

Shannon Ortiz Provides HOPE to Stark County



Shannon Ortiz, NAMI Stark County Board Vice-President and University of Mount Union Director of Counseling Services, will be presented the

Stark Mental Health and Addiction Recovery Advocate of the Year award for her volunteer work with NAMI Stark County and the community. Ortiz is among the 2017 HOPE Award honorees who are making a difference and influencing change. All HOPE awards will be presented at the Stark MHAR's Annual Leadership Breakfast on June 2, 2017. Congratulations Shannon!!!!

Kay Raga Graduates Leadership Stark County



Executive Director, Kay Raga (formerly Silverwood) will graduate June 6, 2017 as part of the 30th Signature Class of Leadership Stark County ("The best class ever," she said.) Kay was one of a select group of

Stark County business and community leaders chosen to take part of this 10-month training. Aspects of the program allowed her to network with other leaders representing local government, schools, and law enforcement. Kay also toured the jail. A poverty simulation was also part of the program. "It's been my honor to participate and I learned so much about Stark County from an amazing group of people."

Dealing with Trauma after a Crisis

A traumatic event is a shocking, scary, or dangerous experience that affects someone emotionally. These situations may be natural, like a tornado or earthquake. They can also be caused by other people, like a car accident, crime, or terror attack. June is PTSD [Post-Traumatic Stress Disorder] awareness month.

How individuals respond to traumatic events is an important area of research for the National Institute of Mental Health (NIMH). Researchers are exploring the factors that help people cope as well as the factors that increase their risk for problems following the event.

- <https://www.nimh.nih.gov/health/topics/coping-with-traumatic-events/index.shtml>

People are usually surprised that reactions to trauma can last longer than they expected. It may take weeks, months, and in some cases, many years to fully regain equilibrium. Many people will get through this period with the help and support of family and friends. But sometimes friends and family may push people to "get over it" before they're ready.

Let them know that such responses are not helpful for you right now, though you appreciate that they are trying to help. Many people find that individual, group, or family counseling are helpful, and in particular, EMDR (Eye Movement Desensitization and Reprocessing) is a phenomenally rapid and wonderful therapeutic method. Another superior therapeutic method is IFS (Internal Family Systems). Either way, the key word is CONNECTION -- ask for help, support, understanding, and opportunities to talk.

- <http://www.trauma-pages.com/s/t-facts.php>

In some cases, the stressful thoughts and feelings after a trauma continue for a long time and interfere with everyday life. For people who continue to feel the effects of the trauma, it is important to seek professional help. Some signs that an individual may need help include:

- Worrying a lot or feeling very anxious, sad, or fearful
- Crying often
- Having trouble thinking clearly
- Having frightening thoughts, reliving the experience
- Feeling angry
- Having nightmares or difficulty sleeping
- Avoiding places or people that bring back disturbing memories and responses.

Physical responses to trauma may also mean that an individual needs help. Physical symptoms may include:

- Headaches
- Stomach pain and digestive issues
- Feeling tired
- Racing heart and sweating
- Being very jumpy and easily startled
- Avoiding places or people that bring back disturbing memories and responses.

Those who already had mental health problems or who have had traumatic experiences in the past, who are faced with ongoing stress, or who lack support from friends and family may be more likely to develop stronger symptoms and need additional help. Some people turn to alcohol or other drugs to cope with their symptoms. *Although substance use can temporarily cover up symptoms, it can also make life more difficult.*

Mental health problems can be treated!!! If you or someone you know needs help, talk with your health care provider.

- <https://www.nimh.nih.gov/health/topics/coping-with-traumatic-events/index.shtml>

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

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, June 7, 6:00 pm to 8:30 pm, Shiloh Missionary Baptist Church, 700 Market Ave S., Canton OH 44702
- Friday, June 16 10:00 am to 12:30 pm, Heartland Behavioral Health, 3000 Erie St., Massillon, OH 44646



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

- Wednesday, June 21, 6:00 pm to 8:00 pm, Shiloh Missionary Baptist Church, 700 Market Ave S., Canton OH 44702 [First week is orientation, so you can still join in on the second week, if you can't make the first.]



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



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

June 9:

Help assemble Heartland Discharge Bags. We meet at the Dollar General on the corner of 30th and Market at 9:00 am to load the truck and/or meet at Heartland at 10:00 am to help fill bags.

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### Now through Sunday, October 8<sup>th</sup> (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!***

THE CANTON PALACE THEATRE, SCHUMACHER HOMES & BRAIN BALANCE CENTER OF CANTON  
IN CONJUNCTION WITH THE LOVE, ANDREW AUTISM FOUNDATION PRESENT

# SENSORY CINEMA

SENSORY FRIENDLY MOVIE SHOWINGS

Every Monday from June 19 to August 14, 2017 [excluding 7/17/17]  
Start Time: 6:00pm | Doors Open: 5:30pm  
No previews will be shown before movie  
Admission: \$1 per person

| 2017 LINEUP |                       |    |
|-------------|-----------------------|----|
| JUNE 19     | SECRET LIFE OF PETS   | PG |
| JUNE 26     | STORKS                | PG |
| JULY 3      | KUNG FU PANDA 3       | PG |
| JULY 10     | TROLLS                | PG |
| JULY 24     | RISE OF THE GUARDIANS | PG |
| JULY 31     | WIZARD OF OZ          | G  |
| AUG. 7      | SING                  | PG |
| AUG. 14     | LEGO BATMAN           | PG |

HEALTHY CONCESSION SNACKS WILL BE AVAILABLE FOR PURCHASE  
Family Restroom Available  
Group Reservations allowed by noon on the day of showing.  
PALACE STAFF, VOLUNTEERS AND CANTON POLICE WILL HAVE SENSITIVITY TRAINING  
SPONSORED BY



## CANTON PALACE THEATRE ANNOUNCES SENSORY CINEMA:

*An eight-week movie series tailored to audiences on the Autism Spectrum*

The Theatre environment will be tailored to the attendees on the Autism Spectrum and their families. This includes: lower levels of sound and dim lights, dietary sensitive offerings in the concession stand including gluten and dairy free options, trained staff and family restrooms.

