

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.

Healing the Trauma: A Community Response Annual Meeting & Awards Ceremony

FRIDAY, MAY 20, 2016, Holiday Inn - Independence

CONFERENCE 8:00 a.m. – 5 p.m.

CEs available for social workers.

ANNUAL MEETING & AWARDS CEREMONY 12 Noon – 1:30 p.m.



NAMI GC Hosts Conference: Healing the Trauma

On Friday, May 20, we will host our inaugural conference: *Healing the Trauma: A Community Response*. Designed to address the relationship between **trauma and mental illness**, the conference will be held at the Holiday Inn in Independence, OH. The conference will also address the impact of trauma at the individual, family and community level. Our Annual Meeting of the membership will be folded into the conference that day. The Keynote Speaker for the conference will be **Jackie Lowe Stevenson, MSSA, LISW**. Jackie is founder of Spirit of Leadership in Novelty, OH which provides coaching, training, seminars and retreat opportunities for corporations and not-for-profit organizations. CEUs will be available for social workers. For more information about the conference or annual meeting, call 216-875-0266 or go to www.namigreatercleveland.org.

What led you to incorporate nature and animals in your work?

Nature is a place of healing and well-being. With nature as our partner we can resolve trauma and grow stronger. In relationship with Nature, we can have a positive change in the inevitable struggle with a major life crisis. About 30 years ago I chose to bring my therapeutic work and coaching work with people into the natural world. My office was the forest, meadow and horse pasture. I knew, that when I faced a life challenge, the expansive beauty of the forest and stream, the quiet calm and song of wind, and the grounded, solid presence of the earth provided amazing support and a sense of hope that things would be better. I discovered that by partnering with nature and horses, the people I guided in their healing journey found inner strength and courage of heart to face, overcome, learn and grow from their traumatic life events. Sitting on the earth they felt a place of rest and belonging, leaning against a tree they experience their core strength.

Over the past few years, the Greater Cleveland Community has experienced a fair amount of trauma (the deaths of Tamir Rice, Tanisha Anderson, Timothy Russell and Malissa Williams): how may individual citizens contribute to the healing process?

We are living in a world of rapid change and unprecedented unpredictability. As individual citizens, the more aware we are of our strengths, the more empathetic we are, the more we become a healing presence. A horse herd is unconditionally inclusive: everyone belongs, everyone is essential, and everyone matters. Leadership belongs to everyone, is shared and expected of all. In an Elton John and Luciano Pavarotti song, "Someday We'll Live Like Horses," they say that someday maybe we -like horses- will break free from what holds us captive and remove the fences that keep us apart. Maybe someday we will live like horses and contribute to a world that operates for the benefit and well-being of all life for all time.

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NEWS & NOTES FROM EXECUTIVE DIRECTOR – WINTER TO SPRING

ANNUAL MEETING & CONFERENCE ON TRAUMA & HEALING

Our first ever combined Annual Meeting/Awards Celebration and Conference will focus on **healing and trauma**, often a critical determinant in mental illness. The morning keynote will feature Jackie Lowe Stevenson, LISW, and MSSA, who will speak on “The Courageous Journey of Healing and Post Traumatic Growth: May Nature and the Horse Be with You.” In her talk, Ms. Stevenson will discuss the opportunity of healing and wellbeing through post traumatic growth inspired by nature’s process of growth and renewal, and the horse’s energy of strength and freedom. The full-day conference will include continuing education credits for social workers. On the same day, incorporated within the conference, we will be holding the NAMI GC Annual Meeting & Awards Ceremony. We hope you’ll be able to join us for the full day of learning and to honor our advocates and awardees. Please see the interview with Ms. Stevenson on the front page of this newsletter.

PROGRAM HIGHLIGHTS – WHAT’S NEW AT NAMI GC IN ‘16 *Say It Out Loud & End The Silence*

Did you know that less than half of children and adolescents with mental/emotional health diagnosis receive help? In February, NAMI GC began a series of Community Education programs focused on reaching out to teens and their parents. In “Say It Out Loud,” we present a short video in which three teens tell their story about NOT being defined by an illness to inspire other teens (and parents of teens) to end the silence, and to have the courage to ask for help. The video presentation is followed by discussion with trained facilitators to get teens and parents talking about mental health and how to access resources.

