

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.

NAMIWalks Reflections

On this special day in our year, we become the tagline we promote, "the community's voice on mental illness." The NAMI Greater Cleveland's walk draws attention to the critical issues we face and want the community to know about. As an awareness campaign lasting several months, the (day - of) event becomes the culmination of a celebration of our work. It becomes a place to highlight those we serve and our mission of "improving the lives of those with mental illness and their families through support, education and advocacy."

The walk is also marketing activity. It provides a forum for networking with our partners in the fields of psychiatry, psychology, and social work, and it brings in people who might not otherwise know of NAMI such as local businesses, community leaders and elected officials. Organizations, both old and new to NAMI, learn about what mental illness is, what mental health means and what we do to help others learn about and cope better with living with a mental illness. Aside from connecting our members, including consumers and family members who attend our support groups and classes, it brings together the staff, board and the volunteers within our organization. The walk also becomes a vehicle for recruiting new members, participants and volunteers for all of our programs. It becomes both a gateway to enter NAMI programs and a place to access other MH services.

Probably best known as a fundraising activity, and it is our largest of the year, the walk allows us to recognize our funders - corporate, government, foundations and individual donors who currently support us. By creating a ground for building relationships, our walk lays a foundation for developing future resources, both financial and human.

It is the most special of our special events and a fun day to enjoy any number of activities including music, food, prizes, educational displays, socializing, face painting, a kid's corner and the dawg pound-puppies of all kinds walk with us. And in its simplest form, it is a way for people to come together in a spirit of unity and enjoy the lakefront and the city we love, Cleveland Ohio.

Michael Baskin

Kickin It Off for NAMI WALKS 2010

On Wed., July 14th, we got off to a great start with our Kickoff Luncheon hosted by the Visiting Nurses Association and co-sponsored by The Women's Journal and Chick-fil-A Great Northern Blvd. Our Business Chair, Dr. Toni Johnson and our Honorary Walk Chair, Mr. Jack Marschall gave powerful presentations about stigma and recovery. To learn more about Jack's journey with depression go to www.namigreatercleveland.org and click on NAMIWalks. Laura Longbrake, from the Cleveland Clinic discussed her strategies (and role) for fundraising and NAMI GC Vice President, Kathleen Stock, spoke to the audience of over 100 about team building and what makes a good team captain. Thanks to each of you who helped to make this kickoff a huge success. I hope you can join us for the WALK on October 2nd.

NAMI UPDATE

Changes In Leadership and Membership on The NAMI Greater Cleveland Board

At the June 15 board meeting, the following directors were elected as officers for the 2010-11 term:

- **President – Lovell Custard**
- **Vice President- Kathleen Stock**
- **2nd Vice President – Mary Spada**
- **Treasurer – Kate Zenczak**
- **Secretary – Gay Lanctot**
- **Parliamentarian – Elliot Myers**

My special thanks to Lovell Custard for staying on as President this year to help us to maintain continuity in leadership and plan ahead for successors. Lovell has done a wonderful job in leading the board for over four years now.

In addition, these new directors were elected to a two year term.

Mike Dusseau is retired from Ohio Bell Telephone Company where he worked as a Data Engineering Manager. Mr. Dusseau is a longtime NAMI volunteer (7+ years) who has volunteered in a variety of ways. Mike currently facilitates a support group, is a speaker for our Hospital Visitation Program, In Our Own Voice and works on the Membership and Quality Improvement Committees. He has also worked as a Peer to Peer Mentor. In his application to the board he wrote, "My organizing and leading support groups has enriched my life and given me many new friends and personal tools that contributed to my recovery."

Jeff Pollock works as an attorney for McDonald Hopkins firm. He is currently on the board of Magnolia Clubhouse and is a financial supporter of Bazelon Center for Mental Health. He writes "I have a strong interest in the field of mental health advocacy and law." I direct much of my pro bono legal work in the field of mental health law. As a board member of Magnolia Clubhouse, he provided them with guidance and counsel on governance issues and assisted members at the clubhouse with legal

issues. Jeff was referred to NAMI by Business Volunteers Unlimited (BVU).