*The movies will begin at 6pm, with doors opening at 5:30pm. Admission is \$1.00 and group reservations are available by calling 330-454-8172 up until noon on the day of the movie.*

Autism is the fastest growing and most severe developmental disability in the U.S. today, with the National Health Institute reporting prevalence in one in every 68 births nationwide. Programs, like Sensory Cinema, foster inclusion and acceptance for children with autism and their families.

- Canton Palace Theatre News Release, 4/2/2017

## Teen Depression and Anxiety: What Parents Can Do

- Talk about the real stuff
  - Give them space, but pay attention
  - Resist getting angry
  - Don't put off getting help
  - Learn more about adolescent mental health, including where to find help.
1. [The Anxiety and Depression Association of America: Children and Teens](#)
  2. <http://www.nami.org/Find-Support/Teens-and-Young-Adults>
  3. [The National Institute of Mental Health: Teen Depression](#)
  4. [The National Institute of Mental Health: Anxiety Disorders](#)
  5. [The Substance Abuse and Mental Health Services Administration: Help and Treatment](#)

<http://time.com/4546993/teen-depression-and-anxiety-what-parents-can-do/>

## LGBTQ Awareness and Acceptance: Preventing Trauma

June is national LGBTQ Pride Month. We all either have struggled, or know someone who has struggled or is struggling with opening up about thoughts and feelings associated with “coming out.”

“Coming out” can be traumatic and, once out, the person may face many challenges: loss of friends, an unsupportive family, being a victim of violence, being on the receiving end of discriminatory epithets, and mental health and wellbeing can be affected in a number of other ways.

You hopefully have seen the acronym LGBTQ in the news. This is an umbrella term which stands for: Lesbian, Gay, Bisexual, Transgender, Questioning (or Queer). Sometimes you may see an I, meaning Intersex, or an A, meaning Asexual or Ally.

Here are some helpful numbers to keep in case you or a loved one is dealing with any of the above issues:

- **ACLU National Help Line:** 212-549-2500
- **Buckeye Region Anti-Violence Organization:** 216-370-7361
- **Crisis Text Line:** Text “GO” to 741-741
- **Lambda Legal National Help Line:** 866-542-8336
- **National GLBT Hotline:** 888-843-4564
- **Trans Lifeline:** 877-565-8860
- **Trevor Lifeline:** 866-488-7386



## Men’s Health Week is June 12<sup>th</sup> through June 18<sup>th</sup>

Wear Blue Day, a day to specifically bring attention to men’s health, will be the Friday before Father’s Day (June 16<sup>th</sup>). One aspect of men’s health that is not talked about often enough is psychological, social, and emotional wellbeing. Men who have good emotional health can still have emotional problems or mental illness. Mental illness often has a physical cause. Stress, abuse, and problems with family, work, or school can trigger mental illness or make it worse.

In 2015, nearly 5 percent of men reported experiencing at least one major depressive episode in the past year, according to the National Institute of Mental Health. But many therapists don’t think this number even puts a dent into how many men actually deal with depression. Men are also diagnosed at a rate of less than half that of women. *You have to open up and talk about what’s causing your depression*, so you can start changing the way you think about and view life, says one doctor. Sometimes, you might not even know what’s bothering you until you start treatment with a psychologist or psychiatrist.

- <http://www.menshealth.com/health/what-depression-is-like-for-men>



## 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: \_\_\_\_\_

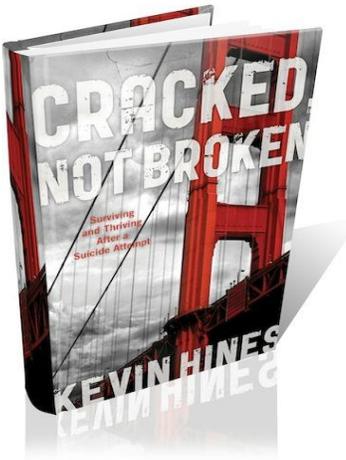
Email: \_\_\_\_\_

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



### **Book Recommendation: *Cracked Not Broken* by Kevin Hines**

Executive Director, Kay Raga, recently read this book written by a man who lives in recovery now. Hines, who had attempted to end his life by jumping off the Golden Gate Bridge, lived to tell what went through his mind leading up to that event. However, Hines focuses on his recovery from bipolar disorder. The book also outlines what his family went through.

You may have heard Hines' story at the recent local event where he spoke, which was sponsored by the Stark MHAR. Hines was featured in the film, "The Bridge," and has been interviewed on 20/20, Anderson Cooper 360, Good Morning America, and many other media outlets. He is an inspiration.

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