizes a peer, family member, professional or organization that has demonstrated excellence in working with minority populations in the mental health field.

Eugene Brudno Memorial Organization Award - Recognizes an organization that provides outstanding service for those with a mental illness and family members.

Mental Health Family/Caregiver Award - Recognizes a family member who excelled in helping loved ones with a mental illness to improve their quality of life.

Mental Health Provider Award - Recognizes a professional who demonstrates outstanding commitment in service to the community on behalf of those with a mental illness.

The Scott Adamson Memorial Peer Award - Recognizes a person affected by mental illness who has provided exemplary service on behalf of peers.

Teen Mental Health Award - Recognizes a high school student or program geared toward high school students and their families that raises awareness of mental illness and reduces stigma.

Young Adult Mental Health Award - Recognizes a college student or program geared toward college students that raises awareness of mental illness and reduces stigma.

Nominations are due Wednesday, January 22, 2020. Please send them to our Development & Special Events Coordinator Lisa Dellafloria in care of the NAMI GC offices (2012 West 25th St., #705, Cleveland, OH 44113) or email (ldellafloria@namicleveland.org).

In your recommendation, please include contact information for you and the person/group you are nominating, and explain:

• What contribution did this person or organization make in service to mental health in 2019 that merits recognition?
• What is unique about their contribution and why at this time?
• Tell us a little bit more about this individual/organization?

Please contact Lisa Dellafloria at:
216-875-0266/ldellafloria@namicleveland.org with questions.
Those who have mental illness need an ally, and educating yourself on what not to say is the first step in being one. Many people have a mental illness and will never talk about it with their colleagues or close friends. With that in mind, it’s important to recognize that anyone you talk to will always have a mental illness that doesn’t open up about it. By spreading the information you learn, you could prevent harm and help someone’s recovery.

What to do When You Say the Wrong Thing to a Person with Mental Illness

It can be hard to know the correct way to talk to someone about their mental illness. Especially because saying the wrong thing can cause a lot of hurt and damage to a person. Everyone makes mistakes, and even the best of us slip up sometimes. When you do make a mistake by saying something insensitive, it’s important to recognize it and then educate yourself to limit the mistakes you make in the future.

People with a mental illness are regular people. Often, you won’t be able to tell who has a mental illness and who doesn’t. So, it’s important to learn the correct terminology and what can be offensive. No one is perfect, but what you say matters. You can help create a healthy environment for someone with mental illness by being informed.

Educate Yourself

Some words that you think may be completely harmless can cause a wave of emotion in others. Words like “crazy” or “bipolar” may be regular terms that you used to describe a behavior, but a mental illness is not a descriptor; it’s a medical definition. Take harmful words out of your vocabulary and recognize that there’s a better word to describe what you’re experiencing. For example, if someone is bouncing back between multiple decisions, they are not bipolar; they are indecisive.

Also, it’s important to remember that people with a mental illness are, first and foremost, people. Don’t say, “She is bipolar,” but instead say, “She has bipolar disorder.” Regardless of their formal diagnosis, it’s something they have rather than something they are. Here are a few common phrases that can be hurtful to those with a mental illness:

- They’re psychotic (used to describe someone mad or angry)
- They’re bipolar (used to describe someone who changes their mind often)
- You’re crazy (used as a descriptor)
- She’s suffering from depression (used to describe someone diagnosed with depression)
- Did you forget to take your happy pills? (used to describe the lack of prescription medication, often poking fun at anxiety and/or depression medication)

Apologize

If you make a mistake and catch yourself in the moment, apologize for the hurtful thing that you’ve said.Acknowledging that you’ve made a mistake is important in helping the offended party recognize it wasn’t said intentionally.

If you don’t catch yourself saying something hurtful and someone else does, don’t get defensive. There’s nothing worse than hearing someone else get defensive when they are in the wrong. Take it as a chance to apologize. Sometimes, the offended party will tell you the correct terms to use, which can be a helpful reminder.

Walk Your Talk

Don’t purposefully use hurtful terms. In addition to that, educate someone else on what is and what isn’t appropriate to say to someone who has mental illness. By spreading the information you learn, you could prevent harm and help someone’s recovery process.

There will always be people who have mental illness that don’t open up about it. Many people have a mental illness and will never talk about it with their colleagues or close friends. With that in mind, it’s important to recognize that anyone you talk to could have one.

When you use hurtful terms and phrases, it can impact your relationships, but also can hurt someone who may be struggling. Those who have mental illness need an ally, and educating yourself on what not to say is the first step in being one.

*Jess Carpenter writes what she loves in a city that she loves. She has a B.S. in psychology and an M.S. in health from the University of Utah. She writes about topics passionate to her while chasing around two toddlers.*
What to do if You Think a Co-Worker is Depressed

Trying to decide what to do when you suspect someone in your life has depression can be very difficult. It becomes even more difficult when it's a coworker, where the relationship you have with them is likely a blend of professional and personal. However, despite any awkwardness, you have the opportunity to intervene and make a difference in their lives. It's important to understand what you can do to help under certain limitations of your professional relationship. Here are some tips for what to do.

