

**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.

## NAMI GC NAMED AFFILIATE OF THE YEAR!

NAMI Greater Cleveland (NAMI GC) has been selected as the Outstanding NAMI Affiliate for 2014 by the NAMI national Board of Directors! NAMI Executive Director Mary Giliberti wrote in a letter to NAMI Cleveland, “The Outstanding NAMI Affiliate Award recognizes exceptional efforts on the affiliate level to further NAMI’s mission.” Specifically, the NAMI national Board of Directors noted NAMI Greater Cleveland’s strategies and programs regarding policy, education and outreach.

NAMI GC’s Executive Director, Michael Baskin commented: “The staff and I are honored and humbled by this award. Yet we recognize this is a high complement to our generous donors, our board and committed volunteers as well. They are a vital part of our mission to empower persons affected by mental illness and their families to achieve a better quality of life. We can’t do it without them.” The award will be presented during the 2014 NAMI National Convention in Washington, D.C. on September 6th. The theme of the convention is “Advocates for Change: From Dialogue to Action”. Day rates are available to attend just part of the conference. We hope to have a strong representation from NAMI GC to accept the award. After all, we couldn’t have done it without YOU!



## Let’s Walk Together...



National Alliance on Mental Illness

**Saturday, September 20, 2014**

Voinovich Park (behind the Rock & Roll Hall of Fame)

**Check-in:** 9 a.m.

**Start time:** 10 a.m.

**Distance:** 2.5 miles

Register at [www.namiwalks.org/greatercleveland](http://www.namiwalks.org/greatercleveland)

**Goal:** \$165,000 – All proceeds benefit NAMI GC!

### How can you help?

- Register to walk at [www.namiwalks.org/greatercleveland](http://www.namiwalks.org/greatercleveland)
- Support a walker or a team by making a donation.
- Help spread the word.
- Be a corporate sponsor – opportunities are still available.

Help us go green! Would you like to receive The Voice as an e-newsletter only? Email: [jarnoff-logsdon@namicleveland.org](mailto:jarnoff-logsdon@namicleveland.org)

## NAMI OH Retreat Recap

During the weekend of May 17th-18th, several NAMI GC staff and volunteers gathered at the beautiful Mohican State Lodge to learn and network with NAMI OH staff as well as volunteers. Some of the highlights for us were hearing from NAMI national Executive Director Mary Giliberti and Ohio Department of Mental Health Director Tracy Plouck. Both women spoke to the retreat participants about their passion for service to family and people coping with mental illness. We were also impressed to hear Mary say that she spends one hour a week answering I&R calls to keep in touch with the concerns of the people she serves. Staff member Becky Fela related, “I was deeply touched by the humanity of those that we often only know of my name and title.” We came back energized with ideas and strategies around marketing, signature programs, and how to begin our accreditation process.

## NEWS AND NOTES FROM THE EXECUTIVE DIRECTOR – SUMMER

### Outgoing and Incoming Board Officers: A SPECIAL THANKS

I want to offer up a special thanks to the 2013-14 NAMI GG Board officers, Kathleen Stock, Dianna Bell, Mary Spada, Gay Lanctot and Elliot Myers, who worked so diligently to help lead the organization, including the efforts in the development of the 2014-2017 Strategic Plan. Congratulations on your work, and thank you for providing us with guidance and direction. I'm pleased to introduce our new officers for the coming year (June 2014-May 2015) who were elected at the May 20th board meeting.

- Christine Young, President
- Mark Weintraub, Vice President (chair of Governance and Fund Development)
- Dianna Bell, Treasurer (chair of Finance)
- Chris Stadler, Secretary (chair of Marketing)
- Mary Spada, Parliamentarian (co-chair Governance)

It's an exciting time for the organization and I look forward to working with this new leadership team of the board.

**Special Funder Recognition** Community West Foundation is dedicated to assisting

agencies with meeting the basic needs of our community particularly food, housing, as well as physical and mental health services. Community West Foundation has supported the outreach and education programs at NAMI for the last six years in a row. We thank you for your support!

