

Thank you Carole Vesely: *Wisdom and Guidance for Coping with Loss of Loved Ones*



In recent weeks, NAMI Stark County has dealt with the loss of loved ones who are gone too soon. Either directly or indirectly, they have forever influenced our hearts. Loss, especially losing a loved one to suicide or loss of life, is often devastating not only for the families and friends left behind, but also for those indirectly affected by those same families and friends. Thankfully, we had Carole Vesely, Community and Education Prevention Manager, at the Crisis Intervention and Recovery Center, help us and our members cope with all the different emotions that accompany these specific kinds of death.

Shock, anger, sadness, regret, resentment, denial, the wanting to be together again with your loved one, constant worry about others close to you, the could have/should have/would have thinking; are all forms of grief that are routinely felt by those left behind. Carole was able to walk our supports through this time of grief in a way only she is capable of doing; as Carole has been working with survivors of suicide for over 30 years. We can't thank her enough for helping our families and friends impacted by these tragedies.

Save Sunday, October 8, 2017 as a day to help NAMI Stark County

Start a walk team among family, friends, co-workers, worship group, social clubs, etc. The site to sign-up you and/or your team and to input donations is new to us this year and is still in the process of being perfected.

Look for an email alert and next month's newsletter for the link. The link will also be on our homepage at www.namistarkcounty.org as soon as we go live!



The first 20 people to raise \$250 and turn it in will automatically receive a pretty awesome gift from NAMI Stark County, so it's never too early to start soliciting donations!

Advocate Now!



Call (202) 224-3121

Press #1 • Enter your zip code

Email at www.nami.org/advocacy

Say: “In our state, we need more mental health care, not less. Oppose any health reform bill that leaves fewer people with coverage for mental health care. Thank you.”

You can also surf to the NAMI Action Center:

https://nami.quorum.us/action_center/

Points to Raise with your Legislators:

Please protect Medicaid and Mental Health and oppose any health reform legislation that:

- Caps or Limits Medicaid
- Ends the Medicaid Expansion
- Takes away protections for people with mental health conditions; and
- Leaves fewer Americans with coverage for Mental Illness.

Busting Medicaid Myths

Myth: *My best friend's son has Down Syndrome and works in an office with a job coach. That service is paid for by employment programs at Opportunities for Ohioans with Disabilities, though, not Medicaid. Medicaid is only for medical needs.*

Fact: While the state does provide some short-term employment services to people with disabilities, individuals with developmental disabilities who get waiver services are eligible for long-term job coaching and services paid for by Medicaid. Those services can include career discovery to determine the kinds of jobs a person might like, transportation to and from work or training on how to do a job or use assistive technology. A job coach can even train the person's supervisor and co-workers so they know the best ways to work with them. Each person is eligible for a certain amount of job coaching services each year, but those services can continue year after year throughout their life as their interests and skills develop

Myth: *My daughter gets occupational therapy and physical therapy at school, but that is just part of school services to help her get through the day. It doesn't have anything to do with Medicaid.*

Fact: In many school districts Medicaid pays for these services. Under the Individuals with Disabilities Education Act (IDEA), schools are required to provide related medical services that are necessary for students with disabilities to get an education. Services like occupational therapy and physical therapy are provided to Medicaid-eligible students

through the Ohio Medicaid Schools Program. The state provides matching funds. In Ohio, the total Medicaid budget going to schools is \$81 million, with federal Medicaid dollars contributing \$51 million. This means federal Medicaid dollars provide nearly two-thirds of the total funding for Medicaid in schools. If there were cuts to Medicaid, more responsibility to pay for these required services would be shifted to the schools and local levy dollars.

Myth: *The opioid crisis worries me a lot. So many people in my community are dying. Ohio needs to do more to get people into treatment. Those programs are funded by the state and the county mental health boards, not Medicaid, right?*

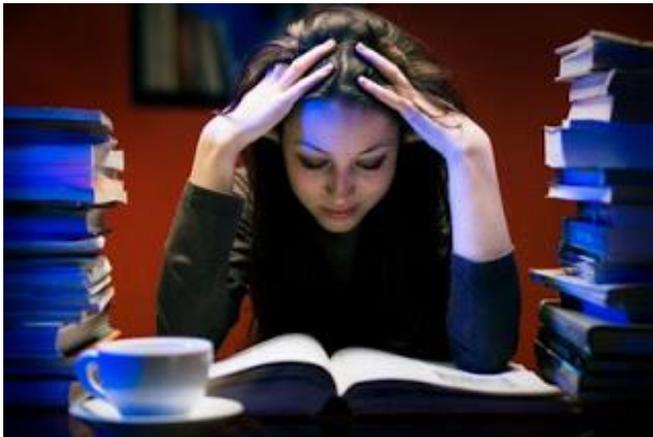
Fact: Medicaid covers these programs. Individuals with Substance Use Disorders (SUD) who are Medicaid eligible are able to use their Medicaid coverage to receive treatment. Nearly 12 percent of individuals covered by Medicaid, who are over 18, have a SUD. Currently in Ohio, 32.2% of individuals covered under Medicaid expansion are diagnosed with a SUD and are receiving treatment as well as prescriptions or medication associated with abuse and dependence. Beyond that, individuals with a SUD have improved access to care under Medicaid. Before expansion, this population of low-income individuals did not have coverage for substance abuse treatment. Medicaid also helps these individuals access housing and employment. If substantial cuts were to happen to Medicaid, or Medicaid expansion were removed, these individuals would not have access to the same treatment they do today.

