

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.

Federal Mental Health Reform Legislation

Dustin McKee, Director of Policy, NAMI Ohio

Although Washington continues to experience intense partisan polarization, mental health reform is an area in Congress where there is an unprecedented level of agreement. There are currently two major bills being considered in Congress on the need for mental health system reforms.

In the United State House, Representatives Tim Murphy (R-Pa.) and Eddie Bernice Johnson (D-Texas) introduced H.R. 2646, the *Helping Families in Mental Health Crisis Act of 2015*. The bill unanimously passed the House Energy and Commerce Committee on June 15, 2016, and is scheduled for a floor vote on July 6, 2016. The provisions in the current House bill strengthen community crisis response and help support integration of health and mental health care, among other positive improvements.

In the United States Senate, Senators Lamar Alexander (R-Tenn.) and Patty Murray (D-Wash.) introduced S. 2680, the *Mental Health Reform Act of 2016*. S. 2680 has a strong chance of getting a vote, but the window of time to get a bill passed is brief. The Senate is pursuing a three-pronged strategy regarding mental health reform:

- Improve mental health care through provisions in S. 2680.
- Potential criminal justice reforms, including mental health diversion and reentry, if S. 2002 (sponsored by Sen. Cornyn) is included as an amendment to S. 2680.
- Potential changes to Medicaid and/or Medicare financing if the Senate Finance Committee sponsors an amendment to S. 2680. Getting an amendment to address financing will be difficult due to budget constraints, but possible proposals include:
 - Updating the Medicaid IMD exclusion to allow short-term stays;
 - Ending the Medicaid ban on same-day/same-facility billing of mental health and medical treatment;
 - Ending the Medicare 190-day lifetime psychiatric inpatient limit; and
 - Expansion of the certified community behavioral health clinic pilot.

Both the *Mental Health Reform Act of 2016* (S. 2680) and the *Helping Families in Mental Health Crisis Act of 2015* (HR 2646) will Improve integration and program coordination across federal agencies that serve people living with mental illness:

- Improve integration of mental and physical health care;
- Promote early intervention in the treatment of psychosis and use of evidence-based interventions
- Provide resources for suicide prevention.

NAMIWalks2016

Cleveland Clinic – Premier Sponsor

NAMWalks 2016 is just a few weeks away. Be a part of Cleveland's largest mental health event. Register at www.namiwalks.org/greatercleveland or call 216-875-0266.

Saturday, August 27

Edgewater Park – Lower Pavilion

Goal – \$132,000

9 am: Registration and children's activities begin

9:30 am: Warm-up with line dancing

9:45 am: Program begins

10 am: Walk steps off



National NAMIWalks Elite Sponsor



NEWS & NOTES FROM EXECUTIVE DIRECTOR – SPRING TO SUMMER

It's been a busy few months we leave behind, and a busy few months ahead as we look forward to our work in the summer months leading up to the walk on August 27th. We're excited about the potential for another conference in 2017 as the conference on *Healing and Trauma* this past May was so successful. Based on feedback from those who attended and a follow up meeting with the conference committee, a second conference will be planned for spring of 2017. To all those who attended, and to the speakers and committee members, thank you for all of your generous efforts in helping make our inaugural conference such a success. July brought us the "Out of the Shadows" event with co-sponsors NAMI Ohio, ADAMHS Board of Cuyahoga County and The Margaret Clark Morgan Foundation to highlight mental health issues at the Republican National Convention. We also celebrated Minority Health Month, which included another successful Fresh Friday program for children and adolescents at the Warrensville Heights YMCA. August brings us to our 14th Annual Walk where we will close in on earning nearly 2 million dollars over these past 14 years, all going to programs to support mental health programs at NAMI. **A huge THANK YOU for your help with advocacy in passing the most significant mental health legislation in years**, as the US House of Representatives passed the Helping Families in Mental Health Crisis Act (HR 2646*)!!!!