NEW PARENT SUPPORT GROUP AT RAINBOW

In February, NAMI GC began a new support group for parents whose children

are hospitalized at Rainbow Babies and Children’s Hospital psychiatric unit. Located in community room 1208 at the hospital, the group is also open to the public. The group provides parents support during a critical time for their children and prepares them for what to expect when going home. Terri Miller and Barb Heltzel facilitate the group which meets at Rainbow on the second Tuesday each month, from 7:30-9:00 p.m. Please call the office (216-875-7776) for more details.

NEW GROUP FOR PEERS WHO ARE ALSO MENTAL HEALTH PROS-“PEERFESSIONALS”

Advocate and Support Group leader Jody Bell has begun a new Support Group for those with a mental health diagnosis who work in the mental health field. The group is called “PeerFessionals” and meets the 2nd Saturday of the month from 2-4 p.m. at The Center for Integrated Therapies. The group incorporates the understanding of the body/mind/spirit connection in recovery, as well as traditional support group methods. Please contact the office for more information.

EXPANDING SERVICES TO FAITH-BASED ORGANIZATIONS

Due to the generous support of the ADAMHS Board of Cuyahoga County, NAMI GC has been able to expand our work with church leaders and congregants. Because of the stigma that surrounds mental illness and substance abuse in general, and the additional stigma that can exist in faith-based organizations, NAMI GC will provide all services in collaboration with faith leaders, and all services will take place within community churches. Several types of activities are planned including trainings at congregations, community education programs, offering support groups, leadership training, and establishing signature NAMI courses like Family-to-Family and Peer-to-Peer. In January 2016, a support group was started at Affinity Baptist Church in Cleveland, Ohio.

MAJOR SUPPORT FOR NAMI GC COMES FROM THE FOLLOWING

- o ADAMHS Board of Cuyahoga County
- o CareSource Foundation
- o George W. Codrington Charitable Foundation
- o Community Shares of Greater Cleveland
- o Community West Foundation
- o Connect 4 Mental Health
- o Genentech
- o Ingalls Foundation
- o Janssen
- o Jewish Federation of Cleveland (Selected Donors)
- o Lilly
- o Margaret Clark Morgan Foundation
- o Mt. Sinai Healthcare Foundation
- o Elizabeth Ring Mather & William Gwinn Mather Fund
- o Northrup Fund (PNC)
- o Pfizer
- o Reuter Foundation
- o Stolier Family Foundation
- o Talty Charitable Trust
- o Ridgecliff Foundation
- o William Weiss Foundation
- o Woodruff Foundation

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

Looking forward to seeing you at the Trauma and Healing conference in May! Until then, Happy Spring!



Michael, March 2016
mbaskin@namicleveland.org

Continued from page 1

What obstacles stand in the way of someone healing from a traumatic event or experience?

The major thing that keeps us from healing and well-being is a sense that we have to do it alone or don't deserve to belong. Each of us has experienced trauma and felt frightened and alone. The reality is that trauma happens to all of us and we are not alone. The lack of relationships and of good contact with ourselves, other people and the natural world is the biggest obstacle to healing from traumatic events.

What do you hope attendees will take away from the conference?

We hope that they will:

- Understand trauma as a normal reaction to abnormal stress and dangerous situations
- Learn about trauma growth as a path to healing and well-being
- Remember that we are beyond and bigger than the trauma
- Discover the importance of support and how to get support
- Know that resolved trauma is a great life gift to ourselves and others, returning us and our family and community systems to a "natural world of harmony, compassion and loving kindness"

For more information about Jackie Stevenson go to <http://www.spirit-of-leadership.com>.

Mental Health Reform

Mental Health Crisis Act Helping Families in 2015

Passing comprehensive mental health reform is a high priority for NAMI Greater Cleveland. NAMI is working with partner organizations and with our friends and members across the county and state to urge members of Congress to pass the Mental Health Crisis Act Helping Families in 2015 - H.R. 2646. Below are some of the key features of the bill

- Improve integration and program coordination across federal agencies that serve people living with mental illness
- Improve integration of mental healthcare and physical health care in Medicaid
- Promote early intervention in the treatment of psychosis and use of evidence-based interventions
- Emphasize outcome measures and data collection
- Remove discriminatory barriers to acute inpatient treatment in Medicaid
- Provide resources for suicide prevention
- Improve the use of health information technology in mental health care
- Remove the 190-day lifetime limit on inpatient psychiatric treatment in Medicare.

NAMI Ohio is taking the lead on this bill from NAMI (national). We hope that each of you will contact your United States House and Senate representatives to encourage them to support H.R. 2646.

