

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.

'Hearts and Minds' Promotes Wellness

ARLINGTON, Va., March 18 /PRNewswire-USNewswire/ --

The National Alliance on Mental Illness (NAMI) has launched a new health education program to promote sound "mind and body" health practices among individuals who live with serious mental illness.

The "Hearts and Minds" initiative focuses on combating risk factors like high blood pressure, high cholesterol, smoking and obesity for major illnesses such as heart disease, cancer and diabetes.

One recent study has now confirmed the existence of a "reciprocal link" between depression and obesity. People living with serious mental illness such as major depression, bipolar disorder and schizophrenia live on average 25 years less than other Americans who die from other chronic illnesses.

The Hearts & Minds program consists of five key components:

- A special interactive "Hearts & Minds" Web site including discussion groups
- A facilitator's guide and tool kit for local community discussions
- A DVD that can be downloaded or purchased through NAMI's online store
- A booklet on health strategies and risks that also can be downloaded or purchased
- Printed fact sheets on a broad range of topics

The program has significant implications for African Americans living with mental illness, who face these risk factors as well as additional

disparities in access to and quality of health care. "Wellness is everyone's concern," said NAMI Executive Director Mike Fitzpatrick. "But it is especially urgent for people living with serious mental illness, including African Americans." The U.S. Department of Health & Human Services (HHS) Office of Minority Health reports that:

- In 2006, African American men were 30% more likely to die from heart disease, as compared to non-Hispanic white men.
- African American women are 1.7 times as likely as non-Hispanic white women to be obese.
- African Americans were 1.5 times as likely as non-Hispanic whites to have high blood pressure.

"Many kinds of risk factors contribute to health challenges for people with mental illnesses," said NAMI Medical Director Ken Duckworth, M.D. "Many are preventable or reversible."

"They include isolation, relatively low incomes, sedentary lifestyles, smoking as a form of self-medication and the side-effects of some medications for mental illness." "There has been significant progress in treatment options for mental illness to support recovery, but for every individual, each option requires careful assessment of benefits and risks." "Hearts and Minds will empower people to minimize and manage health risks to support wellness and recovery," Duckworth said.

"Hearts and Minds" is funded by OptumHealth and the Smoking Cessation Leadership Center at the University of California-San Francisco.

WHAT YOU NEED TO KNOW ABOUT ISSUE 15

A Health and Human Services Issue will be on the ballot on May 4th and it is critical that it passes.

- Renewing support for our Health and Human Services ensures that children, seniors and families will continue to receive critical services.
- Provides critical emergency services, like our region's only Level One Trauma and Burn Center at MetroHealth, Metro Life Flight and the Neonatal Intensive Care Unit.
- Protects our children who are at risk of abuse and neglect.
- Helps senior citizens continue to live independently in their own homes with home health care services.
- Ensures our children enter school healthy, prepared and ready to learn.
- Any one of us – our children, our parents, our families, our friends – may one day need help. We must make sure those services are there when we need them most.
- Renewing the Health and Human Services levy does not increase taxes.
- Provides essential mental health services adults with severe mental illness and children with severe emotional disorders.

Volunteers needed to E-mail family and friends, go door to door, make phone calls, send postcards to 20 friends, or work on Election Day, May 4th, 2010. To volunteer call 216-778-0110.

- FROM NATIONAL -

Celebrate the 4th of July
in Washington

NAMI NATIONAL CONVENTION

"RECOVERY AND REFORM:
THE ROAD FROM HERE"

in Washington D.C.

June 30 to July 3

Visit nami.org for details

NAMI UPDATES

FROM THE EXECUTIVE DIRECTOR

We've Moved!

On April 10th we relocated to our new space in the United Bank Building at 2012 W. 25th Street, on the 6th floor. The office is situated on the Southwest corner of 25th and Lorain, catty-corner to the West Side Market. The office space will be completely renovated and we'll have access to refurbished conference and meeting rooms for groups and classes. Please come and visit us in our new location.

NAMI Board President Named President and CEO of the Murtis Taylor Human Services Center

Congratulations to our Board President Lovell Custard who was selected as the President and CEO of the Murtis Taylor Human Service Center in March. We wish him the best in his new position.

