

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

National Alliance on Mental Illness

NAMIWalks 2017 Surpasses Goal

More than 1,300 people joined us at Edgewater Park for NAMIWalks 2017 to demonstrate their support for those affected by mental illness. Once again our event was graced with beautiful weather and eloquent speakers. We are grateful to WKYC's Dorsena Drakeford who graciously stepped in for Danielle Serino when she was asked to accept an out of town reporting assignment for the station. We also appreciate the words shared by Ronnie Leeth. Both Dorsena and Ronnie inspired the crowd with their stories and examples of recovery. Finally we wish to acknowledge our outstanding Team Captains, Walkers, generous donors, volunteers and a record 36 corporate sponsors who helped us surpass goal raising \$147,615!



Members of Burning River Roller Derby Team served as our Welcoming Committee.



WKYC's Dorsena Drakeford shares her struggle with anxiety with NAMIWalkers.



A couple of samples submitted for our Banner Contest.



Members of the JCU Beta Chi team strike a pose.

Top 10 Teams

- CCF Center for Behavioral Health/ Halli Shumaker - \$8,171
- EY r u ok? Stigma Erasers/ Zach Douglas - \$5,745

- UH Psychiatry Department & Friends/Syed - \$5,341
- PsychBC All-Stars/Melissa Wallace - \$3,473

Continued on page 2

Join us in Recognizing All of our NAMIWalks Teams and their Captains

- Abundantly Blessed Child/Tina Navarro
- Acting Out! Fest/Derek Hess
- ADAMHS Board of CC/Beth DeJesus
- AKA #TheProgressiveChapter/ Lorretta Scott
- Amauri McGowan/ Antionette Graham
- Applewood Centers A-Team/ Elizabeth Frantz
- Avery-Brewer- Breckenridge Family/Bertha Avery-Brewer
- Beech Brook/Carrie Tulino-Bell
- Benjamin Rose Institute on Aging/Jeanne Hoban
- BiPolar Care Bears/Lynn Bango
- Borato Beachcombers/Lauren Borato
- *Buckeye Health Plan – Envolve/Amber Bundy
- Burning River Roller Derby/Allie Mackerty
- *CASP-Cleveland Assoc School Psychologist/Valorie Wolcott
- CBCH/Wendy Kacmarcik
- *CCF Center for Behavioral Health/Halli Shumaker
- Charak Center of the North/ Courtney Mines
- Cheese Nips/Emily Fitzpatrick
- *Cleveland Characters/ Christine Stadler
- Cleveland VAMC Employee Association/Chris Goodall
- *Connections– Signature Health–Orca/Mark Johnson
- Crusaders/Adrienne Eisenmann
- Cuyahoga County

Continued on page 3

NEWS & NOTES FROM EXECUTIVE DIRECTOR – SUMMER TO FALL

WE'RE MADE OF STORIES

More than one poet has said, this world is not made of atoms, it's made of stories. They say when people are lost, or when they are confused, the way back is through telling their story. And that's what we do at NAMI in many different ways. In those ways, (support groups, courses, helpline and community education & more,) NAMI helps build community, a home away from home. We help to give voice to the story.

For 12 years now, going on 13 as Executive Director of NAMI GC, I've had the uncommon opportunity to be a part of an organization that has shaped both my professional life as well as my personal experience. I have been privileged to sit in with the most courageous, outrageous & sagacious individuals I've ever met. The wisdom of their stories provided me a glimpse into their personal genius which often lies just beneath their trauma and illness. C.G. Jung wrote that, "behind the wound is the genius." Often these stories give hope for others that one's own story might be truly heard one day. For me, this is how meaning is made: for both the person telling the story and the listener.

When people share, as Ronnie Leeth

& Dorsena Drakeford did at NAMI-Walks on September 16th, you learn the connection between grief and gratitude, and how the two are inextricably linked and make meaning for those in recovery. You learn how storytelling is alive and well at NAMI and for me, this image, underlies so much of what we do and what an impact it can make. At NAMI, people find a place where their voice is truly heard and their story takes flight, a way to pass it forward.

