

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.

On Wednesday March 3, 2011 The Alcohol Drug Addiction and Mental Health Services Board of Cuyahoga County issued the following:

State Hospital Advocacy Action Alert

The Ohio Department of Mental Health (ODMH) announced on February 18, 2011, its decisions to close the Cleveland Campus of Northcoast Behavioral Healthcare by July 1, 2011, and to not build the new state mental health hospital in Cleveland, citing environmental issues – but instead expand its Northfield campus in Summit County.

The Cleveland Campus is in very bad shape, and that is why the ADAMHS Board advocated to past administrations to build a new hospital in Cleveland. There was an agreement between the City of Cleveland and ODMH to build the new hospital, and nearly \$84 million was set aside in the capital budget for construction. The City of Cleveland spent over \$4 million to prepare the site.

ODMH also plans to use the remaining capital dollars to update other state hospitals throughout the state, which the ADAMHS Board feels is unwise, since we advocated for the capital dollars and believe that these dollars should remain in Cuyahoga County.

ADAMHS Board of Cuyahoga County Response:

Closing of the Cleveland Campus and not building the new hospital in Cleveland is very bad for consumers of mental health services:

- Out of the 1,999 average yearly admissions, 1,965 are from the City of Cleveland.
- Having residents of Cleveland and Cuyahoga County admitted to a hospital in Summit County will place another burden on the consumers' families by having to arrange for transportation to see their loved ones, as well as for discharge.
- ODMH's decision of not having a mental health hospital in the city takes mental health treatment back to the mid-19th century, when the belief was that people with mental illness should be isolated from their families and communities.
- We know today that interaction and treatment planning with family is important to a person's mental health recovery.
- The cost of transporting patients from Cleveland to the Northfield Campus by ambulance or police is also going to be costly.
- Closing of the Cleveland Campus and not building the new State Hospital in Cleveland is also bad for Cleveland's and Cuyahoga County's economic development:
- The hospital would have employed 300+ people (from Cleveland Campus and Northfield Campus) with good paying jobs that would produce over \$1 million in tax revenue.
- With the closing of the Cleveland Campus, Cleveland will actually lose nearly 200 jobs.
- Actual building of the hospital would have created construction jobs for several years.
- Businesses, such as restaurants, drycleaners, stores, etc., were anticipated to develop near the hospital to serve the workers and visiting families.
- Financial hardship and loss of productivity for providers sending staff to work with consumers at the State Hospital.

You can help by writing a letter to the Ohio Department of Mental Health requesting them to reconsider their decision. Please call Michael Baskin at 216-875-0266 for the details. ■

NOTES FROM THE EXECUTIVE DIRECTOR

REMEMBERING MARCI DVORAK

We were saddened by the loss of **Marci Dvorak** who died on January 31, 2011. Some of you may be familiar with Marci personally and others know her through the work she did. In addition to serving as Executive Director of NAMI Greater Toledo for 15 years, she was the co-author of Hand-to-Hand, the educational program for families of children and adolescents living with a mental illness. This course provides comfort, information and hope to many parents and grandparents throughout Ohio as they struggle with the unique challenges before them. She provided so much to so many "behind the scenes" and on a personal level. She never sought recognition, but she was the face and heart of NAMI in the Greater Toledo area.

Contributions in Marci's memory can be made to NAMI Greater Toledo. Simply send a check and indicate it is in Marci's memory.

NAMI Greater Toledo
2753 W Central Ave
Toledo, Ohio 43606

A NEW FACE AT NAMI

John Lynch joins us as our data entry specialist and will assist with our Quality Improvement project as we begin to implement our new system to develop a database for evaluation and management reporting. Last year, John volunteered by assisting with the walk. He is also interested in learning about fundraising and advocacy as well as other facets of work in the non profit field. We welcome John and the many talents he brings to the staff.



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NOTES FROM THE EXECUTIVE DIRECTOR (Continued)

MEMBERSHIP NIGHT AT NAMI

70 NAMI members braved the harsh winter and came out on a snowy, windy December afternoon to enjoy dinner and fellowship at NAMI's Membership/Volunteer Appreciation Night. It was one way for us to recognize our members and celebrate the successes of our many volunteers. Thanks to the Membership Committee (**Mike Dusseau, Chris Van Deusen, Jeannette Diaz, and Liz Krull**) for planning this as well as **Mary Spada** and **Kari Kepic**. Kari, our resident caterer, cooked up a wonderful meal for the group. We hope to add additional events this year as the Membership Committee plans for 2011.