NAMI Conference: "The Impact Of Parity Legislation on the Treatment Of Bipolar Disorder"

On January 13th, NAMI Greater Cleveland partnered with Thomas Jefferson University and Medimedia of Philadelphia to put on a conference titled The Impact of Parity Legislation on the Treatment of Bipolar Disorder. Nearly 130 case managers, psychologists, social workers and psychiatrists attended the conference at the Hilton Garden Inn downtown. Dr. Suzanne Vogel-Scibilia, Senator Robert Spada, Andrew Sperling (Director of Legislative Affairs, NAMI National) and Dr. Keming Gao presented. Another regional conference is being considered for the end of the year or early in 2011-planning is underway.

The Board... Changes

Welcome to our newest Board director Gay Lanctot who joined the board in February. Gay has volunteered on the helpline and has already joined in by working as one of the annual meeting committee members.

And sadly we say goodbye to Martha Marshall who resigned from the Board this month due to illness. We wish her a speedy recovery and all the best as well as a thank you to her for her service to NAMI. Also, David Brown has also decided to leave the board due to his work load and time commitments. We wish him well as he develops his law practice devoted to serving those with a mental illness.

Medical Advisory Board

Dr. Keming Gao and Omar Fattal are now a part of our Medical Advisory Board.

2010 Annual Meeting, March 19, 2010 Celebrating 5 Years

Report on the Business Meeting

At the business portion of the annual meeting, election results on

board directors selected for the 2010-2012 term were announced. Lovell Custard reported to the membership on the seven board directors who were re-elected through May 31, 2012. This includes: Jodie Ross, Kate Zenczak, Kathleen Stock, Chris Van Deusen, Dan DiMarco, Mary Spada and Elliot Myers. Congratulations and thank you for your continued service.

Kate Zenczak, Treasurer of the Board reported on the finances of the agency which had revenues of \$492,888 and expenses of \$435,933 in 2009. Details of our financial position are in the NAMI 2009 Annual Report which was distributed at the annual meeting and are available upon request.

I reported on the "State of NAMI" reviewing accomplishments of the past year. Results are listed in the annual report.

Amendment to the Code of Regulations

The membership voted to change the code of regulations (by laws) to allow for the current President of the Board of Directors to serve one additional term through May 31st, 2011; one more than allowed within the current code. This will allow time for the Board to search for, interview, nominate and then elect a new President from the current Board of directors of NAMI Greater Cleveland. Therefore, Lovell Custard will serve one more term from June 1st 2010 through May 31st, 2011.

Dinner and Reception

180 people attended our dinner and reception and were treated to a wonderful keynote address by Jack Marschall, former TV newscaster and author of the book "Shades of Gray: Lost and Found in Depression". Marschall gave a masterful and moving talk sharing about his experiences in recovering from depression. Jack's inspirational message was one of faith, family and a positive mental attitude in his journey through life.

Congratulations to the winners of the best in mental health in 2009!

The Scott Adamson Memorial Peer Award: **John Burger**

Mental Health Caregiver Award: **Pat Musick**

Community Leader in Mental Health Award: **William Denihan**

Eugene Brudno Memorial Organization Award: **Ascentia: Pathways to Community Health / JFSA**

Cultural Competence In Mental Health Award: **Vady Vega**

NAMI Walk Team Leader Award: **Mark Johnson**

Law Enforcement / Mental Health Award: **Officer James Wimberly**

Thank you to the Annual Meeting Committee: Kathleen Stock, Gay Lanctot, Liz Krull, Bridget Murphy, Jody Bell, and Chair Mary Spada.

Strategizing: Updates on our Strategic Plan

A Plan to Build our Membership

We recently began implementing a membership marketing plan with the following goals in mind:

- 1) Retain and strengthen existing membership;
- 2) Identify and enhance existing stewardship strategies;
- 3) Develop new strategies for all members;
- 4) Design new strategies to secure members, partnerships and collaborations that will build capacity to further the vision and goals of NAMI Greater Cleveland.

Each year calls for a focus on a different membership group – in the first year monthly projects will be centered on our Medical Advisory Board and engaging other physicians and healthcare providers. In February, a letter signed by Dr. Tesar, Chair of our Medical Advisory Board went out to 900 psychiatrists and psychologists as a way to obtain additional professional and organizational members as well as include those people in a database for referrals. 12 new memberships have been secured thus far.

Funding for the project was made possible by a grant from the Cleveland Foundation.