MAJOR SUPPORT FOR NAMI GC COMES FROM THE FOLLOWING ORGANIZATIONS

- ADAMHS Board of Cuyahoga County
- Mr. & Mrs. William W. Baker - William Winfield Baker Family Foundation
- CareSource Foundation
- George W. Codrington
- Charitable Foundation
- Cleveland Clinic Center for Behavioral Health
- Cleveland Foundation (Donor Advised Funds)
- Community Shares of Greater Cleveland
- Community West Foundation
- Larry and Bonnie Frankel
- Philanthropic Fund
- Janssen
- Jewish Federation of Cleveland (Donor Advised Funds)
- Lundbeck
- Margaret Clark Morgan Foundation
- Sinai Healthcare Foundation
- Elizabeth Ring Mather & William Gwinn Mather Fund
- Edwin D. Northrup II Fund (PNC)
- William J. and Dorothy K. O'Neill Foundation
- Stolier Family Foundation
- Talty Charitable Trust
- Ridgecliff Foundation
- William Weiss Foundation
- Woodruff Foundation

FUNDING PROVIDED BY THESE GENEROUS ORGANIZATIONS MAKES IT POSSIBLE FOR NAMI GC TO OFFER ITS PROGRAMS AT NO COST TO PARTICIPANTS!

Yours and Best,



Michael, October 2017

mbaskin@namicleveland.org

NAMI GC New Recognition Award

A new award will be added to the slate of honorees during NAMI GC's 2018 Annual Meeting. The CIT officer award will be presented annually to a CIT Officer who demonstrates exemplary service to an individual living with a mental health diagnosis or to a member of their family. Nominations may be made by NAMI GC members as well as members of the community at large. The inaugural award will be presented at NAMI GC's annual meeting in May.

Continued from page 1

- Team Carolyn/Katie Jerome Taylor - \$3,075
- Southwest General Oakview Behavioral/Diane Levi - \$2,488
- Team Bianco-Young/Anne Schleicher & Christine Young - \$2,415
- Team JWW/James Watson - \$1,930
- Oldies But Goodies/Liz Krull - \$1,910
- Driehm Team/Ellen Riehm - \$1,590

Estate planning

Are you interested in furthering your interests and concern for people? A bequest provides you with this opportunity. Perhaps there is some service or program of NAMI Greater Cleveland of special interest to you. If so, you may consider extending your influence into the future to benefit many people. If you are in the midst of drafting your will or reviewing it with your legal advisor, consider including NAMI Greater Cleveland as a beneficiary. Contact Lisa Dellaflora at 216-875-0266 for more information.

