

Welcome Jaime Kines as Outreach Liaison

NAMI Stark County's newest employee is Jaime Kines. Jaime is the Outreach Liaison based out of NAMI's Heartland Behavioral Healthcare office. She will be working with peer/patient family members who are in need of support, education, or advocacy during the time their loved one is at Heartland. In addition to being a LPN, Jaime is also knowledgeable about military veterans and has the lived experience of helping family members cope with mental illness. Welcome Jaime!



May is Mental Health Awareness Month: Join the Conversation

Listen to WHBC 1480 AM every Monday in May for your fellow NAMI Members sharing personal stories on the radio with host Gary Rivers!



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|---------------------|--|
| May 1, 2017 | Shannon Ortiz NAMI Stark County Board Vice-President and University of Mount Union Director of Counseling Services |
| May 8, 2017 | Sheryl Falcone NAMI Stark County Program Coordinator and Jaime Kines NAMI Stark County Outreach Liaison |
| May 15, 2017 | Peggy Mang and Diane Mang NAMI Stark County Outreach Coordinator |
| May 22, 2017 | Missy Reed NAMI Stark County Board and Tammy Daily NAMI Stark County Board Secretary and University of Mount Union Professor |
| May 29, 2017 | Kay Silverwood NAMI Stark County Executive Director and Steve Potter WHBC Producer |

Has a mental health program helped you?

surveyMonkey.com/r/MHStories

Share how a program helped you or someone you care about to help NAMI fight for funding for life-changing and life-saving programs.

The federal budget process is under way and programs critical to people with mental health conditions are already under threat, **including:**

- **Housing**
- **Community mental health services and supports**
- **Crisis services**
- **ACT (Assertive Community Treatment) Teams**
- **First episode psychosis programs**
- **CIT (Crisis Intervention Teams)**
- **Mental health courts**
- **Jail diversion**
- **Re-entry programs**
- **VA mental health services and supports**
- **Research**

Your story matters!

Go to www.surveymonkey.com/MHStories to submit yours

ADVOCATE

get involved

There is so much happening right now for which we must advocate: for our loved ones, for ourselves, and for the systems that we rely on to meet our needs at times.

For the most up-to-date information, please see mha.ohio.gov, www.nami.org, and www.namiohio.org to keep abreast of the latest changes in health care across the country and throughout Ohio.

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 Connection 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.

- Tuesday May 2, 6:00 pm to 8:00 pm
Mercy Medical Center of Jackson; 7337 Caritas Cir; Massillon, OH 44646
[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

Message from NIMH National Institute of Mental Health. We want to call your attention to talking points developed by Suicide Awareness Voices of Education (SAVE) and the Jed Foundation to address suicide-related content in the new Netflix series, *13 Reasons Why*, which is based on a fictional novel by the same name. The talking points were developed to help parents, teachers, and other gatekeepers talk with youth about suicide as it relates to the situational drama that unfolds in the series.

Talking Points Guide

- *13 Reasons Why* is a fictional story based on a widely known novel and is meant to be a cautionary tale.
- You may have similar experiences and thoughts as some of the characters in 13RW. People often identify with characters they see on TV or in movies. However, it is important to remember that there are healthy ways to cope with the topics covered in 13RW and acting on suicidal thoughts is not one of them.
- If you have watched the show and feel like you need support or someone to talk to reach out. Talk with a friend, family member, a counselor, or therapist. There is always someone who will listen.
- Suicide is not a common response to life's challenges or adversity. The vast majority of people who experience bullying, the death of a friend, or any other adversity described in 13RW do not die by suicide.
- In fact, most reach out, talk to others and seek help or find other productive ways of coping. They go on to lead healthy, normal lives.
- Suicide is never a heroic or romantic act. Hannah's suicide (although fictional) is a cautionary tale, not meant to appear heroic and should be viewed as a tragedy.
- It is important to know that, in spite of the portrayal of a serious treatment failure in 13RW, there are many treatment options for life challenges, distress, and mental illness. Treatment works.
- Suicide affects everyone and everyone can do something to help if they see or hear warning signs that someone is at risk of suicide.
- Talking opening and honestly about emotional distress and suicide is ok. It will not make someone more suicidal or put the idea of suicide in their mind. If you are concerned about someone, ask them about it.
- Knowing how to acknowledge and respond to someone who shares their thoughts of emotional distress or suicide with you is important. Don't judge them or their thoughts. Listen. Be caring and kind. Offer to stay with them. Offer to go with them to get help or to contact a crisis line, text or chat service.
- How the guidance counselor in 13RW responds to Hannah's thoughts of suicide is not appropriate and not typical of most counselors. School counselors are professionals and a trustworthy source for help. If your experience with a school counselor is unhelpful, seek other sources of support such as a crisis line, text or chat service.
- While not everyone will know what to say or have a helpful reaction, there are people who do so keep trying to find someone who will help you. If someone tells you they are suicidal, take them seriously and get help.
- When you die you do not get to make a movie or talk to people anymore. Leaving messages from beyond the grave is a dramatization produced in Hollywood and is not possible in real life.
- Memorializing someone who died by suicide is not a recommended practice. Decorating someone's locker who died by suicide and/or taking selfies in front of such a memorial is not appropriate and does not honor the life of the person who died by suicide.
- Hannah's tapes blame others for her suicide. Suicide is never the fault of survivors of suicide loss. There are resources and support groups for suicide loss survivors.