Excluding Individuals with Serious Mental Illness from the Death Penalty

On February 10th, former Senator and NAMI Ohio President and current NAMI National Board Member Bob Spada testified in support of S.B. 162 which prohibits the execution of individuals with serious mental illness. Here's a part of Senator Spada's testimony:

"A special report jointly published in 2009 by Murder Victims' Families for Human Rights and the National Alliance on Mental Illness titled Double Tragedies stated that the death penalty is "inappropriate and unwarranted" for people with serious mental illness and "a distraction from problems within the mental health system that contribute or directly lead to tragic violence."

The death penalty is not the answer to the problem of violence committed by persons with serious mental illness. The better policy is access to appropriate mental health care. One day, we will look back and be ashamed that we let individuals with serious mental illness be executed.

NAMI Greater Cleveland joins with Senator Spada, NAMI Ohio and the Mental Health and Addictions Advocacy Coalition in support of excluding those with serious mental illness from being executed.

WHAT YOU CAN DO FOR BOTH OF THE ABOVE – Please contact your local congressman/congresswoman to let them know you support this bill, and encourage them to act to support these critical pieces of mental health reform.



Save the Date

NAMI Walks 2016

Saturday, August 27

Edgewater Park

Goal \$150,000

Alkermes – National NAMI Walks

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Kick-Off Luncheon

Friday, June 17, 11:30 a.m. – 1 p.m.

Slovenian National Home

6409 St. Clair Ave. – Cleveland, OH

For more information, contact

Lisa Dellaflora at 216-875-0266

or ldellaflora@namicleveland.org.

The Margaret Clark Morgan Foundation Hosting Symposium Addressing Court Ordered Outpatient Treatment

In 2014, the Ohio General Assembly made changes to the state's court ordered outpatient treatment law. The new laws codifies court ordered outpatient treatments in Ohio, which has been shown to lead to specific reductions in hospitalizations, improve outcomes and reduce costs.

The Margaret Clark Morgan Foundation is hosting a free symposium for county representatives. Called *Developing an Effective Court Ordered Outpatient Treatment Program in Your County*, the symposium is scheduled from 10 a.m. to 4 p.m., on April 21, 2016 at the Crowne Plaza Hotel in downtown Columbus. Speakers include State Senator Dave Burke, Bexar County, Texas, Probate Court Judge Oscar Kazen and other national and statewide experts.

The purpose of the symposium is to examine components of highly successful court ordered outpatient treatment programs and give participants opportunities to discuss how a program may look in the community. CLEs, CMEs, and CEUs are being requested.

Rick Keller, President of The Margaret Clark Morgan Foundation, is asking every county to assemble a team consisting of following:

- Probate Court Judge or Magistrate
- ADAMHS Board Director or Clinical Director
- Hospital/Crisis Program CEO or Clinical Director
- Mental Health Provider Agency CEO or Clinical Director
- County Sheriff or Police Chief
- NAMI Affiliate Representative
- Person with Lived Experience.

In 2014, Congress enacted legislation authorizing the creation of a 4-year (2015 through 2018) federal pilot program to award up to 50 grants per year to local mental health systems wishing to establish new court ordered outpatient treatment programs. Last month, Congress appropriated \$15M for 2016. Individual grants are capped at \$1M. Details of the application process will be discussed.

NAMI Greater Cleveland is grateful to The Margaret Clark Morgan Foundation for taking this leadership role. We will keep posted as to the symposium's findings.

Gratitude Corner

As Volunteer Appreciation Week (April 10 – 17) approaches, the staff of NAMI Greater Cleveland would like to express our deep gratitude to the nearly 200 volunteers who give life to our mission. Volunteers answer our Helpline, lead support groups, teach classes, staff information tables at health fairs, speak at community education events, visit patients on the behavioral health floors at area hospitals, provide office support, and so much more. We couldn't do it without you!

Estate planning

Are you interested in furthering your interests and concern for people? A bequest provides you with this opportunity. Perhaps there is some service or program of NAMI Greater Cleveland of special interest to you. If so, you may consider extending your influence into the future to benefit many people. If you are in the midst of drafting your will or reviewing it with your legal advisor, consider including NAMI Greater Cleveland as a beneficiary. Contact Lisa Dellafiora at 216-875-0266 for more information.

Program Corner

Family and Peer Education Programs

Understanding Mental Illness

For families and friends of a loved one with mental illness.