Continued from page 1

- Public Defender Office/Connie Ippolito
- *Dan Miller Memorial/Maggie Kubovchik
- *Driehm Team/Ellen Riehm
- Each One/C. Dorian Scott
- Erie Shores/Chelci Fudge
- *EY r u ok? Stigma Erasers/Zach Douglas
- Faith Hope & Love/Maggie Schramm
- Fast and the Furious/Keisha Pledger
- Freud's Army/Madison Bean
- Friendship Rocks Compeer Far
West Center/Denise Ayers
- FrontLine Services/Katie Paul
- Given to Fly/Gretchen Stout
- Hopewell/Candace Carlton
- Imagine Dragons/Amy Stanovic
- JCU Beta Chi/Amanda Shuluga
- JFSA & PLAN/Jacquie Houser
- Kappa Alpha Psi Fraternity Incorporated/Brian Webster
- Kari's Hopeful Friends/Kari Kepic
- Magnolia Rocks/Willie Boyd
- *Mayfield Marchers/Darcy Edelman
- Metro Health NAMI Walkers/Mariah
Foden & Kirsten Hemmer
- Miracle for Michael/Carlena Upesleja
- Mitchell/Jacqueline Mitchell
- *Murtis Taylor Family Support Network/Cheyenne Toole
- NAMI on Campus CSU/Nicky Potts
- NAMI on Campus CWRU/Avery Lesesne
- Neighborhood Family Practice/Paul Hirschel
- *Old Stone Rockers/Cheryl Cairns
- *Oldies But Goodies/Liz Krull
- Pressley Ridge Cleveland/Kristen Rutzler
- *PsychBC All-Stars/Melissa Wallace
- Queen Elizabeth #9, OES-PHA/Gigi Traore
- Robert Myers Insurance/Amy Rickard
- Robidoux Clan/Marilyn Robidoux
- Sarah's Warriors/Sarah Marshall
- Self Care Steppers/Grace Goins
- SERENITY Outreach Ministry/Craig Sams II
- *Southwest General Oakview Behavioral/Diane Levi
- SPAN Ministries/Mykka Gabriel
- Spunky Like Serino/Isaac Abadi
- Stepping Together/Erin McCabe
- *Stigma Busters/Ruth Simon
- Stigma Fighters/Nicole Davis
- Stigma Smashers/Steven Rogers
- Stigma BeGone/Anne McCabe
- Sunovion/Laura Ross
- SVC/MC/Nanette Reichek
- *T, M, L & the Expectant Psychonauts/Michael Baskin
- Tabono Center for Wellbeing/April Sobieralski
- Teachers Care-Teachers Aware/Tracy Gretick
- *Team Bianco-Young/Anne Schleicher
& Christine Young
- *Team Carolyn/Katie Jerome Taylor
- Team Duane/Duane Adkins
- Team Haines/Haines Lanctot
- Team Helen/Helen Cornelison
- *Team Highland/Sandy Kuntz
- Team Paramount Advantage-Cleveland/Rochelle Sanders
- Team Phoenix/Steph Nogle
- Team SAF/Carly Fleck
- Team Spada/Mary Spada
- Team Steven/Stacy Foytik
- Team TASC/Teresa Egan
- *Team JWW/James Watson
- The Beebes/Sarah Beebe
- *The Center for Families and Children/Alexa New
- The Power of One/TaNisha Coats
- The Singers for Us and Them/Mike Betts
- Troop 77016/Shawna Serna
- Tru Love!!/Felicia Butcher
- Turski/Nora Turski
- *UH Psychiatry Department & Friends/Syed Mehdi
- UnitedHealthcare-Optum/Ryan Marblestone
- VNA of Ohio/Michelle Kerr
- Walk this Way/Anthony Buniel
- Warrior Unicorns/Christina Emerson
- We Can Do It!/Lisa Dellaflora
- Weak? NAMI bro/Kristen Heffern
- *Worthington Industries/Cassandra Brooks
- Zisis/Chantal Zisis

*Indicates Walk Teams raising \$1,000+

Gratitude Corner

The NAMI GC staff members and its Board of Directors
are grateful to everyone who made NAMIWalks 2017 a great success!

ATTENTION NAMI FAMILIES A possible Program for your family Member ASSISTED OUTPATIENT TREATMENT (AOT)

Cuyahoga County's AOT program involves the Alcohol, Drug Addiction and Mental Health Services Board of Cuyahoga County (ADAMHSBCC), the Cuyahoga County Probate Court, and a mental health treatment agency, FrontLine Service. Through a grant from the US Department of Health and Human Services, Substance Abuse and Mental Health Services Administration, the ADAMHSBCC and its partners are able to provide an intensive level of service to persons in the AOT program, to help them remain stable while living in the community.

Individuals found to be a "mentally ill person subject to court order" are committed by the Cuyahoga County Probate Court to the ADAMHSBCC and ordered to participate in the AOT Program. Potential clients must meet legal criteria set out in Ohio law, and must be clinically appropriate, as determined by clinical staff at the ADAMHSCC. Clients are engaged an Assertive Community Treatment (ACT) team at FrontLine Service. An ACT team provides services in the home, and support is available 24 hours a day, 7 days a week. The ACT team ensures that clients have access to the mental health services they need, including a case manager and a psychiatrist. The client and the ACT team develop the treatment plan together.

If a client identifies other service needs, the case manager helps secure those services. The ACT team also oversees the client's progress in the AOT Program. ACT team members ensure that clients are present for weekly one-on-one meetings with the Probate Judge at the Court.

The Court reviews progress with clients, to provide encouragement and support, to let them know the Court is interested in their success.

For more information about the Assisted Outpatient Treatment Program, please contact Maggie Tolbert, R. N., Utilization Review Specialist, ADAMHS Board of Cuyahoga County, at 216-241-3400 or tolbert@adamhsc.org.

