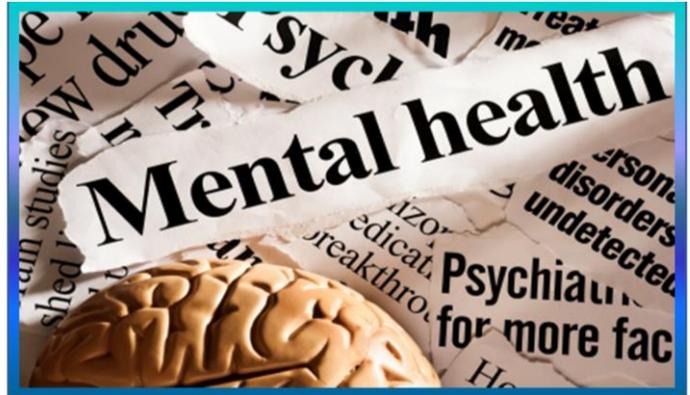


Help Ensure Mental Health Care for All

So much is happening in the news daily regarding America's health care systems. Now is the time to advocate for yourself and your loved ones to ensure people are getting the care they need and deserve. NAMI Stark County does not align with a certain political party; however, we do align with all who are seeking help from our mental health system. We are adamant that when people need care, they should be able to receive it regardless of income, disability, or any factor that is arbitrarily given to a person in need of mental health help.



July Marks National Minority

Mental Health Awareness Month



We know that one-in-five people will experience a mental health condition in their lifetime. Yet disparities still prevent people in diverse communities from getting the treatment they need.

The U.S. Surgeon General reports that minorities:

- are less likely to receive diagnosis and treatment for their mental illness
- have less access to and availability of mental health services
- often receive a poorer quality of mental health care
- are underrepresented in mental health research

It is important to get talking about it in all communities regardless of how any culture chooses to deal with it. NAMI Stark County is always open to coming into your place of worship, your school, or any other venue to help you start a dialogue, or to offer one of our classes, or to offer a support group.

Just call the NAMI office at 330-455-NAMI [6264] if interested in our help.

Advocate Nationally 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.

Multicultural Training Available:

System partners, service providers and the general public are invited!!!

Two Cultural Competence Trainings July 18, 2017

Join Vivian H. Jackson, Ph.D., LICSW, Adjunct Assistant Professor, National Center for Cultural Competence, Georgetown University, for one or both trainings on July 18, 2017 that will focus on delivering culturally competent care to our Stark County community.

9 AM – NOON

Overview of Cultural and Linguistic Competence

This interactive morning session will engage participants in an overview of cultural and linguistic competence frameworks at the individual, organizational and systemic levels. Participants will:



- Describe intersections between culture and language and behavioral health in Stark County
- Describe framework for cultural and linguistic competence
- Identify features of their organization that support or inhibit cultural and linguistic competence
- Identify personal and collective learning goals for ongoing CLC professional development

Located at Walsh University, Barrette Center; 2020 East Maple Street, North Canton, OH 44721.

There is no cost to attend. Continuing education credits pending.

1 – 4 PM

Cultural and Linguistic Competence in Practice

This interactive afternoon session will engage participants in a process to engage in an in-depth analysis of the role of culture and language in various aspects of service delivery across the multiple system of care stakeholder systems. Participants will:

- Describe the role of culture and language in various aspects of service delivery
- List strategies to obtain, promote knowledge, skills and attitudes relevant to cross-cultural practice
- Create an individualized action plan for their own CLC professional development

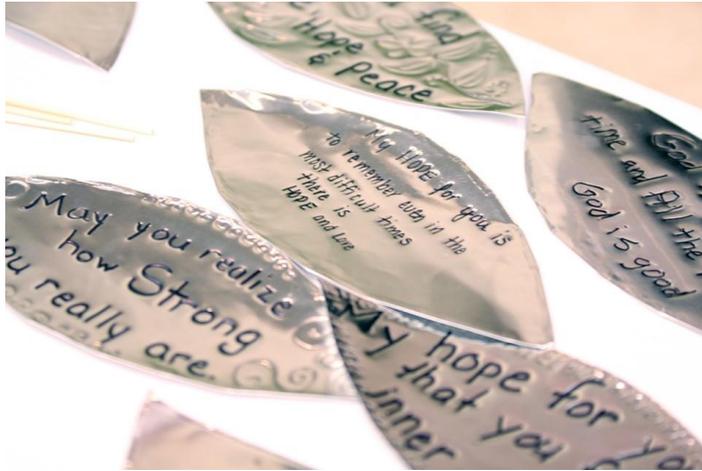
Located at Walsh University, Barrette Center; 2020 East Maple Street, North Canton, OH 44721.