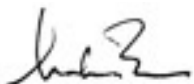
Evaluation (Quality Improvement) of NAMI Programming

What difference do we make in the lives of the people we serve? What change happens as a result of attending a NAMI Support Group or Family to Family? Do people cope better as a result of attending Family to Family? Are those who attend Peer to Peer less likely to relapse? These are all questions we ask ourselves and get asked of us, so we want to be sure we can accurately and definitively report that we do what we say we do. A grant from the St. Luke's and Gund Foundation is providing support for the start up phase of our Quality Improvement project, part of our strategic plan. This consists of conducting research, information gathering including review of current evaluation system, requirements of funders, best practices and stakeholder perspectives. The goal is to help us to clearly determine what impact NAMI programs have on families and peers or what change happens, and how to precisely report on the success of our programs.

NAMI Ohio - Free Mental Health Medication Hotline for Primary Care Physicians

NAMI Ohio has entered into an agreement with pharmacy faculty members from Northeastern Ohio Universities of Medicine and Pharmacy (NEOUCOM) for a period of six months to provide Primary Care Physicians (PCPs) with expertise about all psychiatric medications for their patients. Experts in psychiatric pharmaceuticals are available to answer questions from PCPs. All the PCPs in the Cuyahoga County area will receive a letter from NAMI Ohio and NEOUCOM announcing the program. This continues to be an ongoing need to ensure that PCPs who often are the primary caregivers for those with a mental illness, have access to reliable information in treating mental illness.

Yours and best,



Michael Baskin
Executive Director

Federal Parity Law Now in Effect - Is it Working for You?

For many group health plans, the Paul Wellstone and Pete Domenici Mental Health Parity and Addiction Equity Act went into effect on January 1, 2010. The new law requires most group health plans to cover treatment for mental illness and substance use disorders on the same terms and conditions as medical conditions such as diabetes, heart disease, cancer and asthma. Specifically the new law bars health plans from imposing durational treatment limits (caps on inpatient days or outpatient visits) or financial limitations (higher cost sharing, deductibles or out of pocket limits) that do not also apply to medical-surgical coverage.

The effective date of the new law is actually the beginning of the first new plan year after October 3, 2009. The new law applies to all group health plans sponsored by employers with 50 or more workers.

IS YOUR HEALTH PLAN IN COMPLIANCE WITH PARITY?

NAMI is seeking information from individuals and families on how the new law is working. This information is critical to informing policymakers in the U.S. Congress and the Obama Administration on additional steps that may need to be taken to strengthen the law and ensure adequate enforcement. In addition, it is critical for NAMI to demonstrate to the larger public that parity is making a real difference in improving coverage of mental illness treatment and expanding access to critical medical services for children and adults living with mental illness.

SHARE YOUR STORY

Individuals and families are strongly encouraged to share their personal experiences with parity implementation - both positive and negative. Are you or your family experiencing any of the following?

- Is your health plan still imposing an arbitrary limit on covered inpatient days or outpatient visits for behavioral health coverage?
- Is your group health plan applying a separate lower deductible or higher cost sharing for outpatient mental health services?
- Have you noticed improved coverage for mental illness treatment in your group health plan in 2010, e.g. lower cost sharing, a lower deductible or elimination of a treatment limitation such as a cap on outpatient visits? If so, the new parity law is already making a difference and we want to hear from you.
- Is your group health plan still using a separate deductible that applies only to the plan's behavioral health benefit? If so, they are likely doing so in violation of the new parity law.

Share your story on the new parity law by posting on NAMI National website: www.nami.org, click on Online Communities, and click on Parity Discussion.

NAMIWalks 2010

Plan on joining us for the
8th Annual NAMIWalks Greater Cleveland
Saturday, October 2, 2010 at Voinovich Park.
9:00 a.m. Registration · 10:00 a.m. Walk (2.5 miles)

I know, it seems early to start thinking about our 2010 NAMIWalk event, but as I am sure you will agree - the earlier we get started, the more successful we will be. Register now as a Team Captain, Walker or Supporter at <http://namiwalkgreatercleveland.com>.

Join us on Tuesday April 27, 2010 at our new location at 5:30 PM for the first NAMIWalks volunteer meeting. Call or email contact Bridget Murphy, 216-875-0266 or bmurphy@nami.org. Light refreshments will be served.

NAMI Greater Cleveland needs your help with the NAMIWalks 2010 more than ever. We continue to need volunteers, so please contact Bridget Murphy, 216.875.0266 or bmurphy@nami.org. Thank you so much.

