

## National Alliance on Mental Illness

**MISSION:** To empower persons affected by mental illness and their family members to achieve a better quality of life by providing them with mutual support, practical information, referral, advocacy and educational resources.



### Great success – changing minds... one step at a time

The 8th Greater Cleveland NAMI Walks held on Saturday, October 2 at Voinovich Park was an incredible success. Our walk has become the largest mental health awareness event in town. Approximately 1200 participants walked despite the rainy weather. The enthusiastic walkers, music, kid's tent, dog pound, food, displays and socializing contributed to a fun happening for all participants.

One hundred thirty-five thousand dollars has been donated/pledged toward our target of \$150,000. Please know that contributions designated for the walk are still accepted for 60 days. In the eight years we've walked, we've raised nearly three quarter of a million dollars!

Many thanks to our Honorary Chair Jack Marschall, our Business Chair, Dr. Toni Johnson and, for the fourth year in a row, congratulations to our Family Chair, Board Vice President Kathleen Stock! Thanks to all our sponsors, especially our major sponsor, The Cleveland Clinic Neurologic Institute/Center for Behavioral Health. A big thank you also goes out to the interns and over 50 individuals who worked on pre-walk activities. And of course we could not have done it without our board, staff, team captains and the wonderful participants who give so generously and made this event so successful.

For walk photos, visit [www.flickr.com/namigc](http://www.flickr.com/namigc) and watch for a full report on the NAMI Greater Cleveland walk in the next issue of The Voice. ■

## TRANSCRANIAL MAGNETIC STIMULATION (TMS) FDA Approved Treatment for Major Depression

Transcranial Magnetic Stimulation (TMS) therapy is a non-systemic (does not circulate in the bloodstream throughout the body) and non-invasive (does not involve surgery) form of neuromodulation. The equipment stimulates nerve cells in an area of the brain that has been linked to depression, by delivering highly focused MRI-strength magnetic field pulses.

The use of magnetic pulses has been employed for over 25 years in research situations and in other countries. However,

the NeuroStar equipment by Neuronetics is the first system approved by the U.S. Food and Drug Administration for the treatment

of depression in adult individuals who have not adequately benefited from treatment by antidepressants. It is different than ECT and not an alternative.

Akron General Medical Center is the first hospital in Northeast Ohio to offer TMS. Dr. Jeffrey Moore at the Center has cared for 5 patients with this new treatment since it was implemented in March of 2010.

The cost of the NeuroStar treatment is a hurdle and insurance coverage is a concern that doctors and the manufacturer are addressing. TMS therapy is not part of standard insurance coverage, though with perseverance, the company reports that seventy-five percent of claims are resulting in some level of reimbursement.

The Neuronetics website indicates that in addition to Akron General Medical Center, The Louis Stokes Cleveland VA Medical Center on East Blvd. and a physician's office in North Canton are equipped with the NeuroStar system. Two hundred thirty treatment centers

in 37 states are now available. If you would like more information on the treatment and equipment, speak with your physician, visit [www.NeuroStar.com](http://www.NeuroStar.com) or call the Neuronetics Customer Service Center at 877-600-7555.

*The following article providing additional information on TMS is from the NAMI National Website and was reviewed by Dr. Kenneth Duckworth, Medical Director of NAMI National.*

"The NeuroStar, a device that performs transcranial magnetic stimulation (TMS), is

**"it has been helpful, but not a guarantee... good tool for people who haven't been able to treat their depression through medication and it is a non-invasive technique."**

**NAMI GC VOLUNTEER & CURRENT PATIENT**

a new way to approach the problem of major depression and was cleared by the FDA in October of 2008. TMS, as a generic procedure, was not approved by the FDA. Rather, a specific device that performs

TMS, the NeuroStar, was cleared by the FDA. TMS offers a unique treatment option for individuals in a specific phase of illness and treatment.

TMS is an outpatient intervention which could be an option for individuals diagnosed with major depression who have failed one trial of antidepressants at an adequate dose and duration. In clinical trials, individuals had been treated with an average of five medication treatment attempts, one of which was at an adequate dose and duration. TMS has not been thoroughly studied for people who have failed two or more adequate trials of antidepressants or for people who have not been on antidepressants. TMS is not indicated for individuals who have bipolar disorder, depression with psychosis or individuals with a high risk of suicide.