Mark Weintraub is an attorney for Thompson Hine LLP where he specializes in Business Restructuring, Creditors' Rights and Bankruptcy Law. Prior to being an attorney, Mr. Weintraub spent twenty years working in the business field, and he believes working in both of these fields, business and law, will provide him a unique perspective. Mark was referred to NAMI by current board member Dan DiMarco. He sees his experience as a board member as a way to "provide [him] with an opportunity to "give back" to families that often feel as if there is no where to turn for help."

Welcome from all of us at NAMI!!!

Jody Bell and Sheri Lipton decided not to renew their terms as board members for the coming year. We thank them for all the wonderful work they put into the years they served at NAMI as board members as well as in leading our programs.

STRATEGIZING: UPDATES ON OUR STRATEGIC PLAN BOARD DEVELOPMENT

In April, the board devoted an evening to look at several key areas for growth as a board. The workshop, put on by Elizabeth Voudouris, from the Business Volunteers Unlimited (BVU) group focused on the following areas for work to be done:

- Clarify Board Expectations
- Create a "dashboard," a report which highlights key measures and flags problems in different operational areas, for example, finance or programming
- Review our committee structure
- Determine the most effective and efficient use of board member's time (e.g. use of full board meetings vs. committee meetings)
- Define a process for Board Recruitment and Leadership Succession
- Strengthen the Governance Committee

Committee chairs will be leading the board in following up on the above.

MEMBERSHIP

Based on the three year Membership Marketing Plan developed in January, we continue to work towards increasing the number of people and organizations that join NAMI, and as importantly, give back to the members we currently have. Thus far we have taken the following steps:

- A physician membership drive to solicit membership was completed in February- a letter was developed and co-signed by the Chair of our Medical Advisory Board, Dr Tesar, and sent to more than 900 physicians and other mental health providers. The drive also asked regional psychiatrists and psychologists to consider being a referral source for NAMI's Information and Referral (Helpline) to build a resource data base of mental health providers for NAMI. As a result of the mailing, there are now 15 new professional members and five new organizations that have joined NAMI
- The NAMI GC Membership Form was revised as outlined in the implementation plan
- A personal letter welcoming each member now goes out after a each new member joins
- A Membership Committee Task Force committee was formed in June

Mike Dusseau, Jeannette Diaz, Chris Van Deusen and Liz Krull will make up our Membership Committee Task Force and they will be charged with overseeing and assisting with the implementation of the 3 year plan.

WE NEED YOUR HELP

Since a major effort with membership recruitment this year is to try and get more mental health professionals signed up as NAMI members, we need some assistance getting information distributed to psychiatrists, social workers, psychologists, etc. If you would be willing to take membership materials to your psychiatrist or therapist, please let either Liz Krull or me know and we will get materials to you. At the end of August, I will be working with the Support Group Leaders to see if participants from all of our groups can advocate with their "providers" to become NAMI members.

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

Update on the Evaluation (Quality Improvement) Project

The Quality Improvement Oversight Committee (QIOC) made up of staff, board, support group leaders, volunteers and community members has been meeting with our consultants over the last several months to assist in the development of a comprehensive evaluation system for NAMI to help us to "measure" what we do or give us feedback on how well we are serving families and peers. A research report has been compiled by our consultants after extensive interviews, focus groups, surveys and more. The next step will be to review the recommendations of the consultants which will be presented to the QIOC at our August meeting. New evaluation forms will be field tested at Support Groups, classes and community education programs in September.

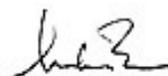
Funding for the QI project was made possible by a grant from the St. Luke's and Gund Foundation.

NAMI OHIO

In June, NAMI GC staff met with NAMIs from all over Northeast Ohio in a regional program in Akron put on by NAMI Ohio. We heard from Jim Mauro about current legislative issues and Ginny Haffner, Assistant Director of Programs and Affiliate Support about NAMI Ohio programs and marketing. It was also a great way to network with our surrounding NAMI neighbors and hear about all of the great work being done around us as well as share what we're doing here in Cleveland.