### NAMI GC to Hire Multicultural Outreach Coordinator

NAMI is currently looking to hire a Multicultural Outreach Coordinator and has posted the position. The primary role of the Multicultural Outreach Coordinator is to engage minority populations, especially African American and Hispanic individuals with mental illness and their families. Please see the job description below.

### ADAMHS Board Recognizes NAMI GC for the Outstanding Affiliate of the Year Award

At their July 23rd meeting, Harvey Snider, Former Board President of the ADAMHS Board of Cuyahoga County, presented NAMI GC with a resolution recognizing our affiliate in being named the "Outstanding Affiliate of the Year" by NAMI national. Thanks to the ADAMHS board for the recognition, and in particular

to Harvey Snider, William Denihan, CEO and Eugenia Cash, Chair. A copy of the framed resolution will be displayed in the office.

### Continued Best Wishes for a Speedy Recovery to Kathleen

Continued get well wishes go out to Kathleen Stock, former NAMI Board President, who is recuperating at home. Kathleen wanted me to let each of you know how much she appreciated everyone's cards, encouraging thoughts, and prayers. Kathleen hopes to resume her board activities in the fall. I look forward to having Kathleen back with us.

### NAMI GC's 2013 Annual Report

The annual report, which summarizes activities from our work in 2013, is now available on the website. If you need a hard copy of the report, please let the office know or email me at [mbaskin@namicleveland.org](mailto:mbaskin@namicleveland.org).

**I hope you're enjoying the summer. We look forward to seeing you at the Walk on September 20th.**



Michael, August 2014

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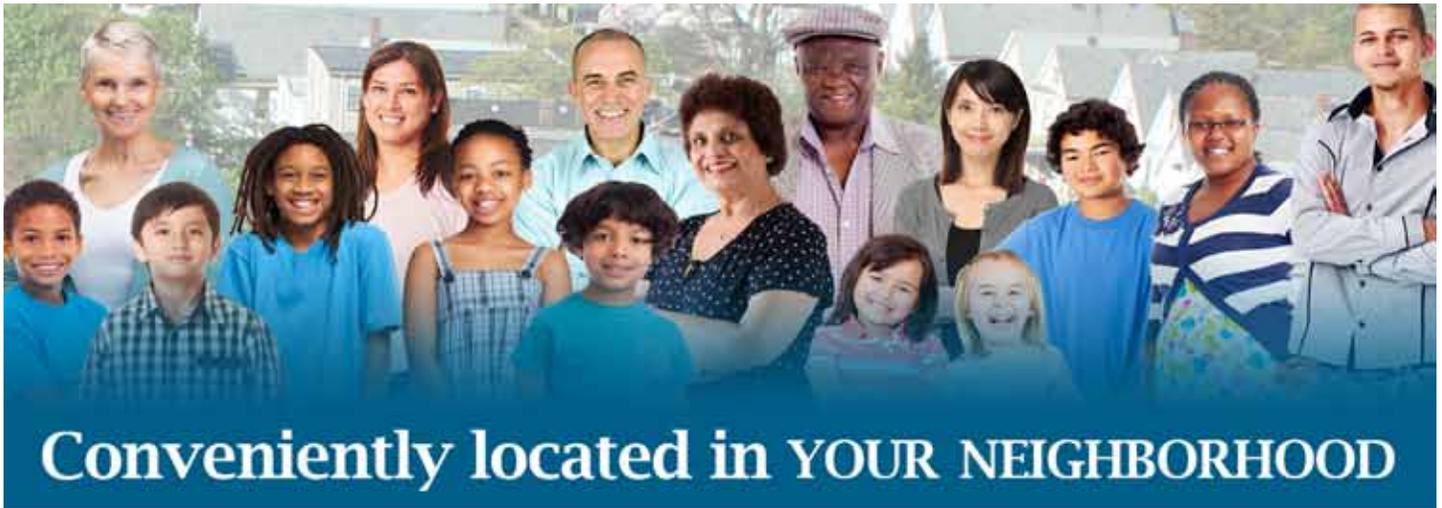
## HIRING MCO COORDINATOR