TMS is approximately a 40-minute procedure conducted in an outpatient office using a specific technology. The procedure, given daily, occurs over a four-to-six-week period. The TMS device sends magnetic pulses to the frontal left

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# NOTES FROM THE EXECUTIVE DIRECTOR

"There is a tendency in all of us to want to see schizophrenia, and families that have schizophrenia in them, as somehow separate from ourselves. There is a certain comfort it would appear, in building a barrier that says "schizophrenia" on one side and "normal" on the other. The "normals" often benevolently minister to the "schizophrenic" ones and, in this effort to be helpful, often firm up the barrier, further isolating the schizophrenic person and family."

Michael Kerr, from Family Evaluation

## PROGRAM UPDATE:

### NEW AND DIFFERENT, UP AND COMING

NAMI is partnering with the Cleveland Clinic Epilepsy Center and the Center's Dr. Tatiana Falcone on a program to improve access and offer support and education on mental health services to children and adolescents with epilepsy as well as their families. Dr. Evelyn Rivera-Mosquera will coordinate the project on behalf of NAMI. The Clinic was awarded a grant from the Department of Health and Human Services and will contract with NAMI to offer the services.

## BRINGING IN NEW MEMBERS

Bright ideas come from bright people. Thanks to the thoughtful-ness of Mike Dusseau, who is part of the Membership Committee Task Force—we will offer free NAMI membership to patients who participate in our Hospital Visitation Program. People from the units will be able to sign up "that day" when staff and volunteers do their presentations. Currently we are visiting at the following hospitals: Marymount, Oakview, Lutheran, and Northcoast.

## QUALITY IN THE FIELD

Throughout the months of September and October, staff, board and consultants are visiting Support Groups to have participants 'try on' a new evaluation form. We're interested in getting feedback about the utility and usefulness of the form, in addition to learning about the experience of participants in the process of filling out the surveys – we want to find out what people learn and experience in NAMI group(s.) This 'field testing' is also being done at our Community Education programs and other NAMI Classes.

## PMI PHONE HOME

Thanks to Bob Stoddard, Information Systems Manager at Morrison Products, Inc., we were able to obtain the donation of a phone and voice mail system as well as 14 new phones. Bob is also part of the group of volunteers from Project Management Institute of Northeast Ohio who helped us move to the new location, supported a walk team and also assisted with registration at the walk. THANKS TO PMI.

## NAMI OHIO UPDATE

### BUDGET PLATFORM

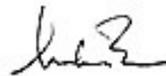
NAMI Ohio recently released its Budget Platform relative to the State's 2012 budget. The focus is on issues such as discrimination with regard to how Medicaid pays for mental health services, levels of funding for community mental health services, providing basic needs (food and housing) for adults and children with severe and persistent mental illness, access to medication, providing adequate numbers of psychiatric beds, and prohibiting state hospitals from releasing patients until they are stable.

Go to [www.namiohio.org](http://www.namiohio.org) to view the platform in more detail.

## PROVIDER APPRECIATION DAY

NAMI Ohio is currently developing an advocacy plan that will be the most aggressive in the history of the organization. As you are certainly aware, the state of Ohio is facing an 8 billion dollar deficit and uncertainty about who will be the next governor of the state. The most recent history has not been favorable to Ohio's mental health system. During the current biennium, community mental health (including NAMI Cleveland), has lost 30% of its state (county) funding. The families and consumers that we all represent continue to be discriminated against and the state of Ohio has not recognized their obligation to meet the financial requirements of the Mental Health Act of 1988.

As part of this advocacy effort, NAMI Ohio Board of Directors, NAMI Staff, Volunteers and Members will be asked to visit community mental health agencies to deliver coffee, donuts, and a message regarding NAMI's budget platform (above.) Each provider agency will receive a new framed poster to be displayed in their reception area that identifies NAMI Greater Cleveland and NAMI Ohio as a resource for those receiving services. Let me know if you're interested in participating—we need your voice to join with ours to take this message to our community. ■