Jim Mauro, Executive Director at NAMI Ohio for the past four years has resigned to pursue other opportunities. Terry Russell has been appointed to replace Jim on a temporary basis through the end of the year. The board at NAMI Ohio will look for a permanent director this fall. Gloria Walker was elected as President of the Board. The Board Directors representing the Northeast Region are David Brown, Lovell Custard, Steve Jewel, Malcolm Peel and Bob Spada, many familiar names to NAMI Clevelanders. Anamaria Tejada Dull who is also part of the NAMI GC family is an at large representative for NAMI Ohio.

Look forward to seeing you at the walk,



Michael Baskin
EXECUTIVE DIRECTOR

Saturday • October 2, 2010

At Voinovich Park

Walker Check-In: 9:00 A.M.

Walk Start: 10:00 A.M.

Distance: 2.5 Miles

Please remember to sign up your teams for the Walk! Our goal this year is to raise \$150,000 and we cannot do this without your help. **Register by calling Bridget Murphy or by logging onto www.nami.org/walks and clicking on Ohio.** Create your own Walk Web site and sign up for your own personal fundraising link! You can send emails to your friends, family, neighbors and colleagues and ask them to join your team or support you as a walker. If you have any questions, or need assistance in registering, please contact Bridget Murphy.

Please check your NAMI emails. This is our way of keeping you informed and connected to all NAMI events and happenings.

Thank you again for your dedication to NAMI. We hope that together we can make our NAMIWalks an incredible success

Sincerely,

Bridget Murphy

SPECIAL EVENTS COORDINATOR

bmurphy@nami.org

NAMIWalks Raffle Prizes

1ST. PRIZE: The Nintendo Wii System and Wii Sport Resort

2ND. PRIZE: Cleveland Browns Autographed Phil Dawson Football

3RD. PRIZE: \$75 Giant Eagle Gift Card

Contact the NAMI office to purchase tickets. 216-875-0266

NAMIWalks Fundraiser

NAMIWalks Music for the Mind benefit to be held at the **Happy Dog on September 18.** Admission is \$7. Four bands will be performing with proceeds going to NAMI Greater Cleveland.

Music begins at 9 pm: Brian Lisik, Sky Dragster, featuring members of Paranoid Lovesick, oldboy and the Waynes. The Happy Dog is located at West 58th and Detroit Avenues in Cleveland, Ohio.

A Cure for Stigma and Mental Illness

By **Toni Johnson, M.D**



Webster's dictionary defines stigma as a mark of disgrace, a spot, or a scar. Think of the many times in history when a group of people were "marked" by another group in order to set apart them apart as inferior or to be avoided. The scarlet letter A for the adulterous woman, the burned brand of ownership on the skin, the tattooed concentration camp number or even a yellow Star of David were all marks of disgrace. How barbaric; how evil! Thank

goodness the modern age deplores such practices. Or does it really? Look around and you can still see labels of disgrace.

Stigma regarding mental health issues, including the very existence of mental illness and its treatment, is alive and well in many ways. People living with mental illnesses face this daily. Frequently, if possible, they "hide" the fact that they have a mental illness in order to avoid being "marked" as inferior or to be avoided by others. Unfortunately, too many people lack the basic understanding of mental illnesses to even differentiate schizophrenia from depression. This would be like confusing the diagnosis of leukemia with asthma or diabetes. Obviously, the lay public needs to be educated and, in many circumstances, our colleagues in medicine also need education. This should be our mission to decrease the stigma.

Patients with mental illnesses are not just patients or clients or even consumers. They are also known as mothers, fathers, sisters, brothers, sons, and daughters. They are our families, our friends, our co-workers and us. So, if you just thought, "No, not my family or not me"; then keep living. Mental illnesses are very common, remember? See- the stigma is alive and well, even amongst us enlightened folk. The need to separate "us" from "them"; to maintain a false social barrier, is still very real even in the medical community. I recall, too often, being asked, "Why are you going to be a psychiatrist? Don't you want to be a real doctor?"

