

## 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.

## NOTES FROM THE EXECUTIVE DIRECTOR

### PLEDGE TO NAMI GREATER CLEVELAND MEMBERS: BECOME A CENTER OF EXCELLENCE

One area expected to be included in our next strategic plan (2013) is NAMI Greater Cleveland's involvement in NAMI National's new nationwide organizational program titled "Standards of Excellence: Better Together." I've referred to the standards in previous newsletters. The standards define the roles and responsibilities of NAMI local affiliates like NAMI Greater Cleveland, and include categories and practices that describe growth strategies while operating legal, ethical and accountable organizations, including the following:

- Requirements for affiliation
- Diversity
- Communication
- Membership
- Dues
- Programs
- Fundraising

Through this process, NAMI Greater Cleveland will strive to become a "Center Of Excellence," which will be awarded to affiliates that exemplify the highest achievement in each of the above categories. These organizations will be asked to share their expertise with other NAMI affiliates throughout the nation. We'll continue to keep you apprised of our progress in the chartering process.

### MARDI GRAS: BOURBON STREET IN CLEVELAND?

On February 17th, over 120 people celebrated "Mardi Gras; Cleveland Style" at the Battery Park Wine Bar on Cleveland's Westside. Success Partners produced the event on behalf of the Center for Families and Children. CFC invited NAMI GC to be a partner for this event and fundraiser. One of the goals was to involve young professionals in gaining awareness about the mission and activities of both organizations. Thanks to Katie McVoy, Molly McVoy and John Lynch for their work in coordinating the event and inviting NAMI to be a part of it.

### WELCOME TO THE BOARD

Christine Young, LISW has been elected to the NAMI GC's board of directors. Ms. Young is a senior associate with Ernst and Young's internal Employee Assistance Program and Work/Life Management Program. Each of the past two years, Chris has hosted a fundraiser, "Music for the Mind" in which proceeds go towards the NAMI Walk. She writes on her board member application: "I have relied on NAMI's services for guidance with clients and benefited from building relationships and knowledge

sharing with the outreach and advocacy committee...becoming more involved comes with a commitment and goal of helping to preserve NAMI's ability to offer its services to a mental health community struggling to survive in a time of financial strife." Christine is interested in being on the Program Planning and Evaluation Committee of the board and continuing to work on special events.

### MEMBERSHIP UPDATE

Based on our membership marketing plan we have 660 members, an increase of 8.3% over 2010. In the second year of the plan, efforts went into increasing individual and family memberships. Last year, through our Hospital Visitation Project, the committee implemented a no cost membership to any patient at local psychiatric facilities. In addition, Wellness Support Group participants were also offered free memberships. A typical "open door" membership costs \$3, but our policy is that no one will be denied a membership based on inability to pay. A special fund has been set aside to pay for those unable to afford becoming a NAMI member. From our research, we've learned that approximately a 10% increase annually in memberships is a healthy target, especially in a down economy. In 2012, we will reach out to organizations and corporations to increase the number of organizational associate members. Overall, our goal is to increase membership to over 800 members by the middle of 2013.

### CLEVELAND PUBLIC LIBRARY PROJECT – NEW IN 2012

NAMI staff have been in discussion with management at the Cleveland Public Library regarding a range of possible collaborative projects. According to Madeline Corchado, their Human Resources Manager, the library has made a commitment in its strategic planning process to ensure that mental health becomes a priority for leadership and staff. Plans call for a workshop to assist library staff in understanding mental illnesses in order to offer staff 'hands on' experience to learn how to address library patrons who are affected by a mental illness. Other options include NAMI being a link for staff to other mental health services and providers in Cuyahoga County and providing branches with information and resources on mental illness/health. We also discussed the library branches becoming sites for future NAMI classes, community education programs and support groups.

*continued on page 2*

*Views expressed in this newsletter are those of the writers and not necessarily those of our officers, staff or funding sources.*

## NOTES (con't)

### NAMI GC STAFF EMAIL CHANGES – PLEASE TAKE NOTE

Our Email addresses have changed. You can now reach the staff at the following addresses:

- mbaskin@namicleveland.org
- lkrull@namicleveland.org
- eriehm@namicleveland.org
- bmurphy@namicleveland.org
- bfela@namicleveland.org
- kkepic@namicleveland.org
- tmiller@namicleveland.org
- m3blanks@aol.com
- evelyntrivera@sbcglobal.net

### NEW FUNDER FOR NAMI IN 2012

NAMI GC welcomes Macy's, as a new funder. They will support our programs for women including the Women's Empowerment Support Group and specialized psycho-education programs within the Multicultural Outreach Program that address women's health.