Michael Baskin  
EXECUTIVE DIRECTOR

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## NAMI GREATER CLEVELAND MEMBERS IN THE NEWS

**Damaris Abreu** recently participated in the creation of a mural with master artist Kong Ho at The State Organization on Arts & Disabilities (VSA Ohio) celebration in Columbus, Ohio, July 23-25, 2010. Kong Ho, Associate Professor of Art at the University of Pittsburgh, selected paintings, poetry and photographs submitted by artists with disabilities. Damaris' monarch butterfly was represented twice, once in its original orange color and then in blue. Her poem, "With Wings Spread Wide, Flying Up" is also part of the mural. The twelve selected artists spent the weekend creating the 30 X 6 foot mural which was unveiled at the Statehouse. It will tour Ohio for a year and is scheduled to reach Cleveland in March of 2011. Damaris, who has bipolar disorder, is a volunteer with NAMI Greater Cleveland. She is working with the Bureau of Vocational Rehabilitation and Enterprise Works to become a self-employed artist.

Congratulations to **Amanda Ruiviejo**, Latina Project Coordinator at the Domestic Violence Center and NAMI Multicultural Advisory Board Member. She is the recipient of a 2010 Ohio Latino Distinguished Award from the Ohio Latino Affairs Commission. Amanda will be traveling to Honduras in November to volunteer with the Casa Hogar Shelter-Central American Medical Outreach.

Congratulations also go out to **Sakeena Francis**, a NAMI GC Multicultural Advisory Board Member and a volunteer with our Speakers' Bureau and **Kari Kepic**, a leader of numerous Family-to-Family and Hand-to-Hand classes and our Information and Referral Helpline Assistant for their recent appointments to the Bridgeway Board.

We are happy to share good news about our members. If you are aware of recognition, awards or etc. that relate to the mental health field, please let our office know and we will publish the information as space permits. ■

## Exciting New Opportunities to Create a Legacy through NAMI Greater Cleveland

How often do you tell your friends and family about NAMI Greater Cleveland and the important work we do in the community? If you are reading this article, then you are most likely contributing your time, talent, and resources to help us accomplish our mission. The question becomes, however, how can you help ensure NAMI GC will be able to sustain itself when you are no longer involved with it? One easy answer is for you to consider contributing to NAMI Cleveland's newest fund. Earlier this year, we partnered with the Cleveland Foundation to establish the National Alliance on Mental Illness Greater Cleveland Fund.

The fund is held and managed by the Cleveland Foundation, which invests the gifts for greater return on investment and prudent growth. Each year, a percentage of the fund is available for the needs of NAMI Greater Cleveland. Gifts to the fund provide NAMI Cleveland with an important source of revenue now and into the future, as well as a measure of security that allows us to focus on our mission.

There are many different ways you can show your support now and for generations to come. Here are a few examples:

**Bequest:** A simple way to support us is to include a bequest to National Alliance on Mental Illness Greater Cleveland Fund in your will. If you typically give \$50 annually, leaving \$1,000 to the fund could continue to provide \$50 to NAMI Greater Cleveland. If your annual contribution is \$200, then a \$4,000 bequest could do the same. Talk to your attorney about how you can make this change.

**Insurance Policy:** Unused life insurance policies make excellent charitable gifts. Talk to your insurance agent to find out how you can add National Alliance on Mental Illness Greater Cleveland Fund as a beneficiary to your existing policy. There is no cost to you.

**IRAs and 401(k)s:** Retirement assets passing to someone other than a spouse are typically subject to taxes when inherited and later withdrawn. Due to the tax consequences, these assets make excellent choices for benefiting nonprofit organizations. Talk to your advisor about adding NAMI GC Fund as a beneficiary to your retirement assets.

These are just a few ideas of how you can create a legacy and allow us to receive your support in perpetuity. There are many additional gift vehicles for you to consider, such as charitable gift annuities and charitable trusts. Both can provide benefits to NAMI Greater Cleveland, as well as to you or your loved ones.

If you are interested in learning more about how you can help NAMI Greater Cleveland through its fund, please contact Michael Baskin at 216-875-0266. The Cleveland Foundation's staff is also available to discuss gift ideas with you. Contact the Gift Planning and Donor Relations team at 216-861-3810 or toll-free 877-554-5054. We look forward to helping you continue to show your support for NAMI Greater Cleveland! ■



## SAVE THE DATE ... Join Us for the Following Programs

### THE BLUES: UNDERSTANDING DEPRESSION

Learn how to recognize the risk factors for depression and how to seek help with a licensed social worker from NAMI. Registration is requested...to register, visit [cuyahogalibrary.org](http://cuyahogalibrary.org) or call the host branch.

