

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.



nami Walks

National Alliance on Mental Illness

NAMIWalks 2016 Cleveland's largest mental health event attracted more than 1,200 participants and raised more than \$128,000 for NAMI Greater Cleveland's programs and services. We are grateful to everyone who made this year's event a success, including our Sponsors, Donors, Team Captains, Walkers, Volunteers, and those of you who participated in our inaugural banner contest. We couldn't do it without you!



Top: Representative from Alkermes and the Cleveland Clinic are ready to lead the Walk.

Bottom left: Team CareSource is out in force.

Bottom right: Members from University Hospitals' Team acknowledge the crowd.

Thank you to our Walk Teams and dedicated Team Captains

** raising more than \$1K*

- ; Our Story is Not Over/Amanda Klemm
- ADAMHS Board of Cuyahoga County/Katie Boland
- Alkermes All-Stars/Laura Vesco
- Beautiful Minds/Kelly Levicky
- Beech Brook/Carrie Tulino-Bell
- Benjamin Rose/Jeanne Hoban
- Better Days/Denise Ross
- Buckeye Health Plan and Envolve Health/ Amber Bundy
- CASP-Cleveland Association of School Psychologist/Valorie Wolcott
- CBHC: Community Behavioral Health Center/ Ritu Chattree
- The Centers for Families and Children/Kelley Kauffman*
- Charak Center: We Bring You Hope!/Anish Ranjan
- Cleveland Champs!/Bonnie Ziganti
- Cleveland Clinic Behavioral Health/Dan Karchmer*
- Cleveland Psychological Association/April Sobieralski
- CloudWater Zendo/Lisa Bohlander
- Compeer Far West Center Wellness Walkers/ Denise Ayres
- Connections: Health*Wellness*Advocacy/Mark Johnson
- Creative Minds/Madeline Calhoun
- Dream Team/Abby McPherson
- Driehm Team/Ellen Riehm*
- Edward Fighters/Jill Edwards
- Freud's Army/Madison Bean*
- The Freudian Slips/Sara West
- FrontLine Service/Misty Funk
- Given to Fly/Gretchn Stout
- Henrys/Eric Warren
- Hopewell/Candace Carlton
- Kari's Hopeful Friends/Kari Kecip
- Know Your Worth/Tyanna Washington
- Lambda Phi Omega
- Lutheran Hospital Team/Brian Tilow*
- Magnolia Clubhouse/Sarah Stephens
- Mandalas/Elizabeth Bryan
- Medina Stigmabusters/Ruth Simon*
- Metro Mental Menders/Mariah Foden and Kirsten Hemmer
- MH Warriors/Vicki Reich
- Miracle for Michael/Carlana Upesleja
- Mitchell/Jacqueline Mitchell
- Mom's Helping Hand/Ebony Drewery
- The Motley Mental Crew/Jaime Lynn Smith
- Murtis Taylor Family Support Network/ Danyelle Simpkins*

Top 11 Fundraisers

- Barbara Moore - \$2,100
- Don Sykes - \$1,791
- Ben Miladin - \$1,485
- Lulu & Joel Gottesman - \$1,345
- Madison Bean - \$1,300
- Kenneth Alexander - \$1,276
- Mark Weintraub - \$1,136
- Thomas Swales - \$1,100
- Michael Baskin - \$1,025
- Esther Jones - \$1,010
- Tim Aria - \$1,000

Top 10 Teams

- UH Department of Psychiatry and Friends/Daphne Ferrer - \$5,689
- Cleveland Clinic Behavioral Health/Dan Karchmer - \$5,301
- PsychBC/Alex D'Auria - \$4,052
- Team Carolyn/Katie Jerome - \$3,201
- Freud's Army/Madison Bean - \$2,805
- Team Bianco Young/Anne Schleicher and Christie Young - \$2,780
- The Centers for Families and Children/Kelley Kauffman - \$2,620
- Lutheran Hospital Team/Brian Tilow - \$2,168
- Medina Stigmabusters/Ruth Simon - \$1,890
- Team JWW/James Watson - \$1,700
- Oldies But Goodies/Liz Krull - \$1,569

Continued on page 4

NEWS & NOTES FROM EXECUTIVE DIRECTOR – SUMMER TO FALL

It's hard to believe we've left the summer behind already. Where does the time go? It seems as if we were just planning for last spring's conference on Healing and Trauma and getting ready for the August Walk, and here it is, two months past all that, and now here we are getting ready for the holiday party, next year's conference, and the 2017 Walk.