Valeria Harper Named New Leader of ADAMHS Board of Cuyahoga County

Valeria Harper was selected as the new Chief Executive Officer succeeding William Denihan. Ms. Harper began her new post in August after a 30 year career at the ADAMHS Board. Holding numerous leadership positions with a wide range of responsibilities, including serving as Acting Chief Executive Officer of the former CCCMHB and Chief Operating Officer and Vice President of Operations for the ADAMHS Board, has prepared Ms. Harper for her role as Chief Executive Officer. Ms. Harper is a 35 year veteran of the behavioral health system beginning her career at Northeast



Valeria Harper

Community Mental Health Center as a Mental Health Social Worker, and is credited as having started the first client employment service at Northeast Community Mental Health Center. Additionally, she is also recognized as a member of the early pioneer team responsible for structuring the Case Management System in Cuyahoga County during her work at the Murtis H. Taylor MultiPurpose Center as a supervisor. Her energy and commitment to improving the delivery of services to individuals living with mental illness was noticed by the then Cuyahoga County Community Mental Health Board (CCCMHB) and Ms. Harper was recruited to join the staff in 1988. She was initially hired to aid in the development of the case management system countywide, now known as Community Psychiatric Supportive Treatment (CPST).

WELCOMING JUDY FOLK, NEW BOARD MEMBER

JUDY FOLK was recently voted to the NAMI GC Board of Directors at our August board meeting. Judy is a Marketing Manager at Sherwin Williams Automotive Division where she has worked for 30 years!! Ms. Folk is a past president of the Women's Leadership Council. Judy has experience in marketing and organizational development. She is interested in speaking on behalf of NAMI and being on the Development/Marketing Committee. In her application, she wrote, "I am the mother of a son with mental illness and relied on NAMI as well as other mental health resources through the years. For a family with no knowledge of treating mental illness, I don't know where I would have turned for help. Not only is it essential to find help for diagnosis and treatment but also help with the emotional toll on the family. I can offer my story to help other families dealing with this situation and offer my advice as a part of the general public, rather than the medical community."

From all of us at NAMI, we welcome Judy to the Board!!

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	\$ _____
_____ \$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 _____

\$30 Entertainment Books / \$28 Our Town and All Around

2016 Books

_____ I will pick up book(s) at the office _____ Please mail my Book(s). I will include postage.

Number of Entertainment Books _____ x \$30.00 \$ _____

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

Postage & Handling: 1 Book \$3.75 2 Books \$7.50 \$ _____

(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 fax: 216-861-2574

Credit Cards: Master Card Visa American Express

Credit Card # _____ Expiration Date ____/____

Signature _____



Amazon Smile

When you shop on Amazon Smile, Amazon will donate 5% of your purchase to NAMI Greater Cleveland. Go to AmazonSmile.com. Select NAMI Greater Cleveland as your charity. And let the shopping begin!



Crisis Text Line (Text 4Hope to 741741) provides free support at your fingertips, 24/7. It is a free, confidential service available via text on mobile devices. It is intended to broaden the options available through current community crisis hotlines. Crisis Text Line's goal is to move people from a hot moment to a cool calm. For more information go to http://www.oacbha.org/crisis_text_line.php

The Importance of Maintaining Mental Health in College

Written by Dr. Deborah Tull and Dr. Jay Feldman for the NAMI Blog

Did you know that colleges and universities are more aware of college students' mental health needs now than ever before? Thanks to current research findings, they are doing a much better job understanding the link between mental health and academic success.

The American College Health Association informs colleges (and all of us) that mental health needs are almost directly related to measures of academic success. Their 2015 survey found that students who reported psychological distress also reported receiving lower grades on exams or important projects; receiving lower grades in courses; receiving an "incomplete" or dropping courses altogether; or experiencing a significant disruption in thesis, dissertation, research or practicum work.

Thus: Students should place a priority on maintaining their mental health while in college. This can be challenging while also becoming a successful student. So, how can you manage this balance? Here are some tips:

Engage In A Self-Assessment Process

Getting to know yourself is foundational to your success. Being self-aware will not only help you identify your strengths and weaknesses, but it can also help you identify which learning strategies and mental health coping strategies are most effective for you. Your college's counseling center might have resources and individuals to help you perform a fuller, more in-depth assessment, if you'd like help.

Develop A Support Network

Form a group of friends. Having people you can count on to talk to and spend time with can make a huge difference on your college experience. If you're going through a hard time and don't feel comfortable talking to your friends about it, seek professional help. Your school likely has a counseling center for that purpose. And it's essential to keep all your doctor and therapy appointments. It's also important to have support academically if you need it. Go to your school's tutoring center and remember: College faculty and staff are there to help you. Don't be afraid to ask questions or request extra help if you need it.

