

National Alliance on Mental Illness

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.



NAMIWalks

National Alliance on Mental Illness

NAMIWalks 2018 Surpasses Goal

We are pleased to announce that NAMIWalks 2018 surpassed its goal and raised more than \$158,000. Our deep gratitude to everyone (Team Captains, Walkers,



ADAMHS Board CEO Scott Osiecki and NAMI GC Program Director Marsha Mitchell-Blanks.

Sponsors, Donors, and Volunteers) who made NAMIWalks 2018 a great success. YOU empower peers and family members to live a better life when they pursue support groups, education and referrals.



Representatives of the Cleveland Municipal Court Mental Docket take to the walk route with their banner.



WKYC-TV Investigative Reporter Danielle Serino, Judge Denise Rini, Judge Emanuela Groves, and WKYC-TV Reporter Dorsena Drakeford.

Here is NAMIWalks 2018 by the numbers:

Amount Raised:	\$158,202
Number of Teams:	116
Number of Participants:	1022
Number of Sponsors:	57
Number of Donors:	1,230
Number of Volunteers:	33

Top 10 Teams

- \$11,908 CCF Center for Behavioral Health/Halli Shumaker
- \$6,793 Team Carolyn/ Katie Jerome Taylor
- \$5,095 EY Walk Team/Zach Douglas
- \$5,032 Bianco Young/Anne Schleicher & Christine Young
- \$3,355 PsychBC All-Stars/ Melissa Wallace
- \$3,201 University Hospitals Psychiatry/Nanette Reichek
- \$3,035 Tank Tank 18/Noelle Muscatello
- \$2,440 Team Sherwin-Williams/Judy Folk
- \$2,230 Team JWW/James Watson
- \$2,230 CVAMCEA (Cleveland VA Employees Association)/ Matthew Kaminski

NAMIWalks Teams and Their Team Captains

- #URNotAlone/Ashton Bossone
- Abundantly Blessed/Tina Navarro
- ADAMHS Board of Cuyahoga
- County/Natalie Schrimpf
- AJ Dad/Candace Smith
- Amber's Angels/Nikki Hutchins
- *An Justice 4 All/Justin Nogle
- April's Group/April Fletcher
- B. Riley House/Rafael Correa
- Beech Brook/Carrie Tulino-Bell
- Benjamin Rose Institute on Aging/Jeanne Hoban
- Ben's Team/Benjamin Miladin
- *Bianco Young/Anne Schleicher & Christine Young
- Burning River Roller Derby/ Allie Mackerty

Continued on page 2

Top Fundraisers

- \$3,542 - Halli Shumaker of CCF Center for Behavioral Health
- \$2,050 - Liz Krull of Oldies But Goodies
- \$1,981 - Thomas Swales of CCF Center for Behavioral Health
- \$1,980 - Christine Young of Bianco Young
- \$1,435 - Jillian Watson of Team JWW
- \$1,335 - Judy Folk of Team Sherwin Williams
- \$1,308 - Darcy Edelman of Mayfield Marchers
- \$1,170 - Kenneth Alexander of CCF Center for Behavioral Health
- \$970 - John Bianco of Bianco Young
- \$995 - Anthony Buniel of Team Buniel

NEWS & NOTES FROM EXECUTIVE DIRECTOR – SUMMER TO FALL

NAMI GC'S NEW ED SHARES HER STORY

Lisa Dellafiora: First, tell us a little bit about yourself.

Chris Mignogna: I grew up in rural northeast Ohio, attending Hiram College for undergraduate studies and The Ohio State University for graduate studies. My Master's degree is in social work and public administration. I reside in the Cleveland area with my husband, Steve. I have three adult children, a recent daughter's engagement and a granddaughter due to join our family in March. I am an active volunteer through community and church events and passionate about purposeful fundraising. I'm an avid reader and an active walker, time permitting.



Chris Mignogna,
MSW, LSW, CEAP

LD: What inspired you to pursue the Executive Director position at NAMI GC?

