

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.

NEWS AND NOTES FROM THE EXECUTIVE DIRECTOR – FALL TO WINTER

NAMI GC's STRATEGIC PLAN GETS UNDERWAY

A Planning Team (consisting of board members, staff, volunteers, NAMI GC members and community members) began work on December 11th to get our Strategic Planning process started. The focus of the meeting was on:

- o NAMI GC's mission and vision
- o Prioritizing themes that emerged from a survey done by NAMI GC board and staff
- o Reviewing the organizations' strengths, weaknesses, challenges and opportunities
- o Providing an overview of:
 - Resources, dollars and people (current and potential)
 - Programs and Services (current and potential)
 - Funding history, both philanthropic and earned
 - Community Outreach/key strategic partnerships and collaborations (current and potential)
- o Preparation for collection of information from external sources such as focus groups of members, potential members, participants in NAMI GC programs and community leaders.

NAMI GC was awarded a grant from The Cleveland Foundation to fund the Strategic Planning initiative.

Regular updates on the progress of the plan will be listed in upcoming newsletters.

LATEST NUMBERS ON THE 2012 NAMI WALK

As of November 30th, I am pleased to report we earned over \$162,000 which exceeded last year's income by 10%! There were 98 registered teams and 757 registered

walkers. Additional dollars means we can sustain our current programs and consider new programming. Once again, thank you for supporting us!

We are currently looking for a Business Chair for the 2013 NAMI GC Walk. This person would be an individual with strong ties to the business/corporate community who can help us to secure additional sponsorships. If you know of anyone that might be able to help us, please let me know.

2013 ANNUAL MEETING UPDATE

Dr. Molly McVoy, from our Board of Directors and University Hospitals Health System, will be one of the presenters and will speak about the American Psychiatric Association's revised Diagnostic and Statistical Manual of Mental Disorders (DSM-V). The DSM-V classifies disorders based on symptoms which help in guiding clinicians to make accurate diagnoses to assist in making recommendations for treatment. The anticipated publication date for the revised manual is scheduled for May 2013. The Development Committee of the board is also seeking another speaker who will present about mental health concerns in the Gay, Lesbian, Bi-sexual, and Transgender community.

NAMI GC's Mental Health Award winners for 2012 will be presented on the day of the Annual Meeting in April. See the 'Call for Nominations' form on page 4 of this newsletter to nominate individuals and organizations that exemplify outstanding service to individuals in our community with mental illness and their family

members.

MEMBERSHIP COMMITTEE UPDATE

Liz Krull reported that NAMI Greater Cleveland has 834 members, up from 749 in November. The increase is primarily due to an increase in "Open Door" or low/no cost memberships. The Membership Committee meets each month to plan for these and other membership recruitment, activities, and events.

VOLUNTEER PROJECT OBJECTIVE AND RECOMMENDATION

One of the goals within our 2008-2013 Strategic Plan was to strengthen NAMI GC's Volunteer Program by implementing best practices of volunteer management. In September, through a grant from the Gund Foundation, we hired Business Volunteers Unlimited (BVU) as a consultant to assess our current volunteer structure, and make recommendations to improve the quality of the Volunteer Program, with the overarching goal of improving programs for NAMI GC participants. First and foremost, hiring a part time volunteer coordinator was recommended. That person/position would be responsible for systematizing and improving the quality of the Volunteer Program in the following areas:

- o Staffing
- o Recruitment
- o Intake/Screening
- o Orientation and Training
- o Supervision
- o Recognition
- o Evaluation
- o Database

continued on page 2

New(s) (con't)

As part of the consultation, BVU developed an implementation plan in order to assist us to follow through on the recommendations. Plans call for hiring a volunteer coordinator by February 2013. See page 3 for job posting.

PROGRAM RESULTS-QUALITY IMPROVEMENT

We continue to refine our evaluation system by providing detailed reports on how participants rate NAMI GC programs based on surveys completed at the end of a group or class. Surveys measure increased knowledge about mental illness, the impact on one's personal life, awareness of community resources, and changed attitudes regarding mental illness (stigma, recovery). Additionally, testimonials or comments from individuals reflecting on their experience of the group or class are invited from participants. From the sample of surveys collected in groups, classes and community education programs, participants have reported overwhelmingly that NAMI GC programs met the targeted goals, most often in the 90 percentile range. Additionally, our evaluations ask participants to rate the facilitator or Support Group leader, and in this area too, facilitators have been highly rated. Below you will find a sample of comments from participants in our Peer to Peer classes and Support Groups in 2012.