### NAMI OHIO UPDATES

#### COURT ORDERED TREATMENT

NAMI Ohio will pursue changes to the Ohio Revised Code to make it clear that court ordered treatment is allowable under Ohio law. Because of some confusing language in the current statute, some probate judges interpret the law to read that they cannot court order someone into outpatient treatment, while other judges interpret that court ordered treatment is allowed. NAMI Ohio believes a few changes to the law is all that is needed to resolve this issue and make it easier for judges to order someone who meets one of four conditions for outpatient treatment as an alternative to hospitalization. They go further to report that this will address the needs of many individuals who otherwise are left untreated until they become so ill that hospitalization or incarceration becomes the only avenues available to judges. If you are interested in assisting with the advocacy needed to advance this legislative proposal, please contact Betsy Johnson at [betsy@namiohio.org](mailto:betsy@namiohio.org). A workshop and panel will address this topic at the NAMI Ohio Annual Meeting in April.

#### WHAT'S IN A NAME...OR PHRASE?

The way in which you say something can often impact how the listener hears it. The words we use can influence audiences in positive and negative ways. At NAMI, we value empowering language that avoids labeling individuals living with mental illness. While your target audience needs to be considered when creating content, being conscious of how we write and talk to the general public is crucial to breaking down stigma barriers and promoting awareness.

Below lists some suggestions from the NAMI National website, in the section titled "Identity Guide," which have recently been updated to reflect a few changes.

Some words can be seen as offensive to some groups. Here are some words and phrases that we avoid using:

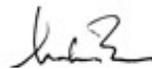
-Consumer

-Identifying a person by his or her illness (i.e., Jenny is a schizophrenic)

-Suffer (e.g., suffering from depression)

Instead of using these terms we say an individual living with a mental illness or an individual or family affected by mental illness. A person is bigger than any illness and should not be defined solely by it. A mental illness is only one aspect of a person's life.

Yours and best,



Michael Baskin  
EXECUTIVE DIRECTOR

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**CONGRATULATIONS to NAMI Greater Cleveland Board Member Dianna Bell for receiving U.S. Bank's Annual Pinnacle award. The award goes to top 10% producing Branch Manager's nationally. Dianna will receive her award at a black tie reception in Washington, D.C.**

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### SAVE THE DATE: NAMI Ohio's 2012 Annual Meeting



**Friday,  
April 27, 2012  
at 10 AM  
&  
Saturday,  
April 28, 2012  
at 1 PM**

The conference is being held at the Hyatt Regency Columbus, 350 N. High Street., Columbus, OH. The theme will be "The Great Mental Health Debate: Acknowledging the Elephant in The Room." The Honorable Patrick J. Kennedy will be the keynote speaker. Several workshops will also be presented. Look for additional details in mailings over the next few weeks or go to the NAMI Ohio website: [www.namiohio.org](http://www.namiohio.org)

# “Inside the Mind of a Domestic Terrorist: The Unabomber”

On February 27, 2012, Dr. Phillip Resnick, Director of Forensic Psychiatry, at University Hospital Case Medical Center presented “Inside the Mind of a Domestic Terrorist: The Unabomber”. The evening was co-sponsored by Passion for Change, a local nonprofit organization dedicated to the elimination of the stigma surrounding mental illness, and the Cleveland Metropolitan Bar Association.

Brandon W. Fitch a NAMI Greater Cleveland member who lives with mental illness shares his thoughts about Dr. Resnick’s presentation in the following article. Brandon is an advocate, and enjoys writing about topics concerning mental illness. He is also the program annotator for the Cleveland Philharmonic and the Black River String Quartet. His interests are Russian and Medieval history and culture and Classical music. Brandon is currently writing a book about his experiences.

## AN EVENING IN THE MIND OF THE UNABOMBER

There are times when popular culture and legend converge with science and medicine. A pointed example of this is the decade’s long odyssey of Ted Kaczynski, alias “The Unabomber.” His singular tale could only have been conceived by the likes of a Stephen King or a Kurt Vonnegut. Yet, it was real; glaringly real and all too tragic. Here was a man who possessed super-human intelligence; was mildly handsome as a clean shaven young professor and who seemed harmless to almost everyone who came his way. Yet, at the same time he was a misanthrope with a terror of social situations who nurtured an intense hatred of his parents and who felt he was destined to defend his “cause” by violence, irrespective of its toll, much like a modern day John Brown.