CM: My lifelong mission is to touch lives, which began at a very young age when I volunteered as an activities therapy assistant at a local mental health hospital, then called Windsor Hospital. Each step of my professional career led to increasing opportunities to touch more lives – across our nation and around the world. The award-winning programs received much recognition, the product of teamwork and dedication.

I was inspired to give back to Cleveland when I pursued the Executive Director position at NAMI GC. Local touch...local feel.

LD: Tell us about your professional background.

CM: I am a Licensed Social Worker and Certified Employee Assistance Professional, launching my career in direct service at a Cleveland area alcohol & drug treatment facility, along with a private practice on the side. I moved into the clinical management of behavioral health benefits (touching more lives) with UHHS QualChoice. My next opportunity was with non-profit health plans for the Cleveland area. We took nonprofit health plans with \$7 million in reserves, improved the quality of the benefit design, made them operationally sound with minimal premium increases and an increase to \$62 million in reserves over the course of six years.

The last 10+ years have been in the private sector with Fortune 500 companies that had national and global Employee Assistance Programs (EAP). Partnered with employer global health teams, my clinical & operational teams ensured that all persons had access to behavioral health services. We also offered employer services that benefited managers and human resource teams, conducted trainings, along with critical incident first responders.

LD: As a mental health professional, how do you believe NAMI's programs and services make a difference?

CM: NAMI touches lives! NAMI Greater Cleveland has a commitment to serve the diverse needs of our community with a mission to empower those affected by mental illness. The support groups, educational courses, community education, multi-cultural outreach and information & referral services help people to be the best they can be in their communities. NAMI makes a difference. The NAMI Walks annual fundraiser is also a great opportunity to gather to support the

cause, as well as have some fun and get in your steps.

LD: Within the mental health community, how do you think NAMI GC is perceived?

CM: I believe the mental health community perceives NAMI GC in a very positive manner. We are a partner, a collaborator and a support.

LD: As you begin this next chapter of your career, what are you looking forward to the most?

CM: I look forward to meeting our members, engaging in conversations and focusing on NAMI Greater Cleveland and my joint mission to touch lives.

As long as we're talking about membership, I encourage everyone to renew their members or join NAMI GC today! You can go to our website namigreatercleveland.org/ or contact Liz at 216-875-0266.

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- *CASP-Cleveland Assoc. School Psychologist/Valorie Wolcott
- *CCF Center for Behavioral Health/Halli Shumaker
- CCF-QDR/Rebecca Rosario
- Certus Healthcare Management
- Charak, Charak-ites/Courtney Mines
- *Cleveland Characters/Christine Stadler
- Cleveland Psychological Association/Jason Friedman
- Cookie's Squad/Kelly Barrows
- Count to Five/Julie Smith
- CPL FIT/Sherry Parker
- Cuyahoga County Public Defender Office/Connie Ippolito
- *CVAMCEA (Cleveland VA Employee Association)/Matthew Kaminski