Get Organized

Being organized reduces stress and improves performance. At the beginning of each semester, set up a student success notebook with all your course syllabi, needed books, assignments and tests highlighted. If you get organized at the beginning of the semester, it will help you to always have important information at your fingertips. There will be little chance of losing key information and becoming overwhelmed with confusion about what you should be doing.

Take Care Of Your Physical Health

Eat regular meals (this is especially true before you go to class or take a test!), exercise and get plenty of sleep. Some activities like meditation and yoga will also help with stress. Speak with your counselor or therapist about when to take any medication you may be on to best support learning and healthy sleep.

Master Time Management

Class activities, tests and quizzes, homework and social commitments—even the everyday pressures of life—can lead to time management overload. And when time management skills are pushed to their limits, stress levels can rise to unhealthy levels. Procrastination creates major, unnecessary stress. So: Be on time to class. Turn in assignments on time. Set up a study schedule and stick to it. And make sure you balance your work schedule with time for leisure.

As you head off to college, embrace a success-oriented mindset with the goal of shaping your life and making a difference in the world around you. Have confidence in your ability to succeed. Remember to always value yourself. Treat yourself with kindness and respect and avoid being overly self-critical. Let others know if you need help. Develop an understanding of the resources you need and the resources available to you. These include not just what your college offers, but organizations like NAMI, The JED Foundation and The Steve Fund. There are millions of like-minded individuals rooting for your success.

You will gain self-esteem, empowerment and motivation to keep going with each success. It doesn't matter if those successes are big or small—you will find that your successes will help you define your path.

Jay Feldman has a doctoral degree in Psychology and has pursued research as a professional focus. He is currently a Senior Research Associate at RTI, International.

Deborah Tull has a doctoral degree in Psychology and has pursued research and college and university mental health program development as a professional focus.

Call for 2018 Nominations NAMI Greater Cleveland Call for Nominations

NAMI Greater Cleveland (NAMI GC) is accepting nominations for outstanding achievement in promoting and providing mental health services for individuals, families and organizations in the year 2017. The awards will be presented at the 2018 NAMI GC's Annual Meeting in May 2018. 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.

***CIT Officer Award

Recognizes a CIT trained officer for exemplary service to an individual and or family member affected by mental illness.

Teen Mental Health Award

Recognizes a high school student or program geared toward high school students and their families that raises awareness of mental illness and reduces stigma.

Young Adult Mental Health Award

Recognizes a college student or program geared toward college students that raises awareness of mental illness and reduces stigma.

Nominations are due **Monday, January 22, 2018**. Please send it to Executive Director Michael Baskin in care of the NAMI GC offices (2012 West 25th Street, #600, Cleveland, OH 44113) or email (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 2017 that merits recognition?
- What is unique about their contribution and why at this time?
- Tell us a little bit more about this individual/organization?

Please call 216-875-0266 with questions.

*** Indicates new award.



Donations

Anonymous
Patti Alisauskas
Johanne Belzile
Gina Bird
Roosevelt Blue
Business & Professional
Women/Berea Chapter
Barb & Dave Chatham
Barbara & Javier
Clemente
Andrea Corrigan
Jean & John Cregan
Daughters of Penelope
District #11
Cleveland, Lefkothea
#63
Lakewood, Icarus
#321
N. Royalton, Erinys
#355
Dr. Elizabeth Dreben
Verna & John Ferrante
Rich Hawkins
Karen Jarr
James Kennon
Beverly Kosarko
Dorothy & Ralph
Kuivinen
Mary & Cecil Marek
Linda Marsh
Martha Marshall
Mayfield Women's Club
Inc., GFWC/OFWC
Martha & Patrick
McGraw
Mary H. McPolin
Angela Murphy
Network For Good
Susan & Nicholas
North
Claire & Michael
O'Brien
Anna & Tom
Papadorotheou
Ella Patterson
Sarah Perkins
Cynthia Pittman
Carol & Richard
Pokrywka
James Poole
Linda Powell
Maria Sater
Samantha Schmitz
Marie & Norbert Sitko
Mary Ellen Skipper
Eva & Robert Trapp
Joan Turnbull
Lynn & Bruce Yule
Unitarian Universalist
Society of Cleve
Unity Spiritual Center,
Westlake
Michael & Ella
Waggoner

