

## 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.

## EARLY IDENTIFICATION OF MENTAL ILLNESS: Toward Making Sandy Hook A “Never Event”

BY MARK MORAN

In recent years, the medical community has adopted the concept of “never events”—inexcusable medical mishaps and errors (such as performing surgery on the wrong side of the body or giving a fatally wrong dose of medication to a patient) which have actually happened more often than you might like to imagine, but whose risk for occurrence can be reduced to as close to zero as possible through the diligent, routine, systematic application of risk reduction strategies in medical settings. It is an approach borrowed from the airline industry which has used similar strategies to dramatically reduce the number of airplane crashes—that industry’s version of a “never event.”

I thought about this in the days following the shocking atrocity in Newtown, Connecticut. Sophists of a certain kind will advise us that school shootings, though they capture our attention, are really very rare events, and they will remind us that there is no way to eliminate entirely the risk for murderous mayhem by sick or evil people.

That’s true. But mass shootings in America are not, sadly, rare enough, and I am sure I am not the only one who harbors a dismal foreboding that it may happen again. And in any case, I believe we should not be satisfied with “rare.” I believe we should regard what happened at Sandy Hook Elementary School as a “never event.”

In order to do that we will have to commit to a systematic strategy aimed at rendering the risk for recurrence of such an event to as close to zero as possible. Such a strategy would have to encompass every aspect of this problem, and it is gratifying that many people are recognizing the important part that untreated mental illness plays. This country’s mental health system has long been the poor step-sister of a larger system that is itself inequitable. And apart from the lack of services and insurance, loved ones of anyone over 18 who is severely mentally ill cannot have him or her committed to hospitalization against his or her will — even if he or she is clearly, obviously and frighteningly delusional — unless the individual is of immediate “danger to self or others,” which can be difficult to prove. As the columnist Charles Krauthammer (a former practicing psychiatrist) wrote in a recent column, we let the mentally ill die in our streets “with their rights on.”

But what is really imperative is to identify at-risk young people long before they get to the point where they need to be committed. One of the most promising areas of psychiatric research today involves an effort to identify individuals—invariably adolescents—who are at very high risk for severe

mental illness and to engage them in treatment. The collective experience from these programs has allowed researchers to put together a risk profile that is highly predictive of schizophrenia (the most serious mental illness), and to get many young people into treatment before they become seriously ill. This profile includes a family history of severe mental illness (especially schizophrenia or bipolar disorder), a sudden, unexplained drop in grades or job performance, social withdrawal, and intermittent delusions, hallucinations or episodes of disorganized thinking. Throw in substance abuse and the risk becomes even greater.

This research effort holds enormous potential for preventing violence. I wonder if this formal research endeavor might serve as a model for what communities could try to do in a more informal way. School administrators, teachers, guidance counselors, primary care and mental health clinicians in the community, and personnel at hospital emergency departments (where domestic violence, suicide attempts, and drug overdoses will make their appearance) might collaborate to develop a similar risk profile and work together to identify at-risk young people in the community and shepherd them into services. Combined with a public education campaign about the signs and symptoms of severe mental illness, such an effort could help to put the community’s “eyes out” for our most troubled young people.

That’s important because the age at which an at-risk individual is most likely to have an acute psychotic episode—16 to 25 years of age—is also the age at which they begin to drop off the radar of schools and social service agencies that serve as the community’s “eyes” on children and adolescents. It is really this age group of at-risk, impaired young people (especially, alas, young men) that communities need to reach out to: weightless in the world, with no formal rites of passage to shepherd them into manhood, they watch as their peers attain the milestones of young adulthood—college, job, career, marriage—and begin to internalize their own brokenness and to spiral downward.

(Until very recently, such young people were also likely to fall off the radar of our healthcare system, losing coverage under their parents’ health insurance. So consider it one of the benefits of the Affordable Care Act that now many of these vulnerable people need not join the ranks of the uninsured.)

The obstacles to this kind of approach are many, including a dearth of services, legal impediments

to the sharing of information across institutional boundaries, and concerns about civil liberties with regard to involuntary commitment. But communities that care about the safety and welfare of their children—as well as that of their troubled, at-risk adolescents and young adults—will have to start somewhere. One place to begin is for community leaders to engage those people who have seen mental illness up close—the families and loved ones of the mentally ill—and the organizations that represent them, such as the National Alliance for the Mentally Ill. (The website for NAMI-Greater Cleveland is <http://www.nami.org>). For more on this subject and other relevant issues I would recommend to you an important article in The Atlantic Monthly entitled, “In Psychiatric Illness Families Are Our First Responders,” by Lloyd Sederer, M.D., the medical director of the New York State Office of Mental Health (<http://www.theatlantic.com/health/archive/2012/12/in-psychiatric-illness-families-must-be-our-first-responders/266628/>).

And there are at least a few reasons to be hopeful. Among the President’s proposals around gun violence is a promise to enforce the Mental Health Parity Act of 2008, which ensures that insurance companies must offer coverage for mental illness that is comparable to that for general medical care, and a new initiative to train school personnel to identify at-risk youngsters and refer them for treatment.