Too many people remain fearful and ignorant regarding these particular brain disorders. We used to be fearful and ignorant of epilepsy, cancer and HIV (well, maybe still HIV) but we are making major advances in our understanding of these other conditions and therefore, the stigma is being lowered. This process must occur with the mental illnesses and it begins with educating the public. I anticipate the day when we screen patients, even children, during well-check visits for a mental health check. We screen for cancers and HIV, don't we? I envision the day when health insurances, hospital administrators and employers figure out it is cost effective to prevent first, then diagnose and treat mental illnesses early and effectively. We do this for diabetes, don't we? I dream of the day when people in recovery from mental disorders, including addictions, are celebrated and congratulated as survivors of devastating illness. We do this for breast cancer survivors, don't we? And I look forward to the day when those clinicians entering the mental health field are valued and respected for their choice of such an honorable profession which changes and saves lives daily. In that day, the stigma of mental illness will be a disgrace of the past.

Please see information on the NAMI Walk to promote mental health and decrease the stigma.

Dr. Johnson is the Chairperson of the Department of Psychiatry and Associate Director of Behavioral Medicine at MetroHealth Center for Community Health. She is also the Director of the Psychiatry Resident Training Program and Assistant Professor at Case Western Reserve University.



National Alliance on Mental Illness

REGISTRATION FORM

Mark your Calendar!

Saturday • October 2, 2010 at Voinovich Park

Walker Check-In: 9:00 A.M.

Walk Start: 10:00 A.M. Distance: 2.5 Miles

All the proceeds from the Walk will be used to fund NAMI's programs here in CLEVELAND. These programs include support, education, research and advocacy involving schizophrenia, bipolar disorder (manic depression), major depression, obsessive-compulsive disorder and severe anxiety disorders.

Yes, I am interested in supporting the 2010 NAMIWalks:

_____ I will go online and register my team at www.nami.org – click on NAMI Walks – Ohio – Cleveland

_____ I am unable to attend the 8th Annual NAMI WALK for the Mind of America 2010. Here is my donation to continue programs here in CLEVELAND. These programs include support, education, research and advocacy involving schizophrenia, bipolar disorder (manic depression), major depression, obsessive-compulsive disorder and severe anxiety disorders.

_____ I have enclosed my check payable to NAMI Greater Cleveland

_____ () Visa () MasterCard () American Express credit card

Name as appears on card: _____

Billing Address: _____

CARD Number: _____ Exp: _____

Signature: _____

If you will be a Primary Team Captain or Assistant for your team, please complete:

Name: _____

Phone #: _____ E-mail Address: _____

Mailing Address: _____

City: _____ State: _____ ZIP Code: _____

Please list the name of the family, business, organization, service provider or affiliate your team will be representing in the Walk:

Our team name will be (complete if known): _____

Please return to: NAMI Greater Cleveland

2012 West 25th Street, #600 - Cleveland, Ohio 44113

bmurphy@nami.org · 216.875.0266 · fax: 216-861-2574



EDUCATION & SUPPORT

A Shared Community Education Night

presented by:

NAMI GREATER CLEVELAND

Ellen Riehm, Community Education Coordinator

and

MAGNOLIA CLUBHOUSE

Lori D'Angelo, Ph.D., Executive Director

Patrick Runnels, M.D., Medical Director

Chris Morgan, Clubhouse and NAMI Member

Gwen Morgan, NAMI Member

WHEN Thursday, September 9, 2010 · 6:30 - 8:30 p.m.

WHERE 11101 Magnolia Drive, Cleveland, Ohio 44106
Right next door to the Music School Settlement

WHAT Learn about Magnolia Clubhouse and the Clubhouse's NEW Carriage House Clinic. Tell Clubhouse Families about NAMI. Also, "ask the doctor" and learn about the integration of peer driven psychosocial rehabilitation, psychiatric services, and primary care.