This past Monday evening, we took a personal journey into the mind of Kaczynski guided by the renowned forensic psychiatrist, Dr. Philip Resnick, who was also my mother’s high school classmate. The evening was sponsored by Passion for Change, an organization dedicated to serving as a catalyst for breaking the stigma of mental illness by shedding light, challenging misperception and driving change through research, advocacy and education.

It was a fascinating and intriguing evening. By the end, everyone in the small room we occupied became an expert on the Unabomber. We started with the impact he had made on society. Dr. Resnick pointed out that the Unabomber was named one of People Magazine’s twenty-five most intriguing people of 1995. Kaczynski was described by the media as “Part Robin Hood, part Green Hornet, and part Mick Jagger.”

But the sad truth was that he was a lonely, embittered, unkempt outsider whom the world seemed to have turned its back on and forgotten. Young Ted was painfully uncomfortable in social situations, and yet, in his journal, claimed to deeply crave “meaningful love” His insecurity around girls turned him against everyone. He also nursed an intense hatred of his mother and father, whom he claimed had emotionally abused him as a youngster. In order to assuage these tempestuous emotions, he desired to go “into his

own” and lead a semi-Neolithic life in the wilds of Montana, a state known for the exotica among its denizens. He saved money for this sabbatical from life by being a Math professor at Berkley for two years.

However, his hatred festered; even in his isolated cabin, and he decided to declare war on organized society, and especially toward those who were successful in their careers. He used “standing up for the environment and against the ravages of modern technology” as a pretext to justify his actions, which we know from his journals, he relished. He took particular pleasure in playing cat and mouse with the authorities, who launched the largest national manhunt in US history to catch him. It is somewhat ironic that his brother, David, after much agonizing, turned him in after reading his manifesto in the New York Times; subsequently receiving a million dollar reward which he regarded as blood money and donated to charity.

The story only thickens after Kaczynski was captured. Dr. Resnick who was already involved in this case was called in to evaluate Kaczynski. However, Kaczynski, so certain of the rectitude of his actions, refused any interviews with Doctors and Dr. Resnick was relegated to reading 22,000 pages of documents that were gleaned from Kaczynski’s voluminous writings. It was a tedious but interesting journey for Dr. Resnick and he felt that Kaczynski was suffering from paranoid delusions involving an inherent hatred for his parents that resulted in florid revenge fantasies that Kaczynski unfortunately acted upon. He believed that society, through encroaching technology, was making it impossible for anyone to live in the wild, free and unfettered as he was doing, without running water or electricity.

As for Kaczynski, he would have none of it. He absolutely rejected the insanity defense that his lawyers were planning to implement and attempted to fire them when they persisted. It was obvious to most observers that he was mentally incapacitated and he did try to take his life in his prison cell, but in the end, a plea was decided upon where he would plead guilty to all the charges and he was sentenced to life in a Federal prison.

What can we learn from the unique story of Theodore Kaczynski? Maybe it was the fact that of his own volition he isolated himself making it hard for anyone to reach him or to know his condition. It is an unfortunate fact of life for so many persons with mental illness; persons who are oddly measured and out of the ordinary who might be displaying their fractured symptoms, that they are held as undeserving of our consideration and attention. We desperately need to reach them. There are so many like that out there and, tragically, a few of them do revolt in much the same manner as Kaczynski did. Perhaps, if we could just extend our hands, listen, and comprehend and hopefully get treatment started, we will be able to prevent and preempt those searing tragedies that strike out of the blue and affect us all.

Brandon W. Fitch 2/28/12 · bwf281272@yahoo.com ■



**NAMI Greater Cleveland's 2012  
Annual Meeting  
and  
Awards Ceremony**

*Special Guest Speakers  
Frederick J. Frese III, Ph.D  
Penny Frese, Ph.D*

*Join us to hear the inspirational story of the  
Frese family and their courageous journey  
through Mental Illness.*

*Friday, April 20, 2012  
8:00 am*

*Hilton Garden Inn Cleveland Downtown  
1100 Carnegie Avenue, Cleveland, Ohio 44115*

*2012 Sponsor*



# NAMI Greater Cleveland Annual Meeting & Awards Breakfast Friday • April 20 • 8 AM

By now you've received your invitation to our Annual Meeting and Awards presentation. We're honored to have Dr. Fred Frese and his wife, Dr. Penny Frese as our keynote speakers. The meeting starts with our Member Business Meeting to elect board members who are up for election to new terms, followed by the award presentations.

