

**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 WALKS 2014: ONE STEP AT A TIME; MANY HEARTFELT THANK YOU'S

Blue skies and bright sunshine graced NAMIWalks 2014 as more than 1,500 participants gathered at Voinovich Park on September 20th. The morning was filled with great camaraderie and fun. DJ Kris Koch with Num Num World Music played line dances to warm up the crowd before the Walk stepped off. Our children's area featured Rainbow Rae who created balloon animals and painted masterpieces on the faces of young and old alike. Our fabulous juggler, Neelraj Arun wowed us with his skills. Even our four-footed friends received special treatment from our friends at Style Mutt.

This year's Walk dedicated to the memory of actor Robin Williams raised more than \$125,000 for NAMI Greater Cleveland programs in Cuyahoga County. And to our walk chairs this year, Danielle Serino (WOIO 19 News), Meredith Baxter (US Senator Sherrod Brown's Office) and Chad Gross, (Ernst and Young), we couldn't have done this year's walk as well without your efforts.

A big thank you to our all of our Team Captains, Walkers, corporate sponsors, donors and volunteers for making NAMIWalks 2014 a success!

### NAMIWalks 2014 Teams & Captains

2Angels07/Nicole Hutchins  
 ADAMHS Board of Cuyahoga County/  
 Katie Boland  
 Beachwood Support/Nancy Fitch  
 \*Beech Brook/Nancy Martin  
 Benjamin Rose/Jeanne Hoban  
 \*Bianco-Young/Anne Schleicher and  
 Christine Young  
 Big Elephant/Ron Stupka  
 Boulevard Presbyterian Church/Sandy  
 Ammon  
 Broken Crayons/Maureen Tomko  
 \*CASP Team 2014/Valorie Wolcott  
 Mendelson  
 CCF Child Psych/Veena Ahuja  
 \*CCHS/Dan Karchmer  
 CCHS Marymount Geropsych/Lydia  
 Potoma  
 \*Chad Gross EY Team/ Chad Gross  
 CommuniCare/LaTanya Harp  
 Compeer Far West Center/Denise Ayres  
 \*Connections:  
 Health\*Wellness\*Advocacy/Mark  
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 \*Dawgs of the Underworld/Michael Baskin  
 \*Driehm Team/Ellen Riehm  
 Friday Friends/Marie Gallagher  
 Friends Like Me/Jennifer Jancik  
 GoSzymankel/Marcia Pohto Szymanel  
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 Hopewell/Candace Carlton  
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 Magnolia Clubhouse/Joyce Roper  
 Marymount Behavioral Health Staff/  
 Cassandra Skul  
 MCO/Marsha Mitchell Blanks  
 Mental Warriors/Brooke Cannon  
 \*Metroparks Magic 2014/Maggie  
 Kubovchik  
 \*NAMI Geauga Walkers/Linda Reed  
 Oakview Walkers/Debbie Byron  
 Ohio City Wellness Support Group Team/  
 Becky Fela

*Continued on next page*



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**Accepting The Outstanding Nami Affiliate Of The Year Award In D.C.**

It was an honor and a delight for me, on behalf of our board, staff and members, to accept the Outstanding Affiliate Award in Washington, DC on September 6th at the NAMI National Convention. Both Mary Spada, vice president of the board and I spoke to nearly 1000 people in the main ballroom of the Marriott Wardman Hotel. Our contingent from Northeast Ohio were there to support Mary and I, and were asked to stand in front of the podium for recognition and pictures (see page 4 for photo). I focused my speech on the volunteers and the programs that I think distinguish our affiliate from others. We were given a plaque which hangs on the wall in the reception area of our office.

**Sneak Previews: 2015 Programming**

Based on program results from this year, we're considering expansion of our work in the faith-based community, increasing the number of programs with Veterans, and doing additional support and education programs with the elderly.