What happened at Sandy Hook Elementary School is a rebuke to anyone who claims (as I do, emphatically) that America is the most blessed place on earth to raise a child. We need to commit to a strategy that includes early identification of the most troubled young people in our community to reduce the risk for reoccurrence of calamitous events such as what happened at Newtown to as close to zero as possible. The alternative is to relive horrors that in a saner society would be regarded as never events. ■

MARK MORAN

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*Mark Moran is a former volunteer and board member for NAMI Greater Cleveland. He is a free lance writer and has contributed to the Voice on several occasions. Mark has always been a longtime advocate for families affected by mental illness.*

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

# NEWS AND NOTES FROM THE EXECUTIVE DIRECTOR – WINTER TO SPRING

## **2013 ANNUAL MEETING – THURSDAY, APRIL 18th AT THE HILTON GARDEN INN CLEVELAND**

Molly McVoy M.D., Child Psychiatrist at University Hospitals Case Medical Center and Member of NAMI GC Board will be one of two presenters at the 2013 NAMI Greater Cleveland Annual Meeting. Dr. McVoy will speak about the American Psychiatric Association's revision to the Diagnostic and Statistical Manual (DSM) of Mental Disorders - IV. The DSM classifies disorders based on symptoms to help clinicians make accurate diagnoses which assists in making recommendations for treatment. The DSM – V's anticipated publication date for the revised manual is scheduled for May 2013. Ms. Reaver Nelson LISW, Board member at the Lesbian Gay Bisexual and Transgender Community Center of Greater Cleveland will present on "Mental Health Issues that Affect the LGBT Community". At the meeting, NAMI GC will recognize the following individuals:

- Haines Lanctot: The Scott Adamson Memorial Peer Award
- Karen Jarr: Mental Health Family/ Caregiver Award
- Craig Sams II: Cultural Competence in Mental Health Award
- Craig Fallon: Alcohol Drug Addiction & Mental Health Services Board: Mental Health Provider Award
- Nora McNamara, MD: University Hospitals: Eugene Brudno Memorial Provider Award
- George Tesar M.D., Cleveland Clinic Hospital System, Exemplary Psychiatrist
- Sally Follett - Volunteer of the Year Award

## **PROGRAM UPDATE**

### **PEER-TO-PEER MENTOR TRAINING SCHEDULED FOR APRIL 19-21, 2013**

A Peer-to-Peer training for individuals interested in becoming a Peer Mentor will take place at the NAMI GC offices the weekend of April 19th. Peer Mentors teach the Peer-to-Peer course which provides a comprehensive curriculum through which teams of two trained mentors, or peer teachers who are experienced in living with mental illness, teach other peers about managing their

mental illness. The course establishes recovery as a feasible, supportable goal. Please contact Kari Kepic, Becky Fela or Terri Miller at 216-875-7776 if you are interested in learning more about the training.

## **VOLUNTEER CORNER**

### **NEW VOLUNTEER COORDINATOR TO START IN MARCH**

I am pleased to announce that Jane Arnoff-Logsdon, M.S.S.A., L.S.W., has been hired as the Volunteer Coordinator at NAMI GC. Ms. Arnoff-Logsdon has been the Program Coordinator for Meals on Wheels since 2011 and worked as a case manager at Jewish Big Brother Big Sister Association. Jane has also worked as a therapist at Applewood and Beechbrook. She has a Masters Degree in Social Work from C.W.R.U. Jane will be responsible for managing NAMI GC's Volunteer Program, overseeing recruitment, screening, training, retaining and recognizing volunteers.

### **WELCOME TO OUR NEWEST BOARD MEMBERS**

John Cipolla, Esquire

Mr. Cipolla is a partner at the law firm of Calfee, Halter and Griswold, LLP where he specializes in trademark law. Last summer, he and his wife Chris held a fundraiser at their house to benefit the 2012 NAMI Walks and raised over \$6,000. Their first experience with NAMI GC was participating in a Family-to-Family course. He writes about NAMI: "I think NAMI does a great job on education and help to family members dealing with mental illness. I think NAMI provides a great service to our community and I want to be part of it". As a part of his work with NAMI GC, Mr. Cipolla is interested in getting involved with us in advocacy and marketing. John previously served on the board of the Brecksville Center for the Arts.

Jeffrey Staats, MBA is the Marketing Manager for Predictive Services. Mr. Staats has a Bachelors of Arts in Economics and Business Administration from Baldwin Wallace College and a Master's Degree in Business Administration (Marketing Management) from John Carroll University. Jeff is currently the president of the Cleveland Chapter of the American

Marketing Association. Jeffrey writes "I am looking to contribute to other boards and provide community service." Mr. Staats looks forward to taking a leadership role on the Marketing Committee at NAMI GC and has participated on the Planning Team in Strategic Planning.

## **NAMI GC's STRATEGIC PLAN CONTINUES**

The Planning Team (consisting of board members, staff, volunteers, NAMI GC members and community members) met on March 4th in order to refine the following goals and set objectives for the next three years:

- Goal I. Increase visibility of NAMI Greater Cleveland and build awareness to reduce stigma.
- Goal II. Secure the governance and administrative core of NAMI to best support current and future operations.
- Goal III. Further strengthen NAMI's current programs and increase availability and accessibility of these programs.
- Goal IV. Grow contributed income and revenue.

A set of action steps within each goal and objective; a timeline and who is responsible for each goal/objective will be defined as well. The hope is to present a draft of the Strategic Plan to the board in April or May.

## **CHILDREN'S MENTAL HEALTH FORUM**

William Denihan, C.E.O. of the ADAMHS Board of Cuyahoga County, has asked NAMI GC to participate as a sponsor of a Public Forum/Community Dialogue regarding children's mental health. The committee was convened as a response to the tragedy at Sandy Hook Elementary School. The ADAMHS Board will be working with representatives of the education, criminal justice, faith based and university communities to put on a series of community forums with NAMI taking the lead in a forum for families of young children. The plan is to begin these programs in April or May. In addition to a presentation to the community about this issue, we will participate in a social marketing campaign on children's mental health.

# New(s) (con't)

## NAMI OHIO UPDATES

### Save the Date for Statehouse Advocacy - May 8th, 2013

Plan for a May 8th event at the Statehouse – the theme will be “Mental Illness: Building a Community Support System”. Details to follow.

I look forward to seeing you at the NAMI GC Annual Meeting.

## SAD NEWS

NAMI GC volunteer **Cindy Korzun** passed away on Monday, March 18, 2013.