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- CWRU NAMI on Campus/Melissa Pax
- DG Enterprises/Bianca Griffin
- Drakes By The Lake/Kareen Drake
- Driehm Team/Ellen Riehm
- Emotion Odyssey/Ian Frowerk
- *EY Walk Team/Zach Douglas
- Find Your Passion/Jackie Harasimchuk
- *Flemen2018/Michele Flemen
- Frontline Service/Katie Paul
- Genesis Healthcare-Park East Center/Mason Yoder
- Given to Fly-Gretchen Stout
- Healing Hearts/Marie Gallagher
- Hopewell/Candace Carlton
- I Care/U Care LLC/Pamela Hill
- I Will Survive/Cheryl Haas
- Imagine Dragons/Amy Stanovic
- Inpatient Psychiatry Trailblazers/Twila Dowdell
- JFSA & PLAN/Jacquie Houser
- Kari's Hopeful Friends/Kari Kecip
- Kujichagulia/Jessica Lee
- *Lace Up!/Robin Thomas
- LakeWest DBT Center/Katherine Deiger
- LEC Healers/Ovetta Joi Dixon
- Lottie's Ladies/Lottie Conrad
- Loving Laurie/Christina Roe
- Lundbeck/Matthew Garman
- Magnolia Walks/Joyce Roper
- *Mayfield Marchers/Darcy Edelman
- MegaM3/Marsha Blanks
- *Murtis Taylor Family Support
- Network/Danyelle Simpkins
- NAMI on Campus – CSU/Nicky Potts
- NAMI Walks/Madeline Larson
- *NBH Stigma Stompers/Terry Hudson
- *NCBF Beyond These Walls Team/Denise Holcomb
- Oakview/Faith Stuckey
- *Old Stone Rockers/Cheryl Cairns
- *Oldies But Goodies/Liz Krull
- Parent Mentors NEO/Shari DeCarlo
- *PsychBC All-Stars/Melissa Wallace
- Reduce Disparities/Kelley Kauffman
- Shanti Warriors/Desiree Quinones
- Shine/Tyanna Washington
- Signature Health/Dawn Brumfield
- *Signature Health/Mark Johnson
- Signature Squad/Martrina Jackson
- *Southwest General Oakview Behavioral/Diane Levi
- SPAN Ministries-With Help/Mykka Gabriel
- Spanky/Linda Gribcheck
- *Stamp Out Stigma/Karen Jaite
- Stepping Together/Lynn Bango
- *Stigma Busters/Ruth Simon
- *Stigma Fighters/Nicole Davis
- Stigma Sucks/Renata Iaovone
- Stigma Begon/Anne McCabe
- Strive Mental Health and Wellness LLC/Jeff Turell
- Teachers Care-Teachers Aware/Tracy Gretick
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- Team 5 West/Adam Krisby
- *Team Buniel/Anthony Buniel
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- Team Peace/Scott Sackett
- Team Rosa/Diana Lopez
- Team S.A.F./Carly Fleck
- *Team Sherwin-Williams/Judy Folk
- Team Spada/Mary Spada
- Team Steven/Richard Mandich
- Team Tony/Jacqueline Mitchell
- *Team JWW/James Watson
- *Thank Tank 18/Noelle Muscatello
- The Beebes/Sarah Beebe
- The Centers for Families and Children/Kerry Bohac
- The Coufalik Family/Laura Coufalik
- The Plum/Brett Sawyer
- The Power of One/TaNisha Coats
- The Singers for Us and Them/Mike Betts
- The Westside Walkers Compeer FWC/Denise Ayres
- Transcend Innovations Inc./Christina Emerson
- Unicorns and Rainbows/Keshia Odens
- Uniquely Me/Faith Collins
- UnitedHealthcare-Optum/Ryan Marblestone
- *University Hospitals Psychiatry/Nanette Reichek
- Walk This Way/Brendan Metz
- Walk With Me/April Rister
- *Walking for You, Wishing We Knew/Donna Lamanna
- Walking Warriors/Samantha Lautzenheiser
- Walking with Edna/Edna Fuentes-Casiano
- We Can Do It!/Lisa Dellafiora
- Weak?NAMI, bro/Kristen Heffern
- Wii Not Fit/Michelle Weber

*Indicates Walk Teams raising \$1,000+

Supporting NAMI Greater Cleveland While Shopping

Thanksgiving, Christmas, Hanukkah, Kwanza and the New Year holidays are just around the corner. Purchasing Giant Eagle gift cards from NAMI GC gives you great flexibility. Use them to buy groceries for holiday celebrations or to purchase gift cards for popular stores to give as presents. NAMI GC receives 5% of the gift cards you purchase. For instance, if you buy \$100 worth of Giant Eagle gift cards, NAMI GC receives \$5. For more information, contact Liz at 216-875-0266 or lkrull@namicleveland.org.

The 2019 Entertainment Books have arrived. Experience life for less and help those affected by mental illness (peers and family members) by purchasing your Entertainment Book through NAMI GC. For more information, contact Liz Krull at 216-875-0266 or lkrull@namicleveland.org.

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

Seasonal Affective Disorder

With the days growing shorter and temperatures growing colder, our instincts tell us to sleep more and venture out less. But many of us living with Seasonal Affective Disorder (SAD) need a concrete plan to weather the winter months. We are happy to bring you these postings about SAD from NAMI's Blog.