My thanks to all of you who came out to support NAMI on August 27, more than 1200, and what a morning it was! The day was filled with moving testimonials, companionship, and beautiful weather. I was particularly pleased to see how people expressed their support for one another and made this NAMIWalks what it is truly meant to be, an awareness and advocacy event for our community, celebrating recovery and healing. We're so grateful to all those who were generous in turning out that day, donating their time and making such significant contributions to the 14th annual NAMIWalks.

NAMI GC's second annual conference is scheduled for May 5, 2017. A committee already has begun planning, and the venue, Holiday Inn Independence, will remain the same as it was last year. As in 2016, we will combine the conference with our Annual Meeting and Awards Ceremony at noon. The conference will include both a Keynote address and breakout sessions. CEUs will be available for mental health professionals attending.

GREEN SHOES AND FRIDAY NITE LITES-BRINGING MENTAL ILLNESS OUT OF THE SHADOWS
NAMI Greater Cleveland, NAMI Lake County, and NAMI Geauga County have joined together on a project funded by NAMI Ohio to bring awareness about mental health to Northeast Ohio. Our project, which was spearheaded by Kari Kepic, NAMI GC's Helpline Coordinator, is an inventive awareness project to ensure mental illness and health are brought to the forefront as a major public health issue in our three counties. The project will borrow from a professional football player, Brandon Marshall, who, while playing for

the Chicago Bears in 2013, wore green shoes with pink laces to bring awareness to the nation during Mental Illness Awareness Week. Not only did he draw attention to the issue by wearing green shoes, but, most importantly, by talking about his own struggle with Borderline Personality Disorder, he gave significant meaning to the event. In addition, he was fined \$10,500 for defying the NFL's uniform policy, giving the event even more notoriety. His calculated risk then went viral, as we hope to do when our three counties put on similar events at high school football games in Northeast Ohio this fall. Here's what we're planning...

Each of the affiliates will sponsor two football teams whose players will wear green socks or jerseys to highlight awareness about Mental Illness. In addition, we'll give away gifts to spectators the night of the game that draw attention to mental health, such as green footballs, t-shirts, and wristbands. In this way, we broaden our capacity to take the message to students and families in attendance. Pre-game activities will include NAMI affiliates at pep rallies and at games to distribute literature with those giveaways. Part of the halftime show at each game will be devoted to recognizing mental health, perhaps having school administrators, teachers, parents and legislators speak and draw attention to the meaning of the event. Our hope is that this will be a "kickoff" to other awareness event(s) and become an annual activity in the fall at each of the schools, and that it will further expand next year in different schools. In Cuyahoga County, we worked with Valley Forge and Bay Village High Schools whose football teams squared off on Friday, October 21 at Parma's Byers Field.

HYGIENE KITS TO BROADWAY'S RETURNING CITIZENS

In partnership with the Integrated Care Reentry Project (ICRP), a program of MetroHealth's Broadway Clinic and The Murtis Taylor Human Services System, NAMI GC and members of Alpha Kappa Alpha will purchase, assemble, and distribute hygiene and mental health "kits" for

citizens returning to Cleveland's Broadway neighborhood. Most of these residents have a severe mental illness and have recently been released from jail to face unknown circumstances on a daily basis. The kits will include toiletries, clothing items, and information about mental health services. ICRP's goal is to integrate mental health care and substance abuse treatment through the innovative use of care coordinators and case managers. We're pleased to partner with MetroHealth and Murtis Taylor in this very important project. This is a great opportunity for NAMI GC to reach out to these residents, inviting them to be a part of our community and provide them with resources as they return to their neighborhoods. Thanks to Thom Craig, Director of the Mental Health Program, and the Margaret Clark Morgan Foundation for providing financial assistance.