NEW ODMH DIRECTOR TO SPEAK AT NAMI'S ANNUAL MEETING APRIL 13

Tracy Plouck, new director at the Ohio Department of Mental Health, will be the keynote speaker at our annual meeting and luncheon this year to be held at the Hilton Garden Inn. Family caregivers, peers and agencies will accept awards based on their exemplary work in the mental health field. See page 5 for details.

NAMI NIGHT AT NEXT TO NORMAL IS JUNE 16

NAMI is partnering with Recovery Resources to host a reception with one of the cast members from **Next To Normal** on Thursday, June 16 at 6:15 p.m. Next to Normal is a rock musical-the story concerns a mother who struggles with bipolar disorder and the effect the illness has on her family. The musical also addresses such issues as grieving a loss, suicide, drug abuse, ethics in modern psychiatry and suburban life. Look for our flyer on page 9.

ADAMHS CC BOARD RELEASES ITS 2011-2013 STRATEGIC PLAN

On February 4, I attended the ADAMHS CC board "roll out" of their 3 year strategic plan. In the session, a behavioral health needs assessment for the county was presented that was researched and written for the board by The Center for Community Solutions. In re-reading the document, **here are the objectives and action steps that popped out at me that may impact NAMI members most directly:**

- The first objective in the leadership strategy "Establish and maintain a Behavioral Health Citizens Action Group to support the Cuyahoga County behavioral health system in a unified manner." We will most likely sit on that committee which will focus on creating opportunities in funding mental health programs and educate public policy decision makers about the need for services as well as funding.
- Other areas NAMI might be impacted include a section on health care reform, community education and awareness activities, and developing [performance] measures from a consumer perspective.
- In the "Consumer Affairs" strategy there were a few objectives and action steps that related to NAMI's agenda such as; "Create an active pool of Mental Health, Alcohol and Other Drugs, Kids and Adult Consumers and family members who represent a cross section of agencies, geography and cultures to serve" and; "Capture consumer and family stories of lives impacted by mental health or addiction through creative expression of wellness, advocacy, marketing and stigma reduction."

There are other strategies and objectives that will also impact us, but these were the ones that struck me to focus on for now.

IMPROVING MENTAL HEALTH CARE IN OHIO

The Mental Health Advocacy Coalition and The Center for Community Solutions partnered to publish "**By the Numbers: Developing a Common Understanding for the Future of Behavioral Healthcare.**" This study will help inform us on the impact behavioral health has on Ohio and its citizens. It also makes recommendations on funding and policy needs.

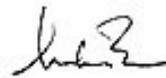
PROGRAM PLANNING HIGHLIGHTS

Staff members **Ellen Riehm** and **Terri Miller** attended a two day training in February put on by the Ohio Criminal Justice Coordinating Center for Excellence. The training will enable Ellen and Terri to be a part of a team of trainers to provide instruction for police officers in crisis intervention training with the focus on interventions with children and adolescents.

A new group for **adolescents with ADHD/ADD** began in January at Calvary Lutheran Church in Parma.

A Family to Family class in Spanish is scheduled in March at Nueva Senda Pentecostal Church, 10330 Lorain Avenue, Cleveland, Ohio 44111 with the help of church member Nilda Ramirez.

For more information or to sign, up please call the helpline at 216-875-7776. ■



Michael Baskin
EXECUTIVE DIRECTOR

JOIN OUR ONLINE COMMUNITY

clevelandmentalhealth.blogspot.com

- Discover recent media concerning mental health
- Be the first to learn about upcoming NAMI events
- Share your story
- Check out daily updates



MCO:

NAMI Greater Cleveland's Multicultural Outreach (MCO) Program has exciting news!

It will be collaborating with the Cleveland Clinic, the Cleveland Metropolitan School District, and the Epilepsy Association of Cleveland on a 3-year grant from the U.S. Department of Health and Human Services to improve access to mental health care for children/youth with epilepsy and their parents. The grant was received by the Cleveland Clinic in September 2010 and is called PROJECT COPE (Collaboration and Outreach for Prevention Education for Children/Youth with Epilepsy).