*Please see page 1 for more information on this historic legislation

O'NEILL FOUNDATION HELPS NAMI GC TO UPGRADE PROGRAM EVALUTION SYSTEM

We're pleased to announce a new funder for NAMI GC: the William and Dorothy O'Neill Foundation. The Foundation will provide a grant to upgrade our program evaluation system that will allow us to implement and analyze client data, which

will provide NAMI with information about the impact of our programs. We'll invest in resources to develop, administer, and interpret detailed evaluation tools that align with outcomes. In order to best serve our participants and members, it is critical that NAMI develop and sustain programs that have positive outcomes, and develop corrective strategies for those that don't. Integrating a universal evaluation system into the agency's operations will allow NAMI to do just that. Our thanks to Lea Gary, *President*, and Symone McClain, *Vice President* at the foundation for their support in helping us to obtain the grant.

THREE BOARD MEMBERS RETIRED IN MAY

Our many thanks to three directors who retired from the board this past May, who each provided invaluable service in their time with NAMI GC. At the Annual Meeting on May 20, they were recognized for their work by board president Christine Young. We honor their commitment to the work, and their dedication to peers, families and all those affected by mental illness. Each has a special place in our hearts and leaves a tremendous legacy.

- **Esther Pla** (Served from 2012-2016)
Chair of the Program Planning and Evaluation Committees
- **Jeff Pollock** (Served from 2010- 2016)
Governance Committee, Finance Committee, Referral Source for Legal Advice
- **Mary Spada** (Served from 2008-2016)
Vice President - Chair of the Governance Committee, Parliamentarian

FOLLOW UP FROM THE ANNUAL MEETING – RESULTS FROM THE VOTE OF THE MEMBERSHIP

At our May 20th Annual Meeting of the membership, NAMI GC members voted to revise our Code of Regulations to come into compliance with requirements from our national office to become affiliated according to the standards set forth by

NAMI (national). These included four regulations as follows:

Organization Name

Explanation: As a requirement of affiliation with NAMI national, there is a requirement that they retain control of the name, acronym and logo in accordance with its usage.

Membership

Explanation: As a requirement of affiliation to NAMI national, NAMI national sets the standards for membership, the type of member, and requires that dues be paid.

Fiscal Year

Explanation: As a requirement of affiliation, NAMI (national) requires that dues will be assessed "as established by the Board of Directors of NAMI" (national), and not at the affiliate level.

Non-Discrimination

Explanation: As a requirement of affiliation with our national office, NAMI (national), and because the NAMI GC Board of Directors felt it essential to be more specific in the wording of this article of the Code of Regulations in order to be more inclusive, language changes were made. The previous Article related to Non- Discrimination read that "NAMI Greater Cleveland shall not discriminate against any person or group of persons on the basis of race, disability, creed, sex, religion, or age in its requirements for membership, policies or actions."

In addition, members voted to re-elect six board members for terms through May of 2018. They include:

- Dianna Bell
- Tyfanni Dent, PsyD
- Sakeenah Frances
- Faye Gary, EdD, MS, RN
- Chris Stadler
- Mark Weintraub, Esq.

NEWS & NOTES FROM EXECUTIVE DIRECTOR – SPRING TO SUMMER

NEW BOARD DIRECTORS ELECTED AT JUNE BOARD MEETING

At our June 21, 2016 board meeting, we elected two new members to the board, Dr. Erum Ahmad and Ms. Michelle Kerr.

Erum Ahmad, M.D., is a psychiatrist and a Fellow in Child and Adolescent Psychiatry at University Hospitals Case Medical Center. In her application, she wrote, “I am interested in becoming more involved in local advocacy and support for an under served population. I want to be part of a group that can institute change and reduce the stigma associated with mental health...I enjoy interfacing with families to provide support and education in issues of mental health and would be honored to be able to serve in this leadership position.”

Dr. Ahmad will serve on the Program Planning and Evaluation Committee.