Major Depressive Disorder With A Seasonal Pattern

Major Depressive Disorder with a Seasonal Pattern (formerly known as seasonal affective disorder, or SAD) is characterized by recurrent episodes of depression in late fall and winter, alternating with periods of normal mood the rest of the year.

Researchers at the National Institute of Mental Health were the first to suggest this condition was a response to decreased light and experimented with the use of bright light to address the symptoms. Scientists have identified that the neurotransmitter serotonin may not be working optimally in many people who experience this disorder.

The prevalence of this condition appears to vary with latitude, age and sex:

- Prevalence increases among people living in higher/northern latitudes.
- Younger persons are at higher risk.
- Women are more likely than men to experience this condition.

Symptoms

This disorder's most common presentation is of an atypical depression. With classic depression, people tend to lose weight and sleep less. This condition is the kind of atypical depression often seen in bipolar disorder—people tend to gain weight and sleep more.

Although not everyone experiences all the following symptoms, the classic characteristics of Major Depressive Disorder with a Seasonal Pattern include:

- Hypersomnia (or oversleeping)

- Daytime fatigue
- Overeating
- Weight gain
- Craving carbohydrates

Many people may experience other symptoms as well, including:

- Decreased sexual interest
- Lethargy
- Hopelessness
- Suicidal thoughts
- Lack of interest in usual activities and decreased socialization

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Estate planning

Are you interested in furthering your concern for people affected by mental illness? A bequest provides you with this opportunity. Is there a service or program of NAMI Greater Cleveland for which you are deeply passionate? Perhaps taking a Family-to-Family class gave you the skills to better support a loved one living with a mental health diagnosis, or attending a support group lessened your isolation? If so, you consider extending your influence into the future so other families affected by mental illness may take advantage of a NAMI signature program. 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.

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 2018. The awards will be presented at the 2019 NAMI GC's Annual Meeting in May 2019. 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 **Tuesday, January 23, 2019**. Please send to Lisa Dellaflora in care of the NAMI GC offices (2012 West 25th Street, #600, Cleveland, OH 44113) or email (ldellaflora@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 2018 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.

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Diagnosis

The key to an accurate diagnosis of this condition is recognizing its pattern. Symptoms usually begin in October/November and subside in March/April. Some people begin to experience a "slump" as early as August, while others remain well until January. Regardless of the time of onset, most people don't feel fully "back to normal" until early May.

For a diagnosis to be made, this pattern of onset and remission must have occurred during at least a two-year period, without the occurrence of any non-seasonal episodes during that same period.

This means you will not receive this diagnosis the first time you experience symptoms. If you believe you may have a seasonal depressive pattern, it's important to pay attention to the pattern. Track your symptoms, noting when they begin and when they subside. This self-awareness can help. Mental health professionals will ask you about your observations and also your family history since mood disorders tend to run in families.

Treatment

As with most depressive disorders, the best treatment includes a combination of antidepressant medications, cognitive behavioral therapy and exercise. Unlike other depressive disorders, this condition can also be treated with light therapy. Light therapy consists of regular, daily exposure to a "light box," which artificially simulates high-intensity sunlight. Be aware that ordinary indoor light is not sufficient to treat this condition.

Some primary care doctors have experience treating this disorder. Remember that this condition is a subset of major depression. If your primary care doctor prescribes you an antidepressant, orders you a light box and sends you to a social worker—and you have trouble the following year—consider seeking consultation from a psychiatrist. Treatment planning needs to match the severity of the condition for each individual.

Planning Ahead

If you know you have a seasonal pattern, ask yourself "How can I plan for this?" Because this disorder has a specific pattern, those

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Go Take A Hike (And Get Some Vitamin D)

By *Laura Greenstein*

Do you ever feel less energized, motivated or happy during the winter months? If you do, you aren't the only one. Many people's moods and feelings are affected by the amount of sunshine and vitamin D they receive. "Some studies suggest an association between low vitamin D levels in the blood and various mood disorders, including depression, seasonal affective disorder (SAD), and premenstrual syndrome (PMS)" says the Mayo Clinic.