In the Spring of 2010, NAMI was approached by Dr. Tatiana Falcone MD, a psychiatrist at the Cleveland Clinic's Pediatric Epilepsy Center, for our specialty in developing culturally competent psycho-education targeting Latinos and African Americans. The program is open to all children/adolescents with epilepsy and their parents. NAMI will be responsible for developing the COPE curriculum which will consist of four educational workshops for teens with epilepsy (ages 12-18) and their parents. The goal of COPE is to educate and empower families with children/youth with epilepsy to fight stigma and to seek out mental health resources and services for their teens should they need them. Statistics suggest that youth with epilepsy have higher rates of depression and anxiety, as well as may have higher rates of suicide if their mental health issues go untreated.

The COPE program will be conducted in both English and Spanish over the course of the three year grant and will be taught by culturally and linguistically competent psychologists and therapists in the community. The program will begin this spring. For more information on the COPE program, please contact Dr. Tatiana Falcone at (216) 444-7459 or Dr. Evelyn Rivera at NAMI GC at (216) 875-0266. We will keep you posted when the dates, times, and sites have been finalized. Please help us spread the word to families who may be interested in attending COPE. ■



How did you sleep last night?
This is how many Ohioans with untreated mental illness slept.

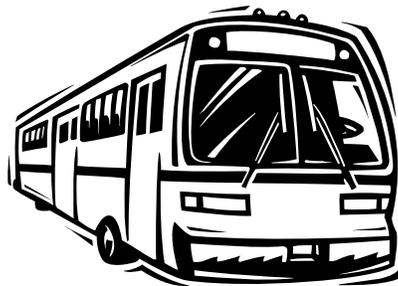
SAVE THE DATE
MAY 10, 2011 · 5 P.M. TO 10 P.M.
Ohio Statehouse

Join NAMI Ohio for the
Sleep Out for Mental Illness
to call our lawmakers' attention to the
impact of their funding decisions

This event is being held in lieu of NAMI Ohio's Annual Conference

Sleep Out for Mental Illness

Dear NAMI Members and Friends:



No need to go it alone. Ride with us! NAMI Greater Cleveland will have buses ready to roll to Columbus on May 10.

NAMI Cleveland staff, board, members and friends will join NAMI affiliates around the state and NAMI Ohio in Columbus on May 10, 2011, from

5 p.m. to 10 p.m. for a "Sleep Out for Mental Illness" to call our lawmakers' attention to the impact of their funding decisions. We know that untreated mental illness results in homelessness as well as many other unnecessary outcomes such as jail, prison and emergency room visits. We need to visibly demonstrate to our legislators and public officials the consequences of defunding and underfunding services to those with severe mental illness. This event will be held on the statehouse lawn in lieu of the NAMI Ohio Annual Conference this year.

Let's join forces for advocacy, fellowship and fun as we ride to Columbus together! Please call Kari Kepic at the Office-216-875-7776 for more information and to sign up. ■

Where Are the Cocoa Puffs?: A Family's Journey Through Bipolar Disorder.

Released by Goodman Beck Publishing in September 2010 has been highly praised by mental health professionals, as well as embraced by both family members and recipients alike.

The author, Karen Winters Schwartz shares the following: "I am an optometrist, a mother, a writer, an advocate for mental illness, and a published novelist. Both of my daughters suffer from mental illness. Emily, now 22, was diagnosed with bipolar disorder at age 17. Whether for good or bad, she is no longer taking any medication. She is working, going to college part-time, and doing very well. Sarah, now age 20, was diagnosed two years after Emily became ill. Her diagnosis falls more in the spectrum of schizophrenia. She struggles every day, but she is also finding her way. She's very strong and very brave.

While my novel *Where are the Cocoa Puffs?* follows a family through the tragedy of the teenage daughter's diagnosis of manic depressive illness, it is not tragic. It's funny, sad, and thought provoking—and as real and as raw as mental illness itself. One of its strongest assets is its humor, along with the way levity is interweaved with the dark and desperate moments—very much like the bipolar condition itself. My main goal with this novel is to decrease stigma. I want to reach those who don't know schizophrenia from sauerkraut or bipolar from a baked trout, who'll just say, 'Hey. Cool title. Let's see what it's about.' I want to entertain, and if I sneak a little knowledge and understanding about mental illness in there, well then, I've done my job."

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Community Education Programs

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. Programs are open to the public.