## RSVP form: Please fill out and mail

### Congratulations to this year's award winners:

- The Scott Adamson Memorial Peer Award  
Sakeenah Francis
- Mental Health Family/Caregiver Award  
Megan Schlick
- Mental Health Provider Award  
William B. Johnston
- Eugene Brudno Memorial Organization  
Award  
Suicide Prevention Education  
Alliance (SPEA)
- Cultural Competence in  
Mental Health Award  
Jacqueline Adams



**Yes! I want to help NAMI!**

- |  |  |
|--|--|
| <input type="checkbox"/> GOLD level table (10)<br>at \$1,000 | <input type="checkbox"/> Silver level table (10)<br>at \$750                           |
| <input type="checkbox"/> Bronze level table (10)<br>at \$600 | <input type="checkbox"/> Individual level<br>at \$30.00 members<br>\$40.00 non-members |

Enclosed is my check for \$\_\_\_\_\_ made payable  
to NAMI Greater Cleveland

I am unable to attend, but wish to support  
NAMI Greater Cleveland.

Please accept my tax deductible donation of \$\_\_\_\_\_

Credit Card: MasterCard VISA American Express Discover  
Card No. \_\_\_\_\_ Exp. Date \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Please R.S.V.P. by April 13, 2012

Donations should be made payable to NAMI Greater Cleveland  
If you have any questions, please call 216.875.7776

# Accentuate the POSITIVE

BY ELIZABETH FORBES

[Excerpt]

In the decade since she was diagnosed with bipolar I, musician Sara L. has developed some ideas about what might be called the upside of the illness.

"This is just my own kind of pet theory," explains Sara, 39, "that it confers personality characteristics . . . drive, ambition, energy, enthusiasm and self-confidence. And when you're well, those things come across in a positive, pro-social way."

Of course, Sara knows all about the "life-trashing" side of bipolar. As a punk rocker with dark moods, she spent her 20s overindulging in alcohol and marijuana. When she rebounded from a deep depression into extreme mania after a romantic breakup, symptoms like religious delusions, incoherent speech and agitation landed her in the hospital.

With medication to smooth out her mood swings and talk therapy to defuse the distorted thinking of depression, she's able to see some pluses to having bipolar.

"Research is showing that there are links between creativity and bipolar disorder," explains Sara, who is now studying for a master's in counseling psychology. "I think it remains to be seen exactly if or how, but in my own life I've always been a creative spirit. Or maybe not so much that bipolar causes a creative mind—it may, but it's more that it gives you drive and ambition."

That combination of creativity and drive helped Sara make her mark as a singer-songwriter, recording and touring with her indie-pop band Vancouver Nights and a well-received project called the Gay. She still performs with her band and other musicians occasionally, but facing off against bipolar has given her a new passion: helping other people with mental illness.

She's developed the view that "it's a belief about having bipolar disorder that really can make or break our ability to live well. I think when people get the message that, 'Oh, this is a chronic illness and you better just hunker down and try to get through life, and you're going to be very limited in what you can do'—people internalize that message," she says.

"I think it's still a struggle day-to-day with everyone who has bipolar because of the moods . . . so it takes vigilance and it does take resilience," Sara adds. "And I guess part of that is acknowledging the positive things it's brought to you."

## HELPFUL TRAITS

While it may sound surprising to put "bipolar" and "positive" in the same sentence, an analysis published in the *Journal of Affective Disorders* in February 2011 found that having bipolar disorder may enhance "certain specific psychological characteristics . . . that are generally viewed as valuable and beneficial morally or socially."

The authors reviewed 81 studies that noted positive characteristics in patients with bipolar and found a strong association with five qualities: spirituality, empathy, creativity, realism, and resilience. Nassir Ghaemi, MD, MPH, and colleagues from Tufts Medical Center in Boston concluded that encouraging an appreciation of the positive aspects of bipolar could help combat stigma and improve patient outcomes.

Ghaemi, a psychiatrist who directs the Mood Disorders Program at Tufts, went a step further in his recent book *A First-Rate Madness: Uncovering*

the Links between Leadership and Mental Illness. The widely publicized book argues that because leaders with depression or bipolar disorder have stronger qualities of empathy, realism, creativity and resilience, they are better equipped for times of crisis.

"Depression enhances empathy and realism and the mania enhances creativity and resilience . . . so when people have bipolar disorder, they have the full gamut of benefits," says Ghaemi.

By contrast, research into "positive cognitive bias" shows that people without a mental illness tend to overestimate both their own capabilities and their control over the environment, as well as interpret events with an overly optimistic lens. During a crisis, Ghaemi says, it's better to be able to assess situations more clearly—thanks to a trait researchers have identified as "depressive realism"—and have the greater flexibility of mind and higher tolerance for risk that go along with hypomania.