DEDICATED MENTAL HEALTH LEVY

NAMI GC will have a lead role in exploring the potential for a dedicated Mental Health Levy in Cuyahoga County. This would be a way to secure local government funding to provide sustainability and additional funding for individuals and families affected by mental illness. Currently, the ADAMHS board of Cuyahoga County (ADAMHS) receives funding through the Health and Human Services Levy (HHS), which supports a variety of social services. Voters have generously supported the HHS levy for a number of years. The effort for a dedicated levy would specifically designate funding for mental health. A long term levy would guarantee our capacity to provide services for years to come. Currently, we have to go to voters every several years. While a number of counties in Ohio already have a designated levy for mental health, Cuyahoga County is unique, and the politics of navigating a specific levy in the current political and economic environment needs to be done very carefully to consider the widest range of stakeholders. To secure a dedicated MH Levy in Cuyahoga County would be a way to find some security in an insecure

NEWS & NOTES *continued*

economic environment. We're at a very early stage in the initial planning, and it is likely that a ballot initiative would not be considered until after the year 2020. Cuyahoga County Council President Dan Brady, past president of NAMI OH, NAMI Metro Cle, and The ADAMHS Board, Harvey Snider, and William Denihan, CEO of the ADAMHS Board, are each helping to lead the initiative. I have been asked to sit on the Strategic Planning Committee of the Levy Committee. I'll keep you posted as to our progress.

LEGISLATION:

WHERE WE STAND NOW

Federal Mental Health Reform

Following the near unanimous passage of Rep Tim Murphy's H.R.2646 (Helping Families in Mental Health Crisis Act of 2016) in the U.S. House of Representatives in July, NAMI Ohio mental health reform advocates have been contacting U.S. Senator Rob Portman (R-Ohio) to ask him to urge U.S. Senate Majority Leader Mitch McConnell (R-Kentucky) to schedule the Senate's version of mental health reform – S. 2680 (Mental Health Reform Act of 2016) for a vote by the full Senate before the end of the year. After receiving numerous phone calls and emails from NAMI Ohio advocates, Senator Portman's staff informed NAMI Ohio that he had signed onto S. 2680 as an official cosponsor!

Since our advocacy is working, it is a good idea to reach out to Senator Portman's office (Call 202-224-3353) and to thank him for co-sponsoring S. 2680, and to ask him again to "urge Senate Majority Leadership to forge a compromise on the pending amendments, and to schedule the bill for a vote by the full U.S. Senate." You should also contact Senator Sherrod Brown's office and ask him to "become an official cosponsor of S. 2680 (Call 202-224-2315) and urge Senate Minority Leadership to reach a compromise on pending amendments to clear a path for passage of the bill."

Ohio Statehouse Legislation

State Representative Sarah LaTourette's (R-Bainbridge Twp.) bill to authorize a

pharmacist to administer by injection certain prescribed drugs (H.B. 421), including long-acting anti-psychotic medication, passed the Ohio House of Representatives in May of this year. HB 421 was recently referred to the Ohio Senate Health and Human Services Committee for consideration.

Prior to a first hearing on the bill, it was actually added as an amendment to another piece of legislation, SB 332 (related to infant mortality prevention) that is sponsored by Senator Shannon Jones (R – Springboro), the chair of the Ohio Senate Health and Human Services Committee. SB 332 was then passed by the full State Senate on Sep. 28 and is expected to be considered in the Ohio House during the post-election "Lame Duck Session" of the Ohio General Assembly. If SB 332 gets bogged down in the Ohio House, it is likely that the Senate Health and Human Services Committee will hold hearings and favorably report HB 421 as a stand-alone bill so that it can be voted on by the full Ohio Senate during the lame-duck session.