Magnolia Clubhouse is a club run by its membership in partnership with mental health professional staff. The Clubhouse supports employment, education, advocacy and wellness. The Clubhouse model is an research based best practice and internationally replicated, with 300 Clubhouses around the world, but only one in Ohio.

Refreshments will be served. The program is free but registration is requested. Call the NAMI Office at 216-875-7776.

NAMI GREATER CLEVELAND COMMUNITY EDUCATION NIGHT

Social Security Work Incentives

presented by:

Derek Hamalian, Attorney & David Baxter, MSW
Ohio Legal Rights Service

WHEN Tuesday, August 31, 2010 · 6:30 - 8:00 p.m.

WHERE ADAMHS Board of Cuyahoga County
2012 West 25th, #600 *Use Rear Entrance to building
Cleveland, Ohio 44113
(Free Parking behind the building off W. 26th St.)
*Please note: 25th St. entrance is locked at 5 p.m.,
Rear entrance is locked at 7 p.m.

WHAT Learn about the various Social Security work incentives available to Social Security beneficiaries. Ohio Legal services will share how they can assist if a dispute would arise in the course of the beneficiaries' return-to-work efforts.

Refreshments will be served. The program is free but registration is requested. Call the NAMI Office at 216-875-7776.



Please share the following information with your Primary Care Physician/Family Physician so that he/she is aware of the free support from experts in psychiatric pharmaceuticals.

FREE Mental Health Medication Hotline for Primary Care Physicians

The National Alliance on Mental Illness of Ohio (NAMI Ohio) appreciates and is grateful for the critical role that primary care physicians play in recognizing the signs of mental health disorders in their patients. With fewer and fewer resources available in our communities to meet the mental health needs of Ohioans, more and more patients are relying on their primary care physicians for their mental health care. NAMI Ohio, Northeastern Ohio Universities Colleges of Medicine and Pharmacy (NEOUCOM) and the Best Practices in Schizophrenia Treatment (BeST) Center have teamed up to assist primary care physicians in meeting the mental health needs of their patients by providing a mental health medication hotline staffed by experts in psychiatric pharmaceuticals.

These experts are available to answer questions from primary care physicians or members of their staff

Monday – Friday from 8 a.m. - 5 p.m.

The number to call is: 1-800-216-3125

Thank you for taking advantage of this hotline and for letting others know about it. If you have any questions, feel free to call NAMI Ohio at 614-224-2700 or e-mail us at amiohio@amiohio.org.

LOOKING FOR VOLUNTEERS

University Hospitals Case Medical Center is looking for volunteers to participate in a research study of children and teens suffering from Bipolar Disorder.

Bipolar Disorder may be inherited, or passed down to children. Have you been diagnosed with Bipolar Disorder? Do you see similar symptoms in your child? Does your child or teen suffer from extreme mood swings, intense irritability, sadness, and silliness? Often, children with this disorder have difficulty sleeping and at times may engage in risky behavior. If your child's daily life is affected by these symptoms, he or she may qualify for this research study. This study may include a clinical evaluation, medical tests, physical exam and medication provided at no charge to you.

Please call University Hospitals Case Medical Center today at 216.844.3922 for more information.

Severely Mentally Ill Persons More Likely to be in Jails than Hospitals

50-state report reveals mentally ill persons three times more likely to be in correctional institutions than psychiatric hospitals

ARLINGTON, VA—May 12, 2010—Americans with severe mental illnesses are three times more likely to be in jail or prison than in a psychiatric hospital, according to “More Mentally Ill Persons Are in Jails and Prisons than Hospitals: A Survey of the States,” a new report by the Treatment Advocacy Center and the National Sheriffs’ Association.

“America’s jails and prisons have once again become our mental hospitals,” said James Pavle, executive director of the Treatment Advocacy Center, a nonprofit dedicated to removing barriers to timely and effective treatment of severe mental illnesses. “With minimal exception, incarceration has replaced hospitalization for thousands of individuals in every single state.”