Cindy came to volunteer at NAMI GC in the Spring of 2007, shortly after taking the NAMI Family-to-Family course. Cindy not only provided expert skills in whatever project she took on but endeared herself to the NAMI staff. She was dedicated to supporting the mission of NAMI and graciously accepted the NAMI GC 2008

“Volunteer of the Year Award”. She became a second set of hands and friend to Ellen Riehm while working on all facets of the Community Education programing. She enjoyed baking and her fabulous “Thousand Dollar” cookies were devoured by staff and volunteers alike. We will all miss Cindy, but her compassion and spirit is present with us everyday. Ms. Korzuns funeral will be private and her family has requested that those who are interested in acknowledging her passing make a donation to NAMI Greater Cleveland in her name.

Yours and best,

Michael  
March 2013

## A Message from NAMI GC's Volunteer Coordinator

As I write this during my first full week as NAMI GC's Volunteer Coordinator, I can say how impressed and inspired I am with the dedicated staff and volunteers here. I am looking forward to working with what is a clearly skilled and dedicated group of volunteers. My focus right now is putting in place a system to keep track of and best support the work that is done here. I have an understanding of and deep appreciation for volunteers. They make what we do possible!

I will be in the office Monday-Thursdays and would love to hear from you with your suggestions or if you or someone you know would like to join us! I can be reached at 216-875-0266 x109 or email me at [jarnoff-logsdon@namigreatercleveland.org](mailto:jarnoff-logsdon@namigreatercleveland.org)

Warm regards,

Jane

Jane Arnoff Logsdon, Volunteer Coordinator

## NAMI Greater Cleveland's 2013 Annual Meeting and Awards Ceremony

SPECIAL GUEST SPEAKERS:

### Reaver Nelson, LISW

“Mental Health Issues that Affect the LGBT Community”  
Board Member -*The Lesbian, Gay, Bisexual & Transgender Community Center of Greater Cleveland*

### Molly K. McVoy, M.D.

Diagnostic & Statistical Manual of Mental Disorders (DSM-V).  
*University Hospitals Case Medical Center*

**Thursday, April 18, 2013 - 7:45 a.m.**

**Hilton Garden Inn Cleveland Downtown**

1100 Carnegie Avenue  
Cleveland, Ohio 44115

*8:00 a.m. Business Meeting*

*8:15 a.m. Welcome and Breakfast*

Gold Level Table (10) - \$1,000

Silver Level Table (10) - \$750

Bronze Level Table (8) - \$600

Individual-\$30.00 for members,  
\$40.00 for non-members

**Please R.S.V.P. by April 9, 2013**

*Checks should be made payable to:*

NAMI Greater Cleveland

For further information or questions,  
please call the NAMI office at 216.875.7776

NAMI GC Volunteer and Speakers Bureau member, Sakeena Francis and her daughter Anika have published their first book “Loves All That Makes Sense, A Mother Daughter Memoir”. In the book they share the struggles and triumphs of their experience while dealing with the ravaging effects of schizophrenia over 25 years in this candid, moving memoir.

*The book is available on amazon.com*



## NAMI NATIONAL CONVENTION

This year's theme is “Together We Can Make a Difference”. The convention will be held in **San Antonio at the Grand Hyatt Hotel, June 27-30.**

Information on hotel, travel, costs, programs and exhibits is available on the NAMI National website [www.nami.org](http://www.nami.org). For questions, please email [convention@nami.org](mailto:convention@nami.org).

***The Super Saver registration deadline has been extended until 3/30/2013!***

# 2013 NAMI Greater Cleveland NAMIWalks Update

**SAVE THE DATE - SATURDAY, SEPTEMBER 7, 2013!**

Thank you, to Chris Young (NAMI GC Board Member) for securing our 2013 Business Chair; Chad Gross, Associate Director at Ernst & Young.

The Cleveland Clinic Health Systems is our presenting Walk Sponsor at \$10,000! They've also selected the NAMI Greater Cleveland NAMIWalks as the Cleveland Clinic Employee Wellness organization for a week-long wellness program starting April 8th, 2013. Huge thank you to Dr. George Tesar and Dan Karchmer for making this happen.

The Kick-Off Lunch is on June 21, 2013 with special guest speaker; Mark Whitacre. Details to follow.

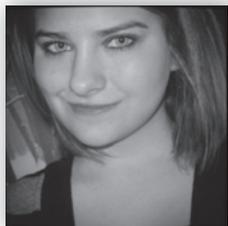
The sponsorship campaign is underway, please forward any contacts/suggestions you have for potential sponsors.

NAMI Greater Cleveland is looking for Volunteer Chairs for the Walk on September 7, 2013. If you'd like to join or chair one of our many committees let Bridget Murphy know. Some of the committees are: Auction Items, Kick-off Luncheon, Media/ Marketing, Parking and Walk Day.

If you have any questions or suggestions for Walk Day please contact Bridget Murphy, NAMIWalks Manager at 216-875-0266 or [bmurphy@namicleveland.org](mailto:bmurphy@namicleveland.org).

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## Connecting with Others



I attended the NAMI National Convention for the first time last year. When I first heard about the convention, I knew at once I had to go. Not only did I want to go, I needed to go. Just the idea of going made me excited. Now, having experienced the convention firsthand, I can say that it is a hundred times better than I could have ever imagined.

The awesome presentations I attended, the brave people I heard speaking and the helpful coping skills I learned made the convention a very worthwhile trip for me. But most of all, the memories and friendships I got to take home with me made the convention even more meaningful to me.

One of the most wonderful things I experienced while at the convention was meeting people who understood what I have been through. For years and years, I isolated myself from the world. I felt worthless, sickening and inadequate and everything else someone living with a mental health condition can feel. These kinds of thoughts had me believing that I was every one of those things, which ultimately led me to the worst belief of all: that I was alone.

I was alone. This belief pulled me down into a pit of misery. I got pulled deeper and deeper every second I felt alone. Even though I was in recovery when I first heard about the convention, I still felt like there was a big chance that the convention could help me feel even better and it did! I got to meet other young adults like me at the young adult networking session during convention. We talked about the issues most important to us and had fun the rest of the convention together. I now know without a doubt that I am never alone.

