

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 GREATER CLEVELAND IS HAPPY TO SHARE WITH YOU THESE ARTICLES DISCUSSING MENTAL HEALTH AND THE ELDERLY

How to Recognize and Address the Signs of Depression in Your Aging Parent

By Nancy Kupka PhD, RN, Walgreens, for Mental Health America

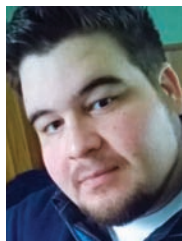
You hear a lot of buzz in the news about depression among adolescents and new mothers, but you don't hear much about depression among older individuals. After all, as they grow older, people develop new health problems, become less physically active and more socially isolated, so it's

normal to get a little depressed — right? Actually, no, that's not right.

Depression is a common problem among older adults, but it's not a normal part of aging. Rather, it's a serious medical condition that requires attention and if deemed appropriate, professional help. You can help your aging parent recognize the signs of depression and get help.

What's Happening at NAMI GC?

NAMI Greater Cleveland (NAMI GC) ushered in the New Year with a flurry of activity. On January 2, we welcomed our newest co-worker, Alberto Martir. Since stepping into the role of Peer Support Specialist, Alberto has been meeting support group leaders and visiting with support group members. In addition, he is overseeing the Hospital Network Program volunteers at the Cleveland Clinic, Highland Springs Hospital, MetroHealth, and University Hospitals. Alberto is looking forward to meeting all of our stakeholders in the coming months.



Alberto Martir NAMI GC's new Peer Support Specialist.

In mid-January, we were literally on the move. We relocated our offices on the 6th floor of the United Bank Building to the 7th floor. Our new space affords offices for each staff member, additional work stations for volunteers and interns, and dedicated areas for storage. I am pleased to report that we are settling in, and the dust is beginning to settle. We are grateful to the ADAMHS Board of Cuyahoga County for making this space available to us.

The next time you visit the NAMI GC offices, please stop at the security desk on the 6th floor to sign in. The security guard will then advise us of your arrival, and we will accompany you to the 7th floor.

Financial advisors often say, "As goes January, so goes the year." If that holds true for NAMI GC, we will have many exciting initiatives to share with you. Stay tuned.

Symptoms of Depression in Older People

Almost 5 percent of Americans over the age of 50 experience at least one major depressive episode per year, similar to the rate among younger Americans. But these signs may be different in older adults than in young people. For some older adults, the symptoms of depression may be subtler than just feelings of sadness. Even health care providers can miss symptoms of depression in their older patients, as shown by the small number of referrals from primary care providers to geriatric care and mental health care providers.

This list, adapted from the National Institute of Mental Health and the National Institute on Aging, identifies some of the warning signs associated with depression among older individuals:

- Noticeable changes in mood; feeling distant from others, flat, empty or anxious
- Changes in energy level; feeling tired all the time but having trouble sleeping, or sleeping too much
- Difficulty carrying out daily activities for weeks at a time
- Trouble concentrating; feeling restless or on edge
- Irritability, anger or lashing out at others
- Increased worry or stress or obsess-

Continued on page 3

Getting Older Veterans Proper Care

This article was posted on NAMI's blog by Colleen O'Day on Nov. 09, 2018

In an era of ongoing armed conflict, the impact of post traumatic stress disorder (PTSD) is more widely recognized than it was 40 years ago when veterans were knee-deep in the atrocities of the Vietnam War. In fact, PTSD wasn't even recognized as a mental illness until 1980.

While the disorder is more visible today, we usually only see young, male veterans representing all veterans experiencing PTSD. But there's still a large population of Vietnam veterans who have been struggling with PTSD symptoms for over four decades, often with little support.

A recent article by The Family Institute at Northwestern University highlighted the ongoing impact of PTSD in older veterans, and how we can ensure they receive the unique types of support and interventions they need.

What Older Veterans Need

Diagnosis has typically been delayed in older veterans, which means some have been struggling for decades. These heroes face age-related events that could trigger an exacerbation of symptoms—like retirement, the loss of a loved one or changes in health.