Post Traumatic Stress Disorder

You are walking home from the grocery store. You hear what you think are car tires. The tires seem to be keeping in time with you. You start looking for a place to turn down, such as an alley or a side street. You go to turn down an alley. You look back over your shoulder. Dark car, a gun, two men smiling, an explosion of bullets. Your body tries to react. Your legs are like lead. Time slows down. Mortar from the building sprays towards you as you lay on your side. Screeching of tires. Laughter.

You are sobbing and shaking. This happened to you more than 6 months ago, and right now you are standing in line at the grocery store again. Your heart is racing and sweat has broken out on your brow. You have no concept of time. You don't know if the clerk has been talking to you for 10 minutes or half an hour. This is the face of someone with post traumatic stress disorder (PTSD).

Did you know that more than half of all Americans will experience a traumatic event at some point in their lives? One in 10 people who experience an event will also develop symptoms. The trauma can include events such as a personal attack or physical abuse, a severe car accident or medical procedure, a terrorist attack or natural disaster, or seeing others being hurt or killed.

People suffering from PTSD may experience symptoms, such as flashbacks or anxiety triggered by painful memories; bad dreams; inability to sleep; inability to concentrate or do things they used to enjoy; or feeling hopeless, angry, sad, fearful, guilty, or ashamed.

Dr. Rakesh Ranjan is conducting a clinical research study that is now enrolling volunteers who have or may have PTSD. Please visit www.charakresearch.com or call 1-877-4NEWMED for more information.

**NAMI's story is coming to
WVIZ PBS on
Sunday, May 16 at 3 p.m.**

"WHEN MEDICINE GOT IT WRONG"



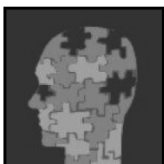
A documentary about NAMI's origins as a grassroots movement and founding as a National organization.

"Recovery occurs when people with mental illness discover, or rediscover, their strengths and abilities for pursuing personal goals and develop a sense of identity that allows them to grow beyond their mental illness."

Mueser, K. et al. (2002) Illness management and recovery: A review of the research. *Psychiatric Services*, 53(10), 1272-1284.



Improving the Quality of Life for those with Mental Illness. Unique Research Opportunities.



Advances in treatment take years to reach consumers. Dr. Mark J. Woysville, CEO & Medical Director of North Star Medical Research, and Board-Certified Psychiatrist, is committed to offering the newest advanced treatments to people most in need. North Star Medical Research has unique research opportunities to aid the recovery process for people with:

- Schizophrenia
- Major Depressive Disorder
- Schizoaffective Disorder
- Childhood and Teenage Depression

Please contact us for more information:

(440)-234-5700

www.NorthStarResearch.org

Why participate?

- There is no cost for study medication, evaluations, or examinations, and no insurance is required.
- Compensation is available for those who qualify.

This information intended for caregivers and professionals.

Free consultations available: As a service to our community, Dr. Mark J. Woysville offers psychiatric consultations to individuals or caregivers alike. This is an opportunity to discuss any health and psychiatric concerns with a board certified physician. There is no cost, no obligation and you do not need insurance.



DONATIONS

Margaret Arrowsmith – *In Memory of Mona Arrowsmith*
 John & Susan Bazyk
 David E. Biegel
 Ben Bonanno
 Bowles Family – *In Memory of Brian Dorenkott & James Sheehan*
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Special Acknowledgment

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 United States Steel Foundation Inc.
 United Way of Gr. Cleveland
 United Way of Tri-County, Inc.

In Memory of Nancy Davidson

(Mother of Ellen Riehm)
 Robert & Andrea Hess & Family
 Cindy Korzun
 Liz Krull

In Memory of Ronald Blaha

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NAMI WALK 2010 Sponsor

Sam's Club Foundation

Major Support for NAMI Cleveland comes from the:

- ADAMHS Board of Cuyahoga County
- Community Shares
- Community West Foundation
- United Black Fund
- St. Luke's Foundation of Cleveland
- Cleveland Foundation (The Hortense B. Halle and Jay M. Halle Fund)
- Woodruff Foundation
- Stolier Family Foundation
- Ridgecliff Foundation
- Louise H. and David S. Ingalls Foundation
- Pfizer Healthcare Charitables
- United States Steel Foundation
- Michael Talty and Helen Talty Charitable Trust
- David and Inez Myers Foundation
- Margaret Clark Morgan Foundation
- Gund Foundation
- WellPoint Foundation



COMMUNITY EDUCATION

In Our Own Voice: Living with Mental Illness

In recognition of Mental Health Month, The Cleveland Clinic and NAMI Greater Cleveland present: In Our Own Voice, a NAMI National program featuring two speakers who provide a comprehensive interactive presentation about the reality of living with and overcoming the challenges posed by mental illness.