There are over three million cases per year of seasonal affective disorder (SAD), which is a mood disorder that occurs around the same time every year. SAD most often occurs during the fall and winter, but it can also occur during the spring and summer.

SAD can cause people to feel moody, gain weight, crave carbohydrates, lack focus and feel more tired even if they are sleeping more. Even if you don't meet the qualifications of being officially diagnosed, getting enough sunlight is still important to your overall mood.

In previous years, I would always notice these types of symptoms begin to flare as fall turned to winter. In order to prevent my normal winter blues, I began to go for walks or runs around my neighborhood for 30 minutes a few times each week. I even went for walks when it was snowing, so that I didn't remain inside for too long.

Since I started doing this, I began to not notice the drop in mood, focus and energy that I had been associating with winter for years. Not only that, but I also felt better overall. Below are some of the other health benefits to spending time outside even when it's cold:

Less Stress and Anxiety

There is something innately relaxing—for most people—about spending time in the great outdoors. It gives you the chance to bring yourself into the present, sending your anxious thoughts out of your mind for a little while. Taking time to clear your head has lasting effects on your overall stress and anxiety levels. Also, studies have shown that certain scents within nature, such as jasmine, pine and lilacs have been shown to reduce stress and anxiety.

Stronger immune system

Vitamin D is a critical nutrient to how our body maintains a healthy and strong immune system. The easiest way to get this vital nutrient is by spending time soaking in the sun.

When we are breathing fresh air amongst plants and trees, we are also breathing in phytoncides. These are

airborne chemicals that plants give off to protect themselves. This natural chemical contains qualities that are meant to help fight off disease.

More Energy

Spending a lot of time inside can alter our circadian rhythms and throw off our sleep schedule. Being exposed to sunlight in the morning helps recalibrate these cycles, so that we sleep better at night and feel more energized during the day.

Improved Focus

The urban environments we are accustomed to constantly drain our attention spans. Between cell phones, traffic jams, crowding and noise, our brains need a break every once in a while. "Using too much directed attention can lead to what they call "directed attention fatigue" and the impulsivity, distractibility and irritability that accompany it. The inherent fascination of nature can help people recover from this state" research from the American Psychological Association shows. Spending time focusing on the nature that surrounds us allows our brains to rest, which in turn helps us to focus better later.

If you are worried about being cold, dress the way you would if you were a kid on a snow day: wear layers, gloves, a scarf, a hat, etc. Or do a form of exercise that will get your blood pumping and warm you up. You can also bring a hot beverage along with you for your activity. Especially on a sunny day, preparing for the cold can be manageable.

Looking for ideas to get started? Here are my 10 favorite things to do outside:

- Walk around a lake or park
- Find a cozy spot outside to read
- Eat lunch outside
- Play Frisbee with a friend
- Go for a run around my neighborhood
- Hike a trail
- Ice skate at the outdoor rink
- Borrow (and make sure to return!) a friend's dog and go to a dog park
- Get a group together to play capture the flag (or any other game)
- Go on a ski trip!

Whoever this anonymous person is, he or she got it right: "I've never found time spent amongst nature to be a waste of time."



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Save the Date

#Giving Tuesday

First there was Black Friday. Then there was Small Business Saturday. And don't forget about Cyber Monday. Well, November 27 marks #Giving Tuesday, a global day of giving, harnessing the collective power of individuals, communities and organizations to encourage philanthropy and to celebrate generosity.

At NAMI GC, we use Giving Tuesday as the start of our Annual Fund Drive. This year, our goal is to raise \$15,000. Please think about helping those affected by mental illness (both peers, family members, and caregivers). Make a contribution to our Annual Fund. Your gift at any level ensures that we continue to offer our signature NAMI programming such as Family-to-Family and Peer-to-Peer classes and continue to develop programs that respond to the community's needs such as our Hospital Network Program. Thank you for your consideration.

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who experience it can prepare for its arrival in the following ways, for example:

- Exercise more toward the end of summer
- Get into therapy around September
- Start your lightbox in October
- Plan a vacation to a sunny spot in January



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