"The course was quite helpful when I really needed it. The people leading, Becky and Carla, were quite compassionate and open to their own struggles. I have moved back to the Cleveland area for my mom and my illness. It has been difficult. Knowing others that are like me are out there makes me feel better about myself - that I am not the only one."

"[I] have found so much caring and professionalism and belief in their mentor job. I have attended many different classes in my

time. This was unbelievable. I have enjoyed it so much. What a presentation of material. What a blessing this class had been and [it put me in] a better frame of mind."

"I was very pleased with the instruction I received in the group. It was presented in a very understandable manner and everyone was very relaxed and respectful during any discussion we had. I would recommend this support group to anyone else who wishes to collect information about understanding his or her mental illness."

NAMI OHIO UPDATES

Support Groups for Parents of Younger Children with Mental Health Diagnoses

NAMI Ohio, in partnership with the Ohio Federation for Children's Mental Health, will be building support groups around the state for parents of younger children with mental health diagnoses. Angela Schoepflin has assumed the role of Administrator of Children's Programs for NAMI Ohio. This position incorporates the Ohio Federation's commitment to a community outreach person with her duties as the PAC education coordinator and NAMI Ohio's focus on expanding services to families with children and adolescents living with a mental health diagnosis. "We have been challenged to get 40 support groups up and running by the end of June." Angela will be meeting with us to see how we can work together to make this goal happen.

You can contact Angela at NAMI Ohio, 1-800-686-2646, or email angela@namiohio.org.

Senate Bill 350: Clarifying Ohio's Civil Commitment Statute (Court Ordered Outpatient Treatment) Update

Betsy Johnson, Associate Executive Director of NAMI Ohio reports that Senate Bill 350 will die at the end of the year and be reintroduced in January with a new

number. She writes, "We are confident that it will pass; however, we anticipate some changes." For more information, you can reach Betsy at (614) 224-2700 or by email at betsy@namiohio.org.

Standards of Excellence

In November, NAMI Greater Cleveland's Board of Directors passed a resolution in support of an Affiliation Agreement with NAMI Ohio with the intention of achieving and maintaining the NAMI Standards of Excellence. One of the goals of the Affiliation process is to make sure that NAMI, its State Organizations, and their Affiliates are protected at all levels. This includes being on message with the NAMI mission, while also recognizing that there are many variations in what each State Organization and each Affiliate look like. For more details about the Standards of Excellence, members can go to the NAMI national website (www.nami.org) and scroll to the Center for Excellence section of the web page.

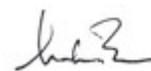
Save the Date for Statehouse Advocacy

Plan for a May 8th event at the Statehouse – the theme will be "Mental Illness: Building a Community Support System".

As we come to the close of the year, I would like to extend my thanks to all of the members of NAMI GC and to the wonderful board members, staff and volunteers who have made 2012 such a success. If 2013 is anything like 2012, we're in for a terrific year ahead! ■

Happy New Year,

Yours and best,



Michael Baskin

December 2012

Holiday Party and Celebration for Members and Volunteers

Our resident caterer (and Helpline Specialist) Kari Kecip prepared a wonderful lunch as over 60 members and volunteers helped bring in the holidays and celebrate the accomplishments of the many volunteers who facilitate programming within our community. ■



NAMI Greater Cleveland Position Announcement

VOLUNTEER COORDINATOR (VC)

Summary Job Description:

The primary role of the VC is to build a pool of volunteers & keep them engaged in meaningful activities for themselves and NAMI. This position coordinates, supervises & offers support to volunteers in various capacities and serves as a liaison between volunteers & other staff members. Responsibilities include centralizing and implementing recruitment, training & retention as well as recognition of volunteers.

Requirements:

Prior experience as a volunteer or in supervision of volunteers preferred; Bachelor's Degree; valid driver's license; public speaking experience.

Please send a cover letter & resume to:

Michael Baskin, Executive Director

NAMI Greater Cleveland

2012 W. 25th St., #600

Cleveland, OH 44113

NAMI Greater Cleveland Call For Nominations

NAMI Greater Cleveland (NAMI GC) is pleased to announce a call for nominations for outstanding achievement in promoting and providing mental health services for individuals, families and organizations in the year 2012. The awards will be presented at the 2013 NAMI Greater Cleveland Annual Meeting in April.

AWARD CATEGORIES - Please check only one

The Scott Adamson Memorial Peer Award

Recognizes a person affected by mental illness who has provided exemplary service on behalf of peers.

