

Hello NAMI Members and Friends,

As you know, NAMI Stark County's "Moving Forward for Mental Health" Walk is fast approaching. It will be held rain or shine on Saturday, October 24th and will kick off at the Hoover Park Pavilion with registration/check-in beginning at 9 am. The address is 1875 East Maple St., North Canton. This signature annual event is designed to increase the Stark County Community's awareness and understanding of mental illness and more importantly, RECOVERY.

It is well known that at any given time, one in four is dealing with mental illness, a number greater than those hospitalized for cancer and heart disease COMBINED, yet stigma and misunderstanding about mental illness continues to persist.

There was time in our community's history that the subject of cancer was taboo. People suffered and died from cancer but no one talked about it. Cancer awareness, research, treatment and funding has come out of the closet and the time is now to bring mental health awareness front and center. 90% of persons with mental illness are successfully living with mental illness in recovery. They are our friends, family, neighbors, co-workers. Yet talking about mental health remains taboo. People are suffering without treatment; people are dying of mental illness. And the community is silent.

Walks help change how communities view mental illness and highlight that treatment works and people recover. Last year, over 360 people joined NAMI Stark County and came out to walk for mental health and celebrate the power of recovery. It was a wonderful event filled with fun, food and fellowship. I urge you to mark your calendar and join us as we celebrate triumph over mental illness stigma. Please join me on Saturday October 24th in supporting my son's journey with mental illness and ALL those impacted by mental illness in our community. More information about this FREE event and how to register is located on pgs. 5-7. Also, check out page 8 for information about our Recoveree Celebration.

Jane



stigmafree

stigmaFree Pledge

Individuals, companies, organizations and others can all take the pledge to learn more about mental illness, to see a person for who they are and take action on mental health issues. Take the pledge and raise awareness.

- Learn about mental health—educate myself and others
- See the person not the illness—strive to listen, understand, tell my own story
- Take action—spread the word, raise awareness, make a difference

Take the stigmafree pledge and register at <http://www.nami.org/Get-Involved/Raise->

1-4 News from the World

5-7 Moving Forward for Mental Health Walk

8 Recoveree Celebration

[Awareness/stigmaFree-Pledge](#)

What is stigma? Three out of four people with a mental illness report that they have experienced stigma. Stigma is a mark of disgrace that sets a person apart. When a person is labelled by their illness they are seen as part of a stereotyped group. Negative attitudes create prejudice which leads to negative actions and discrimination.

Stigma brings experiences and feelings of:

- shame
- blame
- hopelessness
- distress
- misrepresentation in the media
- reluctance to seek and/or accept necessary help
- nearly 2 in 3 people surveyed thought people with schizophrenia were unpredictable and a quarter felt that they were dangerous

Some groups are subjected to multiple types of stigma and discrimination at the same time, such as people with an intellectual disability or those from a cultural or ethnic minority.

How can we challenge stigma?

- learn and share the facts about mental health and illness
- get to know people with personal experiences of mental illness
- speak up in protest when friends, family, colleagues or the media display false beliefs and negative stereotypes
- offer the same support to people when they are physically or mentally unwell
- don't label or judge people with a mental illness, treat them with respect and dignity as you would anyone else
- don't discriminate when it comes to participation, housing and employment
- talk openly of your own experience of mental illness. The more hidden mental illness remains, the more people continue to believe that it is shameful and

A 2006 Australian study found that

- nearly 1 in 4 of people felt depression was a sign of personal weakness and would not employ a person with depression
- around a third would not vote for a politician with depression
- 42% thought people with depression were unpredictable
- one in 5 said that if they had depression they would not tell anyone needs to be concealed.



MENTAL HEALTH
AND RECOVERY
SERVICES BOARD
of Stark County

ENRICHING LIVES THROUGH WELLNESS AND RECOVERY

Thank you to the Mental Health
& Recovery Services Board for
assisting with this newsletter.

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

Facts about Stigma and Mental Illness in Diverse Communities

What is Stigma?

- An attempt to label a particular group of people as less worthy of respect than others
- A mark of shame, disgrace or disapproval that results in discrimination
- Not just a matter of using the wrong word or action—it's about disrespect

What does Stigma have to do with Mental Illness?

- Stigma leads to...
 - Inadequate insurance coverage for mental health services
 - Fear, mistrust, and violence against people living with mental illness and their families
 - Family and friends turning their backs on people with mental illness-

Prejudice and discrimination

- Discrimination against people who have mental illnesses keeps them from seeking help
- While 1 in 5 Americans live with a mental disorder, estimates indicate that nearly two-thirds of all people with a diagnosable mental illness do not seek treatment, especially people from diverse communities. Lack of knowledge, fear of disclosure, rejection of friends, and discrimination are a few reasons why people with mental illness don't seek help.
- Discrimination against people with mental illness violates their rights and denies them opportunities. Despite Civil Rights Law such as the Americans with Disabilities Act, people with mental illnesses often experience discrimination in the workplace, education, housing, and healthcare.