Also at the convention, I became aware of all the new opportunities at NAMI that exist for young adults and that can help me change the world. I had been speaking about my mental illness since I was 17

**BY EMMA VOLESKY**

years old, but now I speak with even more intelligence because of everything I learned attending workshops during the convention.

Everyone impacted by mental health conditions should go to NAMI's conventions. There are a lot of reasons they should go that range far and wide. For me, the biggest reason is that I learned I am making a big difference in my life and in the lives of others just by attending the convention. The convention empowers people to be themselves without their mental health condition keeping them back.

Being at the convention showed me that there is hope. There still is the stigma of mental illness but it can be defeated by something as simple as attending conventions held by NAMI. This is a humungous step toward fighting stigma in my opinion.

All in all, the NAMI National Convention last year impacted me in a very good way more than anything has before. It gave me confidence to go further in my life! I can't wait for the 2013 convention to see my friends and to learn more about how I can be an effective young adult leader.

I hope to see even more young adults and adults there this summer. And a few last words: 2013 NAMI NATIONAL CONVENTION HERE I COME!!!!

NAMI is excited to announce that the 2013 NAMI National Convention will include the first ever young adult track. This track will equip young adults with the skills they need to make a difference in their communities, in the lives of their friends and in their own lives. It will include powerful workshops and special sessions, social events, creative activities and a unique skill-building leadership training specifically for young adults. To learn more about this opportunity for young adults, [click here.](#) ■

***From NAMI blog on the NAMI National website. Posted Tuesday, February 26, 2013***

# THE FAMILY ROLE IN RECOVERY: Understanding the Illness and Embracing the Process

BY WENDY BRENNAN, M.S., EXECUTIVE DIRECTOR, NAMI NEW YORK CITY METRO



The fear and distress are unimaginable when serious mental illness strikes families. They become confused when their loved one acts in an erratic or unfamiliar way and may feel helpless when a child or adult refuses treatment. New concerning behaviors emerge,

and aspects of their loved one's personality may seem lost.

Families often feel anxious and bear feelings of guilt that they are the cause of the problem. Denial of the illness is a natural response at first. Grief and recognition follow with the reality that this is an illness that is here to stay. Families are an extremely important component of the recovery process, and their roles are complex. Families need to learn how to meaningfully participate in recovery and realize that their acceptance will positively impact how a loved one responds.

## UNDERSTANDING INDIVIDUALLY-DEFINED RECOVERY

"The common clinical definition of recovery often implies something akin to a cure," states Lisa Dixon, Director of the Center for Practice Innovations at the New York State Psychiatric Institute. The prevailing, if unspoken, view is that this type of recovery is rarely possible for people with serious mental illness. The individual-focused recovery involves a state of hope, empowerment, and personhood, resembling more of a process than an end-state or an outcome. Dixon explains that "the research world has just started to connect with the challenges posed by the consumer perspective on recovery." According to Dixon, shared decision-making models, clinical partnerships, and peer-based programs may provide a solid framework to promote recovery in clinical care.

## MANAGING EXPECTATIONS AND STRESS

Eric Leventhal, a senior social worker at the outpatient clinic at Bellevue Hospital, a private practice psychotherapist, and board member of the National Alliance on Mental Illness of New York City (NAMI NYC Metro), explains that "families need to be educated about the illness and learn how to communicate effectively with their loved one in order to foster better results." According to Leventhal, just being involved is not enough, unless it's the right kind of involvement. Effective involvement is not always easy to achieve, especially when families place high expectations on their loved ones.

"There needs to be an understanding among families that individuals who are mentally ill may not want the same things that healthier people want and may be happy living a simple life," he states. Certain behaviors are often difficult for families to understand, however, families must try to accept that individuals struggling with mental illness may not be connected to their environment the way healthier people are and may live life differently. It also does not mean that the family or the family member with mental illness is a failure," explains Leventhal.

Besides managing expectations, families must learn how to minimize stress. "It can often be stressful for a family living with an individual who is mentally ill, which brings a lot of emotions to play in the household. If you keep the emotional temperature in the house low and remain calm, the individual who is ill will usually respond much better," says Leventhal.

Michael Andersson, a NAMI NYC Metro Peer-to-Peer course facilitator and an adult with a dual diagnosis of bipolar disorder and PTSD, recalls his days of living with his family: "It just brings out all the bad habits and with the illness on top of that, it is just a nightmare." Fortunately for Andersson, his family eventually enrolled in NAMI's Family-to-Family course. "It was a

huge transition for them once they completed the course. They finally had an understanding of my illness and stopped blaming me. It was a huge relief," Andersson explains.

## ACCEPTANCE THROUGH EDUCATION AND SUPPORT

It's true that those families who recognize the importance of educating themselves will eventually learn that mental illnesses are biologically-based brain disorders, and just like any physical illness, there are signs to look for. Until the biological basis is understood, however, feelings of anger, guilt, and denial will prevail and acceptance of the illness will remain difficult.

Acceptance certainly took some time for Deniece Chi-David, NAMI Basics coordinator, whose daughter was diagnosed with bipolar disorder as a child. "Within the Latina culture, the stigma within my family was so strong. It took me a long time before getting my daughter proper services and treatment because my family didn't believe in it and blamed my daughter's condition on me not disciplining her enough," she recalls.

According to Chi-David, families need to understand that support systems are important, but it doesn't mean that they have to be limited to immediate families. "There's this mentality that families need to rally around each other when a loved one is physically ill. But, if the stigma surrounding mental illness exists within families, it is OK to reach out to friends, church groups, even total strangers as support systems," says Chi-David.

"I don't know how families get through without the support and the knowledge base," states Jennie Megibow, a social worker and NAMI Family-to-Family graduate whose adult son has schizophrenia. For Megibow, the most valuable information she gained was learning to communicate in a way that her son understood her. "You have to be non-threatening, encouraging, and have a sense of humor. If I didn't have a good sense of humor, I would be lost," she states.