For those churches already served by our faith-based outreach and education programs, (like Sharing Hope,) the expectation is that Support Groups or Family-to-Family courses will follow. **Homefront** is the newest educational course for family, caregivers and friends of military Service Members and Veterans living with mental illness. It is currently being piloted in six states with an expected expansion to other NAMI State Organizations in late 2014. Like Family-to-Family, **Homefront** trains family members in preparedness, emotional resiliency, and strategies for self-care, managing crisis and communicating effectively. Former NAMI Ohio President and Senator Bob Spada and Mary Spada, a board director at NAMI GC, are interested in facilitating the **Homefront** program.

**News About Me In The Community**

I thought that I would share some more information about community organizations with which I am involved. Recently, I was named to the Board of Greater Cleveland

Community Shares (GCCS), where I serve on the Governance Committee. With 45 members, GCCS addresses the root causes of social problems facing our neighborhoods, our community, and our region. Their mission is to support social justice organizations like NAMI GC through workplace giving and other philanthropic initiatives. NAMI GC has been a member of GCCS since 2008.

Since 2012, I have served on the Board of Directors for Coalition (MHAC), and am currently Treasurer. MHAC is a state-wide member organization that unifies diverse local voices to advocate with the goals of 1) increasing awareness of issues that impact people affected by mental illnesses and addiction disorders and 2) advancing policies that positively impact Ohioans affected by mental illnesses and addiction disorders.

To learn about GCCS or MHAC, visit their websites: [www.communityshares.org](http://www.communityshares.org) and [www.mhaadvocacy.org](http://www.mhaadvocacy.org).

**Spotlight On Exceptional Philanthropy: The Mt. Sinai Healthcare Foundation**

The Mt. Sinai Foundation has been a strong supporter of NAMI GC and its programs since its inception, and in 2008 began providing funding to help contribute to our Multicultural Outreach Program. In 2014, the Foundation provided funds to help us start a mental health workshop at Kingsbury Estates in Cleveland's Hough area. The Foundation also provided start-up funding for our Terrace Towers project in 2012. The program serves those affected by mental illness who are at risk for eviction. Many thanks to Shelly Galvin, program officer, and Mitchell Balk, president for their efforts in sustaining these programs for those most in need.

*I hope to see you soon & wish you well.*



Michael, November 2014



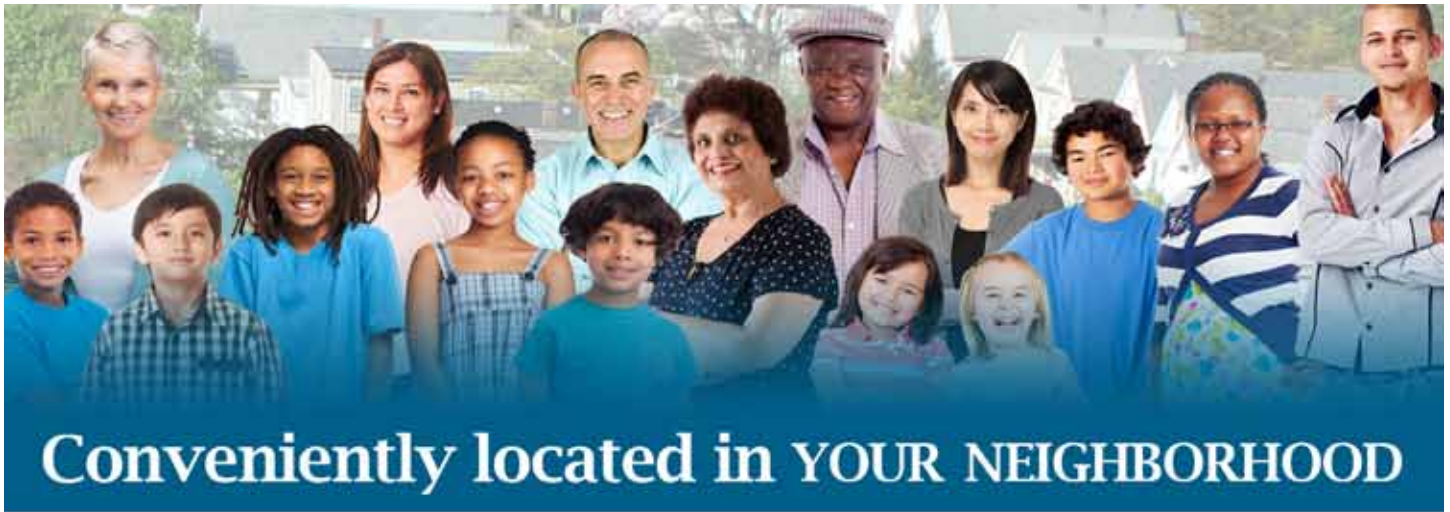
**Comments or suggestions?**  
**I would love to hear from you:**  
**[mbaskin@namicleveland.org](mailto:mbaskin@namicleveland.org)**