Tuesday, May 4, 2010

1:00 – 3:00 pm

Marymount Hospital, Auditorium A
12300 McCracken Road
Garfield Heights, Ohio 44125

Registration requested: 216-761-2875

Thursday, May 13, 2010

1:30 – 3:00 pm

Huron Road Hospital, Auditorium
13951 Terrace Road
East Cleveland, Ohio 44112

Reservations requested: 216-761-2875

Tuesday, May 25, 2010

2:00 - 4:00 pm

South Pointe Hospital Auditorium
20000 Harvard Road
Warrensville Heights, Ohio 44122

Reservations requested: 216-761-2875

Multicultural Perspectives in the Behavioral Health Setting

**Friday, May 21, 2010 • 8:15 am - 12:00
(check in 7:30-8:00 am)**

Lutheran Hospital Auditorium

1730 W. 25th St. • Cleveland, Ohio 44113

Registration required. 216-761-2875

\$10 • 3.0 CEU for Social Work and Nursing

**NAMI Staff members Marsha Blanks
and Evelyn Rivera will present “Mental
Health Disparities in African Americans
and Latino’s”.**

MULTILINGUAL MULTICULTURAL

*NAMI Greater Cleveland invites you to
a day of reflection for men only!*

**“LATINO MEN: HEALING THE BODY, MIND AND SPIRIT”
with Dr. Ernesto Escoto & Dr. Felix Muñoz**

Date: **Saturday, May 8, 2010**

Place: **Hispanic Senior Center** • 7800 Detroit Avenue • Cleveland, OH 44102

Time: 9:30 AM - 2:30 PM

To register and for more information:

please contact: Dr. Evelyn Rivera-Mosquera at 216-256-1308.

SPONSORED BY: The Cleveland Clinic and NAMI GC

*NAMI Greater Cleveland le invita a participar
En un día de reflexión solo para hombres*

**“HOMBRES LATINOS SANANDO ALMA, CUERPO Y ESPÍRITU”
con Dr. Ernesto Escoto y Dr. Felix Muñoz**

Fecha: **Sábado, el 8 de Mayo del 2010**

Lugar: **Hispanic Señor Center** • 7800 Detroit Avenue • Cleveland, OH 44102

Hora: 9:30 AM - 2:30 PM

Para mas información contactase con:

la Dr. Evelyn Rivera-Mosquera al 216-256-1308.

PATROCINADO CON EL APOYO DE: The Cleveland Clinic

Parents...

The Multilingual Multicultural Education Invites You To A Seminar About:

“The Effects of Medication on your Children”

*with Dr. Tatiana Falcone, M.D. Department of Child and Adolescent
Psychiatry • Cleveland Clinic*

Date: **Wednesday, April 21, 2010**

Time: 9:00 - 11:00 A M

Place: Joseph M. Gallagher School • 6601 Franklin Blvd • Cleveland, OH 44102

**For more information, please contact Dolly Guerrero-Velez at (216) 621-5306
or Dr. Evelyn Rivera-Mosquera at (216) 256-1308 or (216) 875-0266 / or
Ms. Diaz 634-2176 Family Liaison at Gallagher**

Padres...

*La Oficina De Educación Multilingüe Multicultural Les Invita A Participar De Un
Seminario Educacional Sobre:*

“El Medicamento y sus Efectos en su NIÑO”

*Con Dr. Tatiana Falcone, M.D. Departamento de Niños y Adolescentes
Cleveland Clinic*

Fecha: **Miércoles, 21 de Abril, 2010**

Hora: 9:00-11:00 AM

Lugar: Escuela Joseph M. Gallagher • 6601 Franklin Blvd. • Cleveland, OH 44102

**Para mas información contactase con Dolly Guerrero-Vélez, Enlace entre las
familias y la educación al (216) 621-5306, con Ms. Díaz al 634-2176 o con la
Dra. Evelyn Rivera-Mosquera al (216) 256-1308**



EDUCATION & SUPPORT

NEW Support Groups 2010

WELLNESS PEER SUPPORT

Art Journaling Support Group (Began February 24, 2010)

For persons with mental illness

2nd and 4th Wednesdays • 6:30-8:00 p.m.