In his book, Ghaemi notes that his thesis upends the commonly held assumption that mental illness is "inherently bad." He does distinguish, however, between mild symptoms that can be helpful and severe symptoms that lead to dysfunction.

Ghaemi says *A First-Rate Madness* was inspired by patients with bipolar who are quite successful in business and politics. Since discussing those people would violate patient confidentiality, "historical leaders is a way for me to bring out those examples in a way that is publicly accessible to people."

## BETTER WITH BP?

While Ghaemi's thesis has some detractors, he is not alone in finding advantages to having bipolar.

Most notably, Kay Redfield Jamison has championed creativity (in *Touched With Fire*) and a passion for life (in *Exuberance*) as positive hallmarks of bipolar disorder. In his 2005 book *The Hypomanic Edge: The Link Between (A Little) Craziiness and (A Lot of) Success in America*, clinical psychologist John D. Gartner, PhD, argues that a mild form of mania has fueled American innovation.

Gartner links relatively high rates of bipolar disorder in the United States to a gene pool heavily weighted with immigrants. The idea is that many immigrants made the leap to a new country thanks to hypomanic traits such as entrepreneurial drive, a high tolerance for risk-taking, creative vision and brash self-confidence. In individuals who don't cycle into mood swings this is known as a hyperthymic temperament, and it is found disproportionately in relatives of people who have full-blown bipolar.

Self-help coach and author Tom Wootton drew on personal experience to develop his "bipolar advantage" approach, which mirrors much of Ghaemi's thinking. By accepting and wisely managing the illness, Wootton teaches, an individual with bipolar can harness elements of hypomania such as enhanced creativity and productivity. Depressive introspection can yield deeper awareness and insights. And emotional pain can be a catalyst for personal growth. *Continued on page 6*

Steve B. of Colorado Springs, Colorado, was especially struck when he read Wootton's books. He relates Wootton's message to a remark made by a successful friend with bipolar.

"My friend, who is a published author, said a lot of the reason we can do

*continued on page 6*

## (Accentuate the POSITIVE cont'd)

what we do is not necessarily in spite of [having bipolar], it's because of," explains Steve, 54, a licensed insurance agent who founded a statewide organization of the Depression and Bipolar Support Alliance (DBSA).

For example, Steve says, "If I'm in kind of an arrogant mood, I'll just go to somebody and I'll say, look, don't mess with me because I can out-think you and I can out-talk you. There's times when the racing thoughts and the tangential thinking and the pressured speech can get you into a lot of trouble, but also it can help you sell things—that's my background, sales and customer service—and be able to problem-solve.

"If you leverage it properly and don't go overboard, it's amazing the

things you can do."

Steve believes that traits associated with his bipolar I helped him create and run the nonprofit BrainStorm Career Services for Psychiatric Disability, a subsidiary of DBSA Colorado Inc., while holding down a day job.

"The leadership qualities, I think, have always been there," says Steve, a longtime community organizer and former district chairman for the El Paso County Democratic Party. "But when I figured out why it is I act the way I do, and when I got past the real dysfunctional behaviors, yes, [bipolar] absolutely has fueled and accelerated the leadership stuff." ■

From [Bipolar Hope .com](http://BipolarHope.com)

## Spring Has Sprung and So Might Your Hypomania

### The relationship between spring and bipolar hypomania

Published on March 14, 2011 by Russ Federman, Ph.D., A.B.P.P. in [Bipolar You](#)

As of 3/13/11, most of the United States, with the exception of the state of Arizona, sprung forward by one hour very early in the morning.

You went to sleep that night and by the next day you were one hour ahead of where you should be. Well no; actually you were where you should be, but while you were sleeping, an hour was lost. If you hadn't gone to sleep and you were watching your time zone on the official world clock, you'd see yours jump ahead by one hour at 2:00 a.m. Don't fret; you'll get it back next November when daylight savings time shifts back to standard time.

The most notable outcome of this annual occurrence is that you get to have more light during the hours that you're awake. Initially there's a sense of something being off or out of synch. It's not an illusion. Your sense of time is a bit off. Instead of starting dinner at 6:00, maybe you start at 7:00 because 7:00 actually feels like 6:00. And instead of your biologic clock starting to move you towards the bedroom at 9:00 or 10:00, perhaps you look at your watch and you're surprised because it's 10:15 and you haven't yet thought about sleep. Again, don't worry, in another few days you'll be back in the groove.

That is, unless you're bipolar and sensitive to the seasonal changes in the amounts of daylight you receive. Some with bipolar disorder are. The extra daylight, the lifting of winter's gloom and the experience of again being outside in the bright, fresh, springtime air, all serve to activate bipolar neurochemistry. Not only is springtime arriving on the scene, but potentially so is hypomania.