Mental Health Family/Caregiver Award

Recognizes a family member who excelled in helping loved ones with a mental illness to improve their quality of life.

Cultural Competence In Mental Health Award

Recognizes a peer, family member, professional or organization that has demonstrated excellence in working with minority populations in the mental health field.

Mental Health Provider Award

Recognizes a professional who demonstrates outstanding commitment in service to the community on behalf of those with a mental illness.

Eugene Brudno Memorial Organization Award

Recognizes an organization that provides outstanding service for those with a mental illness and family members.

PERSON/ORGANIZATION YOU ARE NOMINATING

NAME _____

ADDRESS _____

CITY, STATE, ZIP _____

PHONE _____ EMAIL _____

ORGANIZATION _____

NAME OF PERSON NOMINATING (YOUR NAME BELOW)

NAME _____

ADDRESS _____

CITY, STATE, ZIP _____

PHONE _____ EMAIL _____

ORGANIZATION _____

EXPLANATION OF NOMINATION

(on the back of this form or another piece of paper, please write the answers to the following questions)

- What contribution did this person or organization make in service to mental health in 2012 that merits recognition?
- What is unique about their contribution and why at this time?
- Tell us a little bit more about this individual / organization?

NOMINATIONS ARE DUE TO THE NAMI GC OFFICE NO LATER THAN MONDAY, FEB.11, 2013 by EMAIL OR REGULAR MAIL.

Please e-mail this form to Michael Baskin at mbaskin@namicleveland.org or mail to NAMI Greater Cleveland,

Attn: M. Baskin, 2012 West 25th St, #600, Cleveland, Ohio 44113

Post-Holiday Depression

Holidays can be stressful. For some, the distress will lift when the holidays end and others may continue to feel unhappy and/or stressed. Some may just begin to feel stressed out. Some may have enjoyed the holiday season, feeling low when it's over. Causes may include:

- Loss of the sense of joy of the season
- Separation from loved ones seen during the holidays
- New Year's resolutions not kept
- Weight gain and lack of energy from over eating (drinking)
- Debt and overspending
- Relationship conflicts -
 - that result from the above, and
 - we may love our family but we don't always like being with them

The familiar symptoms of depression include:

- Lethargy
- Lack of sleep or sleeping too much
- Reduced appetite or eating too much
- Low mood
- Loss of interest in activities
- Lack of concentration

What you can do:

- Use goals instead of resolutions
 - Make them practical and attainable
 - Be kind to yourself in working toward them

- Eat healthy-taking weight off slowly is healthier and has better results
- Do what's necessary for your financial life
 - seek counsel if needed
- If the depression symptoms persist, see your provider

After the holidays, we can feel the loss of increased support we received from family and friends throughout the season. We may experience feeling low or "blue". We are no longer caught up in getting a million and one things done, so we need to find things to look forward to in the upcoming winter days.

- Invite friends for dinner (have a potluck) or evening of games.
- Invite a friend to go out together and let him/her choose the activities.
- Visit a shut-in or someone in a nursing home-it will brighten your day and theirs.
- Spend some time with family members reflecting on the holidays.
- Start a new activity. Look for free classes on things that interest you.
- Replace holiday decorations with fresh flowers or a new plant.

Having a plan in place before the holidays for what you will do after the holidays can help you avoid that post-holiday let-down or at least help you get through it more easily. ■

Source: Unknown

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



18697 Bagley Road | Middleburg Heights, Ohio 44130 | 440-816-8200 | www.swgeneral.com

Community Ed/Events

Family-to-Family

The NAMI Family-to-Family Education Program is a 12-week course for families of individuals with severe brain disorders (mental illnesses). The course is taught by trained family members. All course materials are furnished to you at no cost.

Next class begins:

Thursday - February 7, 2013

7:00 p.m. – 9:00 p.m.

Grace Christian and Missionary Alliance Church, Middleburg Hts.

The class is free but registration is required. Call NAMI Greater Cleveland at 216-875-7776 or email tmiller@namicleveland.org

Support Groups

Young Adult Peer Support Group Leader needed.