Ethnic and racial communities in the US face a social and economic environment of inequality that includes greater exposure to racism, discrimination, violence and poverty

Mistrust of mental health services is an important reason for deterring people of color

clinician bias and stereotyping

- The cultures of racial and ethnic groups alter the types of mental health services used. Clinical environments that do not respect or are incompatible with the cultures of the people they serve may deter people from seeking help to begin with, adherence to treatment and follow-up care.

Culture Counts –One's racial or ethnic background bears upon whether people even seek help in the first place, what types of help they seek, what coping styles and social supports they have, and how much stigma they attach to mental illness.

Fighting Stigma

- Use respectful language. Put the person before the illness –use phrases such as “a person with schizophrenia”. Never use terms like crazy, lunatic, psycho, retarded and correct people who do so.
- Provide professional development opportunities for staff, regarding diversity, mental health issues, and fostering an inclusive work environment. Include mental illness in discussions about acceptance of diversity, just as you would discuss cultural diversity, religious beliefs, physical disability, and sexual orientation.
- Become an advocate. Create awareness by writing letters to newspapers and lawmakers. Speak out and challenge stereotypes portrayed in the media. Take it upon yourself to inform your community about the truth of mental illness.
- Teach others about mental illness. Spread understanding that these are illnesses like any other.

Resources:

- ADS Center –www.samhsa.gov/stigma Resource Center to Address Discrimination and Stigma (Associated with Mental Illness) – provides practical assistance to individuals, States, and public and private organizations in the design, implementation, and operation of programs and initiatives to reduce discrimination and stigma.

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CALENDAR OF EVENTS

VOLUNTEER/EDUCATION OPPORTUNITIES

HEARTLAND COLLABORATIVE PARTNERSHIP MEETING

DATE: SEPTEMBER 1, 2015 10:00 A.M. - 12:00 P.M.

LOCATION: HEARTLAND BEHAVIORAL HEALTHCARE

STARK COUNTY FAIR

DATES:, SEPTEMBER 1 – 7

LOCATION: STARK COUNTY FAIRGROUNDS

WORLD SUICIDE DAY

DATES:, SEPTEMBER 10

STARK COUNTY RECOVERY WEEK

DATES:, SEPTEMBER 14 – 19

NAMI STARK COUNTY RECOVEREE CELEBRATION

DATE: SEPTEMBER 16 5:30 PM – 7:00 PM

LOCATION: MAKE A WAY

227 THIRD ST S.E., MASSILLON, OH 44646

HEARTLAND BEHAVIORAL HEALTHCARE – DISCHARGE BAGS

DATES:, SEPTEMBER 18 AND DECEMBER 18

LOCATION: HEARTLAND BEHAVIORAL HEALTHCARE

MENTAL HEALTH AND RECOVERY SERVICES BOARD STARK COUNTY MENTAL HEALTH FIRST AID

DATES: SEPTEMBER 23 - 24

LOCATION: CANTON, OH

REGISTRATION REQUIRED:

WWW.STARKMHR SB.ORG

STARK COUNTY DRUG TAKE BACK DAY

DATES:, SEPTEMBER 26 – DETAILS ON PAGE 4 & 6

MIAW WEEK

DATES: OCTOBER 5 - 10

MENTAL HEALTH AND RECOVERY SERVICES BOARD STARK COUNTY MENTAL MARIJUANA SUMMIT

DATES: OCTOBER 6

LOCATION: CANTON, OH

REGISTRATION REQUIRED:

WWW.STARKMHR SB.ORG

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NAMI Multicultural Action Center -WWW.NAMI.ORG

This Center works to focus attention on system reform to ensure access to culturally competent services and treatment for all Americans and to help and support families of color who are dealing with mental illness.

- STAR Center –www.consumerstar.org

(Support Technical Assistance Resource Center) -funded by CMHS, this center provides support, technical assistance, and resources to help improve and increase the capacity of consumer operated programs to meet the needs of persons living with mental illnesses from diverse communities.

- StigmaBusters—WWW.NAMI.ORG

A group of dedicated advocates across the country who seek to fight the inaccurate, hurtful representations of mental illness that can be found in TV, film, print, or other media. StigmaBusters' goal is to break down the barriers of ignorance, prejudice, or unfair discrimination by promoting education, understanding, and respect.

