

National Alliance on Mental Illness

MISSION: To empower persons affected by mental illness and their family members to achieve a better quality of life by providing them with mutual support, practical information, referral, advocacy and educational resources.

NOTES FROM THE EXECUTIVE DIRECTOR

BOARD NEWS

Welcome

NAMIGC welcomes Esther Pla and James Vernon as new Board Directors.

Esther Pla is the President and CEO of Connections: Health, Wellness and Advocacy, a leading provider of behavioral health services in Cleveland. Ms. Pla, a registered nurse by trade, has worked in the field of mental health for nearly forty years. She served on the board of NAMI Metro Cleveland prior to the merger of NAMI Metro and NAMI Cuyahoga County. Esther writes "I love NAMI and with the changes in funding for all and my many years of administrative experience, I believe I can help to insure NAMI's future." Through Esther's leadership, Connections has been a longtime host for NAMI Support Groups and Family to Family courses and is one of the leaders in fundraising and team development for the walk.

James Vernon, MPA, LICDC, PCC-S works at Connections as the performance improvement manager, and previously he worked there as a program manager. He also worked in the mental health field as a program manager and in private practice as a counselor. Mr. Vernon has a Master of Arts from Kent State University and a Master of Arts in Education/Community Counseling from the University of Akron. He writes in his application to be on the board that his experiences with family members led him to "...choose mental health counseling as a profession and [he] has dedicated [his] adult life to treating and supporting individuals with mental illness and providing support to those who love them." James has been an ardent supporter of NAMI, linking individuals and families to NAMI programs, and fundraising for, and walking at the NAMIWalks.

Thank you to retiring board member Chris Van Deusen

Chris Van Deusen is leaving the NAMI Greater Cleveland board after serving for 4 years. He worked in a variety of capacities including the Development and Membership Committees. Chris also helped raise funds and organize the NAMI Walk team for Connections. His unique perspective on issues for assisting individuals and families was invaluable to our team at NAMIGC. We wish Chris all the best as he re-locates to Florida where he plans to get involved with the NAMI Tampa/Saint Petersburg affiliate.

THE ROVING NAMI MOBILE

Thank you to Bob and Mary Spada for their efforts in coordinating and driving the stigma - busting RV that travels throughout the state. Thus far, the traveling billboard has visited Greater Cleveland sights such as Magnolia Clubhouse, the ADAMHS annual meeting, Murtis Taylor Human Services Center, Life Exchange Center; Circle the Parade, Gordon Park Square Festival, and the "Welcome Home" celebration for those who served in Iraq and Afghanistan at the VA's Outpatient Clinic in Parma. Next Stop: the RV will be back in NE Ohio the week of August 1st, then return for the NAMIGC 2012 NAMIWalks on September 22nd.

VOLUNTEER PROJECT TO START IN JULY

NAMIGC has been awarded a grant from the George Gund Foundation to assess its current volunteer structure which will enable us to build an integrated volunteer management program to optimize the use of volunteers for delivery of programs and services. Business Volunteers Unlimited will assist NAMIGC in the following areas: tracking, recruitment, screening, orientation, training, supervision, evaluation, recognition, and motivation. Having a comprehensive volunteer program in place will improve the efficiency and effectiveness of NAMI Greater Cleveland's programs and services.

STRATEGIC PLANNING AT NAMIGC

Look for updates on our strategic planning and direction process slated for the fall. Our goal is to introduce the plan to the community in 2013. Several consultants have been interviewed and selection will take place in July. In September, NAMIGC members and other community stakeholders will be invited to participate on planning teams to help out with planning.

CLEVELAND PUBLIC LIBRARY PRESENTATION

Terri Miller and Ellen Riehm presented to the entire staff of the Cleveland Public Library on June 1st. The program titled "Understanding Mental Illness" was part of an all day in-service for 500 library personnel with the theme being "Feeling Incredible Together". NAMIGC staff will continue to work with library staff throughout the year.

continued on page 2

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

NOTES (con't)

NAMI OHIO UPDATES

Court Ordered Treatment (a.k.a. "Assisted Outpatient Treatment")

As reported in our last newsletter, NAMI Ohio has been working on a legislative proposal that would clarify Ohio's court ordered outpatient treatment statute. Their work has resulted in Senator Dave Burke introducing S.B. 350.