If you are 18-26, in recovery and interested in leading a peer support group, contact Becky Fela, Peer Support Coordinator at 216-875-7776 or bfela@namicleveland.org

The Crisis Stabilization Unit

The Crisis Stabilization Unit (CSU) located at 8315 Detroit Avenue, operated by Mental Health Services, Inc., has re-opened and is taking referrals. For individuals in need of more intensive psychiatric support, they offer a short-term, voluntary crisis stabilization unit in a community setting. This unit enables individuals to receive the support that they need without in-patient hospitalization. The CSU helps to resolve the crisis, reduce psychotic symptoms, link the individual to community resources to minimize the chance of recurrence of the crisis and reintegrate into the community.

The contact numbers: Main: 216-651-9950

Fax: 216-651-9951

Outreach Studies

DEPRESSION

On an antidepressant and feeling better, but not where you want to be?

SCHIZOPHRENIA

Currently taking medication for Schizophrenia and need additional help?

MEMORY LOSS

Suffering from memory problems and/or taking medications, this study could be for you.

If you qualify for one of these studies, you may receive:

- Investigational study drugs, coverage for your current prescription, and study-related care at no cost
- Compensation for your time and travel
- No-cost, confidential care from a local doctor who specializes in general and geriatric psychiatry



Please contact us to find out more:

Insight Clinical Trials

Beachwood, Ohio

216-526-1843

FUNDRAISERS

Giant Eagle Gift Cards

NAMI Greater Cleveland is selling Giant Eagle Gift Cards. Use them to purchase groceries, gas, or other gift cards.

NAMI receives 5% of the amount purchased.

NAMI/Giant Eagle Gift Card Order Form



NAMI Greater Cleveland is selling **Giant Eagle Gift Cards**. Use them to purchase groceries, gas, or other gift cards. **NAMI receives 5% of the amount purchased.**

_____ \$10 Cards	<input type="checkbox"/> Amount due	\$ _____
_____ \$25 Cards	<input type="checkbox"/> Amount due	\$ _____
_____ \$50 Cards	<input type="checkbox"/> Amount due	\$ _____
_____ \$100 Cards	<input type="checkbox"/> Amount due	\$ _____
TOTAL AMOUNT DUE		\$ _____

Please submit your check payment with this form. We will mail you the card(s). Please make checks payable to: *NAMI Greater Cleveland*

NAME _____		STREET ADDRESS _____	
CITY _____	STATE _____	ZIP _____	PHONE _____

Our Town & All Around Books

There is still time to get your 2013 Our Town and All Around Book



2013 Our Town and All Around \$28

_____ I will pick up book(s) at the office 2012 West 25th Street, #600 – Cleveland, OH 44113

_____ Please mail my Book(s). I will include postage.

Number of Our Town & All Around Books _____ x \$28.00 \$ _____

POSTAGE & HANDLING: 1 Book add \$3.50 \$ _____

2 Books add \$6.95 (more than 2 books call the office) \$ _____

Donation \$ _____

TOTAL \$ _____

NAME: _____

ADDRESS: _____

CITY: _____ ZIP: _____ PHONE: _____

MAKE CHECK PAYABLE TO: NAMI Greater Cleveland 2012 West 25th Street, #600 – Cleveland, OH 44113
216-875-0266 fax: 216-861-2574

CREDIT CARDS: Master Card, Visa, American Express, and Discover Cards

Credit Card # _____ Expiration Date _____

Signature _____

Does your loved one have a mental illness?

You want to know what to expect.

You want to know how you can help.

Come and find out more.

FAMILY-TO-FAMILY PREVIEW SESSION

A one-and-a-half hour presentation for family members and significant others of individuals affected by mental illnesses

- Meet with other families and friends who have loved ones affected by mental illness
- Learn about Murtis Taylor Human Services System's resources for individuals affected by mental illness and families
- Be introduced to the National Alliance on Mental Illness (NAMI), including its Family-to-Family course. Family-to-Family is a free educational program for family members of individuals with severe mental illness, and it is taught by trained family members

These presentations are free and open to the public. Light refreshments will be served.

The presentation will be offered on these three dates, times and locations:

Thursday, Jan. 10, 6-7:30 p.m.

King-Stokes Room, First Floor, Main Building
Murtis Taylor Human Services System
13422 Kinsman Rd., Main Campus
*Please use the 13411 Union Ave.
entrance and parking lot*

Tuesday, Jan. 22, Noon to 1:30 p.m.

Meeting Room, Cleveland Public Library
Mt. Pleasant Branch
14000 Kinsman Road
Cleveland, Ohio 44120

Calling to let us know if you are attending is appreciated.
We would also be happy to answer any questions!