## THE CRUCIAL ROLE OF THE FAMILY IN THE HOSPITAL SETTING

Support systems can be particularly helpful when families experience the hospitalization of a loved one. During this time, families need to recognize that they contain valuable information about their loved ones and are able to separate them from their illness. "The hospital stay is a critical time for families to get involved and to provide information to the treatment teams, such as history of behaviors or what types of responses they may have to certain medications," explains Leventhal. Hospitals are busy, high-stress places, and families need to remain assertive. It's difficult to continually follow-up and ask questions or take the time out of a workday to come and meet with treatment teams, but it's a vital part of the recovery process and learning how to effectively advocate for a loved one will go a long way.

"Families can serve as valuable contributors after an initial history is taken," states Patti Sacher, a NAMI Family-to-Family course facilitator and the mother of an adult consumer who has been hospitalized eight times since 1989. "Families must be attentive and aware of the fact that during the hospitalization of a loved one, an exact diagnosis is often difficult, and effective medications can take time to find, often change, and can have strong side effects," she explains. Families need to know that some people with serious mental illness are unable to accept their illness, which is actually a symptom of the illness itself. "No one with lack of insight suddenly gains insight during a three, six or even eight week hospitalization," explains Sacher. Many times, this 'lack of insight' will lead to non-adherence to treatment, which many families find extremely challenging. "Once families do gain better understanding, hospitalizations can provide vital stabilization and an opportunity to begin the process of recovery, but it takes time," she says.

CONTINUED ON PAGE 6

## FAMILY (CONTINUED)

### TIME MATTERS

The element of time plays an important role during the recovery process for families. It is not uncommon when loved ones are first diagnosed that family members believe that once they are given the medication they will be OK and be able to continue on with their daily lives. Often families need to rethink expectations of a quick recovery and understand that there may be permanent changes in some treasured aspects of personality and motivation, but that does not mean that recovery is not possible. Families need to be patient. With effective outpatient treatment, therapy, time, and, of course, knowledge, families will see their loved ones begin to heal.

### SIBLING INVOLVEMENT

Families can learn to integrate their loved ones' mental illness into their lives without having it take over, and siblings can play an important role. "The sibling relationship is unique because it's the longest relationship a patient will have. It's comforting for people with mental illness to know that someone else is going to be involved in their care when their parents are no longer around," states Leventhal. While some siblings choose not to be involved at all, many families have found ways to assign roles to each member of the family so that one person does not take the entire burden.

While siblings play an important role, the parents of multiple children must recognize that different treatment is needed for those with mental illness and those without.

"As a parent, you work within your family to accommodate the needs of your child, which is very difficult if you have other children. It took me five years of living with my daughter to realize that I couldn't parent her the same way that I did with my older daughter," explains Karen Jacoby, NAMI Basics facilitator and mother of a child with bipolar I.

### THE BOTTOM LINE

There is strong evidence that shows family participation in the care of individuals with mental illness contributes to improved outcomes for both the individual and their family. Unfortunately, family participation does not occur in the majority of cases of adults with mental illness. When mental illness strikes a family, the absence of knowledge drives unreasonable expectations regarding recovery and acclimation. This undermines the sufferers' very fragile sense of self and hinders the treatment process. Effective engagement will only come once families educate themselves and learn ways to meaningfully integrate the illness into their everyday lives. ■

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## Bradley Cooper Speaks Out in National Dialogue on Mental Illness

BY BOB CAROLLA, NAMI DIRECTOR OF MEDIA RELATIONS



Academy Award nominee Bradley Cooper, star of **Silver Linings Playbook**, didn't know much about mental illness before he made the film.

Since then, the **movie** has been nominated for five Academy Awards, including every acting category, the first motion picture in over 30 years to earn that distinction. In the process, the movie

has become a powerful vehicle for advancing a national dialogue on mental illness (Award winners will be revealed announced on Feb.24).

"I was ignorant," Cooper said at a **press conference** on Feb.1, sponsored by the Center for American Progress in Washington, D.C., in which Andrew Sperling, NAMI's director of federal advocacy participated.

In the movie, Cooper plays a young man living with **bipolar disorder**, who has lost his job, his house and his marriage. He is released from a state psychiatric hospital and returns home to live with his parents and **begin to rebuild his life. His father, played by Robert DeNiro, lives with obsessive-compulsive disorder.**

The film reflects family dynamics to which many people can easily relate. Mental disorders seem secondary and gradually fade into the background. Just as one out of every four American adults lives with mental illness in real life, the movie presents symptoms as just one more part of a family's experience. It does not trivialize them nor make them the butt of jokes in what is nonetheless an often hilarious comedy.

At the press conference, Cooper described the process through which he learned that mental illness is a common thread in many people's lives.

Discussions about the movie's plot and characters set the stage. Revelations of personal connections followed. Matthew Quick, the author of the **novel** on which the film is based, struggles with depression. The movie's director, David O. Russell, has a son who lives with mental illness.

Cooper learned for the first time that one of his friends lives with bipolar disorder, a fact he had never known before. After ignorance came empathy, he said. The challenge then was to take action.

"The one thing I can do is raise awareness."

"Don't walk away from people with mental illness. Don't be scared."

U.S. Senator Debbie Stebenow (D-Mich.) who participated in the press conference told of her father's struggle with bipolar disorder in the 1960s, before lithium was found to be a mood stabilizer. "We didn't know," she said. "We didn't understand."

"But today we're at a moment of change."

"Changing attitudes leads to social change," said former U.S. Rep Patrick Kennedy (D-Rhode Island), who lives with bipolar disorder. "It doesn't have to come from government."

One of the lessons of Silver Lining Playbook is that "the power of family" is a vital force for transformation—a fact that Sperling noted is reflected in NAMI's Family-to-Family Education program.

Love, acceptance and being embraced by a community are key both to recovery and breaking down barriers of stigma. Looking ahead to the Academy Awards and beyond, let the national dialogue continue. ■

# A Lesson From the Geese

As each bird flaps its wings, it creates an “uplift” for the bird following. By flying in a V formation, the whole flock adds 71% more flying range than if each bird flew alone.