Friday, May 13, 2011

2:00 – 4:00 pm
South Pointe Hospital Auditorium
20000 Harvard Road
Warrensville Heights, Ohio 44122
Reservations requested: 216-761-2875

Tuesday, May 17, 2011

3:00 – 5:00 pm
Huron Road Hospital, Auditorium
13951 Terrace Road
East Cleveland, Ohio 44112
Reservations requested: 216-761-2875

Tuesday, May 24, 2011

1:00 - 3:00 pm
Marymount Hospital, Auditorium A
12300 McCracken Road
Garfield Heights, Ohio 44125
Registration requested: 216-761-2875

FAMILY-TO-FAMILY

A twelve-week course for family caregivers of individuals with mental illness.

Wednesday, April 20, 2011

7:00-9:00 p.m.
Lakewood Presbyterian Church
14502 Detroit Avenue
Lakewood, Ohio 44107-4388
This course is free, but registration is required. Please contact the NAMI Greater Cleveland office to register, 216-875-7776 or email Terri Miller-tmiller@nami.org

This Family-to-Family course below is taught in Spanish*

Friday, March 18, 2011

10:00-11:30 a.m.
ADAMHS Board of Cuyahoga County
2012 West 25th Street
Cleveland, Ohio 44113

**To register contact Esther Rodriguez at 216-744-3486 or Jeanette Diaz at 440-539-8518*

PEER-TO-PEER

A ten-week experiential education program on the topic of recovery for any person with serious mental illness who is interested in establishing and maintaining wellness.

Friday, March 18

3:00-5:00 p.m.
ADAMHS Board of Cuyahoga County
2012 West 25th Street
Cleveland, Ohio 44113

Monday, April 11, 2011

1:00 -3:00 p.m.
Marymount Hospital
12300 McCracken Road
Garfield Heights, Ohio 44125

Tuesday, June 7, 2011

1:00 -3:00 p.m.
Good Shepherd UMC
5930 State Road
Parma, Ohio 44134

Thursday, August 4, 2011

1:00 -3:00 p.m.
Murtis Taylor Human Services System
13422 Kinsman
Cleveland, Ohio 44120

These courses are free, but registration is required. Please contact the NAMI Greater Cleveland office to register, 216-875-7776 or email Terri Miller-tmiller@nami.org

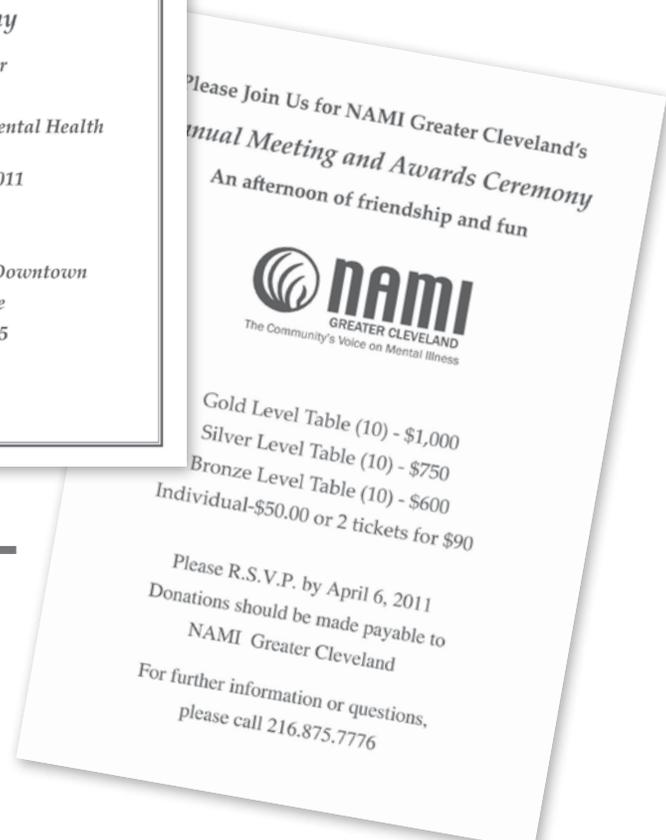
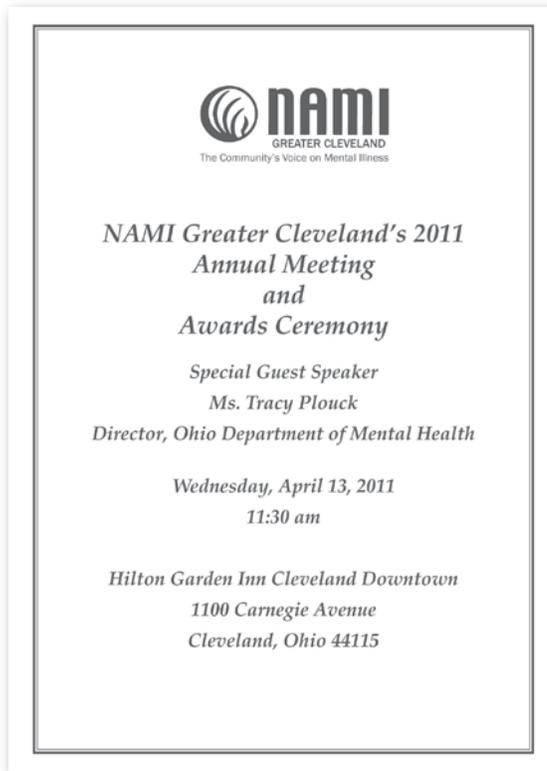