Due to their unique needs, some experts suggest older veterans might benefit from a counseling approach that integrates the following:

- An approach that embraces the veteran's story and affirms their feelings
- Technology that increases access and decreases isolation (such as telehealth)
- An affirmation of the realities of both the trauma and the resulting symptoms of PTSD
- Peer support

Encouraging older veterans to embrace the benefits of therapy and counseling can be a challenge, so they may prefer to work with professionals who were/are also a member of the military in order to feel a sense of camaraderie.

Delayed-Onset PTSD In Older Veterans

About 31% of male American veterans who served in Vietnam experienced PTSD at some point in their lifetime, according to the National Vietnam Veterans Readjustment Study. A 2013 study on the long-term effects of the conflict found that approximately 1 in 10 veterans who served in Vietnam experienced PTSD *40 years later*.

This is called delayed-onset PTSD. Although most people experience symptoms of PTSD within a few months after a traumatic event, sometimes it can be years before someone experiences the full spectrum of their symptoms.

Dr. Dawn M. Wirick, daughter of a Vietnam veteran and a veteran herself, counsels older combat veterans and has seen the effects of delayed trauma: "What they end up telling me is down the road, when they retire, once they aren't so busy, they start having recurring nightmares."

There are a variety of complex factors that can lead to delayed-onset PTSD. Some of the main reasons why it was so prevalent among Vietnam veterans were:

- They were drafted
- The conflict itself was highly unpopular (so they were reluctant to talk about it)
- The troops were often treated poorly when they returned home

Additionally, as is the case for most men, they were told to "man up" and be strong, so expressing sadness was viewed as a sign of weakness. In result, many veterans repressed their feelings. This created more complex psychological reactions to their time in combat, and repressed feelings often find their way to the surface much later.

Older veterans need proper treatment to overcome these long-term effects of living with PTSD. Coming to terms with events that occurred decades ago is no easy task, but access to effective counseling can help validate what they are feeling, eliminate the sense of isolation and begin the healing process. Coming to terms with events that occurred decades ago is no easy task, but access to effective counseling can help validate what they are feeling, eliminate the sense of isolation and begin the healing process.

If you are a veteran in need of help or are concerned about a veteran in your life, visit the Veterans Crisis Line website or call their 24/7 hotline at 1-800-273-8255.

Gratitude Corner

The Board of Trustees and staff wish to express their deep gratitude to the individuals, companies and foundations who donated to NAMI GC throughout 2018.

New Senior Support Group

NAMI GC has added a new support group to address the needs of elderly people living with a mental illness. This is a combined support group, so both the seniors living with a mental health diagnosis and their family members may attend. The group meets the third Wednesday of each month from 2 p.m. until 3 p. m. in the 2nd Floor Conference Room of the Parma Care Center located at 5553 Broadview Rd. in Parma. For more information, call our Helpline at 216-875-0266.



Lambda Phi Omegas Make Donation to NAMI GC

Recently, members of the Lambda Phi Omega Chapter of Alpha Kappa Alpha (AKA) presented NAMI GC Program Director Marsha Mitchell-Blanks with a check for \$1000 representing money the sorority raised at their SWAG Walk last summer.

For the last four years, NAMI National and the



Lambda Phi Omegas Make Generous Donation to NAMI GC

AKA's have partnered to increase awareness of mental illness in the African American community. That partnership ended in July 2018 but NAMI GC has forged great relationships with both the Cleveland area's Lambda Phi Omega and Alpha Omega Chapters. We greatly appreciate their support and hope to continue working with them to dispel stigma and encourage wellness.

Continued from page 1

ing about minor problems or events

- Heavy use of alcohol or drugs
- Loss of interest in once pleasurable hobbies and activities, including sex
- Sadness, hopelessness, crying, or having suicidal thoughts

A quick, easy and confidential way to determine if one may be experiencing depression is to take a mental health screening. A screening is not a diagnosis, but a way of understanding if one's symptoms are having enough of an impact that one should seek help from a doctor or other professional.

If your aging parent doesn't have internet access, they can ask their primary care doctor to do a screening at their next visit.

Getting help

If you or someone you know is experiencing symptoms of depression, it is important to seek professional help before these symptoms reach a point of crisis. Depression is a serious condition, and someone struggling cannot just "snap out of it."