### Multicultural Outreach (MCO) Coordinator

*Part time – 20 Hours per Week*

The primary role of the Multicultural Outreach Coordinator (MCO) is to engage minority populations, especially African American and Hispanic individuals and their family members with mental illness in NAMI programs of support, education and advocacy. Specifically, the MCO provides support and continuous development of programs and services. The MCO assesses needs, maintains relationships with community partners, markets programs, assists with finding volunteers, and supervises MCO volunteers and contracted workers. The MCO will also be responsible to directly teach and facilitate educational programs and support groups.

**Requirements:** Bachelor's Degree in Social Work or Psychology; previous experience working with mentally ill individuals and their families, including knowledge of the mental health system and provider network; valid driver's license; knowledge of group process, community organization and public speaking experience.



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# Omega-3 Fatty Acids and Mental Illness

## What are omega-3 fatty acids?

Omega-3 fatty acids are a group of related chemicals that have been identified in a number of different foods. High quantities of omega-3 fatty acids have been found in many types of seafood – specifically fish – which has led some people to commonly refer to these compounds as fish oil. Two specific omega-3 fatty acids, eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), have been identified as being useful in the treatment of both medical and mental illnesses. While the exact manner in which these chemicals are beneficial is not known, it is thought that they are helpful in decreasing systemic inflammation, a potentially harmful process that occurs throughout the brain and body.

Omega-3 fatty acids are sometimes used to treat cardiovascular disease. Specifically, when used as a vitamin supplement, omega-3 fatty acids have been found to treat high cholesterol and to lower the risks of heart disease in many people. Omega-3 fatty acids have also been studied for use in people with asthma, dementia and a number of other conditions; however, their effects in these illnesses are less clear.

## What is the connection between omega-3 fatty acids and mental illness?

Extensive scientific research has shown that mental illnesses are not caused by one single thing. When a person with biological risk factors (e.g., the presence of other medical illnesses or certain genes that are associated with mental illness) experiences environmental adversity – a stressful life event – this may trigger the development of mental illness. Furthermore, it is clear that biological and environmental factors work together on a biochemical basis. One such example is how systemic inflammation—a biological process that is directly related to an individual's stress level—puts a person at risk for mental illness. Omega-3 fatty acids are known to decrease the effects of systemic inflammation. This is what some scientists think makes omega-3 fatty acids an effective treatment for certain people with mental illness. Some studies have shown that higher doses of EPA omega-3 fatty acids—as opposed to DHA—may be more useful in treating mental illnesses, although the specifics of this remain an area of ongoing scientific research.

Scientific research has also shown that certain people are at risk of developing schizophrenia and other psychotic illnesses based on a number of factors, one of which is inflammation. For a young person who may be experiencing certain symptoms of psychosis for the first time, treatment with omega-3 fatty acids has been shown to decrease their risk of developing a more chronic and severe form of schizophrenia. For people already living with schizophrenia, omega-3 fatty acid supplementation has not been consistently shown to be as effective as it is for people who have not yet developed this illness. However, because many people with schizophrenia are at risk of developing metabolic syndrome, supplementation with omega-3 fatty acids can be helpful in decreasing the risk of heart disease associated with this condition.

Many people with depression will also benefit from supplementation with omega-3 fatty acids. Scientific studies have shown that people with depression often have increased systemic inflammation that can be improved with omega-3 fatty acid supplementation. Furthermore, a variety of research has suggested that people with depression – and people who commit suicide—may be more likely to have low levels of omega-3 fatty acids in their brains. Therefore, it is not surprising that scientific studies have shown that many people with depression will experience a decrease in their symptoms when regularly taking omega-3 fatty acids. One specific area where omega-3 fatty acids may be a treatment of choice is for pregnant women and those with postpartum depression. This is because omega-3 fatty acids are likely beneficial for both the mother and her developing child.