**NAMIWalks 2014 Teams & Captains**

- \*Oldies But Goodies/Liz Krull
- Passion for Change/Megan Testa
- \*Planet of the .../Megan Schlick
- \*Psychological & Behavioral Consultants/  
Thomas Swales
- PRSD Treatment and Research Program  
CASE/Norah Feeny
- Recovery Resources/Megan Kleidon
- Signature Health, Inc./Dawn Brumfield
- \*SLAM/Carly Hodgins
- St. Vincent Charity Medical Center/  
Nanette Reichek
- Stayin' Strong/Lacie Semenovich
- Super Fun Walk/Carol Schulien
- Take It All In Stride/Mindy Crawley
- Team Awesome/Laura Weichel
- Team Bay Village/Liz Krull
- Team Bell/Diana Bell
- Team Cares/Carmen Williams
- Team CareSource/Rochelle Saunders
- Team Dent/Tyffani Dent
- Team FrontLine: Ariana Alexander
- \*Team Haines
- \*Team Lesley/Jane Arnoff-Logsdon
- Team Love/Nicole Zavodny
- Team Metro/Peter Taylor
- \*Team Northcoast/Tom Ference
- Team Patriot/Kelly Ohlsen
- \*Team Spada/Mary Spada
- Team Stadler/Christine Stadler
- \*Team Steven/Stacy Foytik
- Team Sunovion/Dan Calloway
- \*Team UnitedHelathcare-Optum/Ryan  
Marblestone
- \*Team Weintraub/Mark Weintraub
- The Family/Phillip Hinton
- The Power of One/TaNisha Ramsey
- \*Tread Wrightly/Julie Lynn Pavelecky
- UH Geauga Wonder Walkers/Phyllis  
Shannon
- \*UH Psychiatry Residents/Zafar Zaidi
- Velocity Advisors/Joel Grams
- Who You Calling Crazy?/Russell Boone
- \*Indicates Teams raising more than \$1,000

**Individual Walkers raising \$1,000 or more**

- Michael Baskin
- Chad Gross
- Maggie Kubovchik
- Bonnie Leitch
- Judy Pavelecky
- Ellen Riehm
- Betty Ruth Shear
- Mary Spada
- Don Sykes
- Mark Weintraub



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## NAMI GC Donor Reception Held

On October 30, NAMI GC held a reception at the Skylight Financial Offices honoring private and public sector donors. Guests helped us celebrate our Outstanding NAMI Affiliate Award, learned more about our strategic plan and saw the amazing view of downtown and Cleveland and surrounding areas from the 10<sup>th</sup> floor of the United Bank Building.

Our thanks to Skylight Financial's Steve Thompson and Dee Dee Bell who helped us coordinate the details.

## Volunteer & Intern Spotlight

We have so many amazing volunteers and interns. We love to be able to show a few of them off in this column. This month we would like to introduce our **2014 Walk Intern, Erin McCabe**. Erin has worked with us since May and leading up to NAMI Walks in September. Erin worked with Lisa on all elements of the event and also applied her expert technical and graphic design skills to assist other staff around the office. Erin is part of the "Marvelous McCabes". Her parents, Tom and Anne also volunteer with us. Anne is a weekly Helpline volunteer who has represented us at community events, helped at the Walk and assisted with various office and organizational tasks. Tom has also helped out at various community events and fills in as a support group leader. We have loved having Erin (and her parents) with us. Her passion, authenticity, and laugh have brought a great energy to the NAMI GC office!

