

World Advocates Meet to Discuss Mental Health

When it comes to mental health, all countries are developing countries. Mental disorders are the leading cause of disability worldwide. To bring this enormous disease burden to the center of the global development agenda, last month the [World Bank Group](#) (WBG) and the [World Health Organization](#) (WHO) co-hosted a high-level event in Washington, D.C., [Out of the Shadows: Making Mental Health a Global Development Priority](#).

This two-day event brought together global leaders, advocates, and experts to highlight the need to scale-up mental health services in primary care and community settings as a key issue in the global health and development agenda. Furthermore, this meeting engaged finance ministers, the business community, and technology innovators on the economic and social benefits of investing in mental health. What's the economic consequence of ignoring mental health? According to [WHO](#), not treating depression and anxiety disorders costs the world \$1 trillion a year. For every \$1 spent on mental health treatment, governments could receive a \$4 return on their investment.

The event also included an Innovations Fair organized by the [Mental Health Innovation Network](#) (MHIN) and supported by the [Wellcome Trust](#). At the fair, innovators representing countries from all over the world showcased effective, generalizable, replicable, and sustainable interventions for improving access to mental health care at the community level. At the fair, the National Institute of Mental Health's (NIMH) young investigators in global mental health presented new research, and the event also featured the Institute's [Collaborative Hubs for International Research on Mental Health](#) (CHIRMH). The Hubs were established to increase the research base for mental health interventions in low-and middle-income countries through integration of findings from translational, clinical, epidemiological, and/or policy research. NIMH's network of Collaborative Hubs spans Africa, Asia, and Latin America.

Following the Innovations Fair, World Bank President [Jim Yong Kim, M.D.](#) introduced the keynote panel featuring WHO Director-General [Margaret Chan, M.D.](#) and other global leaders. During his keynote statement, Dr. Kim compared the challenges with mental health and stigma to the HIV/AIDS movement. "We demanded action and it happened," said Dr. Kim. "We need to put the same kind of energy and activism into mental health."

On the second day of the event, speakers focused on how to achieve mental health parity globally. The Honorable Patrick Kennedy, former member of the U.S. House of Representatives, founder of [the Kennedy Forum](#), and co-founder of [One Mind](#), presented the keynote presentation and shared his own personal health challenges, as well as his experience leading the sponsorship of the [Mental Health Parity and Addition Equity Act of 2008](#). "It's against the law to discriminate against someone who has a brain illness,"

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Nine Tips to Cope with Stress

The NIDA Blog Team
May 16, 2016

We probably don't need to tell you that teens can really feel stressed out. Even when times are generally good, sometimes you may feel stress building up from pressure at school, at work, or in relationships with your family and friends.

Stress is the body's natural response to difficult or scary situations. When you're under stress, your brain and heart work quicker, you breathe faster, and your muscles tense up. That's because when you think stressful thoughts, your brain senses danger and wants to make sure you're ready for anything.

Everybody feels stress at times. But too much stress, or feeling stress over a long period of time, can be bad for your health. It can lead you to feel depressed or make it hard to focus in class. Stress can even cause physical problems like headaches and stomachaches, or cause you to get sick more often.

Is there something you can do about it (besides downing a pint of ice cream or a bag of chips)? Yes! To fight stress in your life, you can try some of these tips, adapted from the Office of Disease Prevention and Health Promotion. These tips are for managing both ongoing stress and a single stressful event:

- 1. Plan ahead** - If you have too many tasks or assignments due, make a to-do list and do the most important thing first. Make sure your plans are realistic; don't plan to accomplish more than you actually can.
- 2. Prepare** - If you're worried about an upcoming event, try visualizing yourself there and thinking about how you might handle different situations that could come up.
- 3. Breathe deeply** - Sit up straight and take a few slow, deep breaths: inhale through your nose, exhale through your mouth.
- 4. Relax your muscles** - Do some stretches or take a hot shower to help yourself relax.
- 5. Exercise** - Exercising can help you relax, too; it even releases feel-good chemicals like endorphins and dopamine in your brain.

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Thank you **Stark County Mental Health and Addiction Recovery** for assisting with this newsletter

If you need assistance for mental health emergency call 911 and request a CIT Officer

Said Kennedy. “Mental health parity is a medical civil rights issue.”