Specifically, S.B. 350 would eliminate any question on the part of Ohio's Probate Court Judges about whether they may court order certain individuals with serious and persistent mental illness into outpatient treatment.

S.B. 350 would give judges clear authority to step in before someone with a serious mental illness who is unaware of his or her need for treatment becomes so ill that hospitalization or incarceration are the only options remaining. Lack of awareness of illness - a neurological syndrome called anosognosia - is believed to be the single largest reason why individuals with schizophrenia and bipolar disorder do not follow through with treatment. In many cases, such individuals can be persuaded with a court order to follow their treatment plan. This is commonly referred to as the "black robe effect."

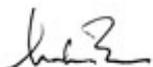
Court ordered outpatient treatment is not the answer for everyone who meets the criteria, but for some it could mean the difference between life and death. This bill simply removes any question on the part of judges that they have a tool they can use when there is clear and convincing evidence that without treatment, the individual will likely become an imminent threat to themselves or others and end up in the hospital or jail.

I look forward to seeing you at the 2012 NAMI Walks on Saturday, September 22, 2012. ■

Yours and best,

July 2012

Yours and best,



Michael Baskin
EXECUTIVE DIRECTOR

The Colorado Tragedy: What Families Are Asking

By Mike Fitzpatrick, NAMI Executive Director

Along with so many other Americans, NAMI members have been saddened by the tragedy in Aurora, Colo. in which 12 people were slain and 58 wounded in a theater at the premiere of a Batman movie.

NAMI does not speculate about mental illness or other factors that may be involved in such tragedies—or for that matter other kinds of news events. No one should diagnose through the news media.

Despite many public perceptions, we do know that generally the likelihood of violence from people with mental illness is low. In fact, the U.S. Surgeon General has reported that "the overall contribution of mental disorders to the total level of violence in society is exceptionally small." There are many reasons why violence occurs in our society, many of which have nothing or little to do with mental illness.

On the other hand, violence sometimes occurs. In some cases, it is because something has gone wrong with the mental health care system. At this time, that does not seem to be the case.

Recognizing that there is a problem is always the first step. Right now, public inquiry is focused on whether or not the behavior of the person responsible for the tragedy ever caused anyone or any institution to encourage or require him to be evaluated

The Surgeon General has acknowledged that the risk of violence among individuals with mental illness increases to some degree in the case of substance abuse or psychosis, a symptom which typically involves a "break with reality" through paranoia, hallucinations or delusions. Social withdrawal may precede such breaks. Early warning signs of psychosis, particularly in the year leading up to the break, may include:

- **Worrisome drop in academic or job performance**
- **New trouble thinking clearly or concentrating**
- **Suspiciousness or uneasiness with others**
- **Decline in self-care or personal hygiene**
- **Spending a lot more time alone than usual**
- **Increased sensitivity to sights or sounds**
- **Mistaking noises for voices**
- **Unusual or overly intense new ideas**
- **Strange new feelings or having no feelings at all**

Young adults in their 20s are the most common age group to experience the first onset of psychosis. This is a stage of life that usually challenges young people to develop more independence, establish an identity, create intimate relationships and move away from home. Immediate family members, who usually are most aware of changes in behavior of a loved one, play a less central role at this time, particularly if a person has moved to another city or state, such as to attend college or graduate school.

Psychosis is treatable. Many people recover from a first episode of psychosis and never experience another one. The first step, however, is always recognizing onset of the illness and getting treatment.

Again, one cannot diagnose based on media reports. Risks of violence among people with mental illness are low overall. It is important not to perpetuate stigmatizing stereotypes. However, NAMI has been asked by the news media and many concerned families over the last few days about warning signs and what to do.

Regardless of whether or not violence is a concern and regardless of what the case may turn out to be in the Aurora tragedy, the first step is to recognize warning signs of illness and to reach out to a person who may be in trouble. Help them get help.

For more information about mental illness, treatment and recovery, please browse this website or call the NAMI HelpLine at (800) 950-NAMI (6264). ■



NAMIWALKS 2012 - Voinovich Park September 22, 2012

Help us to make NAMIWalks 2012 BIGGER and BETTER!

The NAMIWalks 2012 event will be held as follows:

- Location: Voinovich Park behind the Rock & Roll Hall of Fame in Cleveland, OH
- Date: September 22, 2012
- Check-in; 9:00AM
- Start Time: 10:00AM
- Distance: 2.5 MI
- For additional information about participating in the Walk, donating on behalf of a walker, or helping to sponsor this event, please visit the NAMIWalks website at NAMIWalks Greater Cleveland.org

Register to Walk: You can create a team, join an existing team, or register as an individual!