216.283.4423

Family-to-Family Preview Sessions are part of the Building on Family Strengths: Support, Education and Advocacy program offered by



Announcing The Building on Family Strengths: Support, Education and Advocacy Program



The Best Practices in Schizophrenia Treatment (BeST) Center at Northeast Ohio Medical University, Murtis Taylor Human Services System and NAMI Greater Cleveland are pleased to announce a partnership to provide services based on a model program developed by the BeST Center for consumers with schizophrenia spectrum disorders and their families.

The *Building on Family Strengths: Support, Education and Advocacy* (BOFS:SEA) program will provide:

- Family education and support.
- Services and supports that meet family needs.
- Improved relationships and well-being for individuals and family members and/or significant others.

A community meeting to preview the BOFS:SEA program will be held at Murtis Taylor Human Services System, 13422 Kinsman Road, Cleveland, in December 2012.

Call Michael Rhoades at Murtis Taylor, (216) 283-4400, x2291 for information and to participate.



Donations

DONATIONS

Ruth Anastacia Adamcik
 S. Atkinson-Armstrong
 Joyce & Bruce Baker
 Diana J. Bjel
 Ben Bonanno
 Laurie & Bill Bowles *in Memory of Brian Dorenkott*
 Rosemary & Richard Brim
 Sandra & Donald Brochak
 Margaret & Donald Brown
 Pamela & Jeffrey Brown
 Anonymous
 Judith & John Bulloch
 Anonymous
 Hugh & Andrea Corrigan
 Alice & Donald Cotter
 M.Patricia Culler & Tom Williams
 Anonymous
 Maryellen S. Davis, M.D.
 Mary & James Derrick
 Joseph DiRusso
 Mary Dunn
 Rudolph Duscha
 Barbara & Norman Erb
 Rosella & Stephen Fedakowski
 John Ferrante
 Katherine A. Ganz
 Faye Gary
 Dorothy & Leonard Gierosky
 Lilian Gonsalves, M.D.
 Anonymour
 Amelia Gruber-Canning
 Anonymous
 Jerrye & G. Kent Hayes
 Mary G. Hearley
 John R. Higgins
 Marqell Jackson
 Robin Jackson
 Lois Jancik
 Elizabeth & Joseph Kilbane
 Drinda J. Kiner
 Ellie & Donald King
 Linda & Joseph Kish
 Abbie & Jonathan Klein
 Mr. & Mrs. Stanley Kodrin
 Liz & Jerry Krull
 Margaret & Gerrit C. Kuechle
 Patricia & T. Laskey *in Honor of Sakeenah Francis*

Joyce & Richard Mandich *in Memory of Steven Mandich*
 Sharon B. Mannheimer *in Recognition of Marc Mannheimer*
 Barbara & Nathan Margolis *in Honor of Sam Wientraub's Recovery & Birthday*
 Susan Mariani
 Mary H. McPolin *in Memory of Eugene Brudno*
 William L. Murphy
 Lillian A. Nawalanic
 Carol & George Newman
 Bradley R. Opacich
 Susan & Eric Pardee *in Honor of Valerie Pardee for her hard work and success*
 Loretta Parker *in Honor of Pattie Novotny*
 Judith Pavelecky
 Terri M. Perelman-Hall
 Barbara Petterson
 Anonymous
 Laurie & James Rokakis
 Vonnie Rubin
 Erika M. Sandor
 Gerald Schmotzer
 Anita Schoch
 Sylvia & Donald Sear
 H. Bernard Smith
 Amy N. Stanovic *in Memory of Jennifer Nellis*
 Beverly & Alan Wagner *in Memory of Steven Mandich*
 Mrs. Marilyn D. Walker
 Eda B. Weiss
 Kathryn E. Wilmer
 Mary Witherspoon
 Elaine & Ed Yakamavage
 Robert P. Ziccardi
 Mary E. Zoller

IN MEMORY OF DAVID J. FERRO
 William K. Tisza

IN MEMORY OF BILL HAUDEN
 Nancy & Michael Dusseau

IN MEMORY OF DALE MITCHELL
 Sarah & Jim Harbuck

Mr. & Mrs. Mark Kalinowski
 Mr. & Mrs. John Kowalsky
 Mr. & Mrs. John Petko
 Mr. & Mrs. William Tilielay
 Susan & David Scarponi
 Sara & William Sturgeon

Major support for NAMI Greater Cleveland comes from the following organizations:

- o ADAMHS Board of Cuyahoga County
- o Marilyn M. Bedol Philanthropic Fund
- o George W. Codrington Charitable Trust
- o Cleveland Foundation
- o Community Shares of Greater Cleveland
- o Community West Foundation
- o Jennifer and Grant Dinner Fund of the Joseph and Florence Mandel Family Foundation
- o Ginn Foundation
- o George Gund Foundation
- o Janssen
- o Kaiser Permanente
- o Lilly
- o Macy's
- o Elizabeth Ring Mather and William Gwinn Mather Fund
- o Mt. Sinai Health Care Foundation
- o David and Inez Myers Foundation
- o North East Ohio Medical University (NEOMED)
- o Pfizer Healthcare Charitables
- o Albert B. and Audrey G. Ratner Family Foundation
- o Ridgecliff Foundation
- o Bill and Belinda Sholomon/Malkin Philanthropic Fund
- o Shire
- o Stolier Family Foundation
- o Talty Charitable Trust
- o United States Steel Foundation
- o William W. Weiss Foundation
- o Woodruff Foundation



Memorial & Tribute Gifts

REASONS FOR GIVING:

- In Memory
- Recognition
- Graduation
- Anniversary
- Birthday
- Sympathy
- Holiday
- Parenthood

Other _____

Enclosed check in the amount of \$ _____

Commemorating (Person/Occasion):

Send card/letter to (Name):

Address _____

City _____

State _____ **Zip** _____

Signed _____

Your City _____

State _____ Zip _____

Other Comments _____

**Please make your check payable
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. NAMI GC 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 NAMI GC 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)

Membership	\$ 35
Open Door	\$ 3
Additional Donation	\$ _____

TOTAL ENCLOSED \$ _____

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

Credit Cards are also accepted:

Master Card Visa Discover American Express

Credit Card # _____

Expiration Date _____



OUR ORGANIZATION

OFFICERS

Kathleen Stock - President
Mary Spada - Vice President
Dianna Bell - Treasurer
Gay Lanctot - Secretary
Elliot Myers - Parliamentarian

BOARD OF DIRECTORS

Mike Dusseau
Faye Gary, EdD, MS, RN
Molly McVoy, M.D.
Ben Miladin, MSW
Esther Pla, RN
R. Jeffrey Pollock, Esq.
Jodie M. Ross
James Vernon
Mark Weintraub, Esq.
Christine A. Young, MSSA, LSW

BOARD EMERITUS

Lovell John Custard
Alan Riga, Ph.D.

MEDICAL ADVISORY BOARD

George E. Tesar, M.D. - Chairman
Kathleen A. Clegg, M.D.
Lori D'Angelo, Ph.D.
Philipp L. Dines, M.D., Ph.D.
J. Jin El-Mallawary, M.D.
Norah C. Feeney, Ph.D.
Keming Gao, M.D.
Richard R. Hill, M.D., Ph.D.
George E. Jaskiw, M.D.
Tony Love Johnson, M.D.
Evanne Juratovac, RN, Ph.D.
P. Eric Konicki, M.D.
Joseph A. Locala, M.D.
Gary T. Pagano, M.D.
Kathleen M. Quinn, M.D.
Luiz F. Ramirez, M.D.
Rakesh Ranjan, M.D.
Robert J. Ronis, M.D., M.P.H.
Patrick Runnels, M.D.
Roknedin Safavi, M.D.
Martha Sajatovic, M.D.
John Sanato, M.D.
Robert T. Segraves, M.D., Ph.D.
Doug Smith, M.D.
Thomas P. Swales, Ph.D.
Cynthia S. Vrabel, M.D.

NAMI GC

2012 West 25th Street, #600 Cleveland, Ohio 44113
Phone: 216-875-7776 FAX: 216-861-2574
www.namigreatercleveland.org

STAFF

Michael Baskin, Executive Director,
mbaskin@namicleveland.org
Marsha Blanks, Multicultural Outreach Specialist,
M3BLANKS@aol.com
Becky Fela, Peer Support Specialist,
bfela@namicleveland.org
Sally Follett, Support Group Consultant,
salfollett@aol.com
Kari Kopic, Helpline Assistant,
kkepic@namicleveland.org
Liz Krull, Office Assistant,
lkrull@namicleveland.org
Terri Miller, Consumer and Family Program
Coordinator, tmiller@namicleveland.org
Evelyn Rivera-Mosquera, Bilingual Outreach
Coordinator, evelynrivera@sbcglobal.net
Bridget Murphy, Special Events Coordinator,
bmurphy@namicleveland.org
Ellen Riehm, Community Education Coordinator,
erihm@namicleveland.org