SHOPPING ONLINE?

GiveBack is a foundation that will donate from 1% to 5% of purchases at over 400 stores for your foundation, like NAMI Greater Cleveland for shoppers online. Check out the site at: <https://shop.giveback.org> and see how easy it is for merchants to GiveBack to non-profit charities through your purchases.

NAMI Greater Cleveland's 2011 Annual Meeting & Awards Ceremony

- The Scott Adamson Memorial Peer Award
- George Staurisky Mental Health Caregiver Award
- Dr. Patrick Runnels, Magnolia Clubhouse Community Leader / Legislator Award
- Chief Mark Sechrist, Beachwood Police
- Eugene Brudno Memorial Provider/Organization Award
- Compeer Program at Far West Center
- Cultural Competence in Mental Health Award
- Esther Rodriguez Law Enforcement Officer
- Melissa Dawson, Cleveland Police Media
- Alina Martinet, WVIZ/PBS & 90.3 WCPN ideastream



2011 NAMI Convention—CHICAGO!

NAMI returns to the heartland for its 2011 convention.

The Midwest--where NAMI originally coalesced as an organization--continues to be a vital source of new ideas, new energy and new hope for families living with mental illness. Our 2011 convention will feature:

- Top-notch researchers and clinicians providing information and tools to advance and sustain recovery from mental illness.
- The country's keenest minds and savviest policymakers offering strategies and tactics to effectively advocate for changing the mental health system in our nation.
- Abundant networking opportunities so we can learn from each other on how to make change on the local level.
- Inspiration, innovation and an exhilarating four days in one of America's great cities.

Make your plans now to attend this life-changing event: July 6–9 at the Chicago Hilton!

Full Convention Registration Rates

	Member	Non-member
Super Saver (deadline 3/15/11)	\$210	\$260
Early Bird (deadline 5/31/11)	\$235	\$285
Last Minute (after 5/31/11)	\$250	\$310
Consumer* (deadline 5/31/11)	\$135	\$175
Consumer (after 5/31/11)	\$150	\$185

*A consumer is a person living with a mental illness

For all the information and to register go to www.nami.org

In light of the tragedy in Arizona on January 8, 2011 that took the lives of 6 people and injured 13, we thought it was important to include an article by a local mother who stepped forward to share her story about her son's mental illness which, because of limited community mental health resources, turned into a tragedy here in Cleveland a couple of year's back.

The Monster's Mother

By Jeannette Halton-Tiggs, as told to Mansfield Frazier

I suppose the casual observer could legitimately ask the question: What kind of mother doesn't shed even one tear as her 29-year-old only son is sentenced to life in prison without the possibility of parole? My only answer is, a very strong — albeit very tired — one. My son, Timothy Halton, Jr. received such a sentence on Oct. 30, 2009, in the courtroom of Cuyahoga County (Cleveland, OH) Common Pleas Judge Ronald Suster for gunning down Cleveland Heights Police Officer Jason West on May 25, 2007, in what was alleged by the media to be in cold blood. Officer West's gun was still in its holster when my son shot him point-blank, and then stood over his prone body and shot him three more times.

And, while I might have wanted to cry as the sentence was handed down that would almost assuredly mean my son will never again walk as a free man, I felt it would have been disrespectful to the memory of Officer West for me to be seen by his mother and the members of the media crying in the courtroom for my son, when her son is dead, and killed in such a shocking, brutal, and heinous manner.