Become a Team Leader: Recruit friends and family and promote NAMI's mission.

Donate to the Walk: You can donate to your favorite team or walker or to the walk in general.

Join our Virtual Walk: If you cannot make it to the walk but still wish to be a part of the fundraising and awareness effort!

Solicit Merchant for auction item donations

Ask your favorite restaurant to partner with NAMIGC by donating a percentage of their sales for a day.

Attend a NAMIWalks Fundraising event: See to the right

bmurphy@namicleveland.org

216.875.0266

NAMIWalks 2012 Fundraising Events

NAMI Greater Cleveland and Hopewell fundraiser at BD's Mongolian BBQ to raise money for NAMIWalks 2012.

Special guests will be behind the grill, and representatives from both organizations will be on hand with door prizes, raffle tickets and registration forms to sign up for the walk. We hope to see you there!

Thursday August 2nd, 6:00 pm-8:30 pm

1854 Coventry Road, Cleveland Heights OH

Contact Amy at 440.567.8798 with any questions

50/50 RAFFLE

Support NAMIWalks and buy a 50/50 raffle ticket!

- Tickets are \$1.00 or 6 for \$5.00
- Drawing will be held at the walk on September 22nd in Voinovich Park
- Winner need not be present

For more information contact

Bridget Murphy - bmurphy@namicleveland.org or

216.875.0266

BOWLING AND PIZZA PARTY

Bob and Mary Spada and Bob and Kathleen Stock

Invite you to join them for a

Bowling and Pizza Party

Saturday, August 11, 2012 · 6:00 – 8:30 pm

Yorktown Lanes, 6218 Pearl Road, Parma Heights, Ohio 44130

Bowling, pizza and soft drinks included. Adult beverages available at cash bar.

All bowlers must wear bowling shoes, rental cost is \$3

Not a bowler: Cheerleaders welcome!

For more information, call Mary Spada 440-230-2868, or e-mail mjspada@aol.com

\$15 per person · \$25 per couple · \$40 – family of 4 · Checks payable to: NAMI Walks

Good News from NAMI OHIO

Effective July 16, the Ohio Department of Rehabilitation and Correction (ODRC) will begin providing 30 days of medication to individuals with serious mental illness who are released from prison rather than just two weeks of medication as has been their policy.

In addition, ODRC and the Ohio Department of Mental Health (ODMH) are working with the local community mental health boards to establish a procedure that is expected to be put into action this fall in which these same individuals will receive a 30 day prescription with one refill.

Once in place, these two policy changes will give individuals with serious mental illness access to 90 days of medication after being released from prison. This will allow them the time they need to get connected to their local mental health system to ensure on going care in the community.

Combined, these policy changes have the potential to improve the quality of life that former prison inmates with serious mental illness will have upon reentry into the community and will reduce the likelihood that they will reoffend.

NAMI Ohio is grateful to ODRC Director Gary Mohr, ODMH Director Tracy Plouck and their respective staff members for hearing our pleas on behalf of these individuals and giving them access to a critical tool that can help them as they take steps to turn their lives around. ■

Heat and Mental Illness

The mercury's rising across the country, and with the rising temperature comes increased risk of a potentially fatal illness: heat stroke.

But, did you know that mental illness and some medications used to treat mental illnesses actually increase the risk for heat stroke?

Heat stroke occurs when the body is unable to properly cool itself. Normally, the human body will regulate temperature by sweating, but heat stroke impairs the body's ability to do this. If heat stroke is not treated immediately, it can cause permanent disability and even death.

Disturbingly, individuals with mental illness may be particularly susceptible to heat stroke. Certain medications, including anti-psychotics and anti-cholinergics, are known to increase the risk for heat stroke because they inhibit the body's ability to regulate its temperature.

Additionally, people with mental illnesses who live in low-income housing without air conditioning are also at an increased risk for heat stroke. This combination can be dangerous; during a 1999 heat wave in Cincinnati, Ohio, almost half of the 18 heat-related deaths were individuals with a mental illness.

To help protect yourself or a loved one from the dangers of heat stroke, take a look at our list of do's and don'ts for the hot summer days ahead.