Don't drag your feet about asking for help and seeking the most appropriate treatment, either. There are a range of options available to help address symptoms of depression including; talk-therapy, connecting with peers through support groups, medication, and alternative therapies. It is important to know that depression can lead to suicide, especially when it's left untreated. But take heart in knowing that most older adults with depression respond well to treatment.

The first step in getting help for depression is to talk to your parent. People with depression may not even realize that they're struggling, so express why you're concerned in a caring, supportive way. Be sure to explain that depression is a medical condition and not something to feel ashamed of. Then suggest that your parent see a primary care provider or a provider who specializes in depression among older individuals. The important thing is to have someone knowledgeable diagnose and address the needs of your aging parent.

You can continue to support your parent after a diagnosis. Offer to go to appointments, therapy sessions, or drive them to support group meetings, help make a list of questions to ask the doctor and make sure to get the answers, and pick up prescriptions (if medication has been prescribed). Check in often to see how your parent is feeling. Keep in mind that being homebound can increase the feelings of isolation and worsen the symptoms of depression. If your aging parent has mobility difficulties, look into assistive devices to help facilitate getting out of the house and engaging in social interaction.

With the proper attention and support, your parent can age without falling victim to depression.

Estate Planning

Remember NAMI Greater Cleveland's Endowment in Your Estate Plans

Please help NAMI GC by designating our Endowment Fund as a beneficiary in your will, trust or funeral memorial. The Endowment insures financial stability, allowing NAMI GC to operate its programs (Helpline, education classes/programs, and support groups) at no cost, as well as to develop new initiatives to address community needs. Including NAMI GC as a beneficiary is easy to do, simply share your intentions with your financial planner or estate planning attorney.



Donations

Anonymous (12)
 Louise Abrams – in Honor of
 Michael Baskin
 John J. Adamo, CNS - BrainGear
 Adityanjee Adityanjee
 Sarah & Bruce Alexander – In Honor of
 Maxine & Chuck Rosenbaum
 Carole N. Alinn – In Honor of Mental
 Health Care Professionals
 Sandra & Richard Ammon
 Paula Atwood
 Marie Barber – In Memory of
 Paul Bianco
 Gail Baron
 Paul Becker, Ph.D.
 Marilyn M. Bedol
 Kathleen Bennett – In Honor of Willie
 James E. Betts
 Matt Bianco
 Lauren Borato
 Laurel & William Bowles
 Karen Bradley, M.D.
 Mary Brinovec – In Memory of
 Josephine A. Milinar
 Janet & Gregory Brown – In Memory of
 Christopher Crajak & In Honor of
 Carol Wilson, Michael Bogus,
 Brandon Crajak
 Sarah J. Buck
 Judith A. Bulloch
 Anthony Buniel
 Therese & Donald Cairns – In Memory
 of Elana Cairns
 Linda Jones Carlson
 Maureen & Richard Cerny – In
 Recognition of University Hospital
 Residents
 Hattie V. Charles
 Benita Chernyk, Ph.D.
 John & Kris Cipolla
 Christina Clark
 Barbara & Javier Clemente
 Chad & Tova Cohen Giving Fund
 Andrea H. Corrigan
 Loretta & William Cosgrove, Jr.
 Alice & Donald Cotter
 Anna & Frank D'Amico – In Memory
 of Frank J. D'Amico, D.D.S.
 Mary Jane Daley – In Honor of
 Margaret Arrowsmith
 Daugherty Construction Inc.
 Ileen S. Davidson
 Jo deHaseth
 Mary & William Denihan
 Elizabeth Dresben, PhD
 Jackie & Richard Epstein
 Deborah & Alan Erenrich
 Phil Ertel
 Dr. & Mrs. Charles Faiman
 Dr. Tom & Jill Ference
 William Forte
 Milan Freeman
 Jeanette Fuller
 Lynn M. Gittinger
 Nancy & Ted Goble
 Terri Goldberg
 Mary Goldstein
 Janet Goodwyn
 Lisa & Kenneth Gross – In Honor of
 Judy & John Groeneweg
 Deanne M. Gulick
 Rebecca Hawkins