We thank her for her work!



## PROGRAM CORNER

*a new monthly feature to keep you informed about our programming!*

Great news about our **Community Education Programs!**

Have you missed a Community Education Night, but are interested in what the speaker had to offer? Videotapes of these programs will be posted to the NAMI Greater Cleveland website later this fall.

Thank you to Darryl Haase for offering his time and expertise to film these programs and make them available for all to see. A recent topic of great interest to those who attended was "Psychiatric Service Dogs" which was presented by Jane Miller, LISW, CDBC, AABP-CDBC and is made possible by the generosity of **The Woodruff Foundation**.

Please read the following page for information that further explains how psychiatric dogs support those with a mental health diagnosis.

## Convention Coverage

In September, several of our staff and volunteers, along with 1500 others from all over the country attended the NAMI national convention in Washington, D.C. The theme of the conference was "Advocates for Change: From Dialogue to Action". In addition to receiving the Affiliate of the Year Award, some highlights were: testifying about the Murphy Bill 3717, dancing with NAMI OH and other affiliates from all over the country, the boat ride down the Potomac, and being with so many others who had "lived experience." "There was so much to learn and so many stories to hear. I was amazed by the respect that the "experts" have for NAMI and our work", commented attendee and NAMI GC volunteer Anne McCabe.

**Save the date for next year's conference in San Francisco: July 6-9, 2015**



Staff and volunteers at the National Convention receiving our Outstanding Affiliate of the Year award.

## What are the differences between a Service Dog, an Emotional Support Animal and a Therapy Dog?

A service dog is individually trained to perform tasks that mitigate the disability of his owner. Training typically takes 18-24 months. Because of his advanced training, a service dog is considered medical equipment and is permitted to accompany his disabled owner to many places where pets are not permitted. An emotional support animal belongs to a person who is disabled. The person's doctor has determined that the presence of the animal is necessary for the disabled person's mental health and written a prescription stating the pet is necessary in the person's home, despite any "no pets" regulation of the landlord, for the person's health. Little or no training is required. The owner of an emotional support animal has no more right than any other pet owner to take their emotional support animal with them other to keep one in a home where pets are not permitted or to fly with one in a cabin when pets are not

permitted. A therapy dog is a pet that has been trained, tested, registered, and insured to accompany his owner to visit patients and residents of facilities like hospitals and nursing homes to cheer up the people living there. A well-behaved pet can typically complete training in about 8 weeks. A therapy dog is legally a pet. It is not permitted to go anywhere that pets aren't without permission from the facility owner. The objective of registration is to show facility managers that this dog is well behaved, safe around people, and insured against liability. It is not a license to walk into a hospital or nursing home without permission. In short: service dog works to help the owner perform tasks he cannot perform on his own because of his disability, an emotional support animal works to improve the health of his owner who is disabled, and the therapy animal works with his owner to improve the health of others.

## What's the difference between a Psychiatric Service Dog and an Emotional Support Animal?

A psychiatric service animal is individually trained to perform tasks that the owner cannot perform because of a disability as defined by the Americans with Disabilities Act. Psychiatric service animals, like all other service animals, assist their disabled handlers by performing these tasks.

However, while the owner of an emotional support dog must also be disabled, the emotional support dog is not trained to perform tasks to mitigate the owner's disability. Therapy animals are sometimes confused with psychiatric service animals or emotional support animals. However, therapy animals are something entirely different. A therapy animal is one that is trained, tested, registered, and insured to visit people in hospitals and nursing homes. A person with a therapy animal has no particular right under the ADA to take their animal anywhere pets are not permitted. If the owner wishes to visit a facility like a hospital or nursing home, they must first seek out and receive the permission of administrators at the facility they wish to visit. According to the U.S. Department of Justice, which regulates and enforces the Americans with Disabilities Act (ADA): "The Department is proposing new regulatory text in § 36.104 to formalize its position on emotional support or comfort animals, which is that "[a]nimals whose sole function is to provide emotional support, comfort, therapy, companionship, therapeutic benefits, or promote emotional wellbeing are not service animals." The Department wishes to underscore that