--**Disability Rights Ohio**

COLLEGE AND MENTAL HEALTH

Preparing Your College-Bound Student

NAMI National has released a new video series aimed at helping college bound students and their families talk about mental health. The videos are part of the [“Starting the Conversation: College and Your Mental Health”](#) guide NAMI and the Jed Foundation released last year. Approximately 75% of mental health conditions begin by age 24, making college a critical time to focus on mental health, especially as students transition away from their support systems.



The guide and video series are resources for students and parents to start an important conversation: to have a plan in place in case mental illness occurs in order to avoid tragedy from an emerging mental illness.

While it may be a hard conversation to initiate, the guide makes it easier, and having the talk can make all the difference. Watch the videos, download infographics and the guide at: <https://www.nami.org/collegeguide>

The videos walk viewers through the ups and downs of starting college: how to take care of mental health, when to seek help, who to talk to, privacy laws and how students can keep their families informed.

Key takeaways from the video series and guide include:

- ✚ *Mental health conditions are common.* One in five young adults will experience a mental health condition during their college years. When facing a mental illness, students should know they are not alone.
- ✚ *There are warning signs.* Parents and students should learn how to recognize the warning signs of mental health conditions and to act. Being informed can save lives.
- ✚ *Whom to talk to and when to seek help.* Students should be aware of resources and care options on and off campus and should not hesitate to ask for help.
- ✚ *How to understand the laws and make a plan.* Learn about health privacy laws and restrictions on sharing sensitive information with families. Having a support system makes it easier for students to overcome mental health challenges.

Come help us with
Discharge Bags on
Friday, September 15th



Meet at 9:00 AM at Dollar
General on the corner of 30th
and Market in Canton or at
9:30 at Heartland to fill bags.

Court Ordered Outpatient Treatment in Ohio

In 2014, a law went into effect that modifies and provides clarification regarding court ordered outpatient treatment. Prior to passage of that law, many probate judges had differing interpretations regarding their ability to order certain individuals with mental illness into treatment in an outpatient setting. Family members with loved ones with untreated mental illness and a history of harm to self or others sought to have the law clarified. In the process, other changes were made that expanded the scope of the law. Ordering a person into outpatient treatment generally begins in one of two ways

The first way is through a emergency hospitalization which is sometimes referred to as “pink-slipping.” This involves a psychiatrist, licensed clinical psychologist, licensed physician, health officer, parole officer, police officer or sheriff taking a person into custody if he or she has reason to believe that the person with mental illness is a “mentally ill person subject to court order” and represents a substantial risk of physical harm to self or others if allowed to remain at liberty pending examination. The person must be examined within 24 hours. If the above determination is made, the person may be held for up to three days. During that period, the person can either



voluntarily admit himself/herself as a patient, or the medical director can file an Affidavit of Mental Illness. In order for the person to be held longer, the court must order a temporary order of detention and schedule a hearing.

The second way to initiate a proceeding is through the direct filing of an Affidavit of Mental Illness. The affidavit may be filed by anyone with personal knowledge and it must specify why there is probable cause to believe that the person meets at least one of the five criteria in the definition of “mentally ill person subject to court order.” The affidavit should be accompanied by a certificate signed by a licensed physician stating that the person who issued the certificate has examined the person and is of the opinion that the person meets the criteria, or by a written statement by the applicant that the person has refused to submit to an examination. For more information, go to:

<http://www.namiohio.org/images/publications/Briefs07/UnderstandingOhioCOTLRev12-5.pdf>

http://www.namiohio.org/images/publications/Briefs07/AFFIDAVIT_OF_MENTAL_ILLNESS1.pdf

<http://www.starkcountyohio.gov/probate>



Thank you to the Stark MHAR for assisting with this newsletter!

What is Man Therapy? (and why we need it now)

Part of a multi- agency effort, including the Colorado Office of Suicide Prevention and Cactus, Man Therapy® is giving men a resource they desperately need. A resource to help them with any problem that life sends their way, something to set them straight on the realities of suicide and mental health, and in the end, a tool to help put a stop to the suicide deaths of so many of our men: www.mantherapy.org



Working aged men (25-54 years old) account for the largest number of suicide deaths in the U.S. These men are also the least likely to receive any kind of support. They don't talk about it with their friends. They don't share with their family. And they rarely seek professional treatment.

- Men represent 78% of all U.S. suicides.
- Men are four times more likely than women to die by suicide.
- 90% of people who die by suicide have a mental disorder, a substance abuse problem or both.

Since 2010, Stark County's suicide rate has been above the national average. In addition, the suicide rate in Stark County grew more than 20% in 2016.

As a result, local funders are partnering to address suicide prevention in our communities and contributing a total of \$350,000 to address the year-over-year increase of suicide deaths in Stark County.