Michelle Kerr, R.N., is the Chief Clinical Officer at the Visiting Nurses Association (VNA), responsible for clinical practice, client outcomes and new program development in their mental health department. She believes in treating clients in a holistic manner. For much of her career, Ms. Kerr focused on chronic (physical) disease, and understands how mental health diagnoses affects clients in their recovery.

Michelle is interested in Board Development and Organization and will serve on the Finance and/or Governance Committee and, help us to develop a new strategic plan.

STRATEGIC PLANNING

As we come to the close of our latest strategic plan, we begin to get ready for the next. This means evaluating how we've done with the goals and objectives in the 2013-2016 plan, and looking at next steps for a coming plan. A “report card” which grades our work on the current plan, due out in August, will help us to decide next steps in following up to get ready for the next plan. There were four key strategies we worked on within the past three years which included increasing our visibility, enhancing administrative and governance functions of the board, strengthening programs and accessibility, and increasing revenues.

*We look forward to seeing you at the
NAMI WALK on August 27th!*



Michael, July 2016
mbaskin@namicleveland.org

MAJOR SUPPORT FOR NAMI GC COMES FROM THE FOLLOWING

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

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

Mental Illness Awareness Week: October 3 – 7, 2016

The first week of October marks Mental Illness Awareness Week. In an effort to raise awareness of mental illness, eliminate stigma, and inspire hope, NAMI GC is collaborating with Connecting for Kids to co-sponsor a community education program.

When is the Worry Too Much?

Does your child worry excessively about grades, social situations or sports performance? In class, does your child have an intense fear of being called on by the teacher? Are panic attacks commonplace in your home? Dr. Molly McVoy of University Hospitals Department of Psychiatry will help attendees recognize the symptoms of childhood anxiety disorders. Although many children experience fears and worries, Dr. McVoy will address the difference between normal childhood behaviors and anxiety that is interfering with your child's daily life. She will also discuss the treatment options and resources available for various anxiety disorders.

WHEN: Tuesday, October 7 at 11:30 am WHERE: Westlake Porter Public Library, Porter Room

Registration will open mid-August. To reserve your place contact Connecting for Kids at connectingforkids.org/ register or call 440-250-5563.

2015 ANNUAL MEETING

More than 250 people gathered for our Annual Meeting and Awards Ceremony on May 20 at the Holiday Inn in Independence. The crowd was inspired by our keynote speaker retired Justice Evelyn Stratton, and her remarks regarding her continued work in the field of mental health and criminal justice. In addition, each of our eight honorees, winners of the 2015 Mental Health Awards, received approving applause from the audience.

2015 Award Winners

Jaime Lynn Smith: *The Scott Adamson Memorial Peer Award*

Therese Norris: *Mental Health Family/Caregiver Award*

Denise Ayers, LSW, Compeer Program Coordinator at Far West Center: *Mental Health Provider Award*

Debra Brown, BSW, Manager of Supportive Parenting at Beech Brook: *Cultural Competence Award*

Donald Sykes, Jr., LISW-S, Managing Director for PsychBC: *Eugene Brudno Memorial Award*

Life Act: *Inaugural Teen Mental Health Award*

Ewald Horwath, MD, Associate Clinical Director of the Family Care Service Line at MetroHealth: *Mental Health Innovator Award*

Judge Ed Wade, Cleveland Municipal Court: *Local Community Leader of the Year Award*



NAMI GC Executive Director Michael Baskin, honoree Debra Brown, and NAMI GC Board President Christine Young.



Honoree Denise Ayers and NAMI GC Consumer and Family Program Manager Terri Miller



Michael Baskin, honoree Don Sykes and Christine Young



Michael Baskin, honoree Dr. Ewald Horwath and Christine Young



Guest Speaker Justice Evelyn Lundberg Stratton Retired along with Rick Keller and Jacquelyn Daugherty.



Beverly Charles, Congressional Staff member for Representative Marcia Fudge, addresses the crowd.