Try And Establish What’s Happening

It's easy to develop a hunch, but it's important to be sure of what's happening before acting. This can take time as people's demeanors vary constantly, and changes can be caused by anything from personal challenges to the seasonal changes. The main things to look for are the warning signs of depression, such as isolating themselves from typical activities. If they were once a bit more involved in things and they now avoid social interaction, that's a warning sign.

Note: If you ask them about it, they may brush it off. That doesn't mean you should let it go or stop reaching out to them.

Don’t Sit Back

People with depression are unlikely to volunteer their feelings and the truth of their mental state to you. In fact, many people don't realize they are depressed. If you think something is wrong and want to reach out to someone, don't sit back and wait for the conversation to occur naturally. Unless you are proactive “the moment” for conversation will likely never come.

Be Mindful Of Your Approach

Don't approach your coworker directly about their “depression.” Asking them if they’re depressed or, worse, telling them that they might be, is unlikely to draw results. To start, try just asking them how they are. If they don't engage, try asking more questions and show interest in their life while also respecting their privacy. Most importantly—be compassionate toward them.

Try And Get Involved With Them

Look for a way to socialize with them (in a non-intrusive and inoffensive manner) and be persistent. Having someone reach out can help a person feel less alone and social interaction is an important step towards feeling better. Even if they cancel plans with you because they aren't feeling up to it, it might help them realize the extent that they are struggling. Additionally, if they are cancelling plans with you, it provides context to check-in with how they are doing and even suggest that they seek help.

Don’t Rely On The Company

It is very unlikely that your company’s HR (or equivalent department) will intervene. And you can’t disclose someone else’s mental health status anyways. Mental health is such an under-explored area that often, there aren’t tools in place for corporate responsibility over their employee's mental health. However, it's a good idea to check with the company whether there are resources available.

Realize You Can’t “Fix” Them

It can be disheartening, especially if you are close with your coworker, but it’s important to know that you can’t solve their depression. It can be tempting to think that your intervention will make them better. Usually recovery from depression involves a combination of therapy and medication, but it’s different for everyone.

The most beneficial things you can do for your coworker is to help them realize that they need proper care; to validate them and help them understand they're not alone in their struggle; and most importantly, to be someone they can turn to if they need it.

Nora Mork is a health reporter and blog writer at Boom Essays and Essay Roo. She helps people by sharing her knowledge and experience at online magazines and blogs, such as Academized.

Do You Know a Place...

… that could display NAMI GC’s brochures? Doctors or agency waiting room? Library or church? Workplace? Brochures and Plexiglass holders are available – for free. Pick them up at our office or we can deliver them to you. Help us get the word out about NAMI GC.

For more information, contact Joicelyn Weems at: jweems@namicleveland.org or call 216-875-0266.
Symptoms of Depression in Older Adults

By Nancy Kupka PhD, RN, Walgreens, for NAMI GC

It's no secret that the winter season can bring on its fair share of the blues for many people. Seasonal affective disorder, or SAD, is among the most well-known conditions. It is estimated that up to 20% of the U.S. population battle depression during this season.[1]

However, as adults age, signs of depression can be more difficult to recognize. This is due to the fact that many of the symptoms are common to the aging process itself. Generally, signs of depression among older adults can be subtler than just feelings of sadness or hopelessness. It can take the form of a lack of energy, difficulty concentrating, or disinterest in activities that used to bring pleasure.

As a result, the American Association of Retired Persons (AARP) and the Centers for Disease Control and Prevention (CDC) partnered with the Administration on Aging to identify warning signs that can help older adults or their family members recognize when depression may be occurring among older individuals:[2]

- Noticeable changes in mood; feeling down or sad most of the time
- Changes in energy levels; feeling irritable or anxious
- Changes in sleep patterns; sleeping too much, or not sleeping enough
- Changes in appetite; eating more or less than usual
- Difficulty concentrating; feeling restless, or fatigued
- Feeling distant from others; flat, empty, or numb
- Changes in activity levels; feeling sluggish or unable to make decisions
- Noticeable changes in mood; feeling irritable, anxious, or not yourself

If you or a loved one are experiencing these signs, it's important to seek professional help. You can help your aging parent recognize the signs of depression and get help.

Chris Mignogna, Executive Director cmignogna@namicleveland.org

Lisa Dellafiora, Development/Special Events Coordinator ldellafiora@namicleveland.org

Kari Kepic, Peer Support Specialist kkepic@namicleveland.org

Liz Krull, Office Administrator lkrull@namicleveland.org

Terri Miller, Peer and Family Program Coordinator tmiller@namicleveland.org

Amber Robinson, Helpline Coordinator arobinson@namicleveland.org

Joicelyn Weems, Community Outreach Coordinator jweems@namicleveland.org