I've previously noted in this blog that I lead a weekly bipolar student support group at the University of Virginia. Each year at about this time I often observe a couple of students in group whose mood and energy become obviously elevated. At the beginning of group I notice the smiles, the legs that won't quite stay stationary and the ease of spontaneous, contagious laughter that seems to come at the slightest opportunity. Yes, springtime hypomania has just winked its eye at me. Let's also not lose sight of the fact that the second half of spring semester is a high-stress time for many bipolar students. The end of the semester is only about two months away. If you haven't started your large papers or semester projects you're rapidly approaching a point where you can't delay much further. You're also actively involved in

planning for summer employment, internships or even post-graduation options. A lot's going on. And with this all come increased stress and less sleep, which may further accelerate emerging hypomanic symptoms.

Is there any real basis to the notion that bipolar elevated mood is more common during spring... at least beyond the few students I see? There's actually some good epidemiologic research showing a higher number of psychiatric hospitalizations for bipolar mania during spring and summer months as opposed to fall and winter. The one obvious factor that may account for these findings is that spring and summer bring more sunlight and people are more likely to be out in it.

For most of us, this uplift simply feels good. Indeed springtime is often a welcome relief. But if you're bipolar and sensitive to these subtle changes, then good can be not so good. For more on this, see my blog, [The Seduction of Hypomania](#), dated 4/5/10. So what's to be done if you're on your way up due to seasonal change?

Well a few things: It may be time to absolutely insure that you get enough consistent nighttime sleep. Stay away from any mid-day napping. Begin to wind down your nightly routine a bit earlier. Be sure you're not using caffeinated products after mid-day. Also try to have your pre-bedtime routine be non-stimulating and under low-light conditions. Sitting and playing video games in a brightly lit, noisy environment isn't exactly good pre-sleep preparation. And if you find that these more subtle adjustments aren't doing the trick, then it may be time for an appointment with your prescribing physician. Adding some sedating medicine before going to sleep for a month or two can be a good strategy to offset the spring of springtime.

Now it's also quite possible that you're bipolar and not relating to this blog at all. In other words, spring doesn't activate you. Good. You've got enough you're already dealing with. I'm certainly not implying that spring-induced hypomania is the norm for all individuals with bipolar disorder.

But if you do think you may fit within this realm, then take appropriate steps to take care of yourself. Spring is too beautiful to have your experience turn things upside down and progress you towards chaos. Hold on to your pleasure so it works for you, not against you. ■

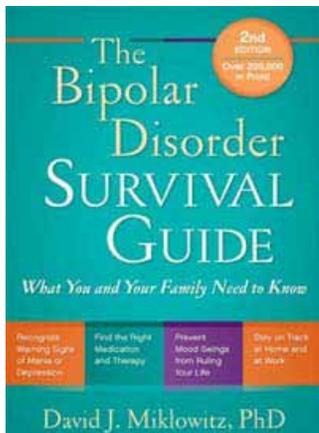
*Russ Federman, Ph.D. is Director of Counseling and Psychological Services at the University of Virginia. He is also co-author of [Facing Bipolar: The Young Adult's Guide to Dealing with Bipolar Disorder](#) (New Harbinger Publications), see [www.BipolarYoungAdult.com](http://www.BipolarYoungAdult.com)*

# RECOMMENDED READING

BOOK REVIEW: by Brendan McLean, NAMI Communications Coordinator

## The Bipolar Disorder Survival Guide: What You and Your Family Need to Know

BY DAVID J. MIKLOWITZ, PH.D. GUILFORD PRESS (2010), \$19.95



The second edition of David Miklowitz's *The Bipolar Disorder Survival Guide* brings an update to an already valuable book. Filled with the latest research and interspersed with anecdotal stories with which a reader can connect, Miklowitz has created a guide that is not only practical and easy to read but one with a great wealth of information.

Explained in layman's terms, and not left in complex scientific jargon, Miklowitz outlines all of the topics important to someone affected by bipolar disorder. It leaves no area uncovered and approaches each with exceptional ability. In lieu of merely summarizing topics, such as the symptomology, Miklowitz delves

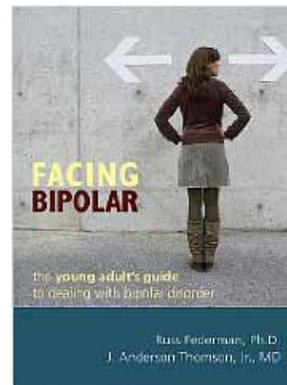
into the real life effects of bipolar disorder-what it is actually like to experience episodes of mania and depression. This style lends itself to a much more personal book that allows the reader to discover that bipolar disorder is not some scary abstract illness but rather something that can be approached and managed with proper care.