Annual Meeting Sponsors

Presenting Sponsors

Community West Foundation
Margaret Clark Morgan Foundation

Bronze Sponsors

Beech Brook • Highland Springs Hospital • MetroHealth
Southwest General Hospital

Inaugural Conference

NAMI Greater Cleveland's inaugural conference Healing and Trauma was a great success. Nearly 100 mental health professionals attended the full-day event on May 20 at the Holiday Inn in Independence. CEUs were available for social workers, counselors and nurses. Information gleaned from surveys of those attending the conference indicated very positive ratings for the theme, workshops, presenters and price.

Conference Sponsors

Presenting Sponsor

Community West Foundation

Gold Sponsor

UnitedHealthcare & Optum Health

Silver Sponsors

ADAMHS Board of Cuyahoga County • Molina Healthcare
Western Reserve Area Agency on Aging

Bronze Sponsor

Far West Center



Former Speaker of the U.S. House of Representatives, Newt Gingrich addresses RNC delegates interested in learning more about the need for mental health reform.

Bringing Mental Illness out of the Shadows

NAMI Ohio with support of NAMI Greater Cleveland co-hosted Bringing Mental Illness out of the Shadows for delegates attending the Republican National Convention. Held at Cuyahoga Community College, the event was co-hosted by the ADAMHS Board of Cuyahoga County and the Margaret Clark Morgan Foundation and organized to educate delegates about and increase support for comprehensive national mental health reform. Helping to raise awareness for the need of mental health reform were former Speaker of the U.S. House of Representatives, Newt Gingrich and Ohio Attorney General Mike DeWine, both of whom addressed the delegates in attendance.

Giant Eagle Gift Cards

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



NAMI/Giant Eagle Gift Card Order Form

_____ \$10 Cards	<input type="checkbox"/> Amount due	\$ _____
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_____ \$50 Cards	<input type="checkbox"/> Amount due	\$ _____
_____ \$100 Cards	<input type="checkbox"/> Amount due	\$ _____
TOTAL AMOUNT DUE		\$ _____

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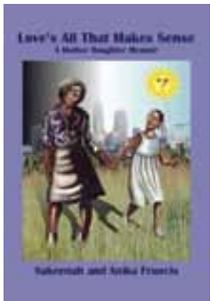
NAMI GC Members Discuss Struggles, Hopes in Published Tales of Recovery

Part 2 of 2

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

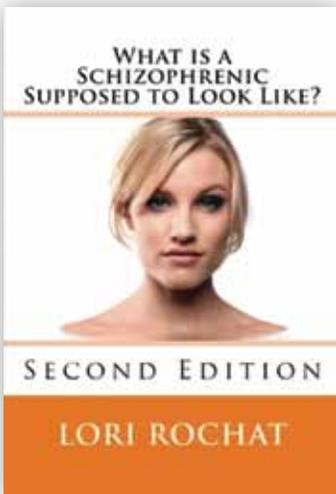
By Jaime Lynn Smith

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



SAKEENAH FRANCIS

Sakeenah Francis wrote her book *Love's All That Makes Sense* after learning how to effectively tell her story of hope, happiness and resiliency through the popular and helpful NAMI Speakers Bureau. The book discusses severe mental illness in a family setting – the relationships and twists and turns and ties between mother and daughter - and the situations that arise. The book took Francis five years to complete and publish. Francis is 18 years into an active mental health recovery.



LORI ROCHAT

Lori Rochat, a NAMI GC member who volunteers visiting mental health units at Lutheran Hospital, is 45 years old and very satisfied that she got her feelings out on paper – in a book no less! The title of her book, *What is a Schizophrenic Supposed to Look Like?* offers a hint of its wonderfully insightful contents. The premise of the book is to change the name of schizophrenia to something else because of the stigma so heavily associated with it, and to prove that schizophrenia is not a “look.” “Many times, people look at me and say ‘You don't look schizophrenic,’ so I titled my book *What is a Schizophrenic Supposed to Look Like?* Rochat said it's general life experiences she's had (since being diagnosed at 17 with this very serious condition) that inspired her to start journaling, keeping track of feelings and events and experiences. “What inspired me to write this book is just about every life experience I've ever had. They all relate to my schizophrenia in some way,” said Rochat. She goes on to say that people have used her diagnosis against her, to harm or intimidate her, and she has