the exclusion of emotional support animals from ADA coverage does not mean that persons with psychiatric, cognitive, or mental disabilities cannot use service animals. The Department proposes specific regulatory text in § 35.104 to make this clear: "The term service animal includes individually trained animals that do work or perform tasks for the benefit of individuals with disabilities, including psychiatric, cognitive, and mental disabilities." This language simply clarifies the Department's longstanding position." The ADA gives the disabled owner of a service dog the right to be accompanied by his or her service dog to most places where the public are permitted, even if dogs are not generally allowed. However, the owner of an emotional support dog has no particular right to public access and must ask permission of the management to enter with an emotional support animal. Under the Fair Housing Amendments Act, a qualified person with a disability may request a reasonable accommodation in the form of a modification of rules against the keeping of pets in order to keep EITHER a service animal or an emotional support animal. Under the Air Carrier Access Act, a qualified person with a disability may be accompanied in the cabin of an air craft by either a psychiatric service dog or an emotional support animal if they have the proper documentation from their doctor.

Source: Service Dog Central: [www.servicedogcentral.org](http://www.servicedogcentral.org)

## NAMI Greater Cleveland Call for Nominations

We are accepting nominations for outstanding achievement in promoting and providing mental health services for individuals, families and organizations in the year 2014. The awards will be presented at 2015 NAMI GC's Annual Meeting in April. Nominations are being sought for:

### 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.

### NOMINATIONS ARE DUE WEDNESDAY, JANUARY 25, 2015.

Please send to: Michael Baskin, Executive Director in care of the NAMI GC offices (2012 West 25th Street, #600, Cleveland, OH 44113 or mbaskin@namicleveland.org).

In your recommendation, please include contact information for you and the person/group you are nominating, and explain:

- What contribution did this person or organization make in service to mental health in 2014 that merits recognition?
- What is unique about their contribution and why at this time?
- Tell us a little bit more about this individual/organization?

## NAMI Greater Cleveland featured on 19 Action News

Danielle Serino, 19 Action News Anchor, shines the light on Northeast Ohio businesses and non-profit organizations with her weekly segment called "Local and Loving It". As Media Chair for NAMIWalks 2014, Danielle took the opportunity to feature NAMI GC and how our services make a difference in the lives of those impacted by mental illness. In a segment that aired a week prior to the Walk, she focused on the road to recovery for two of our volunteers, Sakeena Francis and Ben Seeley. "Danielle's piece struck the perfect balance of tenderness and reality. We deeply appreciate the time and care she took scripting and editing the piece, as well as 19 Action News' continued to commitment to NAMIWalks," commented our Development and Special Events Coordinator, Lisa Dellaflora. To view the piece online go to [www.19actionnews.com](http://www.19actionnews.com) and search for NAMI GC in the "Local and Loving It" section of the site.

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Kaufman Container is highlighted for their observance of Mental Illness Awareness Week October 5-11th. Many thanks to Richard Mandich, MH advocate and NAMI GC member for making this happen! Kaufman Container is a proud sponsor of NAMIWalks!

## Multicultural Outreach Program

Just kicked off V.I.D.A (Viviendo Independiente de Depresión y Ansiedad) at the end of October. V.I.D.A., which is generously supported by **Pfizer, Inc.**, provides support for Spanish speaking Latina women who are struggling with depression, anxiety, or have experienced trauma. V.I.D.A. is facilitated by Gabriella Schinkman, LISW-S.

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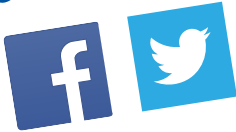
We're on the lookout for a volunteer interested in being part of our Development Committee. The group will work from a specific plan each year, as part of our strategy to "grow contributed income and revenue." Please email [mbaskin@namicleveland.org](mailto:mbaskin@namicleveland.org) if you're interested in being a part of this essential work that helps support all of our programs.



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