In order to achieve mental health parity globally, Bernice Dahn, Minister of Health of Liberia, advocated for an integrated health care system where mental health is included with other competing priorities such as HIV and maternal and child health.

After the WHO and WBG’s two-day event concluded, the NIMH and Grand Challenges Canada (GCC) co-hosted a workshop entitled, [Solving the Grand Challenges in Global Mental Health: Maintaining Momentum on the Road to Scale Up](#) on April 15, 2016 at the George Washington University in Washington, D.C. The workshop engaged mental health innovators, investigators, policymakers, and other key stakeholders to discuss new research findings and strategies for maintaining a worldwide spotlight on the growing evidence base that supports the scale-up of mental health interventions in low-resource settings—one of the priorities identified in the [Grand Challenges in Global Mental Health](#) initiative.

Throughout the workshop NIMH and GCC grantees representing countries such as the United Kingdom, Ethiopia, Brazil, Pakistan, and many more shared effective mental health care delivery interventions for diverse populations, as well as lessons learned that are generalizable to other settings. Policy makers and innovators also shared challenges and approaches to overcoming barriers to implementing quality mental health care.

One of the biggest challenges that low-and middle-income countries face is the lack of trained local providers that specialize in mental health care. The NIMH-supported Collaborative Hub [SHARE](#) (South Asian Hub for Advocacy Research and Education on Mental Health), aims to reduce this treatment gap in South Asia by incorporating a task-shifting approach in the intervention. Task-shifting involves the use of less-specialized providers with a shorter duration of training to deliver health care interventions. Peer health workers with no prior mental health care experience are trained to deliver psychological treatment such as [cognitive behavioral therapy](#) (CBT) for maternal depression. [AFFIRM](#) (Africa Focus on Intervention Research for Mental Health), another NIMH-supported Collaborative Hub, also focuses on task-shifting to reduce the treatment gap in Africa.

The task shifting approach also prompted discussion around how to ensure high quality care in low-and middle-income countries. Do lay health workers provide a lower standard of care? Stanley Kutcher, M.D., Sun Life Financial Chair in Adolescent Mental Health and Director of WHO’s Collaborating Care in Mental Health Policy Center at Dalhousie University, explained that competency is more important than professional title when providing mental health treatment. <http://www.nimh.nih.gov/news/science-news/2016/world-leaders-and-advocates-unite-in-washington-dc-for-one-mission-make-mental-health-a-global-priority.shtml>

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6. **Eat healthy** - Give your body energy by eating healthy foods such as vegetables, fruits, and lean sources of protein.
7. **Avoid alcohol and drugs** - Substance use can make it harder for you to think clearly—or, depending on the substance, can make you feel anxious.
8. **Talk to someone** - Tell your family and friends that you're feeling stressed. If there's something you don't want to talk about with family or friends, reach out to a teacher, school counselor, or another trusted adult.
9. **Get help if you need it** - If you ever feel like you're dealing with more than you can handle, talk to a trusted adult or a doctor, or contact the National Suicide Prevention Lifeline (which helps people with all sorts of issues, not just suicide) at 1-800-273-8255.

<https://teens.drugabuse.gov/blog/post/nine-tips-help-you-cope-stress>

SAVE THE DATE

For the Annual



Walk is set for SATURDAY OCTOBER 15, 2016 at the HOOVER PARK CONNECTOR TRAIL across from Walsh University in North Canton. For details on how YOU can support NAMI Stark County, and this very important fund & awareness RAISING event, contact NAMI Stark County 330-455-6264 or email Walk Director Kay Silverwood at: ksilverwood@namistarkcounty.org.

https://www.firstgiving.com/NamiStarkCountyOH/2016_Walk

WE NEED YOUR VOTE AT JULY 18th 5:00 P.M. MEMBERSHIP MEETING

NAMI National is requiring all chapters re-charter to ensure continuity within the nationwide organization. We have been diligently working to complete this process including revising our Code of Regulations. The materials below include changes to them for your review. Please join us for a brief meeting to vote on the revised Codes on Monday, July 18, 2016 at 5pm. I look forward to seeing you on the 18th.