DO:

- Educate yourself about the symptoms of heat stroke, such as:
 - An extremely high body temperature (above 103 degrees Fahrenheit)
 - Red, hot and dry skin (no sweating)
 - Rapid, strong pulse
 - Throbbing headache
 - Dizziness
 - Nausea
 - Confusion
 - Unconsciousness
- Stay indoors and use air conditioning if possible. If your home does not have air conditioning, go to a place that does such as a mall or public library. Even a few hours spent in air conditioning per day can reduce the risk of heat stroke. You can also call your local health department to see if there are any heat-relief shelters nearby.
- Drink more fluids and don't wait until you're thirsty to drink. Also, adjust your diet to include cold servings and foods that are rich in water, such as fruit and salad.
- Wear lightweight, light-colored and loose-fitting clothing
- Monitor loved ones and neighbors during a heat wave for signs of heat stroke
- Immediately seek medical attention if someone shows signs and symptoms of heat stroke

DON'T:

- Exercise vigorously outdoors. If you have to be outdoors, drink plenty of fluids, rest frequently in shaded areas, and limit your activity to morning and evening hours.
- Drink liquids that contain caffeine, alcohol, or large amounts of sugar - these can cause you to lose more body fluid
- Depend on electric fans to cool you once the temperatures hit the high 90's. Taking a cool shower or bath or going to an air-conditioned place is a much safer way to cool off.
- Leave anyone in a closed, parked vehicle

For more information about heat stroke, visit the Center for Disease Control's Web site or talk to your physician about the risks of some psychiatric medications and heat stroke.

Reprinted from the NAMI Connection e-newsletter, August, 2007 ■

COLLEGE YEARS AND MENTAL HEALTH

For many people, college is one of the best times of life. The college years provide a critical transition from childhood to adulthood, as well as a unique time to pursue academic interests and bond with friends.

Going to college involves a huge amount of change in a short amount of time. Although it promises many new opportunities, people and places—it also often means leaving behind an established support network of family and friends. It may also mean leaving supports and services that have helped maintain health and well-being while living at home.

Additionally, the college years (typically 18 to 24 years of age) also coincide with the age of onset for serious mental illnesses and can be a crucial time to diagnose and treat young people in the early stages of a mental illness. And, because of improvements in early detection, more students now than ever are entering college already having a diagnosis of a serious mental illness and a treatment plan. Together, this means that mental illness is a growing reality on college campuses today.

Times of anxiety and feeling down are common experiences in college, but did you know that they may be part of a treatable mental health condition? The latest research reports that feeling depressed to the point where students have trouble functioning impacts about 40% of students—while 15% have a serious clinical depression. Suicide is a serious problem in college—about 1,100 lives a year are lost to this largely preventable outcome.

The 2005 National College Health Assessment (NCHA), a survey of nearly 17,000 college students conducted by the American College Health Association, revealed that 25% reported they “felt so depressed it was difficult to function” three to eight times during the past year and 21% reported they “seriously considered suicide” one or more times during the past year. In the NCHA survey, students also ranked depression as one of the top ten impediments to academic performance.

While colleges and universities have a role in ensuring the health and safety of people on campus, students themselves are often the first to recognize when a problem might exist and are likely the first to be able to engage before the condition becomes a more serious issue.

How can you tell if a student is in Trouble?

- Take conversations about suicide or homicide very seriously. A person who jokes about suicide or homicide may be struggling with a deeper sense of hopelessness. Most people who commit suicide have told someone, often in the days preceding the event.
- Sleep problems are often a symptom of more serious health problems. Roommates who have big changes in sleep patterns may be at risk for psychiatric illnesses. For example, if a person who usually sleeps ten hours, midnight to 10 am, suddenly begins waking up at 5 am and acts agitated or begins pacing, this could be a sign that they may be experiencing a deeper problem that should be addressed.
- Bulimia and Anorexia are eating disorders that often co-occur with anxiety and depression. Behaviors such as patterns of binge-eating, recurrent inappropriate behavior to control one’s weight, self-induced vomiting,
- Alcohol and drug use compound all risk. Alcohol risk is higher in sororities and fraternities, but the risk remains for most college students as

alcohol is often a part of acceptable campus social life. Guns are very high risk in combination with alcohol and other drugs; these two in combination are very dangerous.