Nancy H. Hayward – In Honor of
 Elliot Myers
 Nora Hennessy & Judith Meinert
 Ruth Herndon
 Deborah Hillyer
 Hive Mind
 Liz Hoffer & The Robert Hoffer
 Family Foundation – In Honor of
 Ellen Riehm
 Judith Jacobs
 Lois Jancik
 George Jaskiw, M.D.
 Jewish Foundation of Cleveland
 Lessie Jones in Honor of
 LaTeisa Crockett
 Shelley Kabert
 Sarah Kirkpatrick
 Marie Kittredge – In Honor of
 Becky Fuller
 Abbie & Jonathan Klein
 Lenore Kola – In Honor of
 Magnolia House
 Kimberly Kolens
 Alex J. Koleszar
 Dr. & Mrs. Eric Konicki
 Susan Kornbluth – In Honor of
 Harvey Snider
 Allison E. Krebs
 Vladimir Krilov
 Nancy Kroffke
 Darlene & William Keahy
 Lambda Phi Omega Foundation –
 Alpha Kappa Alpha Sorority Inc.
 Jennifer Maraschky – In Honor of
 Justin Maraschky
 Patricia & Duncan Massey
 Martha & Patrick McGraw
 Mary Kay McLean
 Michael McNeeley
 Mary McPolin
 Kathy Miller
 Florence & Javier Mitchell
 Catherine Mohny
 Jeanne A. Moser
 Terrence A. Murello
 Rachel & John Musser
 Robert Myers Insurance – In Memory of
 James
 Alison Nedel
 Wanda Diane Nelson
 Carol & George Newman
 Donald Newport, Sr.
 Jeanette Offutt – In Memory of
 Joseph Offutt
 Terri Oldham – In Memory of
 Valeria Harper
 Mia Oleksy
 Dr. & Mrs. Paul Omelsky
 Cynthia & Gregory Ondercin
 Bradley R. Opacich
 Adesawa Osayamwen
 The James B. Oswald Co.
 Joann & Greg Palmer
 Anna & Tom Papadorotheou
 Dorothy Papjke
 Barbara & Alan Pavlus
 Kimberly Perez
 Jim Person – In Honor of Anne, Tom &
 Erin McCabe
 Daniel Peterca
 Joan E. Pflingsten
 James E. Poole

Linda L. Powell
 Sally Reeves
 Rocky River Presbyterian Church –
 Alternative Christmas Charity Bazaar
 Jim Rossman – In Honor of Payson
 Joanne M. Ruppe Frelinghuysen &
 Bob Rossman
 Drs. Martha Sajatovid & Douglas Flagg
 Maria Sater – In Holiday Giving on
 Behalf of Team Members
 Catherine Savvas
 Gerald R. Schmotzer
 Peter Schroeder – In Memory of
 Joyce O'Malley
 Schwab Charitable
 Carolyn Sells
 Sherwin-Williams Foundation
 Matching Gifts Program
 Janet Shumaker
 Dr. & Mrs. Robert Silverman
 Marianne Simon
 Sandra L. Sprenger
 Kathy Stieber
 Susan Stoffko
 Karen S. Swan
 Lynda Swan
 Phyllis Syracuse
 Michelle & Fred Taylor
 Regina & Michael Thomas
 Waltraud Thorne
 Purita & Prudente Tobias
 Nancy Treadway
 Denise & John Vinton – In Memory of
 Chelsea
 Beverly & Alan Wagner – In Memory of
 Steven Mandich
 Keith D. Weiner
 Diane E. Weiss
 Fern M. Weiss
 Jill Welsh – In Memory of Bruce
 Waterman
 Dr. Robert C. Williams
 Ubuntu Wellness, LLC – In Honor of
 All Those who Trudge the Path
 Jill Welsh – In Memory of
 Betty-Jane Waterman
 Robert Williams
 Mrs. Diane Winfrey
 Elaine & Ed Yakamavage
 Hilarie Yankello
 Sharon & Leon Zaczek
 Robert P. Ziccardi

In Memory of Mary Kay DiLiddo

Carol & Ervin Davies
 Daniel Ehlman
 Barbara K. Koyan
 Jill V. Kaner
 Your Sisters on the LBC Tennis Team
 Logan Circle Book Club
 Grace & Richard Manke
 Barbara Megery
 Sarah O'Leary
 Laura Palcisko
 Steven Ulrich