But then again, maybe the reason I wasn't crying is I'm just cried out ... I simply don't have any more tears left. The majority of the last 20 years of my life has been such a pure, hellish nightmare for me and my entire family, and as guilty as it sometimes makes me feel, the sense of complete relief that came over me once I knew Timmy wouldn't face the death penalty, nor would he be likely to ever again have the opportunity to harm anyone (or himself be harmed), was palpable.

Throughout the proceedings the media has portrayed my son as a monster, so I guess that makes me the monster's mother ... and that thought, that mischaracterization of both my son and me hurts deeply. Because, in truth my Timmy is not, and never was, a monster ... what he was cursed to be is one of the literally millions of hopelessly and irrevocably mentally ill individuals in the world today. He suffers from a severe form of paranoid schizophrenia that renders him incapable of controlling his thoughts, emotions or actions when, for a variety of reasons — some beyond his control — he is off of his medications. And I did everything humanly possible within my power to keep him on a treatment regimen, but, alas, to no avail.

There is a powerful contingency of folks in the mental health care delivery field in this country who posit that no one should be compelled to be treated for their illness unless, and until, they harm someone. This, in itself, is insane ... and dangerous to boot. I screamed at the top of my lungs that my son was one day going to hurt someone, or himself be hurt, but no one in a position of authority to do something to avert the tragedy would listen or do anything.

The reality is, no one can be as deranged as Jared Loughner, the man who killed six innocent people and wounded a member of Congress in Arizona, apparently is without many people being aware of his deteriorating mental condition — yet seemingly no one moved to force him into treatment. The burning question following a mind-boggling incident of this kind should be: "Why do we, as a society, allow known dangerously mentally ill individuals to make their own decisions in

regards to receiving treatment? Should they be forced to do so, under penalty of commitment to an institution for failure to comply?"

Before age 18 I had control and could require my son to take his medication; however, after emancipation he was free to do as he so chooses. Like many other people who can be stabilized with proper treatment, he sometimes chose to not take his medication or see his mental health worker ... which inevitably would send him into a tailspin. For over a decade I tried to prevent Timmy from doing harm to others and actually thought that when the phone call eventually came (as I knew one day it would) it would be Timmy, in the end, who would be dead at the hand of a police officer; the thought never occurred to me it would be a police officer that would wind up dead with his blood on Timmy's hands. At age eight I knew something was wrong with my child when he began capturing and torturing small animals — birds, cats and squirrels. I would later learn this type of cruel behavior is often the first early-warning sign of developing schizophrenia in children. Early on I sought out treatment for Timmy ... establishing a pattern of parental involvement that continues unbroken to this day, and will continue for the rest of my life. I can't just abandon my own flesh and blood ... no matter how sick he is or what he has done.

However, I was often very much alone as I sought out help since my family members were in total denial about Timmy's mental illness ... none of them would ever admit, even as his behavior became increasingly bizarre, there perhaps was a problem that needed to be addressed professionally. This certainly was not helpful, as I was roundly criticized — and to some extent at times even ostracized — by those closest to me for seeking out treatment for Timmy. I would learn this type of behavior on the part of families is not all that unusual.

While the stigma against mental illness (and resistance to seeking out treatment) is perhaps stronger within the African American and Hispanic communities, there certainly is a great deal of it in white communities as well. Naturally, these prejudices and fears — this sticking of the head into the sand — only inhibits rather than encourages finding solutions to this allopatric problem. This willful blindness on the part of family members, in part, sets the tone for how society in general has historically viewed mental illness going back thousands of years, and still holds sway today. Much of this resistance is founded in the belief — which to some extent is true — that any kind of history of mental illness will limit the opportunities in one's life, in addition to reflecting negatively on the gene pool from which a person sprang. Nonetheless, propagating ignorant beliefs, superstitions and mindsets only insures mental illness will remain on the fringes, marginalized and under-funded as the larger healthcare debate moves forward.

It's been estimated by psychiatrist E. Fuller Torrey, the founder of The Treatment Advocacy Center, that over 40,000 dangerously mentally ill individuals are roaming America's streets on any given day, untreated ... akin to walking time bombs. Why are we so surprised when one occasionally goes off? ■

Pediatric Psychiatry Network Launches Statewide
Critical Decision Support Now Available To Ohio Physicians

To address a shortage of child and adolescent psychiatrists in Ohio, the Ohio Department of Mental Health and provider organizations across the state have launched Pediatric Psychiatry Network, an easy-access consultation and support service for primary care physicians.