- Be aware of expectable life stresses. Relationship breakups, future career stress, exam pressure, peer pressure and judgment, loneliness, financial stress, and even graduation can compound all other risks.
- Be mindful of other possible, less expectable but very real stresses—for instance the realization that one may be gay, that one is being bullied or discriminated against, the death of a parent or grandparent, or divorce can compound self harm risk.

What to do if you suspect a student is at risk.

- Follow your instincts. People have been wired for Millennia to detect unusual or risky social situations, and your instincts can be a key to helping someone get the help they need. If you feel sad around the person, remember feelings can be contagious, and you may be sensing their own internal despair. If you want to avoid the person, note that, too. Do not hesitate to tell someone in authority on campus about your concerns.
- Don’t worry alone. If you live on-campus, start with your Residential Assistant/Advisor who can offer more information and resources or will often know the best approach and services available to you. You can also go to the Campus Counseling Center for information and assistance about what is available on your campus community.
- If you feel you can, approach the person with concern, not judgment. Easy comments such as “I sense you are (sad, troubled) etc.” can begin a discussion and possibly invite the person to talk about what they are experiencing. Gently suggest they get help, offer to go with them if you feel comfortable with that. However, safety should always come first—yours.
- Offer information on college mental health services. Don’t be afraid to use them as they help people every day deal with the stresses of college life,
- Offer information on web sites that might be helpful. Students rely on networking and the Internet as primary information sources. NAMI has a “NAMI on Campus” section at www.nami.org/namioncampus that also features discussion group networking options that may offer the person support and information to help them manage their own situations. Additionally, there are over 1,200 local NAMI affiliates in communities across the country. Visit www.nami.org to Find Support that is the most convenient.
- Meetings and groups can offer hope and support to students. There are often dozens of campus student groups operating all days of the week, including support and networking groups for mental illness and stress management. Find out what may be available and encourage the person to attend. If you feel comfortable, offer to go to a first meeting with the person, or find another person who might offer to make the meeting more inviting.
- Be gentle with yourself. Even the best doctor cannot predict all bad

continued on page 6

COLLEGE (con't)

outcomes. People sometimes hide their feelings and behavior to avoid consequences. Remember that you are ultimately only responsible for your own behavior.

*Excerpts Reprinted from NAMI on Campus,
www.nami.org/namioncampus*

www.nami.org/namioncampus. NAMI on Campus is a network of student-led mental health awareness, education, and advocacy groups tailored to the needs of individual college communities. Our mission is to improve the lives of students who are directly or indirectly affected by mental illness, increase the awareness and mental health services on campus, and to eliminate the stigma students with mental illness face. The site offers Mental Illness Fact sheets, news, research information, discussion groups, resources and much more. ■

OTHER RESOURCES

Active Minds.org is the nation's only peer-to-peer organization dedicated to raising awareness about mental health among college students. Active Minds aims to remove the stigma that surrounds mental health issues, increase students' awareness of mental health issues, provide information and resources regarding mental health and mental illness, encourage students to seek help as soon as it is needed, and serve as liaison between students and the mental health community.

StrengthofUs.org is an online community where young adults living with mental health concerns can provide mutual support in navigating unique challenges and opportunities during the critical transition years from ages 18 to 25.

NAMI worked in close consultation with a group of college students and other young adults to create StrengthofUs.org which is a user-driven social networking community where members can connect with peers,

share personal stories, creativity and helpful resources by writing and responding to blog entries, engaging in discussion groups and sharing videos, photos and other news. Key topics are:

- Mental health issues
- Family and friends
- Independent living
- Employment
- Healthy relationships
- Campus life
- Finances
- Housing

www.jedfoundation.org The Jed Foundation works nationally to reduce the rate of suicide and promote emotional health among college and university students. To achieve this end, the organization collaborates with the public and leaders in higher education, mental health, and research to produce and advance initiatives that:

- Decrease the stigma surrounding emotional disorders and increase help-seeking in the college student population.
- Increase understanding of the warning signs of suicide and the symptoms of emotional disorders among college students.
- Build awareness of the prevalence of suicide and emotional disorders among college students.
- Strengthen campus mental health services, policies, and programs

transitionyear.org Whether you need help picking a school that is the best fit, are looking for tips on managing stress once on campus, or want guidance in making a smooth transition for a student dealing with an issue like depression, this site has the tools and information you need. The Transition Year is an online resource center to help parents and students focus on emotional health before, during and after the college transition.