The odds of a seriously mentally ill individual being imprisoned rather than hospitalized are 3.2 to 1, state data shows. The report compares statistics from the U.S. Department of Health and Human Services and the Bureau of Justice collected during 2004 and 2005, respectively. The report also found a very strong correlation between those states that have more mentally ill persons in jails and prisons and those states that are spending less money on mental health services.

Severely mentally ill individuals suffering from diseases of the brain, such as schizophrenia and bipolar disorder, often do not receive the treatment they need in a hospital or outpatient setting. The consequences can be devastating – homelessness, victimization, incarceration, repeated hospitalization, and death.

“The present situation, whereby individuals with serious mental illnesses are being put into jails and prisons rather than into hospitals, is a disgrace to American medicine and to common decency and fairness,” said study author E. Fuller Torrey, M.D., a research psychiatrist and founder of the Treatment Advocacy Center. “If societies are judged by how they treat their most disabled members, our society will be judged harshly indeed.”

Recent studies suggest that at least 16 percent of inmates in jails and prisons have a serious mental illness. According to author and National Sheriffs’ Association Executive Director Aaron Kennard, “Jails and prisons are not designed for treating patients, and law enforcement officials are not trained to be mental health professionals.”

Ratios of imprisonment versus hospitalization vary from state to state, as the report indicates. On the low end, North Dakota has an equal number of mentally ill individuals in hospitals as in jails or prisons. By contrast, Arizona and Nevada have 10 times as many mentally ill individuals in prisons and jails than in hospitals.

Among the study’s recommended solutions are for states to adopt effective assisted outpatient treatment laws to keep individuals with untreated brain disorders out of the criminal justice system and in treatment. Assisted outpatient treatment is a viable alternative to inpatient hospitalization because it allows courts to order certain individuals with brain disorders to comply with treatment while living in the community. Studies show assisted outpatient treatment drastically reduces hospitalization, homelessness, arrest, and incarceration among people with severe psychiatric disorders, while increasing adherence to treatment and overall quality of life.

Data on prisoners for “More Mentally Ill Persons Are in Jails and Prisons than Hospitals: A Survey of the States” were obtained from the Bureau of Justice Statistics’ report, “Prison and Jail Inmates at Midyear 2005.” Data on the number of inpatients in public psychiatric hospitals, private psychiatric hospitals, and the psychiatric units of general hospitals were obtained from the 2004 Inventory of Mental Health Organizations, carried out by the Substance Abuse and Mental Health Services Administration under the U.S. Department of Health and Human Services.

The Treatment Advocacy Center (www.treatmentadvocacycenter.org) is a national nonprofit organization dedicated to eliminating barriers to the timely and effective treatment of severe mental illnesses. The Treatment Advocacy Center promotes laws, policies, and practices for the delivery of psychiatric care and supports the development of innovative treatments for and research into the causes of severe and persistent psychiatric illnesses, such as schizophrenia and bipolar disorder.

The Treatment Advocacy Center takes no money from pharmaceutical companies. The American Psychiatric Association awarded the Treatment Advocacy Center its 2006 presidential commendation for “sustained extraordinary advocacy on behalf of the most vulnerable mentally ill patients who lack the insight to seek and continue effective care and benefit from assisted outpatient treatment.”