**Thursday, November 4  
7:00 pm**

#### North Royalton Branch

14600 State Road  
440-237-3800

**Wednesday, November 10  
2:00 pm**

#### Chagrin Falls Branch

100 East Orange Street  
440-247-3556

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### ASK THE DOCTOR COMMUNITY EDUCATION NIGHT

Question and Answer Breakout sessions

- Dr. Roman Dale (Schizophrenia)
- Dr. Tatiana Falcone (Child & Adolescent Mental Illness)
- Dr. George Tesar (Mood Disorders)

Registration required at 216-875-7776. Free parking is available in the lot at the rear of the building. Please note: the front door is locked to the outside at 5:00 pm and the rear door at 8:00 pm.

**Monday, November 8  
6:00 pm Registration / 6:30-8:45 pm Program**

#### ADAMHS Board

2012 West 25th St., 6th Floor  
Cleveland, Ohio 44113

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### NAMI GREATER CLEVELAND MEMBER & VOLUNTEER HOLIDAY POTLUCK PARTY

Bring an appetizer or dessert to share with 6-8 people for this holiday celebration.

**Sunday, December 12  
3:00-7:00 pm**

#### Knights of Columbus Hall

4730 Broadview Road  
Cleveland, Ohio 44109  
RSVP: 216-875-7776

## PROGRAMS, MEETINGS, VOLUNTEERS AND MORE...

*NAMI programs, meetings and classes are offered on an ongoing basis throughout the year. Staff, volunteers and community members provide a wide range of opportunities for education and support. Some of the many activities during the first half of this year and a sampling of comments from attendees follow.*

Over 14 **Community Education Programs** were offered in the first half of 2010. Community doctors, therapists, professors, court officials, and staff shared information related to mental health issues. Approximately 270 people attended these sessions. NAMI staff provided over 15 additional presentations to hospital patients and their families, college students, senior service providers, psychology classes, pastoral teams, church members and others.

There were 52 meetings available each month in our **support group categories**. Thirty-six leaders helped attendees on a weekly, biweekly or monthly bases. They provided resources for their group members and assisted new leaders as additional groups were formed. (Please see the lists included in this issue of *The Voice* for current meeting days, times and locations.) Many of these facilitators have been involved for numerous years and have given generously of their time and talents. Approximately 275 individuals attended these sessions in the first half of 2010.

Terri Miller, NAMI GC Consumer and Family Program Coordinator works with these leaders and groups. She also directs our free **Family-to-Family and Hand-to-Hand Courses**. Four 12-week Family-to-Family Courses were offered in the first half of this year. Included in this number was our first Latino Family-to-Family Course. Thirty-three individuals participated in these important educational programs about diagnoses, medication and crises management for families and caregivers. Three Hand-to-Hand Courses were offered during the first 6 months of 2010, again including our first Latino Hand-to-Hand Program. Twenty-two people participated in these 9-week educational programs for parents and caregivers of children under 18 years of age.

The **Multicultural Outreach Department** of NAMI GC offered outstanding programs on various mental health conditions and has some exciting events planned for the remainder of the year. Plan to attend the multicultural outreach library series on depression to be held on November 4th and 10th. In addition, numerous meetings in our community education category and staff presentations were directed at diverse community members through our multicultural department. Contact Marsha Blanks, our Multicultural Outreach Coordinator or Evelyn Rivera-Mosquera, Bilingual Outreach Coordinator at the NAMI office if you would like more information on special multicultural classes, programs or to volunteer for this department.

Our **Speaker Bureau** provided 7 programs in the first half of this year. Consumers and family members shared their experiences and treatment with 30 1st, 2nd, 3rd and 4th year psychiatry residents. Over 40 additional medical and psychology students were addressed in other presentations. Our Speaker's Bureau members met a number of times during the year to perfect their presentations and share information to improve communication with audiences.