Mission - Re-worded

The mission of NAMI Stark County, Inc. is to (a) empower and provide hope for recovery to people affected by mental illness, their families, and the wider community by providing support, education, information and advocacy; and (b) advocate for policies which improve the quality of life, care, and legal rights of people with mental illness and their families at local, state, and national levels.

II. Organizational Independence - Added

NAMI Stark County is independent of other agencies and advocacy groups not affiliated with NAMI. NAMI Stark County will not share bylaws, Articles of Incorporation, or a Board of Directors with any other group.

III. Membership: Re-worded

D. A member is any person who accepts the mission of NAMI, NAMI Ohio, and NAMI Stark County and pays dues in the amount and manner established by NAMI. A member, as defined above and used henceforth, shall always mean a member in good standing as of the record date. NAMI Stark County members are also members of NAMI Ohio and NAMI.

IV. Dues: Re-worded

A. NAMI Stark County will abide by the standardized dues structure as set forth by the national organization, NAMI. This includes an “open door” membership option defined by income or economic necessity. “Open door” members shall have all the same rights and privileges as members who pay full dues. All memberships are individual memberships. An individual membership provides for membership in NAMI Stark County, NAMI Ohio and NAMI.

V. Meetings

A. Membership Meetings. Regular meetings of the membership should be held at least once during the fiscal year in the form of an annual meeting each March (~~beginning 2012~~) that, among other things, is designated for the election of the members of the Executive Committee. Special meetings of the members can be called by the President, the Board of Directors, or on written request of five or more members in good standing.

D. Special Meetings. The Board may determine to conduct a general or special meeting solely by means of authorized communications equipment. Voting at elections and votes of the members in good standing on other matters may be conducted in person, by mail or by the use of authorized

communications equipment (as defined in Ohio Revised Code Section 1702.01(Q), as such Section or any successor or similar Section shall be in effect from time to time) or by any combination of the foregoing in any manner permitted by Chapter 1702 of the Ohio Revised Code. Without limiting the generality of the foregoing:

1. The provisions of Ohio Revised Code Sections 1702.20 and 1702.22 (as such Sections or any successor or similar Sections shall be in effect from time to time) shall apply in determining whether a member is present in person at a meeting.

2. Any member including any natural person may vote or act by proxy.

3. An action by members without a meeting may be taken by any method permitted by Ohio Revised Code Section 1702.25 (as such Section or any successor or similar Section shall be in effect from time to time).

4. The Board of Directors shall establish procedures and guidelines for the use of votes or actions by proxy or by authorized E Communications equipment to permit the corporation to verify that a person is a voting member and to maintain a record of any vote

E. Quorum. A quorum is defined as a majority of the Board of Directors for all regular and special board meetings, and a majority of members present for membership meetings which includes votes conducted in person, by mail or by the use of authorized communications equipment.

VI. Fiscal Year

The fiscal year will July 1 – June 30

XI. Spending Authorization - Changes

A. The Board of Directors shall establish an annual budget before each fiscal year, which will include specific allowances for monthly expenses.

C. The Executive Director is authorized to make any other expenditure provided for in the current annual budget not exceeding \$1000 per budget item per month.

D. The Executive Director may make expenditures exceeding the above \$1000 limit, but not exceeding \$3,000 per budget item per month with two signatures from the other spending authorities within the organization (Family Involvement Program Director, Treasurer, President).

XIV. NAMI Name and Logo: Re-worded

NAMI Stark County acknowledges that NAMI controls the use of the name, acronym, and logo of NAMI and that use shall be in accordance with NAMI policy. Upon termination of affiliation with NAMI, the uses of these names, acronyms, and logos by NAMI Stark County shall cease

XV. Non-Discrimination: Added Sexual Orientation

NAMI Stark County shall not discriminate against any person or group of persons on the basis of race, ethnicity, culture, language, national origin, age, disability, gender, sexual orientation, gender expression, education, religion, faith, socio-economic status or lived experience

XVI. Advisory Board

A. An Advisory Board may be established.

B. Said Advisory Board, if established, would include persons who are sympathetic to the goals and purposes of the organization and who are able and willing to provide consultation and support to the Board of Directors in administrative, professional, community, or other pertinent areas.