**Lesson:** *People who share a common direction and sense of community can get where they are going quicker and easier because they are traveling on the thrust of one another.*

Whenever a goose falls out of formation, it suddenly feels the drag and resistance of trying to fly alone and quickly gets back in formation to take advantage of the “lifting power” of the bird immediately in front.

**Lesson:** *If we have as much sense as a goose, we will stay in formation with those who are headed where we want to go.*

When the lead goose gets tired, it rotates back into the formation and another goose flies at the point position.

**Lesson:** *It pays to take turns doing the hard tasks, and sharing leadership – with people, as with geese, interdependent with each other.*

The geese in formation honk from behind to encourage those up front to keep up their speed.

**Lesson:** *We need to be sure our honking from behind is encouraging-not something less helpful.*

When a goose gets sick or wounded or shot down, two geese drop out of formation and follow him down to help and protect him. They stay with him until he is either able to fly again or dies. They launch out on their own, with another formation or to catch up with their flock.

**Lesson:** *If we have as much sense as the geese, we'll stand by each other like that.*

*A Lesson From the Geese appeared in the November, 1988 edition of Nebraska Synod (ELCCA) update, where it was credited to Milton Olson, one of Region IV's director for Outreach.*

## NAMI GREATER CLEVELAND SUPPORT GROUPS *FOR WELLNESS*

<b>GROUP NAME</b>	<b>DESCRIPTION</b>	<b>LOCATION</b>	<b>DAY</b>	<b>TIME</b>	<b>ADDRESS</b>
Christian Support Group	For persons with mental illness, family members and caregivers.	Middleburg Heights 44130	3 <sup>rd</sup> Saturday	10:00 a.m.-12:00 p.m.	Grace Christian & Missionary Alliance Church 7393 Pearl Road
Southwest Mood Disorder Support and Social Group	For persons with a mood disorder.	Middleburg Heights 44130	Every Tuesday	6:30 – 8:00 p.m.	Southwest General Hospital 18697 Bagley Road Bldg. C Basement level Williams A Rm.
NAMI Connections Ohio City Support Group	For persons with mental illness.	Cleveland 44113	Every Thursday	3:00 – 5:00 p.m.	Cuyahoga County ADAMHS 2012 West 25 <sup>th</sup> Street, 6 <sup>th</sup> Floor
Women's Empowerment Support Group	For women seeking living skills for balance in their life.	Cleveland 44113	Contact Becky Fela for information 216-875-7776		NAMI Greater Cleveland Office 2012 West 25 <sup>th</sup> Street, 6 <sup>th</sup> Floor.
Art Journaling Support Group	For persons with mental illness	Shaker Heights 44122	1st and 3rd Wednesday	6:30-8:00 p.m.	Christ Episcopal Church 3445 Warrensville Center Rd. Free parking south side of building, same door to enter.
<b>NEW! NAMI Connection Peer Support Group</b>	For persons with mental illness.	Chagrin Falls 44022	Every Wednesday	7:00 – 8:30 p.m.	St. Martin's Episcopal Church 6295 Chagrin River Road Enter side door, Meeting takes place in the library
Rocky River Peer Support Group	For persons with mental illness.	Rocky River 44116	Every Friday	7:00-8:30 p.m.	West Shore Unitarian Universalist Church 20401 Hilliard Blvd. Look for room location posted on the wall when you walk in.
ADHD Support Group for <b>Adults</b>	For <b>Adults</b> with ADHD	Parma 44129	<b>2013 Schedule TBA</b>	6:00 - 7:00 p.m.	Calvary Lutheran Church, 6906 West Pleasant Valley Road

**Support Groups are subject to change. Please call 216-875-7776 to verify time and locations.**

<b>FOR WELLNESS</b>					
<b>GROUP NAME</b>	<b>DESCRIPTION</b>	<b>LOCATION</b>	<b>DAY</b>	<b>TIME</b>	<b>ADDRESS</b>
ADHD Support Group for <b>Teens</b>	For <b>Teens</b> with ADHD	Parma 44129	<b>2013 Schedule TBA</b>	7:00 – 8:30 p.m.	Calvary Lutheran Church, 6906 West Pleasant Valley Road
Strongsville Peer NAMI Connection Support Group	For persons with mental illness.	Strongsville 44136	Every Wednesday	6:30 – 8:00 p.m.	Strongsville Family Health Center 16761 South Park Center; 2 <sup>nd</sup> Floor Community Room
North Olmsted Mood Disorder Support Group	For persons diagnosed with Mood Disorders: Depression, Bipolar and Schizoaffective Disorder	North Olmsted 44070	Every Thursday	7:00 – 8:30 p.m.	Clague Road United Church of Christ 3650 Clague Road Just one mile north of 480 and 3 miles south of 90
Support and Social Group	For persons with mental illness, family members and caregivers.	Beachwood 44122	Every Thursday	6:00 – 8:00 p.m.	Connections 24200 Chagrin Blvd. (Across from Ruby Tuesday's)
Kamms Corners Mood Disorder Support Group	For persons diagnosed with Mood Disorders: Depression, Bipolar and Schizoaffective Disorder	Cleveland 44135	Every Monday	7-8:30 p.m.	West Park United Church of Christ 3909 Rocky River Dr. Meets in the Secondary bldg.
Hearts and Minds Support Group	For persons with mental illness. Hearts and Minds is a new education program to promote sound "mind and body" health practices.	Lakewood 44107	1 <sup>st</sup> And 3 <sup>rd</sup> Tuesday	3:00-5:00 p.m. <b>Note: new time and location for 2013</b>	Living Miracles Peer Empowerment Center 11801 Clifton Blvd. 2 <sup>nd</sup> floor On the corner of Hird and Clifton in the bank bldg.