There is less scientific data to support the regular use of omega-3 fatty acid supplementation in people with bipolar disorder, borderline personality disorder and ADHD. In spite of this, omega-3 fatty acids may play an important role as an adjunctive treatment – in addition to a person's regular psychiatric medications – in these and other mental illnesses.

## Are there any important side effects of omega-3 fatty acid supplements?

Omega-3 fatty acids are thought to be relatively safe for most people. Scientific studies have suggested that certain people may be at increased risk of bleeding when taking these supplements. This is particularly important for people undergoing surgery or for those with coexisting medical illnesses that affect the body's ability to stop bleeding (e.g., clotting diseases such as hemophilia). Some people who use omega-3 fatty acids will also experience a strange fishy taste in their mouth, an upset stomach, a change in their bowel movements or other associated gastrointestinal side effects.

Unlike some other herbal and complementary medicines (e.g., St. John's wort), omega-3 fatty acids do not interact with most other medications. One notable exception is that people taking other medications affecting the blood – including aspirin, non-steroidal anti-inflammatory drugs (e.g., ibuprofen), and blood-thinners such as warfarin (Coumadin) – may be at increased risk of excessive bleeding.

For many people, omega-3 fatty acids will be most useful as an additional treatment along with their other regularly prescribed psychiatric medications (e.g., antidepressants and antipsychotics). As with any other medication, herbal supplement or medical treatment, all individuals are advised to discuss omega-3 fatty acids with their physicians. Some physicians may be more or less knowledgeable regarding this treatment while others may have a specific brand of omega-3 fatty acid supplement that they recommend. In summary, while this supplement is not approved by the FDA for treatment of mental illnesses, it has been shown to be a useful additional treatment for many people living with depression, psychosis and other conditions.

# 2014 Kick-off Luncheon Opens Walk Season

Greater Cleveland Walk Season officially got underway on July 25 with the Kick-off Luncheon. Sponsored by University Hospitals, this year's event was held at the historic Slovenian National Home. Our theme "picnic" was reflected in the decorations, food and remarks. We were pleased to have WOIO Channel 19's Danielle Serino serve as our Mistress of Ceremonies. In addition to talking about her personal struggle with depression, Danielle explained how the picnic theme related to NAMI services. For instance every picnic includes a sandwich (educational programs that you can sink your teeth into). On a warm day you want a refreshing drink (support groups that help you realize you're not alone in your struggle with mental illness or loving someone who does). To complete the meal, you need side dishes (NAMI's Community Education programs: workshops, Speaker's Nights, seminars). A second side dish is the information and referral services that give peers and loved ones a full complement of services. Finally, no meal is complete without dessert (NAMI GC's nine committed staff members and 200 trained volunteers).

The program also included remarks by Family Chair Meredith Turner, constituent liaison for United States Senator Sherrod Brown, who spoke of her positive experience attending NAMI's Family-to-Family class. Finally, NAMI GC Board Member Ben Miladin shared his tried and true fundraising tips.

Thank you to all who attended. *We look forward to seeing you at NAMI Walks 2014 on September 20!*



Eugenia Cash, of Humanware/SEL, Katie Boland of the ADAMHS Board of Cuyahoga County, David Gretick and Meredith Turner.



19 Action News Anchor Danielle Serino takes to the podium.



Amy Stanovic of SHIRE, Marty Gelfand, South Euclid City Council and NAMI GC Executive Director Michael Baskin

## Fresh Friday Recap/MCO NEWS

July was National Minority Mental Health Awareness Month and the NAMI GC Multicultural Outreach Program marked the occasion with the 2nd annual Fresh Friday For Emotional Wellness at the Cuyahoga County Public Library's Warrensville Heights Branch on July 18th. More than 90 individuals, including children, took part in the fun filled and informative day. The day was designed to enhance emotional well-being while providing coping techniques and mental health information attendees could use in their everyday lives to care for their mind, body and spirit. Most activities were intergenerational but special seminars for adults were presented including "Understanding Mental Illness," "Art Journaling," a caregiver panel titled "The Impact of Change," and a peer panel on "Mental Health and the Justice System: Recovery and the Law".