Where: Christ Episcopal Church, 3445 Warrensville Center Rd., Shaker Hts., 44122

Rocky River Support Group (Begins March 26, 2010)

For persons with mental illness

Every Friday • 7-8:30 p.m.

Where: West Shore Unitarian Universalist Church, 20401 Hilliard Blvd., Rocky River, 44116
Conference room A, a notice will be posted just inside the door.

Dual Recovery Peer Support Group (Begins April 14)

In collaboration with Living Miracles

For persons with substance abuse issues and mental illness.

Every Wednesday • 1:30-3:00 p.m.

Where: The Living Miracles, 1581 West 117th St., Cleveland, 44111

FAMILY/CAREGIVER SUPPORT

Dual Diagnosis Caregiver Support Group (Begins April 13, 2010)

For families/caregivers of persons with substance abuse and mental illness.

2nd and 4th Tuesday • 7-8:30 p.m.

Where: Southwest General's Oakview Behavioral Health Center Rm. 4

18697 Bagley Road, Middleburg Hts. 44130
Oakview's driveway is located on Old Oak Blvd. just past the hospital.

Spouse Support Group (East) (Begins April 13, 2010)

For persons whose spouse has a mental illness.

2nd Tuesday of the month • 6:30-8:00p.m.

Where: PLAN of Northeast Ohio
5010 Mayfield Road, Suite 304, Lyndhurst 44124

2010 NAMI Peer-to-Peer Recovery/ Education Courses

PRE-REGISTRATION IS REQUIRED

Contact person for registration: Becky Fela at 216-875-7776

This free educational program includes:

- A 10-week - two hours per week- experiential education course for any person with serious mental illness who is interested in establishing and maintaining wellness.
- Trained "mentors" or peer teachers, who are themselves experienced at living well with mental illness.
- A combination of lecture, interactive exercises and structured group processes.
- Learning about the major mental illnesses, relapse prevention, stigma, medications, coping skills and advocacy.

April 1 to June 3, 2010

Thursdays • 6:30 to 8:30 p.m.

Location: Huron Hospital, 13951 Terrace Road, Cleveland, OH 44112

April 12 to June 14, 2010

Mondays • 6:30 to 8:30 p.m.

Location: Olmsted Falls Church, 7853 Main Street, Olmsted, OH 44138

June 9 to August 11, 2010

Wednesdays • 6:30 to 8:30 p.m.

Location: Marymount Hospital, 12300 McCracken Road, Garfield Hts., OH 44125

August 23 to November 8, 2010

Mondays • 1 to 3 p.m.

Location: ADAMHS Board Offices, 2012 W. 25th St. 6th Fl., Cleveland, OH 44113

NAMI/Giant Eagle Gift Card Order Form

_____ \$10 Cards Amount due \$ _____

_____ \$25 Cards Amount due \$ _____

_____ \$50 Cards Amount due \$ _____

_____ \$100 Cards Amount due \$ _____

TOTAL AMOUNT DUE \$ _____



Use them to purchase groceries, gas, or other gift cards. **NAMI receives 5% of the amount purchased.** Please submit your check payment with this form. We will mail you the card(s).
Make checks payable to:
NAMI Greater Cleveland

NAME _____ STREET ADDRESS _____

CITY _____ STATE _____ ZIP _____ PHONE _____



Memorial & Tribute Gifts

REASONS FOR GIVING:

- In Memory
- Recognition
- Graduation
- Anniversary
- Birthday
- Sympathy
- Holiday
- Parenthood

Other _____

Enclosed check in the amount of \$ _____

Commemorating (Occasion):

Send card/letter to (Name):

Address _____

City _____

State _____ **Zip** _____

Signed _____

Your City _____

State _____ Zip _____

Other Comments _____

**Please make your check payable
and return this form to:**

NAMI Greater Cleveland
2012 W. 25th St., 6th Floor
Cleveland, OH 44113

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.

Date _____

Name _____

Address _____

City _____

State _____ Zip _____

Day Phone _____

Email Address _____

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

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

Enclosed is my check for: (please circle)

Consumer Annual Membership \$ 3

Annual Membership Dues \$ 35

Annual Professional Membership \$ 75

Organization \$ 200

Additional Donation \$ _____

TOTAL ENCLOSED \$ _____

Credit Cards are also accepted:

Master Card Visa American Express

Credit Card # _____

Expiration Date _____



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