Designed to address a comprehensive need for coordinated awareness and education in Stark County, this collaboration of funders aims over the next three years to concentrate resources and efforts at those areas most likely to raise public awareness, reduce stigma and ultimately decrease the number of Stark County residents completing suicide.

Grant strategies will focus on those with increased risk of suicide:

- Older males and individuals 75 years and older
- Youth and young adults up to age 24
- Veterans

Support Groups:

For those impacted by mental illness, Family Members and Natural Supports

Canton Support Group Sunday Evenings @ 7:00 pm Family Members or Peers

St. Michael's Catholic Church 3430 St Michael Dr. N.W., Canton, OH 44718 (corner of Whipple & Fulton) Lower level parking lot: Look for sign on door

FaithNet Program Discuss Mental Health from Biblical Perspective

Sundays, 5:30pm @ Wendy's on 3320 Whipple Ave. NW, Canton OH 44718

Refuge of Hope: Fridays @ 11:30 am

405 Third Street, NE Canton, Ohio 44702

Alliance Support Group 1st & 3rd Thursday Evenings @ 7:00 pm Family Members or Peers

Science Hill Community Church 12316 Beeson St. NE, Alliance, Oh 44601

NAMI Peer Group Thursday Afternoons @ 2:00 pm Adults with Mental Illness Only

Coleman Behavioral Health, 400 W. Tuscarawas St., Suite 200, N.E., Canton, OH 44702

N Canton Family Support Group 1st & 3rd Wednesday Evenings @ 6:00pm Family Members Only.

Holy Trinity Lutheran Church, 2551 55th St., NE, Canton, OH 44721

DRA Dual Recovery Anonymous Friday at 11:30 am (no groups during the summer months – will resume September 22, 2017)

Hunter House, 1114 Gonder Ave., S.W., Canton, OH 44707

Post Peer to Peer Program Recovery Groups For Graduates of Peer to Peer Education Program

Friday at 4:30 – 6:00 pm Friday at 7:00 – 8:30 pm
Gentle Shepherd Counseling Center, 1469 S. Main St., North Canton, OH 44720

FREE Education:

Call 330 455-6264 to register



12-week course is for family members and friends of adults with serious mental illness. It is taught by trained NAMI family members.

- Wednesday, September 6, 6:00 pm – 8:30 pm; Holy Trinity Lutheran Church, 2551 55th St NE, Canton, OH 44721.
- Monday, September 11, 6:00 pm – 8:30 pm; Science Hill Community Church, 12316 Beeson St NE, Alliance, OH 44601.



This 10-week course is for adults who have been diagnosed with a mental illness. [First week is orientation, so you can still join in on the second week, if you can't make the first.]

- Thursday, September 7, 6:00 pm – 8:00 pm; Holy Trinity Lutheran Church, 2551 55th St NE, Canton, OH 44721.
- Thursday, September 7, 11:30 am – 1:30 pm; Hunter House, 1114 Gonder Ave SE, Canton, OH 44710



This 6 week course is for parents of children with emotional/mental/neurobiological disorders

- Wednesday September 13, 6:00 pm to 8:00 pm, StarkMHAR, NAMI Stark Office, 121 Cleveland Ave SW, Canton OH 44702



This 6-week course is for family, friends, and significant others of military veterans with mental health conditions, taught by military veterans.

- Wednesday, September 13, 6:00 pm to 8:00 pm; StarkMHAR, NAMI Stark Office, 121 Cleveland Ave SW, Canton OH 44702

Do you know who to call if a behavioral health crisis occurs?

- 9-1-1 and ask for a Crisis Intervention Team (C.I.T.) trained officer
- Stark County Crisis Hotline: 330-452-6000 or National Suicide Hotline: 1-800-273-8255
- National and Ohio Crisis Text Line: Text 4HOPE to 741741 [Veterans can also text to 838255]
- Opiate Helpline: 330-454-HELP (4357)
- Homeless Hotline: 330-452-4363
- Domestic Violence Helpline: 330-453-SAFE (7233)
- Trevor Lifeline for LGBTQ Youth: 1-866-488-7386

Would you like to open your home to help train a Crisis Intervention Team officer(s)?

We are always looking for families to speak to officers about their experiences with a loved one's mental illness. If you would like to share your story in order to educate, please let our CIT Coordinator, Shannon Ortiz, know by emailing:

ortizsl@mountunion.edu

The next scheduled visits are the afternoons of August 15th and/or 16th, but your help is welcomed other times of the year as well.

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kraga@namistarkcounty.org

Sheryl Falcone: Program Coordinator
sfalcone@namistarkcounty.org

NAMI Stark County
121 Cleveland Ave SW
Canton, OH 44702
330-455-NAMI [6264]

Diane Mang: Outreach Coordinator
dmang@namistarkcounty.org

Jaime Kines: Outreach Liaison
jkines@namistarkcounty.org

NAMI Stark County
Heartland Behavioral Healthcare
3000 Erie St South
Massillon, OH 44646
330 833-3135 ext. 2170

Mike Rembert, Newsletter Editor