(Continued on page 5)

### Comments from programs, meetings and group attendees:

*"The presenters shared their coping skills and we can relate and we all laughed."*

**"It is great to know that mental illness can be overcome and that your dreams and goals can be achieved."**

*"I saw how other people feel and cope...saw myself. I learned a lot of helpful information -also made me more comfortable with my mental illness."*

**"Coping strategies are so important for recovery and I got some new ideas."**

*"I particularly appreciated \_\_\_\_\_'s presentation and how so much of what she dealt with is reality for many of our youth involved in the Juvenile Justice System."*

**"I never knew there was a support group for this."**

*"Gave me some insight into my loved ones daily challenges."*

**"Thank you for this program. Mental illness has a lot of negative impact for minority communities and there is a lot of stigma attached. This program gave me information to help fight that stigma and an opportunity to actually offer hope and help."**

**"I loved the entire program. The entire presentation was relevant. The speakers were engaging and certainly help to shatter the stigma associated with mental illness."**

*"I really enjoyed the presentation and feel motivated by the speakers that you can achieve and overcome anything."*

"It showed how bad depression/mental illnesses can be—rough and hard to deal with."

"very relevant to my recovery"

**"It teaches law enforcement that there may be a real problem, not just that they are a criminal."**

"It was very informative, and I believe it will be helpful in my performance of my duties."

"Incredible presentation and I appreciate the strength that it must have taken to share the personal stories."

**"I was able to identify with their feelings and I know how helpful it is to accept yourself and how wonderful it is when your family accepts you for who you are."**

"I see recovery as a real option for the first time."

"I learned new ways I could teach my patients to cope with their mental illness. I can confidently tell my patients that "You can do it."

"It told how someone with mental illness can live a better, more healthy full life. Thanks."

"I was impressed by the amount and type of material presented each week. I gained a much greater knowledge and awareness of my daughter's symptoms and illness."

"Seeing consumers happy and thriving in life is an awesome thing."

## PROGRAMS, MEETINGS, VOLUNTEERS AND MORE...

### CONTINUED

Additional heroes in our speaker force are the **In Our Own Voice (IOOV)** presenters. These individuals participated in a 2-day training program offered and facilitated by NAMI National Trainers. Our trained speakers provided 10 local programs in the first half of the year. Their audiences included nursing students, police officers, nurses and community members participating in Mental Health Month activities. These courageous speakers enlightened 400 attendees. Ellen Riehm, NAMI GC Community Education Coordinator, assisted these presenters, shared NAMI information with the audience and provided mental health information to the local media.

Our **Peer Support** Specialist, Becky Fela and NAMI speakers made over 32 hospital visits in the first half of 2010. Speaking to groups of 4 to 10 patients, they provided practical information, inspiration and material to encourage wellness and recovery options. Becky also coordinates our Peer-to-Peer program. Two of the year's four courses of 10 weeks each provided 12 individuals with mental illness an opportunity to experience lecture, interactive exercises and structured group processes. Trained peer facilitators discussed stigma, medications, coping skills and aid for relapse prevention.

**Health Fairs** are another area that NAMI Greater Cleveland participates in. Nine locations in the Greater Cleveland area were served in the first half of this year. Participants numbered 960 people with 783 stopping at the NAMI tables.

**Volunteers...the Heart of NAMI.** Without our dedicated volunteers, the services and programs of NAMI would not exist. Twelve individuals donated over 300 hours to assist the information and referral helpline in the first half of 2010. Kari Kepic, our Help Line Assistant and these twelve individuals handled 1400 calls. An additional 14 individuals contributed over 350 hours from January through June in office support. They are among the many individuals who provide the countless services NAMI offers.

### CURRENT OFFICE VOLUNTEER OPENINGS:

- **Telephone receptionist:**  
one Thursday per month, from 2-4 pm.
- **Individuals for folding flyers and newsletters:**  
two days per month
- **All-around person:**  
to work with staff person on duties as assigned
- **Individuals to staff tables at Health Fairs**

If you are considering volunteer work and want to join those who are contributing to the well being of others by giving of their time, ability and energy; please leave a message for Sally Follett, Volunteer Coordinator, at 216-875-7776.