The purpose of the network is to help primary care doctors deliver and coordinate care for Ohio's youth by providing timely and direct answers to physician questions regarding mental health diagnosis and treatment.

"Ohio youth with psychiatric disorders and their primary care physicians have had critical problems gaining access to needed care," said Marion E. Sherman, MD, medical director at the Ohio Department of Mental Health. "This network provides rapid access to professional resources for consultations. It enables family doctors to better meet the needs of Ohio's children through early detection of psychiatric symptoms and proactive positive intervention."

The network provides primary care physicians the ability to access child and adolescent psychiatry decision support, education and triage services 24 hours a day, seven days a week. Future services are planned to include consultations using video, e-visits and telemedicine.

The network of providers is linked through technology and can be accessed through a common call-center number and website. The technology infrastructure and clinical protocols were developed using Ohio's Transformation State Incentive Grant (TSIG) funds from the Substance Abuse and Mental Health Services Administration.

Network providers taking calls include Akron Children's Hospital, Northeastern Ohio Universities College of Medicine, Cincinnati Children's Hospital Medical Center, University of Cincinnati, Nationwide Children's Hospital, The Ohio State University, Toledo Children's Hospital and University of Toledo. Additional network development support was received through Wright State University, Cleveland Clinic and University Hospitals/Rainbow Babies & Children's Hospital.

To request a consultation, Ohio primary care physicians may call **1-877-PSY-OHIO** or complete a request form at www.pedpsychiatry.org.

Please note that this phone number is for doctor use only. Family members needing access to psychiatry support should contact their primary care physicians.

Where Are the Cocoa Puffs?

Continued from page 3

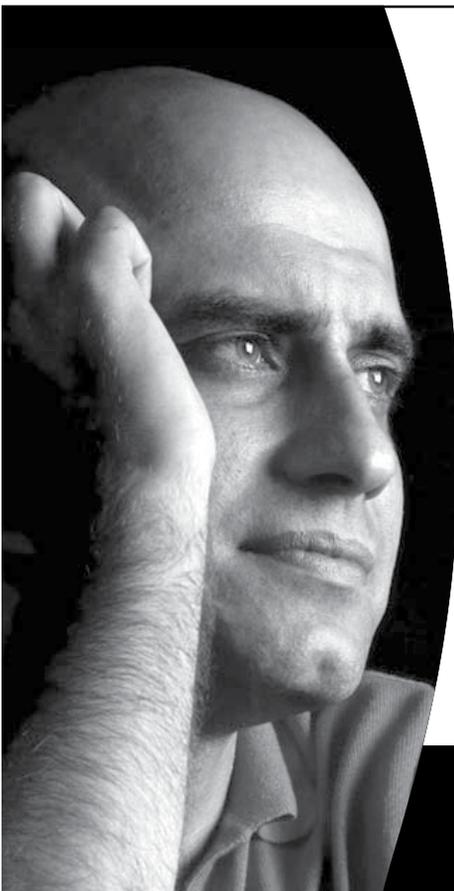
Dr. E. Fuller Torrey M.D of the Treatment and Advocacy Center commented: "Where Are the Cocoa Puffs? is an engaging family story of what happens when the 18-year-old daughter develops bipolar disorder. It is very well written and accurately reflects the effects of this disorder on all members of the family. Strongly recommended."

Michael J. Fitzpatrick, MSW Executive Director NAMI National, had this to say: "Where Are the Cocoa Puffs? is a coming of age story. It provides an authentic look at a teenager, her family and friends who struggle to come to terms with the onset of her mental illness and to find a balance between hope and acceptance. Read it for its own sake. Read it to learn. It speaks to many truths." ■

FOR SALE

Black Tri-fold Presentation Board (40x28x28x28).
Mint condition. (Purchased from Mort Tucker
Photography for \$500) Asking \$250.

Please call Liz at the NAMI office if you are
interested. 216-875-0266



Schizophrenia Research Study

We are conducting a research study of an investigational study drug to see if it improves thinking skills like focusing, remembering, and problem solving in people with schizophrenia.