Medical Marijuana

House Bill 523, effective September 8, legalizes marijuana for medical purposes in Ohio. The Ohio Medical Marijuana Control Program will allow people with certain medical conditions, recommended by an Ohio-licensed physician certified by the State Medical Board, to purchase and use marijuana for medical purposes. While the legislation set a basic framework for the program, it left the task of establishing specific rules and guidelines for the cultivation, processing, testing, dispensing, and medical use of marijuana to different state agencies: The Ohio Dept. of Commerce, the State Pharmacy Board, the State Medical Board, and a bipartisan advisory committee. The Ohio Department of Commerce and the State of Ohio Board of Pharmacy are required by law to take all actions necessary to ensure that Ohio's Medical Marijuana Control Program is fully operational no later than September of 2018. At that time, there will be an established structure for Ohioans with a qualifying medical condition to obtain a recommendation for medical marijuana,

to purchase medical marijuana from a licensed dispensary, and to consume marijuana for medical purposes.

**Thanks to Dustin J. McKee, Director of Policy at NAMI Ohio, for contributing to information above regarding federal and state legislation.

We look forward to seeing you at the holiday party on December 3rd! Details are included in the newsletter.



Michael, October 2016

mbaskin@namicleveland.org

MAJOR SUPPORT FOR NAMI GC COMES FROM THE FOLLOWING

- o ADAMHS Board of Cuyahoga County
- o CareSource Foundation
- o George W. Codrington Charitable Foundation
- o Community Shares of Greater Cleveland
- o Community West Foundation
- o Frank Hadley and Cornelia Root Ginn Charitable Trust
- o Ingalls Foundation
- o Janssen
- o Jewish Federation of Cleveland (Selected Donors)
- o Lilly
- o Elizabeth Ring Mather & William Gwinn Mather Fund
- o Margaret Clark Morgan Foundation
- o Mt. Sinai Healthcare Foundation
- o NAMI (national)
- o William and Dorothy O'Neill Foundation
- o Stolier Family Foundation
- o Talty Charitable Trust
- o Reuter Foundation
- o Ridgecliff Foundation
- o William Weiss Foundation
- o Woodruff Foundation

Funding Provided by These Generous Organizations Makes it Possible for NAMI GC to Offer its Programs at No Cost to Participants!!!

Do You Have Videography Experience?

We are looking for a volunteer with experience in recording and editing to document our community education programs, so that we can post them on our website. Individuals willing to share their skills with NAMI Greater Cleveland should contact **Ellen Riehm at 216-875-7776 or eriehm@namicleveland.org**.

Continued from page 1

NAMI Friends/Beth Elersich
NAMI on CWRU/Nicole Park
Northcoast Behavioral Healthcare/Terry Jean Hudson
Ohio City/Becky Fela
Old Stone Rockers/Lenore Rutti*
Oldies But Goodies/Liz Krull
Optum Health/Michelle Kelly-Daum and Ryan Marblestone
Other/Megan Schlick
Partners for Behavioral Health & Wellness/ Marise Alexander
PLAN of Northeast Ohio/Gary Woodard
The Power of One/TaNisha Coats
PsychBC/Alex D'Auria*
Queen Elizabeth #9, OES-PHA/Gigi Trare
Robert Myers Insurance Agency/Jennifer Lamont
Sara and the Stigma Stompers/Sarah Beebe
Serenity Outreach Ministry/Craig Sams II
SPAN Ministries/Mykka Gabriel
St. Vincent Charity Medical Center/Nanette Reichel
Stigma Fighters/Nicole Davis
Stigma Be Gone/Anne McCabe
Strides for Hope/Lisa Dellafiora
SWGHC Behavioral Health/Kara Roth
Tbone and the Mila Maya Mercury Monsters/ Michael Baskins*
Team 1908 Alpha Omega/Judy Jackson-Winston
Team Bianco Young/Anne Schleicher and Christie Young*
Team Care Bear/Sharisse Edwards
Team Cares/Carmen Williams
Team Carolyn/Katie Jerome*
Team Haines/Haines Lanctot
Team Hope/Dana Ivancic
Team JWW/James Watson*
Team Living Miracles/Bill Hebble
Team Marez/Bali Thornton
Team McNeely/Jennifer McNeely
Team Mobius Loop/Paul Biasella
Team Spada/Bob Spada*
Team Steven/Stacy Foytik
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Team Weintraub/Mark Weintraub*
Thurgood Marshall and Black America/Amanda Johnson
The Trailblazers/Tiffanie Blackshire
TsuNAMI/Kristen Heffern
UH Department of Psychiatry and Friends/ Daphne Ferrer*
UH Geauga Wonder Walkers/Phyllis Shannon
Vikings for Victory/Brenda Osburn