In Memory of Mary Colette Donnelly

Ellen & Jim Bachmann
 Gail Baker
 Janice & Brian Barrett
 Linda & Lee Bennett
 Don Bouic

Rob Bouic
 Marie & Walter Bouic
 Judy & John Brungo
 John Burke
 Maureen & John Castele
 Teresa Chinnock
 Mary & Thomas Comerford
 Betty J. Conant
 Sheila & Patrick Cooney, III
 Honorable & Mrs. William J. Coyne
 Karen & Martin Dieckman
 Martha & James Donoghue
 Barb & Tom Escovar
 Korothy & Kenneth Fink
 Judge Donna Congeni Fitzsimmons
 Catherine Flanagan
 Judith Ann Forbes
 Marguerite & Linzey Forshey
 Adam Fried
 Jonell & Robert Frost
 Judge Nancy Fuerst
 Kathlene & Thomas Gable
 Jean Gallagher
 Thomas J. Gallagher
 Robert Gannon
 Kathleen Gibbons
 Susan & John Gilson
 Susan & Joseph Gregg
 Dianne & Vern Hartenburg
 Karen Hruska
 Susan & Randall Jackson
 Eileen & Robert Johnson
 Rose & John Kaczor
 Mary & Paul Kantz
 Marilyn Kennedy
 Anne & Michael Kiser
 Richard C. Klein
 Kathy Klimko
 Janice M. Krebs
 Kerry & Thomas Lenahan
 Karen & Robert Levy
 Sharon R. Liggett
 Kevin S. Lipman
 Joyce & W.R. Litzler
 Barb & John Luskin
 Mary & Kenneth Maglicic
 Suzanne Marky
 Edward Marky
 Laureen & James Marniella
 Maureen & Donald Mayle
 Evelyn & Patrick McCarthy
 Thos. B. McGreal
 James J. McMonagle
 William Menzalora
 Maryann Merce
 Roberta Meredith
 Ellen & Jeffrey Moreau
 Edward M. Mullin, Esq.
 Coletta & Jack Mulloy
 Patricia Nickels
 Barbara & Patrick Nugent
 Justice Terrence & Mary O'Donnell
 Colleen O'Malley
 Joe O'Malley
 John K. O'Toole
 Diane Palos
 Sharon & Patrick Perotti
 Camille D. Peterson
 Francis Quinn
 Sandi Regula
 Suzanne & Victor Reyes
 Carol A. Rini

Elisa & Sal Russo
 Michael Russo
 Rita & Harry Rzepka
 Thomas J. Scanlon
 Carol Ann Schlitter
 Nancy A. Score
 Linda Sheehan
 Michael & Penny Shemo
 Zita & Leo Spellacy
 James E. Spitz, LLC
 Amy & Matt Ward
 Marcie Wessels
 Marianne G. Winemiller
 Ellen & Leon Weiss
 Barbara Zelley

In Memory of Tom Gavin

Minaksi Bhatt
 Colleen Cavanaugh
 Nan Cohen & Dan Abrams
 Robin & Craig Filkouski
 Ann G. Greimuth
 Jason Gensburger
 Mary Grant
 Sally & Bob Gries
 Daniel Harrington
 Kim Hicks
 Joseph Hornack
 Jay Liska
 Cheryl McAleer
 David P. Miller
 Tim Murphy
 Taylor Penn, Lupin Pharmaceuticals
 Susan Ratner
 Lori Ross
 Lisa Shockley
 John Timmons

In Memory of Thomas E. White

Dr. & Mrs. Alan Riga

NAMIGC Supporters

CareSource Foundation
 Cleveland Foundation
 The George W. Codrington Charitable
 Foundation
 Community West Foundation
 Rosalie & Morton Cohen Family Fund
 C. Eugene and Sara A. Goin Fund of
 Richland County Foundation
 Greater Cleveland Community Shares
 The Hankins Foundation
 William E. Harris Family Fund of
 The Cleveland Foundation
 Louise & David Ingalls Found Inc.
 Jewish Federation of Cleveland
 KeyBank Foundation
 Kuechle Family Foundation
 Elizabeth Ring Mather & William
 Gwinn Mather Fund
 Moore Counseling & Mediation Svcs
 David & Inez Myers Foundation
 Edwin D. Northrup II Fund
 Reuter Foundation
 Ridgecliff Foundation
 The Helen F. Stolier and Louis Stolier
 Family Foundation
 Michael & Helen Talty Charitable
 Trust
 William M. Weiss Foundation