Special thanks to Dave's Supermarket, Cleveland Clinic/South Point Hospital Stephanie Tubbs Jones Health Center, The Cleveland Treatment Center Inc., Guidestones Inc., M.L.R.B., LLC, The Music School Settlement and Esther Pla for their contributions of food, time and transportation. We also are very grateful to all the community vendors who donated raffle prizes: your help was vital to making this event a great success!



# NAMI GC Welcomes New Board President



Christine Young became familiar with NAMI Greater Cleveland when she reached out for information about adolescent mental health. “The relationship and knowledge sharing provided by NAMI GC has such value. Every one of the people at NAMI GC I spoke with were helpful and empathetic in their response.”

In 2007 the relationship became personal when a close friend learned her brother-in-law was diagnosed with bipolar disorder. “The best way I knew to help was to connect the family to NAMI Greater Cleveland.” Sadly, his life ended by suicide, but through our programs the family found healing. Her friend’s mother-in-law says “the Family-to-Family course was better than any counseling she could have gotten,” and “Every time I called the office, I found it assuring that the person on the other end had survived the roller coaster ride we’d been going through.”

This is one of hundreds, if not thousands, of stories like this in the Greater Cleveland community. Knowing this and the impact NAMI Greater Cleveland had on people in her own life, fuels Christine’s commitment to the board. As incoming president, she wants to focus on NAMI Greater Cleveland’s strategic plan which is centered on raising public awareness, developing our fundraising base and helping fight the stigma around mental health. “People need to understand that mental health is not a choice or a character defect...it is a diagnosis. With the right information, intervention and support people with a mental health diagnosis can thrive and lead productive lives.”

Christine has volunteered with NAMI GC since 2008, co-chairing a fundraising event called Music for the Mind and working information booths at local health and awareness fairs. She formally joined the board in 2012. Christine holds a Master of Science in Social Administration (MSSA) from Case Western Reserve’s Mandel School of Applied Social Sciences and a Bachelors in Social Work (BSW) from Cleveland State University. She is employed full-time by EY on their internal employee assistance and work/life team, EY Assist.

## Membership Information

*Yes! I/We would like to join NAMI Greater Cleveland*

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

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## Major Support For Nami Greater Cleveland Comes From The Following Organizations

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 Ridgecliff Foundation  
 Helen F. & Louis Stolier Family Foundation  
 Talty Charitable Trust  
 United Way of Greater Cleveland  
 United Way of Tri-County, Inc.  
 Woodruff Foundation

## Upcoming Community Education Nights

**Thursday, September 18, 6:30 - 8 p.m.**  
**Psychiatric Service Dogs, Healing Companions**  
 presented by Jane Miller, LISW, CDBC, AABP-CDBC,  
 ADAMHS Board of Cuyahoga County  
 2012 W. 25th St., 6th floor, Cuyahoga Room, Cleveland, OH 44113

**October 2014 - Ask the Doctor**  
 Details coming soon.

**Saturday, November 15, 2 - 3:30 p.m.**  
**Parenting Anxious Elementary-Aged Children**  
 Liesl Glover, M.S. Doctoral Resident  
 We will offer limited free childcare, but parents must RSVP  
 as spaces fill quickly. Free and open to the public.  
 Westlake Public Library in the Porter Room.

For more information or to register for any programs,  
 contact Ellen at 216-875-0266 or eriehm@namicleveland.org

## VIDA is BACK!

VIDA – Living Independently with Depression and Anxiety (Latina Support Group) started Aug 1, 2014 at NAMI GC. This support and education group targets Latina women who may be experiencing depression and anxiety due to domestic violence and or as a result of cultural norms for women. The group will be starting again at 11:30 am in our building starting October 24th. Contact our office with any questions.



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