www.ulifeline.org ULifeline is an anonymous, confidential, online resource center, where college students can be comfortable searching for the information they need and want regarding mental health and suicide prevention. ■

Book suggestions from NAMI on Campus Readings

Driven to Distraction: Recognizing and Coping with Attention Deficit Disorder from Childhood through Adulthood

by Edward Hallowell & John Ratey

This book is a valuable resource that offers a life-span perspective on attention disorders and emphasizes the effect such disorders can have on relationships, education, and careers. The book reviews the diagnosis of attention disorders, co-occurring disorders, and treatment strategies

The Anxiety and Phobia Workbook (3rd Ed.)
By E. Bourne

The latest edition of this well-known book rounds out its practical, step-by-step offerings of mostly cognitive-behavioral strategies to address anxiety and phobias by including relevant information about medications and herbal supplements.

The Body Image Workbook: An 8-step Program for Learning to Like Your Looks

by Thomas F. Cash

An internationally recognized authority on body image shows readers how to combat destructive and unhealthy attitudes towards their physical appearance. The eight-step program developed by Thomas Cash shows readers how to evaluate a negative body image, change self-defeating "private body talk", and create a more pleasurable, affirming relationship with the body. The book includes many illustrations, charts and tables.

The Scarred Soul: Understanding and Ending Self-Inflicted Violence

by Tracy Alderman

Explores the reasons behind this behavior and shows how to overcome the psychological traps that lead to self-destructive acts.

College of the Overwhelmed

By Richard D. Kadison

This book discusses the extraordinary increase of incidence of mental illness on college campuses and what we can do about it.

Self-esteem and Depression: Relative to College Students

by Dr. Norm Cohen

Supported Education for People with Psychiatric Disabilities: A Practical Manual

by Jolyn Wells-Moran & Deanne Gilmur

These are a sample of the many titles available at **www.nami.org/namioncampus**.

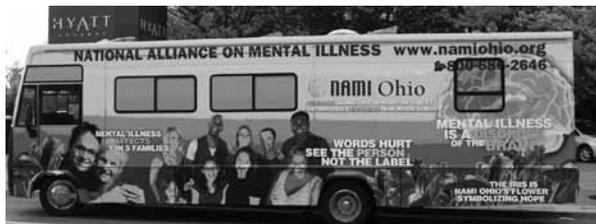
Click on Campus Readings. ■

HUGE MOBILE BILLBOARD FIGHTING MENTAL ILLNESS IN OHIO

NAMI Ohio has a new weapon to help fight stigma; a 31-foot mobile billboard whose goal is to lift the shroud of shame and misconceptions that often surrounds those with mental illness. The "NAMI Mobile" is being driven in the northeast region of the state primarily by former state Senator Bob Spada, who is the new board President of NAMI Ohio.

"On average people living with serious mental illness live 25 years less than the rest of the population" says Spada. "One reason is that less than one-third of adults and one-half of children with a diagnosed illness receive treatment."

Stigma often prevents people from seeking help. Many people believe mental illness is a matter of choice, when in fact it is a brain chemistry disorder. The "NAMI Mobile" hopes to share this knowledge. The NAMI mobile was made possible through private donations.



Drivers for Mental Health Needed

If you're interested in 'gettin' on the bus' and joining our stigma bustin' campaign, we need your help. Please call the office and let us know if you are able and willing to drive the NAMI Mobile and/or help staff events in Greater Cleveland. We go to fairs, festivals, neighborhood events-anywhere we can to share our message. ■

A Night at the Movies

Join NAMI Greater Cleveland for a Cleveland Movie Premiere:

"OC87: The Obsessive Compulsive, Major Depression, Bipolar, Asperger's Movie"

At the Capitol Theatre. Thursday, August 9, at 7:00 pm (One Night Only)



The Cinematheque returns to the Capitol Theatre to present a unique film hailed as "a remarkable achievement" by The Huffington Post. Three decades after mental illness interrupted his dreams of a moviemaking career, college film major Bud Clayman finally made a movie. And it's the movie of his life—literally—in which he recounts, with surprising intimacy, his decades-long battle to manage obsessive-compulsive disorder (specifically "Harm OCD" with its extreme anger and violent thoughts) and Asperger's syndrome.

Present the coupon below at the Capitol Theatre Box Office and pay only \$7 (\$2 savings) to see OC87 at 7 p.m. on Thursday, August 9, at 7 p.m.