If you have questions on any of our programs or meetings, please call the NAMI GC Office at **216-875-7776** or visit our website **[www.namigreatercleveland.org](http://www.namigreatercleveland.org)** ■



# NAMI Support Group Meetings FAMILIES & CAREGIVERS

## **FAMILY GROUPS** (for any family member or caregiver of an adult person with mental illness):

Beachwood	Every Tuesday	7:00-8:30 pm	Jewish Family Services 24075 Commerce Park Blvd., 44122
Cleveland	4th Thursday	7:00-8:30 pm	Murtis Taylor Multi-Service Center 13422 Kinsman, 44120 (parking lot on Union, does not meet in Jan. & Feb.)
Lyndhurst	1st Tuesday	6:30-8:00 pm	PLAN of Northeast OH 5010 Mayfield Rd, Suite 304, 44124
Parma Hts.	4th Thursday	7:00-8:30 pm	Cuyahoga County Public Library 6206 Pearl Rd., 44130
Rocky River	2nd & 4th Mondays	7:00-8:30 pm	St. Christopher's Church 20141 Detroit Rd., 44116
Warrensville	1st Thursday	7:00-8:30 pm	Aldersgate United Methodist Church 4069 Eastwood Lane, 44122
Westlake	1st Tuesday	7:00-8:30 pm	St. John West Shore Hospital, Far West Center, Bldg. 4 29133 Health Campus Dr., 44145

## **SPOUSAL GROUPS** (for spouse of person with mental illness)

Lyndhurst	2nd Tuesday	7:00-8:30 pm	PLAN of Northeast OH, 5010 Mayfield Rd., Suite 304, 44124
North Olmsted	4th Monday	7:00-8:30 pm	Cuyahoga County Public Library, 27403 Lorain Road, 44070

## **YOUNG FAMILY GROUPS** (for families/caregivers of children 18 and younger diagnosed with a mental illness)

Berea	3rd Tuesday	7:00-9:00 pm	Berea Children's Home 202 East Bagley Road, 44017 GAHN/Snow School Bldg.
Cleveland	1st Tuesday	7:00-8:30 pm	The Knights of Columbus 4730 Broadview Rd., 44109 (corner of Portman & Broadview) New location in Nov., call office for details

## **DUAL DIAGNOSIS GROUP** (for caregiver of person with mental illness and substance abuse)

Middleburg Hts.	2nd & 4th Tuesday	7:00-8:30 pm	Southwest General's Oakview Behavioral Health Center, 18697 Bagley Road, Room 4, 44130, entrance is located on Old Oak Blvd. behind the hospital
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10/2/10 Support Groups are subject to change. Please call 216-875-7776 to verify time and location.

New support groups are added as facilities and facilitators become available. These free support group meetings of family members, caregivers and friends provide an opportunity for an exchange of ideas and information for emotional support and coping skills. You are cordially invited to attend the above gatherings.

PLEASE NOTE that cancellations may occur due to holidays and weather conditions. If schools/public buildings are closed, our meetings are cancelled in those locations.



# NAMI Support Group Meetings FOR WELLNESS

## **FAMILY MEMBERS, CAREGIVERS AND PERSONS WITH MENTAL ILLNESS**

Beachwood      Every Thursday      6:15-8:00 pm      SUPPORT & SOCIAL GROUP  
Connections  
24200 Chagrin Blvd., 44122 (across from Ruby Tuesday's)

Middleburg Hts.      3rd Saturday      10:00 am-Noon      CHRISTIAN SUPPORT GROUP  
Grace Christian & Missionary  
Alliance Church, 7393 Pearl Road, 44130

## **PERSONS (ADULTS) WITH MENTAL ILLNESS**

Cleveland      Every Thursday      3:00-5:00 pm      NAMI CONNECTIONS, OHIO CITY GROUP  
Cuyahoga County ADAMHS Board,  
2012 W. 25th St., 6th Floor, 44113

Parma      Every Saturday      10:00-11:30 am      M.A.'s NAMI CONNECTIONS GROUP  
Good Shepherd United Methodist Church  
5930 State Road, 44134 (a few blocks south of Snow Road)

Rocky River      Every Friday      7:00-8:30 pm      PEER SUPPORT GROUP  
West Shore Unitarian Universalist Church,  
20401 Hillard Blvd., 44116  
(look for room location posted on the wall when you walk in)

Shaker Hts.      2nd & 4th Wednesdays      6:30-8:30 pm      ART JOURNALING GROUP  
Christ Episcopal Church  
3445 Warrensville Center Rd., 44122,  
(free parking south side of building, same door to enter)

## **PERSONS (ADULTS) WITH MOOD DISORDERS**

Cleveland      Every Monday      7:00-8:30 pm      CUYAHOGA MOOD DISORDER GROUP  
West Park United Church of Christ  
3909 Rocky River Drive, 44135  
(meeting takes place in the secondary bldg. Refreshments 8:30-9:00)