4/14, 4/27, 5/22, 5/25, 6/8: 6 p.m. – 7:30 p.m.

Affinity Missionary Baptist Church

4411 E. 175 St. – Cleveland, OH 44128

Or 4/15, 4/29, 5/6, 5/13, 5/20: 6:30 p.m. – 8 p.m.

PLAN of Northeast Ohio

5010 Mayfield Rd. – Lyndhurst, OH 44124

Peer-to-Peer

Recovery program for persons with mental illness.

Begins Friday, April 1: 2 p.m. – 4 p.m.

Louis Stokes Veteran's PRRC

7000 Euclid Ave. – Cleveland, OH 44103

There is no cost to attend these programs, but registration is required. Call 216-875-7776 to register or for information.

NAMI Conferences

NAMI Ohio Affiliate Retreat 2016 April 29-30, 2016

Trailblazing Reform at Dear Creek

Deer Creek State Park Lodge, Mt. Sterling, OH

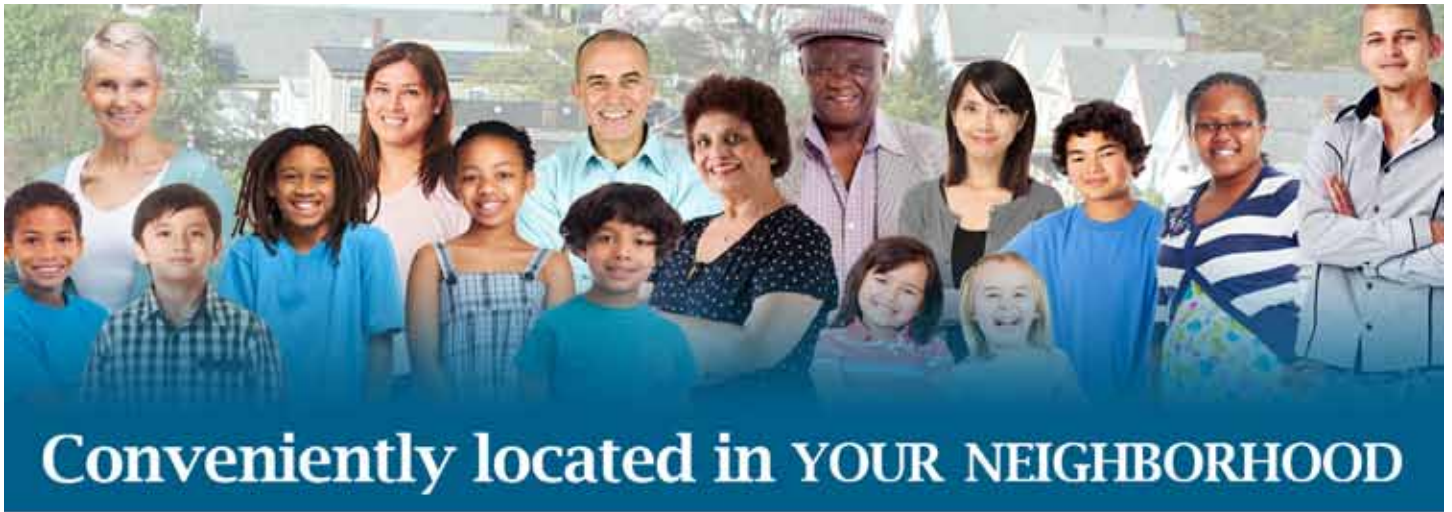
Direct your questions to Peg Morrison at peg@namiohio.org

NAMI National Convention

Act. Advocate. Achieve. July 6-9, 2016

Sheraton Denver Hotel, Denver, CO

For more information, go to www.nami.org/convention



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Cleveland, OH 44115

Northeast Suburban Office

16005 Terrace Road
East Cleveland, OH 44112

Kathryn R. Tyler Campus

900 East 105th Street
Cleveland, OH 44108

West Side Office

9500 Detroit Avenue
Cleveland, OH 44102

West Side Office

3167 Fulton Road
Cleveland, OH 44109

Lakewood Community Services Center

14230 Madison Avenue
Lakewood, Ohio 44107

**In addition to available translation service,
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a variety of languages.**