QUALIFIED PARTICIPANTS MUST:

- Be 20 to 55 years of age
- Currently be taking prescription medication for schizophrenia
- Have had no psychiatric hospitalizations in the last 4 months

Participants will continue taking their antipsychotic medication during the course of the study while receiving the study drug.

All study-related medication and care is at no cost and compensation for time and travel is available. Health insurance isn't needed.

for more information

Call 216-220-4140

AD
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NAMI Greater Cleveland Cookbook

Submit your favorite, cherished recipes to share a memory or honor someone beloved for NAMI Greater Cleveland's Special Cookbook. The ingredients of a successful cookbook require YOUR RECIPES. Categories include: Appetizers, Beverages, Soups & Salads, Vegetables & 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. Production began in January and we ask you to **submit recipes by May 15, 2011**. To involve everyone, we also plan to have space available for special thoughts, poems and artwork.

PLEASE CHECK ONE: **RECIPE** **SPECIAL PAGE** (such as: dedication page in memory or in honor of, expression of appreciation, special poem, special thought, prayer or artwork.)

RECIPES: please use the following form or provide recipe on a separate paper.

SPECIAL PAGES: submit material on a separate paper.

Category: _____ Dedication/Note (if wanted): _____

Name of Recipe: _____ Submitted by: _____

Phone: _____

INGREDIENTS (in proper order):

COOKING INSTRUCTIONS (Please include size/type of container, temperature, time, yield):

1. _____ 2. _____ _____ _____ _____ _____ _____	_____ _____ _____ _____ _____ _____ _____
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Additional Comments: _____

Mail your recipe to: NAMI Greater Cleveland, Attn: Kari Kepic · 2012 West 25th Street, #600 · Cleveland, OH 44113
or email your recipe to: kkepic@nami.org FAX to: 216-861-2574.

AD SPONSORED BY QUEST THERAPEUTICS

Adults Suffering from Bipolar and Depression



If you have been diagnosed with bipolar disorder, take lithium or Depakote and are currently suffering from depression? You may qualify to participate in a pharmaceutically sponsored research trial to add an investigational medication to your current medication regimen.

Clinical visits and all study related procedures are at no cost to you and reimbursement for travel is included.

Call today to enroll:
Jennifer, Quest Therapeutics, 440.930.2002

There's No Substitute for the Real Thing.

2010-2011

KeyBank BROADWAY SERIES

PlayhouseSquare



From the director of Rent comes NEXT TO NORMAL, an emotional powerhouse of a musical with a thrilling contemporary score about a family trying to take care of themselves and each other. Winner of three 2009 Tony Awards® and the 2010 Pulitzer Prize for Drama, NEXT TO NORMAL is the most talked about new show on Broadway, and was recently chosen as "one of the year's ten best" by major critics around the country. Starring Cleveland native Alice Ripley in the role that won her the Tony Award, NEXT TO NORMAL is "the best musical of the season – by a mile. It'll pin you to your seat" (Rolling Stone). NEXT TO NORMAL is part of the KeyBank Broadway Series.

Attend on June 16 to support the work of Recovery Resources & NAMI Greater Cleveland.

ORDERS PLACED BY APRIL 29 will be put in a drawing for a free upgrade for 4 to loge! Get your tickets today!

PlayhouseSquare Welcomes Recovery Resources & NAMI Greater Cleveland Next To Normal June 16, 2011

Level 1: \$75.00 - includes orchestra or mezzanine seating, 6:15 pm pre-show reception w/ prizes & post-show discussion

Level 2: \$35.00 - includes balcony seating & post-show discussion

Next to Normal

ENTER DATE	ENTER TIME
6/16/11	7:30 PM Showtime
# Tickets	Price Per Ticket
	X
TOTAL	X

- There are No Elevators in any of our Historic Theaters.
- All patrons regardless of age require a ticket.
- Special Group Offers cannot be redeemed at the Ticket Office.
- Limited availability first-come, first-serve basis.
- Orders received within 10 days of the performance will be available for pick-up at "will call".
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Membership Information

NAMI Greater Cleveland members receive educational material and information about mental illness, the mental health care system and community resources. Speaker nights are scheduled several times during the year and a quarterly newsletter keeps members and others up-to-date on mental health issues and advocacy. NAMI GC advocates for better medical care, education, housing, jobs, and the elimination of the stigma of mental illness. Your 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 like to volunteer time to help NAMI GC 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
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