Alpha Kappa Alpha Sorority Inc

Support NAMI GC

Support your organization by shopping at AmazonSmile. This will link your supporters directly to smile.amazon.com in support of NAMIGC HYPER-LINK "https://smile.amazon.com/ch/20-2254268" https://smile.amazon.com/ch/20-2254268

Upcoming NAMI GC Events

Volunteer Appreciation Reception

Thursday, April 11 - 5:30 p.m. to 7 p.m.
 ADAMHS Board of Cuyahoga County, 6th Floor

2019 Annual Meeting & Awards Ceremony

Keynote topic: Caring for the Caregiver
 Date and time to be determined

NAMIWalks Kick-off Lunch

Friday, June 28 - 11:30 a.m. to 1 p.m.

Jerry Sue Thornton Center - Cuyahoga Community College



NAMIWalks 2019

Saturday, September 14
 Upper Edgewater Park

MAJOR SUPPORT FOR NAMI GREATER CLEVELAND COMES FROM:

- ADAMHS Board of Cuyahoga County
- ADAMHS – Faith Based
- 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
- Cuyahoga Arts and Culture
- Larry and Bonnie Frankel Philanthropic Fund
- Jewish Federation of Cleveland
- Frank Hadley and Cornelia Root Ginn Charitable Trust
- Hankins Foundation
- William E. Harris Family Fund
- Louise H. and David S. Ingalls Foundation
- Jewish Federation of Cleveland
- Lundbeck
- Elizabeth Ring Mather and William Gwinn Mather Fund
- Moore Counseling and Mediation Services
- Sally and John Morley Family Fund
- David and Inez Myers Foundation
- Mt. Sinai Healthcare Foundation
- Edwin D. Northrup II Fund (PNC)
- William J. and Dorothy K. O'Neill Foundation
- Peg's Foundation (formerly Margaret Clark Morgan)
- Reuter Foundation
- Ridgecliff Foundation
- Sherwin Williams Foundation
- Stolier Family Foundation
- Talty Charitable Trust
- William M. Weiss Foundation
- Woodruff Foundation

Save the Date

NAMI National Convention

For more information, visit <https://www.nami.org/convention>



Is Your NAMI Membership Up to Date?

Members of NAMI Greater Cleveland are part of NAMI's movement to improve the mental health system, to end stigma, and to create a culture of knowledge and understanding about mental illness. Membership is the first level of grassroots advocacy and the best way to support the NAMI movement. The more members stand behind NAMI, the more it strengthens our collective voice as we advocate!



To become a member or renew an existing membership, contact Liz at 216-875-0266 or lkrull@namicleveland.org.



2012 W. 25th St., #705
 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, #705 Cleveland, Ohio 44113
 Phone: 216-875-7776 FAX: 216-861-2574
www.namigreatercleveland.org

OFFICERS

Christine Young, MSSA, LSW, President
 John Cipolla, Esq., Vice President
 Anthony Buniel, Financial Officer
 Christine Stadler, Secretary

BOARD OF DIRECTORS

Erum Ahmad, MD
 Lauren Borato
 Anthony Buniel, CPA
 Judy Folk
 Jeanneth Johnson
 Mark Norris, Esq.

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. Vrabell, M.D.

STAFF

Chris Mignogna, Executive Director
cmignogna@namicleveland.org
 Marsha Mitchell Blanks, Program Director
mblanks@namicleveland.org
 Lisa Dellaflora,
 Development/Special Events Coordinator
ldellaflora@namicleveland.org
 Kari Kecip, Information and Referral Specialist
kkepic@namicleveland.org
 Liz Krull, Office Administrator
lkrull@namicleveland.org
 Albert Martir, Peer Support Specialist
amartir@namicleveland.org
 Terri Miller, Consumer and Family Program
 Coordinator, tmiller@namicleveland.org
 Ellen Riehm, Community Education Coordinator
erihm@namicleveland.org