There is no cost to attend. Continuing education credits pending.

For more information and to register, visit www.StarkMHAR.org/SystemofCare.

ArtsinStark: Healing Tree traveling art project

In collaboration with ArtsinStark, the county arts council, StarkMHAR is proud to announce a countywide, participatory, public art project called **The Healing Tree** that will travel Stark County and highlight themes of recovery, healing, second chances and how art changes lives.



The Healing Tree will be the creation of local artist Michele Waalkes.

Her inspiration was to fill its boughs with silver leaves – each leaf bearing a message of hope, inspiration and recovery from Stark County residents.

Stay tuned to see more as the healing tree takes shape and hits the road Summer 2017!

Agency for Healthcare Research and Quality Research Reveals Massage, Sensory Interventions Improve Autism Behaviors

Little evidence to support nutritional supplements, special diets

Press Release Date: May 26, 2017

Sensory-focused interventions – such as massage, swinging and trampoline exercises and exposure to different textures – reduced sensory and motor impairments in children with autism spectrum disorder (ASD), according to an [analysis](#) funded by the Agency for Healthcare Research and Quality (AHRQ), highlighted today in the journal *Pediatrics*.

Meanwhile, an additional AHRQ-supported [article](#) in *Pediatrics* concluded that little evidence currently exists to support the use of nutritional supplements or gluten-free/casein-free diets to improve autistic behaviors in children.

Omega-3 fatty acid supplements, in particular, have not been shown to improve challenging behaviors and are associated with minor harms, such as infections and fever, skin changes and gastrointestinal symptoms, researchers concluded.

<https://www.ahrq.gov/news/newsroom/press-releases/autism-behaviors.html>

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)

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

Volunteer Opportunities

Now through Sunday, October 8th (the day of the walk this year):



We always need help with the walk each year.
Here are just a few ways you can help:

- 1) Start a walk team among co-workers, friends, family, worship group, veterans' group, etc! **See page 7 of this newsletter for the sign-up sheet** (feel free to copy or just stop in the office to get more).
- 2) Seek out one or two places where you do business to find out if that business may want to sponsor/donate to your efforts in the walk or even start another walk team of their own.
- 3) Spread the message! As they say: the more, the merrier! Make sure people pre-register so a free t-shirt will be waiting for them at the check-in tables.
- 4) Please don't hesitate to call the office if you have any questions about the walk.

Watch for Registration and Donation information in future newsletters....



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



NAMI Stark County Annual Moving Forward for Mental Health Walk Sunday October 8, 2017 Needs YOU!

If you are a passionate supporter of increasing awareness about mental health illness and want to be part of the SOLUTION, signing up as a TEAM LEADER is for YOU!

As a WALK TEAM LEADER, you will recruit people to be on your team; you will oversee the fundraising efforts for your team and will participate the day of the event.* NAMI Stark County will be recognizing the WALK TEAM LEADER who:

- raises the most money
- has the most participants

So, if you're big into supporting NAMI Stark County, in being part of the SOLUTION, like having FUN, are slightly competitive (in the best sort of way) and want BRAGGING RIGHTS for the year, PLEASE SIGN UP AS a WALK TEAM LEADER.

YES, I _____ am interested in collecting donations and walking in the NAMI Stark County Annual Moving Forward for Mental Health Walk. As a TEAM CAPTAIN, I will recruit members to participate on my team, with a goal of providing a donation of \$100 per participant. (Example, if each participant asks 10 friends for \$10, they'll meet this goal.

My contact information:

Name: _____

TEAM NAME: _____

Email: _____

Phone: _____

Address: _____ City: _____ State: _____ Zip: _____

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

- 9-1-1 and ask for a Crisis Intervention Team 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

Fireworks “Celebrations” and PTSD?

Please be mindful that our combat veterans may have their PTSD affected by fireworks being set off. Even well-meaning people celebrating with unexpected, loud bangs may inadvertently trigger unwanted PTSD symptoms.



Helpful Tips for Combat Veterans:
+ Post a sign out front stating a veteran lives here

+ Take a shower while scheduled fireworks shows are happening to deaden the sound

<http://www.militarywithptsd.org/fireworks-triggers-ptsd-and-veterans/>

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Mike Rembert, Newsletter Editor