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 2016. The awards will be presented at the 2017 NAMI GC's Annual Meeting on May 5. Nominations are being sought for:

The Scott Adamson Memorial Peer Award

Recognizes a person affected by mental illness who has provided exemplary service on behalf of peers.

Mental Health Family/Caregiver Award

Recognizes a family member who had excelled in helping loved ones with a mental illness to improve their quality of life.

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.

Mental Health Provider Award

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

Eugene Brudno Memorial Organization Award

Recognizes an organization that provides outstanding service for those with a mental illness and their family members.

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 **Sunday, January 22, 2017**. Please send to Executive Director Michael Baskin in care of the NAMI GC offices (2012 West 25th Street, #600, Cleveland, OH 44113) or email (mbaskin@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 2016 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 call 216-875-0266 with questions.



In honor of National Minority Mental Health Awareness Month (July), NAMI GC visited Kingsbury Towers and hosted children's activities focused on taking care of our mind, body, and spirit.

Save the Date

Members and Volunteers Holiday Gathering

Saturday, December 3 • 11:30 a.m. – 1:30 p.m.

Ohio Room at the ADAMHS Board

Main entrée & punch provided

Bring an appetizer or dessert to share

Door prizes and 50/50 raffle.

RSVP by November 30. Call 216-875-7666

For more information call 216- 875-7776

Looking forward to seeing you and ringing in the Holiday spirit!

Planning Ahead

Consider demonstrating your appreciation for NAMI GC's education, advocacy and public awareness programs by including NAMI GC in your estate plans. Contact your estate planning professional and share the sample language below.

"I, (Name of donor), of (City/State/Zip), give, devise and bequeath to NAMI Greater Cleveland, Cleveland, OH (specific dollar amount or percentage of the estate) for its unrestricted use and purpose."

Thank you for your consideration. Please contact Lisa Dellafiora with your questions or thoughts about supporting NAMI Greater Cleveland.

Giant Eagle Gift Cards

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



NAMI/Giant Eagle Gift Card Order Form

_____ \$10 Cards	<input type="checkbox"/> Amount due	\$ _____
_____ \$25 Cards	<input type="checkbox"/> Amount due	\$ _____
_____ \$50 Cards	<input type="checkbox"/> Amount due	\$ _____
_____ \$100 Cards	<input type="checkbox"/> Amount due	\$ _____
TOTAL AMOUNT DUE		\$ _____

Please submit your check payment with this form. We will mail you the card(s). Please make checks payable to: *NAMI Greater Cleveland*

NAME _____		STREET ADDRESS _____		
CITY _____	STATE _____	ZIP _____	PHONE _____	

\$30 Entertainment Books / \$28 Our Town and All Around

2016 Books

_____ I will pick up book(s) at the office _____ Please mail my Book(s). I will include postage.

Number of Entertainment Books _____ x \$30.00 \$ _____

Number of Our Town & All Around Books _____ x \$28.00 \$ _____

Postage & Handling: 1 Book \$3.75 2 Books \$7.50 \$ _____

(more than 2 books call the office) Donation \$ _____

TOTAL \$ _____

NAME: _____

ADDRESS: _____

CITY: _____ ZIP: _____ PHONE: _____

Make check payable to: NAMI Greater Cleveland

2012 West 25th Street, #600 – Cleveland, OH 44113 fax: 216-861-2574

Credit Cards: Master Card Visa American Express

Credit Card # _____ Expiration Date ____/____

Signature _____



Why do drug addiction and mental illness often coexist?