C. Recommendations for Advisory Board membership should be directed to the President of the Board. Members of the Board of Directors, members of NAMI Stark County, and Advisory Board members may recommend persons for membership. With the concurrence of two current members of the Board of Directors, the President may invite any of those recommended for membership on the Advisory Board to join that Board. The President shall select the Chairperson of the Advisory Board.

D. The Advisory Board will meet at a time, date and place the Chairperson of the Advisory Board schedules and arranges. The Chairperson, or three members of the Advisory Board, may call and schedule special meetings.

E. The Chairperson of the Advisory Board normally presides at all meetings of the Advisory Board. If the Chairperson is unable to carry out the duties of calling and scheduling a regular meeting, or of presiding at a meeting, the President (or Executive Director) will carry out those duties.

F. All members of the Board of Directors will be afforded due notice of meetings of the Advisory Board, and will be entitled to attend such meetings. The Chairperson of the Advisory Board will make a report to the Board of Directors at their next regular meeting concerning matters the Advisory Board considered.

G. The Board of Directors should normally have considered matters it refers to the Advisory Board, and the Board of Directors should refer such matters through the President to the Advisory Board.

XIX. Dissolution

Upon the dissolution of NAMI Stark County, its governing body shall, after paying or making provisions for the payment of all of the liabilities of the organization, distribute its assets to one or more other non-profit corporations that are described in Section 501(c)(3) of the Internal Revenue Code and share the same or similar purposes.

XX. Effective Date

The effective date of this Code of Regulations is July 18, 2016.

Board of Directors

President:

Shannon Ortiz

First Vice President:

Bart Fredrick

Second Vice President:

Elisa Castile

Secretary:

Dr. Tamara Daily

Treasurer:

RJ Fryan

Elaine Reolfi
Michelle Dellick
Brittany Reed
Bobbie Marsh
Major C.J. Stantz

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Heartland Behavioral Healthcare
330 833-3135 ext. 2170

Mike Rembert, Newsletter Editor

CALENDAR OF EVENTS VOLUNTEER/EDUCATION OPPORTUNITIES

BRIEF MEMBERSHIP MEETING FOR CODE OF REGULATIONS
MONDAY JULY 18, 2016 5:00 PM

MANDATORY TRAINING FOR PROGRAM VOLUNTEERS
MONDAY JULY 18, 2016 5:30 PM

**HEARTLAND BEHAVIORAL HEALTHCARE –
DISCHARGE BAGS**
SEPTEMBER 2 AND DECEMBER 2, 2016
9:00 AM DOLLAR GENERAL
10:00AM HEARTLAND BEHAVIORAL HEALTHCARE

FREE Education Programs – Call 330 455-6264 to register

PRE-REGISTRATION IS NEEDED by calling for our FREE NAMI Educational Programs

 **NAMI Family-to-Family** 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 7, 6:00 pm to 8:30 pm, Holy Trinity Lutheran Church, 2551 55th St NE, Canton, OH 44721
- Monday September 12, 6:00 pm to 8:30 pm, Science Hill Community Church, 12316 Beeson St., N.E., Alliance, OH 44601

 **NAMI Peer-to-Peer** 10-week course is for adults who have been diagnosed with a mental illness.

- Thursday July 7, 6:00 pm to 8:00 pm, Holy Trinity Lutheran Church, 2551 55th St NE, Canton, OH 44721
- Thursday July 7, 11:30 am to 1:30 pm, Hunter House 1114 Gonder Ave, S.E, Canton, OH 44710
- Wednesday October 5, 5:30 pm to 7:30 pm, Make A Way, 227 Third Street SE, Massillon, OH 44648

 **NAMI Basics** 6 week course is for parents of children with emotional/mental/neurobiological disorders

- Wednesday September 14, 6:00 pm to 8:00 pm, TBD

 **NAMI Homefront**
National Alliance on Mental Illness

6 week course to meet the unique needs of families of our Service Members and Veterans who are living with mental health conditions. It is a six-session adaptation of the evidence based NAMI Family-to-Family program. NAMI Family-to-Family is taught by and for family members who have a relative living with mental illness.

Fall of 2016