**Support Groups are subject to change. Please call 216-875-7776 to verify time and locations.**

NAMI Greater Cleveland, 2012 West 25<sup>th</sup> Street, # 600, Cleveland, OH 44113, 216-875-7776. [www.namigreatercleveland.org](http://www.namigreatercleveland.org)

Major support for NAMI Greater Cleveland comes from the following organizations: The Cleveland Foundation, Cleveland Clinic Foundation, Community West Foundation, Elizabeth Ring Mather and William Gwinn Mather Fund, The Ginn Foundation, Janssen, Macy's, NEOMED, Pfizer Healthcare Charitables, Ridgecliff Foundation, Shire, Stolier Family Foundation, William M. Weiss Foundation, Woodruff Foundation. 4/1/13



CLEVELAND INTERNATIONAL FILM FESTIVAL

## Cleveland International Film Festival

NAMI Greater Cleveland will once again team up with the **Cleveland International Film Festival (CIFF)** as a Community Partner for the film **Here One Day**. Director **Kathy Leichter** brings us a bracing, visually arresting, emotionally candid film about a woman coping with bipolar disorder, her relationships with her family, and the ripple effects of her suicide on those she loved. The Film airs on **Wednesday, April 10, 2013 at 12:05 p.m. and Thursday, April 11, 2013 at 8:45 p.m.**

As a CIFF Community Partner we can offer a discount for all movies offered during the Film Festival. **Use the code NAMI to receive \$2 off the ticket price.** Some restrictions apply. Tickets will be available online at [www.clevelandfilm.org](http://www.clevelandfilm.org), by telephone (1.877.304.FILM), at the Ulmer & Berne Film Festival Box Office in the lobby of Tower City Cinemas, or by mail using the Program Guide order form. Program Guides will be available throughout the region the week of March 11th. The CIFF runs from April 3 – April 14, 2013.

The 37th CIFF will screen 178 feature films and 164 short subject films, from 65 countries. **Tickets go on sale to members only on Friday, March 15th and to the general public on Friday, March 22nd.** Ticket prices for films are \$12 per film for CIFF members and \$14 for non-members. Visit [www.clevelandfilm.org](http://www.clevelandfilm.org) ■

## FREE MEET & CHAT RECEPTION with Here One Day Filmmaker Kathy Leichter

The ADAMHS Board of Cuyahoga County, NAMI Greater Cleveland and the Cuyahoga County Suicide Prevention Task Force invite you to a FREE Meet & Chat Reception with Here One Day Filmmaker Kathy Leichter on **Wednesday, April 10, 2013, from 9:30 a.m.-11:00 a.m.**, in the Ohio Room at the ADAMHS Board offices.

The ADAMHS Board of Cuyahoga County is sponsoring the film during the Cleveland International Film Festival. The film screens at Tower City Cinemas: 12:05 p.m., Wednesday, April 10, 2013 and 8:45 p.m., Thursday, April 11, 2013

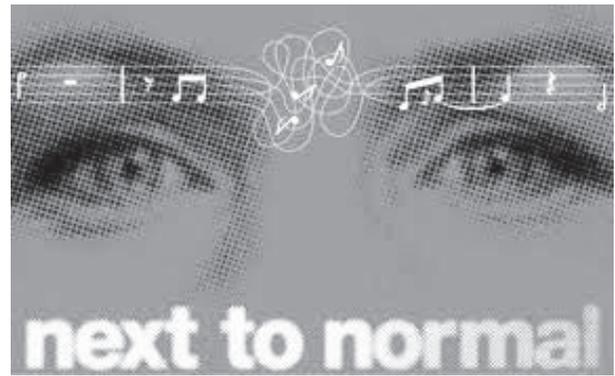
This is your chance to meet the filmmaker Kathy Leichter, who moved back into the apartment where she grew up after her mother died by suicide and discovered a hidden box of audiotapes -- the basis for her film.

After the reception, we hope you will join us for the 12:05 p.m. screening at Tower City Cinemas that includes a Q&A session.

Be sure to purchase your movie tickets in advance and use the \$2.00 discount code (NAMI) when purchasing tickets at [www.clevelandfilm.org](http://www.clevelandfilm.org), or at the box office.

**Click here to view your invitation and more details:** [http://www.adamhsc.org/pdf\\_adamhsc/en-US/HereoneDayInvite.pdf](http://www.adamhsc.org/pdf_adamhsc/en-US/HereoneDayInvite.pdf)

**R.S.V.P. to the reception by April 5** by visiting <http://adamhscmeetandchatreception.eventbrite.com> or to Vicki at 216-241-3400, ext. 809, or via e-mail: [roemer@adamhsc.org](mailto:roemer@adamhsc.org).



## BECK CENTER – Next to Normal



The **Beck Center for the Arts** in Lakewood, in collaboration with **Baldwin-Wallace University Music Theatre Program** presents

Next to Normal an “emotional powerhouse of a musical. Next to Normal features a compelling Tony Award-winning pop rock score that shatters through the façade of a suburban family dealing with the traumatic effects of mental illness. Winner of three Tony Awards and the 2010 Pulitzer Prize for Drama, this intense, emotional, yet ultimately hopeful musical makes a direct grab for the heart with a story that takes us inside the lives of a typical American family that’s anything but typical.”

*A \$2 discount is available, use code BCD0313 for adult/ senior tickets, not valid with other offers or discounts.*

**Next to Normal runs from  
March 1, 2013 to April 21, 2013**

Get all the information at [www.beckcenter.com](http://www.beckcenter.com)

# Community Ed/Events

## Mujer Latina:

Do you suffer from Depression or Anxiety? Are you a victim of abuse or trauma? We invite you to participate in a confidential Spanish speaking support group for Latina women.