The source document for this Digest states:

There is an increased comorbidity, or co-occurrence, of substance dependence in individuals who have mental illness as compared to individuals without any mental disorder. This indicates either a shared neurobiological basis for both, or an interaction of effects at some level. Research on the origins of both mental illnesses and substance dependence will help to shed light on treatment and prevention strategies for both. There are several hypotheses as to why mental illness and substance dependence may co-occur:

- There may be a similar neurobiological basis to both;
- Substance use may help to alleviate some of the symptoms of the mental illness or the side effects of medication;
- Substance use may precipitate mental illnesses or lead to biological changes that have common elements with mental illnesses.

There is some evidence for all of these hypotheses. It is interesting that the effects of many psychoactive substances can produce psychiatric-like syndromes. For example, amphetamines and cocaine can induce psychotic-like symptoms. Hallucinogenic substances can produce hallucinations, which are an aspect of some psychoses. Furthermore, psychoactive substances regularly alter mood states, producing either euphoric and happy feelings, or inducing depressive symptoms, especially during substance withdrawal. Psychoactive substances can alter cognitive functioning, which is also a core feature of many mental illnesses. These factors all suggest common neurobiological substrates to both mental illnesses and substance dependence.

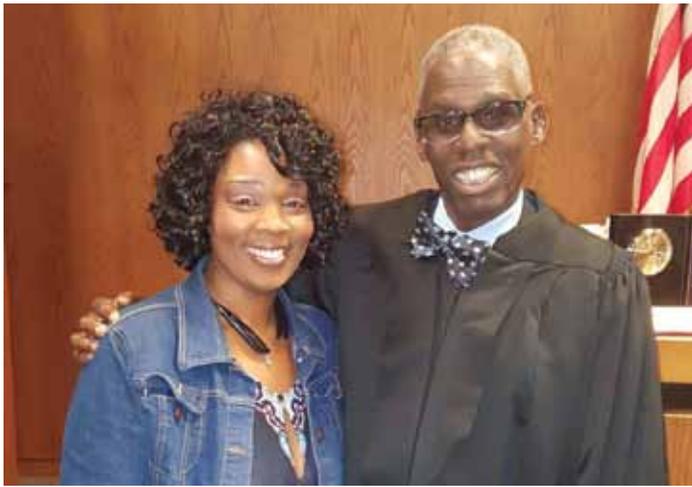
Some studies in the US have reported that more than 50% of the people with any mental disorder also suffer from substance dependence compared to 6% of the general population; and the odds of exhibiting substance dependence are 4.5 times higher for people with any mental disorder than for people without mental disorder (52). Clearly, there is a substantial overlap in these disorders.

The lifetime prevalence of alcohol dependence is 22% for individuals with any mental disorder compared to 14% for the general population, and the odds of having alcohol dependence if a person also has any mental disorder is 2.3 times higher than if there is no mental disorder (52). Studies in the United States over the last 20 years indicated that lifetime rates of major depressive disorder were 38-44% in people with alcohol dependence compared with only 7% in non-dependent individuals (35, 53-61). Further, approximately 80% of people with alcohol dependence have depressive symptoms (52, 62-64). An individual with alcohol dependence is 3.3 times more likely to also have schizophrenia, while a person with schizophrenia is 3.8 times more likely to exhibit alcohol dependence than the general population (52).