Middleburg Hts.      Every Tuesday      6:30-8:00 pm      SOUTHWEST MOOD DISORDER SUPPORT & SOCIAL GROUP  
Southwest General Hospital, 18697 Bagley Road, 44130  
(meeting rooms are in the basement)

## **LATINOS WITH SCHIZOPHRENIA, SCHIZOAFFECTIVE DISORDER OR MAJOR DEPRESSIVE DISORDER**

Cleveland      Every other Saturday      2:00-4:00 pm      ASSOCIATION OF LATINOS AGAINST STIGMA (ALAS) GROUP  
Hispanic Senior Center  
7800 Detroit Ave., 44102  
(Contact: Ester 216-744-3486, Jeanette 440-539-6518  
or Evelyn 216-256-1308)

## **OTHER GROUPS—WOMEN'S PTSD (PTSD & Mental illness), DUAL DIAGNOSIS (Substance Abuse & MI)**

Cleveland      2nd & 4th Tuesday      6:00-7:30 pm      PTSD WOMEN'S GROUP  
Lutheran Hospital  
1730 W. 25th St., 44113,  
(take "A" Elevator to 2nd floor, A Wing, turn right off the elevator  
to the conference room)

Cleveland      Every Wednesday      1:30-3:00 pm      DUAL RECOVERY PEER GROUP  
The Living Miracles  
1581 West 117th St., 44111, (just north of Madison)

*10/2/10 Please note that cancellations may occur due to holidays and weather conditions. If schools/public buildings are closed, our meetings are cancelled. Support Groups are also subject to change. Please call 216-875-7776 to verify time and location.*

## TRANSCRANIAL MAGNETIC STIMULATION (TMS)

### CONTINUED

side of the brain which generates weak electrical currents. These magnetic pulses are similar to what one would experience in getting a magnetic resonance image (MRI) of the brain.

The theory of the treatment is that the resulting electrical currents activate neurotransmitters implicated in the symptoms of depression—serotonin, norepinephrine and dopamine. Studies have shown that the frontal left side of the brain is the area that can be underactive in individuals with major depression, hence the rationale for the site of the stimulation.

In a randomized, controlled clinical trial with individuals who had not adequately benefited from prior antidepressant medication, patients treated with TMS experienced a significantly greater improvement in symptoms than patients treated with placebo. In an open-label trial, which is most like real-world clinical practice, 54 percent of individuals treated with TMS experienced a significant improvement in symptoms.

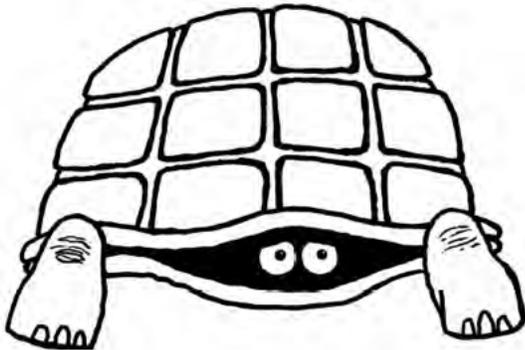
TMS requires no anesthesia or sedation, has a low rate (about 5 percent) of discontinuation due to adverse effects (most commonly headache) and has no systemic side effects typically with oral antidepressant therapy (such as sexual side effects, weight gain, nausea, constipation or dry mouth). Medical devices such as pacemakers or metal objects in one's head prevent the use of TMS. Seizure risk can be raised by TMS. There are no long-term studies of the effects of TMS or rTMS.

At this time, there is more research being conducted on the intervention. TMS is new and, like all new treatments, the field is still sorting out its best uses and downsides. Academic medical centers are most familiar with this intervention and may conduct research studies on TMS. Individuals interested in this—or any other new treatment—are encouraged to review any emerging information from research and clinical practice with a doctor.

Summary: TMS offers a unique profile in the treatment of a specific phase of major depression and, as a field, many health care providers believe they have more to learn about it over time." ■

*Reviewed by Ken Duckworth, M.D., NAMI, October 2009*

PAID ADVERTISEMENT



# Childhood depression is often in hiding.

Research is being done that may bring alternative treatment options into the open.

If your child is depressed, consider this research study that is evaluating an investigational medication for childhood and teenage depression.