Capitol Theatre, 1390 W. 65th St. at Detroit Ave. Free parking available next to theatre and at other lots in the Gordon Square Arts District.

Admission \$9; Cinematheque members \$7; age 25 & under \$5 (with proof of age); no Cinematheque passes, twofers, or radio winners. No Cleveland Cinemas passes or discounts. \$9 tickets available in advance at www.clevelandcinemas.com. Special thanks to Jon Forman and Dave Huffman, Cleveland Cinemas and John Ewing and Tim Harry, Cinematheque. The Cleveland Institute of Art's Cinematheque is Cleveland's Alternative Film Theatre.

Present this coupon at the Capitol Theatre box office and pay only \$7 (a \$2 savings) to see "OC87" on Thursday, August 9, at 7:00 pm.

The Capitol Theatre, 1390 W. 65th Street at Detroit Ave.

No Cinematheque passes, twofers, or radio winners and No Cleveland Cinemas passes or discounts accepted.

Not applicable for online purchases.

NAMIGC's ANNUAL MEETING

On April 22nd, 250 people turned out to hear Dr. Fred and Dr. Penny Frese, who spoke so eloquently on schizophrenia and its impact on the family. The event was a tremendous success and we thank our lead sponsor, University Hospital System's Department of Psychiatry for helping us to put on the event. Congratulations to all the 2011 NAMI Mental Health award recipients; Sakeenah Frances, Megan Schlick, Jacqueline Adams, William B. Johnston and The Suicide Prevention Education Alliance. ■



Ohio Program for Campus Safety and Mental Health

The Ohio Program for Campus Safety and Mental Health (OPCSMH) is a resource center promoting suicide prevention, mental health awareness and stigma reduction activities at college campuses across the state of Ohio. Suicide is the second leading cause of death for college students. Over 1,000 students die by suicide each year and over 50% have had thoughts of suicide at one time in their life. Yet 80% of those who die by suicide did not have contact with the campus counseling center and only 26% of students are aware of campus mental health resources [1].

Our primary goal is to promote collaboration between campus and community stakeholders to develop programs that prevent campus suicide and other violent acts. The ultimate outcome of such collaboration would be an improvement in the mental health status of students, faculty, and staff members on campuses in Ohio. To that end, we fund 10 Collaborative Program Development Grants (CPDG) a year. These mini-grants support a variety of activities on campus, including gatekeeper training, depression screening and general mental health awareness programs. Our target populations include veterans returning to campus and LGBTQ students. In 2011, OPCSMH provided Collaborative Program Development Grants to the following counties, universities and colleges: The 317 Board (Ohio University & Hocking College), Butler County (Miami University Regional Campus), Columbiana/Trumbull/Mahoning (Youngstown State University, Kent State University -Trumbull, Salem and East Liverpool Regional campuses), Cuyahoga Community College, Capital University, Oberlin College, Mercy College, Portage County (Hiram College, Kent State University) University of Akron, and Marietta College.

A statewide request for proposals for fiscal year 2013 was announced recently. For more information contact Amy Lukes at: alukes@neomed.edu

Training

The OPCSMH also sponsors trainings on a variety of topics of interest to the campus community. We partnered with the Ohio Suicide Prevention Foundation to provide regional gatekeeper trainings to approximately 200 faculty, staff and students from 30 different campuses. We are working with the Center for Deployment Psychology to increase military/veteran cultural competence on Ohio campuses. Our conference in November will highlight the expertise of campus mental health and safety in Ohio and bring Victor Schwartz M.D., the medical director of the JED foundation to Ohio as a keynote speaker.

Statewide Advisory Committee

The statewide advisory committee consists of campus and community stakeholders. The goals of the Advisory Committee are to focus on issues related to mental health awareness and safety on campus and to address and overcome systemic barriers to effective mental health services for college and university students in Ohio. The committee meets twice annually and has nationally acclaimed experts in the field of suicidology and campus mental health present at each meeting.

The Ohio Program for Campus Safety and Mental Health is generously supported by a Garrett Lee Smith Campus Suicide Prevention Grant from the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS), the Margaret Clark Morgan Foundation, and the Health Foundation of Greater Cincinnati.