We Speak English
Мы говорим на русском
Hablamos Español
Chúng tôi nói tiếng Tây Ban Nha
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我們會講國語
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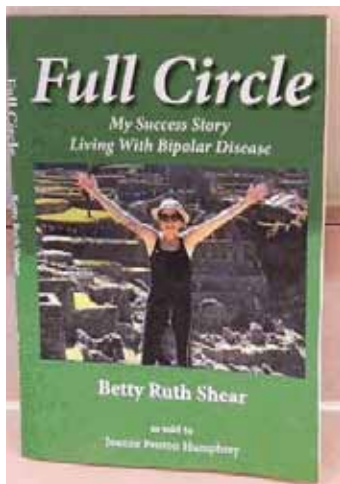
NAMI GC Members Discuss Struggles, Hopes in Published Tales of Recovery

Part 1 of 2

Local Members/Volunteers Pen Tales of Hopelessness then Healing, Offer Insights for Others

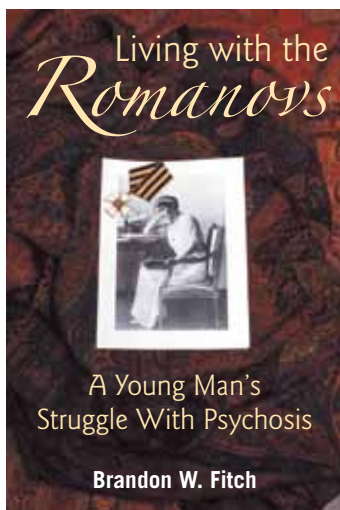
By Jaime Lynn Smith

All of us can understand struggling with a mental illness; after all, that's one of the reasons we're NAMI members. But a handful of Greater Cleveland chapter members have gone above and beyond the normal route of recovery; they've published books about their experiences. More specifically, they've published books about the details of their illnesses and their journeys in recovery. Take a look-see for a few good reads straight out of NAMI GC:



BETTY RUTH SHEAR

Ms. Betty Ruth Shear, a spunky 60-year-old east-sider, wrote “Full Circle, My Success Story Living with Bipolar Disease.” The main idea of her book is to express a message of hope to those suffering with mental illness and to give families with loved ones suffering with the illness the belief that there can be a rainbow at the end of a storm. “The second goal of my book is to help to break the stigma of mental illness,” Shear says. It took her nine years to complete it, not unusual in terms of memoir or personal story writing time. Shear says she would like to let the those who suffer know that there is hope – that a person with mental illness can/will live a full life. “Perhaps the telling of my story, this gonzo ride into madness and back, will encourage someone with mental illness to hold on and overcome the odds. And survive. And thrive,” Shear laughed. Shear spoke about her story on January 28 at NAMI Geauga County and continues to carry the tale of recovery where ever possible. You can purchase her story on Amazon.com, or obtain a signed copy by mailing Betty a check (\$22): 2112 Acacia Park Drive #103, Lyndhurst, OH 44124.



BRANDON FITCH

Fitch, a 43-year-old living with schizophrenia since childhood, spent about 8-10 years penning “Living with the Romanovs, A Young Man’s Struggle with Psychosis” to “take stock of my life” while simultaneously “offering hope and encouragement to fellow mental health consumers.” Fitch believes that there is always hope – and that there is a path back to health from mental illness, or, more so, a way of living with your illness that can be in your favor. Fitch, who has been heavily involved with NAMI in some way for over 20 years, offers this take on his penned experiences: “It’s a memoir of my struggle with childhood schizophrenia. Interspersed with chapters on (real) life are chapters on the fantasy life I had created where I interweave my paranoid symptoms with my intense daydreams.” Fitch’s disease took him not only to the far corners of his mind, but to the far corners of the world. “I also describe my special and troubling relationship with the family of the last Tsar, Nicholas II, and how that translated into a relationship with a Russian pen pal – eventually leading to a much-hoped-for journey to Moscow.” Fitch, who now leads support groups for peers and families with his mother and often does speaking gigs, recommends to those struggling right now that they must be strong and never give up. “I know it sometimes seems like a swath of despair, but it has been said, ‘this too shall pass.’ Work with your professional medical team and the medications and be prepared to sometimes regroup as you work toward wellness. Learn different ways of distracting yourself from the symptoms and of coping. Whatever you do, be patient (with yourself) and don’t give up.” We think that’s FANTASTIC advice! To purchase Brandon Fitch’s memoir, email bwf281272@yahoo.com and put book title and the word ‘purchase’ in the subject line. Brandon will get a copy to you for \$14.95 + a \$5 postage and handling fee.



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