For many living with bipolar disorder receiving a proper diagnosis is often in itself an extremely difficult task. This instructive guide begins there and explains what one might expect to see throughout the course of the illness. From finding the right medication and therapy to learning to identify the first signs of a potential manic or depressive episode to methods for maintaining a productive life, this book provides a good synopsis of the illness as well as useful pieces of advice that can be used on a daily basis.

The use of checklists and graphs throughout the book enables the reader to engage with each of the chapters in an interactive experience that fosters an increased likelihood to refer to the book for guidance and support, two areas that Miklowitz's excels in. Whether you or your family member is living with bipolar disorder, this guidebook is a must read and ideal companion. ■

## Facing Bipolar: The Young Adult's Guide to Dealing With Bipolar Disorder

By Russ Federman, PhD & J. Anderson Thomson, Jr., MD (New Harbinger Publishers, 2010)



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**Shop Online with Amazon.com and help NAMI, too!** Every purchase you make through Amazon.com can help NAMI improve the lives of people living with serious mental illnesses. **Visit the NAMI Store @ Amazon.com.** For anything you purchase from one of the 26 categories (see the NAMI store [www.nami.org](http://www.nami.org) for the details). NAMI National will automatically receive a percentage of the total sale (5 to 8 percent, on average).



### NAMI Greater Cleveland Fundraiser

Tuesday, May 1, 2012, 11 am – 11 pm

WESTLAKE T.G.I.FRIDAY'S

30115 Detroit Road

**20% of the sales will be donated to**

**NAMI GC** (Valid for Dine-In and To-Go)

*CLIP COUPON to the right ->  
and please bring with you*

Dine at TGI Friday's Westlake to Support  
NAMI of Greater Cleveland!



When: Tuesday, May 1st, 2012

Where: Westlake, TGI Fridays  
30115 Detroit Road  
Westlake, Ohio 44145

Time: 11:00 am—11:00 pm

20% of sales will be donated to NAMI

Valid for Dine-in and Take-out! Present this ticket to your server!



TGIF 440-899-8443



## The NAMI Greater Cleveland 10<sup>th</sup> Annual NAMIWalks

The NAMI Greater Cleveland 10th Annual NAMIWalks has been scheduled for **September 22, 2012 at Voinovich Park.**

It's not too early to begin thinking about sponsors for the walk, organizing a team or participating as a volunteer. To learn about being a sponsor or a volunteer for this event please contact Bridget Murphy at [bmurphy@namicleveland.org](mailto:bmurphy@namicleveland.org) or call 216-875-0266.

A special shout out to The Cleveland Clinic and University Hospital of Cleveland for their sponsorship of the 2012 NAMIWalks.

## The 2012 NAMI National Convention will be held at the Seattle Sheraton Hotel, June 27-30.

The Sheraton is located in the heart of Seattle, an area rich with restaurants, shopping, attractions, and the world famous Pike Place Market.

Our 2012 convention theme, *Think, Learn and Live: Wellness, Resiliency and Recovery*, highlights this year's focus on developing effective programs and resources to increase resiliency and advance recovery.

**The 2012 National Convention program will feature:**

- Top-notch researchers and clinicians providing information and tools to increase resiliency and advance recovery.
- People living with mental illness and their families providing their own important perspectives.
- Presenters that are diverse in perspective and demographics to best connect with diverse audiences.
- 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 about how we can improve the lives of all people living with mental illness and their families
- Inspiration, innovation, and an exhilarating four days in one of America's most beautiful city. ■

**Thank you for purchasing Giant Eagle cards and helping to support our programs.**



### NAMI/Giant Eagle Gift Card Order Form

_____ \$10 Cards	■ Amount due	\$ _____
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_____ \$50 Cards	■ Amount due	\$ _____
_____ \$100 Cards	■ Amount due	\$ _____
<b>TOTAL AMOUNT DUE</b>		\$ _____

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 _____



# Community Education Programs

## Family-to-Family

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

**Tuesday · April 17, 2012 6:30 - 9:00 p.m.**

**St Martin's Episcopal Church**

6295 Chagrin River Rd.  
Chagrin Falls 44022

**Thursday · April 19, 2012 6:30 - 9:00 p.m.**

**Aldersgate United Methodist Church**

4069 Eastwood Lane · Warrensville 44122

*These courses are free, but registration is required. Please contact the NAMI Greater Cleveland office to register at 216-875-7776 or email Terri Miller at [tmiller@namicleveland.org](mailto:tmiller@namicleveland.org)*