Higher percentages of people with mental illness, particularly people with schizophrenia, smoke tobacco compared to the general population. Depending on the particular mental illness, it has been reported that 26-88% of psychiatric patients smoke, compared to 20-30% of the general population (65-67). There are several close links between a major depressive disorder and tobacco smoking. In the US, up to 60% of heavy smokers have a history of mental illness (67, 68), and the incidence of major depressive disorder among smokers is twice that of non-smokers (65). Moreover, smokers who had a history of clinical depression were half as likely to succeed in quitting smoking than smokers without such history (14% versus 28%) (65). Epidemiological data indicate that the lifetime rates of major depressive disorder were 32% in cocaine users, and only 8 - 13% among non-cocaine users (52, 54, 56, 58, 69).

There is also a high degree of comorbidity of schizophrenia with psychostimulant use. Psychostimulant use is 2-5 times higher among patients with schizophrenia compared to people without schizophrenia, and more prevalent than in other psychiatric populations (70). Thus, it seems clear that substance dependence shares a considerable link with mental illness. Although most of the research on comorbidity has been carried out in only a few countries and the cultural validity of the data is unknown, neuroscience research into the treatment and prevention of one disorder will be beneficial to the other.

Source & ©: WHO Neuroscience of psychoactive substance use and dependence, S



On September 26, NAMI GC and the mental health community lost a good friend when Judge Ed Wade (pictured here with our MCO Coordinator Autra Dozer) lost his battle with prostate cancer. Judge Wade created and presided over the mental health docket for Cleveland Municipal Court. He recognized the Court's unique position to put clinically diagnosed offenders in touch with behavioral services and case management in lieu of incarceration. We are grateful for his vision and advocacy on behalf of those who live with mental illness.

Donations

Anonymous	Cheryl Patterson
Michael Anderson	Progressive Insurance Foundation
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Johanne Belzile	Mary Ellen Skipper
The Benevity Community Impact Fund	H. Bernard Smith
Beta Nu Chapter of Theta Chi Fraternity, Case Western Reserve	Mary Rita & John Urban
Barbara & Gerald Carper	United Methodist Women Brecksville United Methodist Church
Case Western Reserve Charity Choice	Michael Waggoner
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Drs. Roman & Diana Dale	Christine Wolf
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Rosella & Stephen Fedakowski	Louise Abrams & Robert Fuerst
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Beverly Kosarko	L. M. Daws
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Clara Lyons	Mary Kay DiLiddo
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Nicholas North	In Honor of Elaine Campbell Psarras, M.D.
Cynthia Ondercin	Brittain Lamoureux
Open Door Baptist Church	In Honor of Matthew Katz & Stephen Sokany
	John Duke

Gratitude Corner

NAMI Greater Cleveland wishes to recognize two amazing young women who are raising awareness and funds for mental illness. First, we want to introduce you to Annella Fernandez, a senior at Laurel School. After shadowing physicians caring for patients living with mental health illnesses, Annella decided to raise money for NAMI GC. Hosted by her parents Drs. Hubert Fernandez and Cecilia Lansang, Annella organized a reception featuring an exhibit of her photography. During the reception, Annella talked about her interest in mental illness as well as her photographs shot in London and Patagonia. Her efforts raised nearly \$2,500 for NAMI Greater Cleveland.

Next, we wish to acknowledge Maria Mastrangelo, a 9th grader at Beaumont High School. As an 8th grader at St. Francis Assisi last year, Maria was required to complete a month-long service project, so she chose to focus her project on mental illness. To bring attention to mental illness, Maria created a poster highlighting mental illness facts. Then she made and sold bracelets at her school and dance studio, with the intention of donating the money to a mental health organization. While students were instructed to run their service projects for one month, Maria chose to continue her efforts for the entire school year, raising nearly \$100 for NAMI Greater Cleveland. Inspired by her fundraising efforts, Maria created a poster highlighting mental illness facts for her final health project. One day when she is older, Maria hopes to be in the field of psychology.

Congratulations to Annella and Maria for your outstanding efforts!



Annella Fernandez poses next to her photographs.



Maria Mastrangelo's final project on mental illness.



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OUR ORGANIZATION

NAMI GC

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