experienced enough stigma. “What made me want to make it a book is the fact that people think that schizophrenia is a look, and even when I am stabilized on meds people say ‘Oh, you couldn't possibly have schizophrenia-you don't look schizophrenic.” Rochat feels her book is different from other books on schizophrenia because it's not a memoir: it's part memoir, but it's mostly self-help. “I've really aimed it at anyone with a schizophrenia diagnosis.” What advice does Rochat offer to others suffering from or in recovery from a mental illness? One of the best I've heard yet: “ALWAYS take your medication.” You can buy Rochat's book at createspace.com, amazon.com, or your local Barnes & Noble retailer.



SURPRISE SPECIAL ANNIVERSARY GIFT FROM CARESOURCE FOUNDATION

In celebration of CareSource Foundation's 10th anniversary, Cathy Ponitz, Executive Director presented NAMI GC with a check for \$10,000. Pictured from L to R are: NAMI GC volunteer Sakeenah Francis, CareSource's Cathy Ponitz, NAMI GC Executive Director Michael Baskin and Terri Miller, NAMI GC's Consumer and Family Program Coordinator.



Donations

- | | |
|--|---|
| Raafat Abou-Ikdeh | Mayfield Women's Club Inc.
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Family and Peer Education Programs

Family-to-Family: for families and friends of a loved one with mental illness.

Begins: Wed., August 31, 2016: 6:30 – 9 pm
Lakewood Presbyterian Church
14502 Detroit Avenue
Lakewood, OH 44107

Family-to-Family: for families and friends of a loved one with mental illness.

Begins: Sat., September 10, 2016: 10 am - 12:30 pm
PLAN of Northeast Ohio
5010 Mayfield Road
Lyndhurst Ohio 44124

All the above programs require registration!! For more information or to register contact NAMI Greater Cleveland at **216-875-7776**, or email, Terri Miller at **tmiller@namicleveland.org**

Peer-to-Peer: Recovery program for persons with mental illness.

Fall classes TBA

If you are interested in the Peer-to-Peer Recovery Education course, please contact Becky Fela for more information at **216-875-7776** or **bfela@namicleveland.org**

Thank you Mary Spada



After eight years of service and many wonderful accomplishments, both as a board director, and as a volunteer in a variety of roles, Mary Spada finished out her term at NAMI GC in May. Since 2008, Mary Spada provided an example for all volunteers. When Mary served as Chair of the Governance Committee, I recall her saying to all candidates who were applying to be on the NAMI board, "This is a working board" (meaning we all pitch in at all levels) - she lived that philosophy by example, engaged at every level within the board and was a volunteer in many capacities. Willing to do "whatever it takes," there was nothing that Mary wasn't willing to take on. She worked her way to Board Vice President, taught Family to Family with her husband Senator Bob Spada, took on the role of Parliamentarian of the board, sold raffle tickets, attended Support Groups, sponsored NAMI Walks, and so much more. She led with compassion, from the heart, offering us her skills and passion to offer compassion to all of us, at every level of NAMI. As Board President Christine Young announced at our Annual Meeting in May, "Mary left a legacy at NAMI GC," one that will not be forgotten. Thank you, Mary!



Police Chiefs from seven west side communities gather at the graduation of their Crisis Intervention Team Training. The training, which brings together law enforcement, mental health providers, hospital emergency departments and individuals with mental illness and their families, was created to improve responses to people in crisis. The 40-hour mental health training includes an In Our Own Voice presentation and a panel of family representatives provided by NAMI GC. Twenty-five officers representing Bay Village, Fairview Park, Lakewood, North Olmsted, Rocky River and Westlake police departments as well as the Cleveland Metropark's Rangers participated. A second training class is scheduled for fall 2016.



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