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.

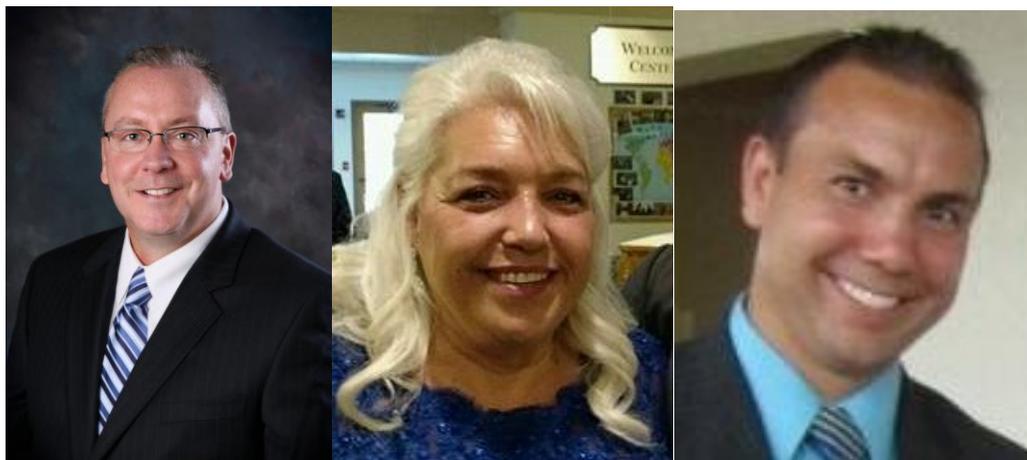
**Watch for Registration and Donation information in future newsletters....**

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



**If you or a loved one needs  
assistance for a mental health  
emergency call 911 and  
request a CIT Officer**

# Board Member Highlights



*From left  
to right:*

*Tom Stone,  
Missy Reed  
and  
RJ Fryan.*

**Tom Stone**, who first joined the board in March, is currently the VP of Industrial Relations, Workplace Compliance, and EHS at Timken Steel. His board interests include Personnel Improvement, Community Engagement and Outreach, and Veterans.

**Missy Reed** joined the board in April. Fundraising and Community Engagement and Outreach are board areas of interest for Missy. However, one of her other interests is to her new (and first) granddaughter, which she has the opportunity to babysit since her retirement. Missy also mentors peers during her Peer-to-Peer courses.

**RJ Fryan**, NAMI Stark County's Board Treasurer since 2016 (and board member since 2014), has been named one of the "Twenty under 40" by Young Professionals Engaged in Stark County. ystark! is an initiative committed to improving the community through knowledge, leadership and participation of our area's young professionals. RJ also chairs NAMI Stark County's fundraising and grant committee.

## 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



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

## Here are three simple actions you can take to help make a difference during May:



**Take the StigmaFree Pledge.** You can help NAMI replace stigma with hope! Take the StigmaFree pledge today to bring education and understanding to others!



**Share mental health awareness.** Post information and images with #MentalHealthMonth and help spread awareness by sharing Mental Health Month posts and graphics on Facebook, Twitter and Instagram.



**Give the gift of help and hope.** Donate today to make a real difference for millions of Americans and their families affected by mental illness.

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

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**Mike Rembert, Newsletter Editor**