**Saturday's in April, May and June 2013**

**9:30 – 11:00 a.m.**

Light refreshments and child care (if needed) provided

### REGISTRATION IS NECESSARY

Call NAMI Greater Cleveland at 216-875-7776 x 106

Group Facilitators: Edna Fuentes-Casiano, LSW, MSW and Gabriela Sehinkman, LISW-S

## Mind Body Spirit Program

### CARING FOR YOUR WHOLE SELF

### TOXIC VERSUS HEALTHY RELATIONSHIPS

Presented by: NAMI Greater Cleveland & Yes! I Can Karate Teens (ages 11-14) and their parents are invited to this fun and innovative program to learn about identifying types of relationships as well as ways to create and maintain healthy relationships.

**April 18, 2013**

Calvary Reformed Church · 1918 W. 65th St, Cleveland

### REGISTRATION: FREE BUT PRE-REGISTRATION REQUIRED

Deadline: April 11th. Contact Jasmin Santana via phone

(216) 624-9945 or e-mail [jazzysantana@yahoo.com](mailto:jazzysantana@yahoo.com)

Space is limited, pre-register today!

This program is a collaboration between NAMI Greater Cleveland, Yes I Can Karate, the Beck Center for the Arts and the Cleveland Hispanic Health Committee

NAMI and John Carroll University present

## DBT, CBT, ACT...it's not just alphabet soup.

**Wednesday, April 24, 2013**

**6:30 - 8:00 p.m.**

Come learn about these 3 types of Psychosocial Treatments used to provide support, education and guidance for people living with mental illness and thier families.

### Presenters and their Topics are:

**Denise D. Ben-Porath, Ph.D.** - Dialectal Behavioral Therapy (DBT) Associate Professor of Psychology, John Carroll University

**Bob Schuppel, LPCC**, - Cognitive Behavioral Therapy (CBT) Family Center by the Falls

**Samantha Mishne, LISW-S, LICDC** - Acceptance and Commitment Therapy (ACT) , Cleveland Center for Eating Disorders

John Carroll University

Dolan Science Center, A202-203

1 John Carroll Blvd · University Hts., Oh 44118

Refreshments will be served.

**PROGRAM IS FREE BUT REGISTRATION IS REQUESTED.**

216-875-7776 or [eriehm@namicleveland.org](mailto:eriehm@namicleveland.org)

**In recognition of Mental Health Month - May 2013, St. Vincent's Charity Hospital** and NAMI Greater Cleveland

Present:

## In Our Own Voice

**May 20, 2013**

**2:00 - 4 p.m.**

Join us to hear compelling and personal testimonies of living with and overcoming challenges of mental illness. Presented by the National Alliance on Mental Health (NAMI) Greater Cleveland.

**PROGRAM IS FREE BUT RESERVATIONS ARE REQUESTED,**

please call 216-875-0266

St. Vincent's Charity Hospital

St. Vincent de Paul Room · 2351 E. 22nd Street

Cleveland, Ohio 44115

Parking is available in the lot across the street from the hospital on East 22nd Street.

# Giant Eagle Gift Cards

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



## NAMI/Giant Eagle Gift Card Order Form

_____ \$10 Cards	■ Amount due	\$ _____
_____ \$25 Cards	■ Amount due	\$ _____
_____ \$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 _____

### FOR SALE

Black Tri-fold Presentation Board (40x28x28x28). Mint condition. (Purchased from Mort Tucker Photography for \$500) Asking \$100 Please call Liz at the NAMI office if you are interested. 216-875-0266

## 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



18697 Bagley Road | Middleburg Heights, Ohio 44130 | 440-816-8200 | www.swgeneral.com

### Do you have EPILEPSY and a MENTAL ILLNESS?

Researchers at Case Western Reserve University and University Hospitals Case Medical Center are seeking participants for a research study designed to help individuals with epilepsy and mental illness learn about how to best take care of their physical and emotional health.

**What's involved:** participants will be selected randomly to either be part of an educational program (which includes 12 group sessions) or to continue with regular care. Both groups are asked to participate in 3-4 study visits over a period of 4 months. All participants will receive compensation for time spent in the study.

**Who can participate:** you may be able to join the project if you are

- Age 18 and older,
- Diagnosed with Epilepsy
- Diagnosed with a mental illness (such as depression, schizophrenia, bipolar disorder)
- Receive care at a Community Mental Health Center or other community healthcare center.

If you are interested in finding out more about the study, please call the study coordinator at (216) 368-5723.



## Announcing The Building on Family Strengths: Support, Education and Advocacy Program



The Best Practices in Schizophrenia Treatment (BeST) Center at Northeast Ohio Medical University, Murtis Taylor Human Services System and NAMI Greater Cleveland are pleased to announce a partnership to provide services based on a model program developed by the BeST Center for consumers with schizophrenia spectrum disorders and their families.

The *Building on Family Strengths: Support, Education and Advocacy* (BOFS:SEA) program will provide:

- Family education and support.
- Services and supports that meet family needs.
- Improved relationships and well-being for individuals and family members and/or significant others.

A community meeting to preview the BOFS:SEA program will be held at Murtis Taylor Human Services System, 13422 Kinsman Road, Cleveland, in December 2012.

Call Michael Rhoades at Murtis Taylor, (216) 283-4400, x2291 for information and to participate.



# Donations

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- o ADAMHS Board of Cuyahoga County
- o Cleveland Clinic Foundation
- o Cleveland Foundation
- o Community Shares of Greater Cleveland
- o Community West Foundation
- o Ginn Foundation
- o Janssen
- o Macy's
- o Elizabeth Ring Mather and William Gwinn Mather Fund
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- o Pfizer Healthcare Charitables
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Thank you to all of our partner organizations for their generous contributions!



# Memorial & Tribute Gifts

## REASONS FOR GIVING:

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

Other \_\_\_\_\_

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

Commemorating (Person/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., #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:

Master Card  Visa  Discover  American Express

Credit Card # \_\_\_\_\_

Expiration Date \_\_\_\_\_



# OUR ORGANIZATION

## NAMI GC

2012 West 25th Street, #600 Cleveland, Ohio 44113  
Phone: 216-875-7776 FAX: 216-861-2574  
[www.namigreatercleveland.org](http://www.namigreatercleveland.org)

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