Crisis Intervention Training for Police Officers

The Alcohol, Drug Addiction and Mental Health Services (ADAMHS) Board of Cuyahoga County has just completed its 16th Crisis Intervention Training (CIT) which is a 40 hour mental health training for police officers. CIT is a pre-booking jail diversion program designed to improve outcomes of police interactions with people with mental illness. The first CIT was held in Memphis in 1988 as a result of a tragic shooting of a man with serious mental illness by a police officer. Memphis police and NAMI Memphis collaborated to design this training for law enforcement officers to provide specialized training to help officers recognize the symptoms of psychiatric illness and respond safely in a crisis to avoid officer injuries, consumer deaths and community tragedy. The ADAMHS Board has trained 290 officers, 85% of which are from the Cleveland Police Department. The remaining 15% have come from suburban police forces such as, Parma, Lakewood, Highland Hts., Bedford, Bedford Hts., Woodmere, University Hts., Solon, Garfield Hts. and Brecksville, College Security from Tri-C, CSU and CWRU. The County Sherriff’s units, Adult Parole Authority, Oriana Halfway House and Cleveland Municipal Baliff’s have been trained as well. NAMI Greater Cleveland participates in the week long training providing an In Our Own Voice Presentation and Family Panel. We are very grateful to the ADAMHS Board of Cuyahoga County’s dedication to providing this training program. Their goal is to complete training for up to 1800 officers in the Cleveland area.



DONATIONS

DONATIONS

Paula Bainbridge
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SPECIAL ACKNOWLEDGMENT

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IN MEMORY OF FARRIS ABDALLAH
 Marilynn H. Clement

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 The Robert Hess Family

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 Anonymous

IN HONOR OF MARILYN OLSEN'S
 75TH BIRTHDAY
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 In Memory of Luella G. Polder
 Liz Krull

In Memory of Marrin Watson,
 Parris Banka & Austin Banka
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IN MEMORY OF LUELLA G. POLDER
 Liz Krull

NAMI WALK 2010 SPONSOR
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Major Support for NAMI Cleveland comes from the:

- ADAMHS Board of Cuyahoga County
- Community Shares of Greater Cleveland
- Eaton Charitable Fund
- Fairfax Foundation
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- Stolier Family Foundation, Michael Talty & Helen Talty Charitable Trust
- United Black Fund
- United States Steel
- WellPoint Foundation
- Woodruff Foundation

Recovery and Reform: The Road from Here.

The National Alliance on Mental Illness, NAMI National Convention was held in Washington, D.C., June 29 - July 3, 2010.

The focus for this year's convention was on Health Care Reform and how it will impact mental health care and NAMI's implementation agenda further on down the line. The convention contained over five days of workshops and symposiums. Convention attendees had a chance to visit and lobby on Capitol Hill as well as speak with Senators' and House of Representatives' assistants. There were a lot of opportunities to network between NAMI groups like Peer-to-Peer, Hand-to-Hand, In Our Own Voice, Family-to-Family and NAMI Connections. The convention also held a Special Needs Seminar, concerning particular needs of persons with mental illness along with mental retardation such as housekeeping and cleaning. This year the convention offered a Business Center with fifty computers, NAMlland, an Exhibit Hall to gather mental health resources and a Welcome Center to handle questions, emergencies and referrals. The traditional talent show was held on the third day of the convention. Also, the National NAMI Board elections were held during the convention. NAMI took a long hard look at how they would become more diversified in Cultural Competency and several breakout sessions and workshops on this topic were offered. Many other workshops were offered on mental illnesses such as, but not limited to schizophrenia, bipolar, borderline personality disorder and PTSD. These workshops also explained the effects on the day to day lives of people with mental illness.

Next years' NAMI National Convention will be held in Chicago, July 6 - July 9, 2011 at the Chicago Hilton Hotel.

Respectfully submitted by Lisa Marie Griffin

Editor's note: Lisa Marie Griffin is a NAMI Peer-to-Peer Mentor and In Our Own Voice presenter for NAMI Greater Cleveland as well as statewide advocate for people with mental illness through OCATS, Ohio Center for Advocacy Training and Support.

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Membership Information

NAMI Greater Cleveland members are provided with appropriate educational material and information about mental illness, the mental health care system and community resources. Speakers Nights are scheduled bi-monthly and are open to the public. A quarterly newsletter keeps members and others up-to-date on mental health issues and advocacy.

NAMI Greater Cleveland advocates for better medical care, education, housing, jobs, and the elimination of the stigma of mental illness.

Annual membership includes NAMI Greater Cleveland, NAMI Ohio and NAMI National memberships, and their newsletters.

NOTE: You will not receive this newsletter if you only join at the State or National Level.

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