## 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.

**Thursday · April 12, 2012 · 1 - 3 p.m.**

**Far West Center, Westlake 44145**

*These courses are free, but registration is required. Please contact the NAMI Greater Cleveland office to register at 216-875-7776 or email Beck Fela at [bfela@namicleveland.org](mailto:bfela@namicleveland.org)*

**Westside Community House**

**& NAMI GC present:**

## Family Secrets: The Effects of Violence and Abuse on Our Families (Adults only)

**Wednesday · April 25 · 6:00 to 8:00 pm**

## Secrets:

## The Things We Youth Sometimes Deal With! (Youth only)

**Wednesday · April 25 · 6:00 to 8:00 pm**

**Westside Community House**

9300 Lorain Avenue · Cleveland Ohio, 44102  
Registration requested at 216-771-7292 ext. 323

**These programs are free & open to the public**

**NAMI GREATER CLEVELAND LE INVITA AL GRUPO**

## A.L.A.S. · Alliance of Latinos Against Stigma

¡Ven y hágase parte de nuestro grupo de apoyo llamado Con otros Latinos que padecen de problemas de salud emocional! We Welcome New Members/Nuevos Miembros Son Bienvenidos!

**Fecha/Date: El grupo se reúne una vez al mes/meets once a month (Saturdays) March 10, April 21, May 19, June 9 2012.**

**Hora/Time: 2:00 PM- 4:00 PM**

**Lugar/Place: Hispanic Senior Center**

**7800 Detroit Ave., Cleveland · OH 44102**

Para más información llama a/For more information contact: Linda Cruz al 216.651.1860 o Esther Rodriguez al 216.744-3486

## Dare to Dream: Join the Healing Journey!



**Wed. April 25, 7:00 - 9:00 p.m.**

*The Cleveland Rape Crisis Center and MaleSurvivor.org present a special screening of:*

### Boys and Men Healing

directed by Kathy Barbini

Cedar Lee Theatre, 2163 Lee Rd. · Cleveland Heights

*CEU's available*

*For information go to [www.clevelandrapecrisis.org](http://www.clevelandrapecrisis.org)*

*or to RSVP email: Jacque at [jacquej@clevelandrcc.org](mailto:jacquej@clevelandrcc.org)*

*or 216.619.6194 x147.*



## 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.

**Thursday, May 10 · 7 - 8:30 p.m. Refreshments provided.**

**Cuyahoga Valley Career Center · 8001 Brecksville Road, Brecksville**

To register call: 216.587.8138

**Tuesday, May 15 · 7 - 8:30 p.m. Refreshments provided.**

**Lakewood Hospital, Wasmer Auditorium · 14519 Detroit Avenue, Lakewood**

To register call: 1.877.234.3488



# DONATIONS

## DONATIONS

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## SPECIAL ACKNOWLEDGEMENT

Genentech Inc.  
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## Major Support for NAMI Greater Cleveland comes from the following organizations:

- o ADAMHS Board of Cuyahoga County
- o Marilyn M. Bedol Philanthropic Fund
- o CareSource Foundation
- o Community Shares of Greater Cleveland
- o Disabled American Veterans Charitable Service Trust
- o David and Inez Myers Foundation
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- o United States Steel Foundation
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**Thank you for helping to improve the quality of life for those with mental illness and their families!**

*paid advertisement*

## Behavioral Health Services

**We offer the finest in personalized comprehensive services for mental health disorders and chemical dependency.**

- Assessment and evaluation for all ages
- Adult/geriatric inpatient emergency and crisis stabilization services
- Adult and adolescent outpatient mental health and chemical dependency group treatment programs
- Continuing care following chemical dependency treatment



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Enclosed check in the amount of \$ \_\_\_\_\_

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**State** \_\_\_\_\_ **Zip** \_\_\_\_\_

Signed \_\_\_\_\_

Your City \_\_\_\_\_

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Other Comments \_\_\_\_\_

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

NAMI Greater Cleveland  
2012 W. 25th St., #600 · Cleveland, OH 44113

## Thank you!



# 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.

Date \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Day Phone \_\_\_\_\_

Email Address \_\_\_\_\_

- 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)

Membership \$ 35  
 Open Door \$ 3  
 Additional Donation \$ \_\_\_\_\_

**TOTAL ENCLOSED** \$ \_\_\_\_\_

\* Open door membership available for people with limited financial resources.

### Credit Cards are also accepted:

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[www.namigreatercleveland.org](http://www.namigreatercleveland.org)

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