In Memory of Timothy Buchina
Jerome Buchina
Audrey & Raymond
Buchina
Beatrice Clish
Dena Henry

Barbara & Robert
Leskovec

In Memory of Sandra P. Kimble
Darrell Buck
Tricia Edwards
James Kimble, Family
& Friends
Jeff Kimble & Friends
Sadie Wigal

In Memory of Kathy O'Donnell
Karen S. Karp
Eileen Marsal Koch
Sharon O'Donnell
Nadine Ohalla
Jennifer Pae

In Memory of Willie Orr
Meghan Bates
Hannah Belsito
Katie Bonner
Susan Carris
Neeko Crider
Elizabeth Day
Theresa Fall
Ashley Grodnitzky
Mary Jolivette
Allison Orr
Suzanne Roten

In Memory of Bruce Reider
Deborah & Joel Glass

In Memory of Chrystyna Nebesh-Jatsyshyn, MD
Karen Bradley, MD

Support NAMI GC
Support your organization by shopping at AmazonSmile. This will link your supporters directly to smile.amazon.com in support of NAMIGC HYPERLINK "https://smile.amazon.com/ch/20-2254268" https://smile.amazon.com/ch/20-2254268 Purchase your Every Day Cards and Gift Ideas through NARSAD. Every Dollar contributed to NARDAD's research programs goes 100% to research grants. Art By and on Behalf of Mentally Ill Persons. HYPERLINK "http://www.narsadartworks.org" www.narsadartworks.org



2012 W. 25th St., #600
Cleveland, OH 44113
P: 216-875-7776
F: 216-861-2574

Non-Profit Org.
U.S. Postage
PAID
Cleveland, OH
Permit No. 1171



OUR ORGANIZATION

NAMI GC

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

OFFICERS

Christine Young, MSSA, LSW, President
Mark Weintraub, Esq., Vice President
John Cipolla, Esq., Parliamentarian
Christine Stadler, Secretary

BOARD OF DIRECTORS

Erum Ahmad, MD
Lauren Borato
Diana Bell
Anthony Buniel, CPA
Tyffani M. Dent, Psy.D.
Judy Folk
Sakeena Francis
Faye Gary, EdD, MS, RN
Jeanneth Johnson
Michelle Kerr, RN

BOARD EMERITUS

Lovell John Custard
Kathleen Stock
Elliot Myers
Alan Riga, Ph.D.

EDITOR

Lisa Dellaflora

MEDICAL ADVISORY BOARD

Dr. Farah Munir, DO, Chair
Kathleen A. Clegg, M.D.
Lori D'Angelo, Ph.D.
Philipp L. Dines, M.D., Ph.D.
J. Jin El-Mallawany, M.D.
Norah C. Feeney, Ph.D.
Tom Ference, Ph.D.
Bill Fikter, M.D.
Keming Gao, M.D.
Richard R. Hill, M.D., Ph.D.
Ewald Horwath, M.D.
George E. Jaskiw, M.D.
Evanne Juratovac, Ph.D, RN
P. Eric Konicki, M.D.
Joseph A. Locala, M.D.
Gary T. Pagano, M.D.
Katherine Proehl, DNP, PMHCNS-BC
Luis F. Ramirez, M.D.
Rakesh Ranjan, M.D.
Robert J. Ronis, M.D., M.P.H.
Robert Rowney, DO
Patrick Runnels, M.D.
Martha Sajatovic, M.D.
John Sanitato, M.D.
Thomas P. Swales, Ph.D.
George Tesar, M.D.
Megan Testa, M.D.
Mackenzie Varkula, DO
Cynthia S. Vabel, M.D.

STAFF

Michael Baskin, Executive Director
mbaskin@namicleveland.org
Marsha Mitchell Blanks, Program Director
mblanks@namicleveland.org
Lisa Dellaflora,
Development/Special Events Coordinator
ldellaflora@namicleveland.org
Becky Fela, Peer Support Specialist
bfela@namicleveland.org
Kari Kopic, Information and Referral Specialist
kkopic@namicleveland.org
Liz Krull, Office Administrator
lkrull@namicleveland.org
Terri Miller, Consumer and Family Program
Coordinator, tmiller@namicleveland.org
Ellen Riehm, Community Education Coordinator
erihm@namicleveland.org