[1] *New data on the nature of suicidal crises in college students: Shifting the paradigm.* Drum, David J.; Brownson, Chris; Burton Denmark, Adryon; Smith, Shanna E. *Professional Psychology: Research and Practice* Vol 40(3)2009 p.213-222 American Psychological Association, US ■

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Community Education & Support Groups

Community Education

FAMILY-TO-FAMILY

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

Monday, September 9, 2012

6:30 – 9:00 p.m.

St. Martins Episcopal Church
6295 Chagrin River Road
Chagrin Falls, Ohio 44022

Saturday, September ? (Date TBD)

9:00 a.m. – 11:30 a.m.

PLAN of Northeast Ohio
5010 Mayfield Road, Ste 304
Lyndhurst, Ohio 44124

This course is free, but registration is required. Please contact the NAMIGC office at 216-875-7776 or email Terri Miller – tmiller@nami.org

FAMILIA DE FAMILIA

Family-to Family in Spanish

Friday, August 10, 2012, 4-6 p.m.

Connections
3104 W. 25th Street, 2nd Floor
Cleveland, Ohio 44109

Please help us get the information to Latino families who have loved ones with mental health problems. To register, please contact Esther Rodriguez at 216-744-3486 or Dr. Evelyn Rivera at 216-875-7776 ext. 106

FAMILIA A FAMILIA

Empieza el viernes, 10 de Agosto 2012 4-6 p.m.

Para familias que tienen familiares que sufren de problemas de salud mental. La clase se llevara a cabo en Connections.

Connections 3104 W. 25th Street, 2nd Floor
Cleveland, Ohio 44109

Para registrarse llame a Esther Rodriguez al 216-744-3486 o Dra. Evelyn Rivera al 216-875-7776 Ext. 106

PEER-TO-PEER

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

Tuesday, August 21, 2012, 6-8 p.m.

Olmsted Falls Community Church, Olmsted Falls 44138

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

UNDERSTANDING MENTAL ILLNESS

A five week Support/Educational Course for families and/or friends coping with mental illness in the family.

Tuesday, September 18, 2012

6:00 – 8:00 p.m.

Olmsted Falls Community Church
7853 Main St., Olmsted Falls, Ohio 44138

This course is free, but registration is required. Please contact the NAMIGC office at 216-875-7776 or email Terri Miller – tmiller@nami.org

COMMUNITY EDUCATION NIGHT

Save the Date: Wed., September 19, 2012

Topic: ADHD

Calvary Lutheran Church, Parma
Details to follow soon

Support Groups

NAMI Greater Cleveland offers 26 support groups throughout Cuyahoga County. We have groups for Wellness, groups for Caregivers and groups that are combined. Other specialty groups we have include: Spousal, Young Families, Teens with mental illness in the family, ADHD for teens and Adults, Dual Diagnosis, Spiritual, Women's Empowerment, Art Journaling, Hispanic and Mind, Body and Spirit.

3 New Support Groups

PEER SUPPORT GROUP

1st Wednesday of the Month, 7 – 8:30 p.m.

St Martin Episcopal Church
6925 Chagrin River Road · Chagrin Falls 44022
Enter side door of the church,
meeting takes place in the Library.

NAMI CONNECTION GROUP

Every Thursday, 1 - 2:30 p.m.

Marymount Hospital
1 South Conference room
12300 McCracken Rd.
Garfield Hts. 44125

NORTH OLMSTED

MOOD DISORDER SUPPORT GROUP

Every Thursday, 7 - 8:30 p.m.

Clague Road United Church of Christ
3650 Clague Rd. (1 mile north of I-480 and 3 miles south of I-90). North Olmsted 44070

Support Group Changes:

NAMI Hearts and Minds meeting time changed as of July 01, 2012 to 6:00 – 7:30 p.m.

Women's Empowerment Group - Next session will begin August 2, 2012, 1 to 2:30 p.m. NAMI Greater Cleveland, 2012 W. 25th St. · Cleveland, OH 44113, Registration is not needed for this 8 week session.

Behavioral Health Services

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

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



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NAMI improve the lives of people living with serious mental illnesses. **Visit the NAMI Store @ Amazon.com.** For anything you purchase from one of the 26 categories (see the NAMI store www.nami.org for the details). NAMI National will automatically receive a percentage of the total sale (5 to 8 percent, on average). ■



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Thank you for helping to improve the quality of life for those with mental illness and their families!



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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. NAMIGC 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 NAMIGC 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)

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 Open Door \$ 3
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* Open door membership available for people with limited financial resources.

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NAMIGC

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