Your child may be eligible to participate in this study if he/she:

- Is between the ages of 7 and 11, and generally healthy
- Has been diagnosed with, or shows signs of depression
- Is able to swallow study medications whole without opening the capsule, crushing, or dissolving

All investigational medications, study-related evaluations and tests will be provided to qualified participants at no cost.

Call today to learn more: NorthCoast Clinical Trials, 216-514-1803

[www.kidswithdepression.com](http://www.kidswithdepression.com)



# NAMI GC COOKBOOK

This is an invitation to all our NAMI families and friends to take part in the preparation of a "special" cookbook. Our book will be a collection of your favorite, most cherished recipes. In addition to being a delicious fundraiser, it can be an excellent way to share a memory or honor someone special. To involve everyone, we plan to have space available for special thoughts, poems and artwork.

The ingredients of a successful cookbook require your recipes. The categories will be: Appetizers, Beverages, Soups & Salads, Vegetable & Side Dishes, Casseroles, Main Dishes, Breads & Rolls, Cakes & Desserts, Cookies & Candy and Misc. We are looking forward to a broad spectrum of diverse recipes from every culture/ethnicity.

Watch for your NAMI mailing this fall with more details and information on submitting your recipes, etc. If you have questions or comments, please contact Kari Kopic at the NAMI office. ■

## HEARTS & MINDS:

### NAMI Highlights Meditation, Yoga and Other "Mindfulness" Practices for Mental Illness Online, September 1, 2010

Arlington, Va.--The National Alliance on Mental Illness (NAMI) is providing a new dimension to its Hearts & Minds initiative, an educational program that promotes "mind and body" health practices for individuals who live with mental illness.

A new "Mindfulness" section on NAMI's Hearts and Minds website includes a 10-minute video of guided meditation, along with information about other holistic methods to complement medication and therapy and help a person to gain greater control over the recovery process.

Practices covered include basic meditation, guided imagery, yoga and Tai Chi, and creative outlets such as writing, art, music and dance.

Ed Knight of Colorado Springs says he uses meditation to help control hearing voices and panic attacks: "Without the combination of meditation and medication, I would be in and out of the hospital very frequently. I haven't had a panic attack in several years and I have ceased to hear voices."

"Medication and therapy are crucial to recovery, but everyone's experience is different," said NAMI Executive Director Michael Fitzpatrick. "Hearts and Minds offers a holistic dimension for managing mental illness. Some practices will work for some people, but not for everyone. In the end it comes down to what works for you." ■

[www.nami.org/heartsandminds](http://www.nami.org/heartsandminds)

[www.nami.org/heartsandminds/mindfulness](http://www.nami.org/heartsandminds/mindfulness)

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## THANK YOU!



# Membership Information

NAMI Greater Cleveland members are provided with appropriate educational material and information about mental illness, the mental health care system and community resources. Speakers Nights are scheduled bi-monthly and are open to the public. A quarterly newsletter keeps members and others up-to-date on mental health issues and advocacy.

NAMI Greater Cleveland advocates for better medical care, education, housing, jobs, and the elimination of the stigma of mental illness.

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.

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I would be willing to help with mailings, office work and/or telephone committee.

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## STAFF

Michael Baskin  
 EXECUTIVE DIRECTOR  
 mbaskin@nami.org  
 Marsha Blanks  
 MULTICULTURAL OUTREACH SPECIALIST  
 M3BLANKS@aol.com  
 Becky Fela  
 PEER SUPPORT SPECIALIST  
 bfela@nami.org  
 Sally Follett  
 VOLUNTEER COORDINATOR  
 safollett@aol.com  
 Keri Kecip  
 HELPLINE ASSISTANT  
 kkepic@nami.org  
 Liz Krull  
 OFFICE ASSISTANT  
 lkrull@nami.org  
 Terri Miller  
 CONSUMER AND FAMILY PROGRAM COORDINATOR  
 tmiller@nami.org  
 Evelyn Rivera-Mosguera  
 BILINGUAL OUTREACH COORDINATOR  
 evelynrivera@sbcglobal.net  
 Bridget Murphy,  
 SPECIAL EVENTS COORDINATOR  
 bmurphy@nami.org  
 Ellen Riehm  
 COMMUNITY EDUCATION COORDINATOR  
 eriehm@nami.org



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