Sources

Anti-Stigma: Do You Know the Facts?

SAMHSA Mental Health Information Center. 2003

Challenging Stereotypes: An Action Guide. SAMHSA. 2001

Mental Health: Culture, Race, and Ethnicity. A Report of the Surgeon General. 2001

NAMI Multicultural Action Center NAMI.ORG



Annual Moving Forward for Mental Health Walk

Date: Saturday October 24, 2015

When: Registration/Breakfast 9:00 A.M. Walk 10:00 A.M. Lunch 11:00 A.M.

Place: Hoover Park Connector Trail (East Maple Street, North Canton) & Hoover Park Pavilion (1875 East Maple Street, North Canton, Ohio 44720).

Creating a Team Tip: With just a few simple asks and very little time and effort you can raise needed dollars. You can create a team (family, friends, co-workers etc.), register your team captain, name, members and track your donations.

<http://www.firstgiving.com/NamiStarkCountyOH/moving-forward-for-mental-health-walk-2015>

Fundraising Tip: Ask 10 people to join your team. Challenge them to ask 10 others to donate \$10.00 each which would enable your whole team to support our free support, education and advocacy programs for persons and families impacted by mental illness simply asking for \$10.00.



Awards

Top Fundraising Individual
 Top Fundraising Team
 Team with most participants



Door Prizes

Vizio 32" TV
 Fitbit Charge
 Samsung Blue Ray Player

All participants must register for the event and will receive free t-shirt. There is no fee for registration. Please call 330-455-6264 for more information logon to www.namistarkcounty.org or <http://www.firstgiving.com/NamiStarkCountyOH/moving-forward-for-mental-health-walk-2015>

NAMI: The National Alliance on Mental Illness

NAMI is the National Alliance on Mental Illness, the nation's largest grassroots mental health organization dedicated to improving the lives of persons living with serious mental illness and their families. Founded in 1979, NAMI has become the nation's voice on mental illness, a nationwide organization with affiliates in every state and in more than 1,100 local communities across the country. NAMI is dedicated to the eradication of mental illnesses and to the improvement of the quality of life of all whose lives are affected by these diseases.

NAMI Stark County

NAMI Stark County is an affiliate of NAMI National and NAMI Ohio. NAMI Stark County is a group of volunteers whose lives have been touched by mental illness personally or professionally. We are dedicated to improving the lives of people in Stark County who have been touched by mental illness. We provide free: education and information to the public; family and peer education and support; advocacy on behalf of people living with mental illness and their families; and visible public events that raise funds and awareness.

Moving Forward for Mental Health

Date: October 24, 2015

The Moving Forward for Mental Health event will take place rain or shine!!

Place: Hoover Park Connector Trail (East Maple Street, North Canton) & Hoover Park Pavilion (1875 East Maple Street, North Canton, Ohio 44720).

Directions: From I-77 South, take exit 111 and go left (toward North Canton). Follow Portage to North Main St. Turn right at North Main Street, and left at East Maple (at the former Hoover Company). Participants may park at the ball fields' parking lot or at Washington Square.



- **Check-in Time:** 9 am at the Hoover Park Pavilion
- **Walk Start:** 10 am
- **All participants must register for the event. There is no fee for registration.**
- **Register by August 31st, 2015 to ensure t-shirt size.**
- **Total Distance:** 2.8 mile loop trail between ball fields and Washington Square.
- **Parking:** Available at Hoover Park ball fields and Washington Square.
- **Refreshments & Fun!**
- **Dogs are not permitted at the Hoover Park Pavilion.**
- **For more information contact:** Event NAMI Stark County 330-455-6264
- **To register on-line go to:** <http://namistarkcounty.org/moving-forward-walk/>

MOVING FORWARD FOR MENTAL HEALTH REGISTRATION FORM

A separate registration form is required for each participant.

NAME: _____

ADDRESS: _____

CITY, STATE, ZIP: _____

PHONE: _____ EMAIL: _____

NAMI AFFILIATE/STATE: _____

I AM: an adult a child (under 18)

TEAM NAME: _____ TEAM CAPTAIN: _____

I will be participating as:

- Individual Walker
- Walker on a Team
- Team Captain

- Event Volunteer
- NAMI Stark County 330-455-6264

Please send me _____ additional registration packets.

I am a...

- Person with a Mental Illness
- Family Member
- Student/Service Learning Participant
- Mental Health Professional
- Friend/Supporter

T-Shirt Size: Adult S Adult M Adult L Adult XL Adult 2X Adult 3X

Each participant must sign:

Signature: _____

Parent or guardian (if walker is under 18): _____

Complete the form and return it to:

NAMI Stark County 121 Cleveland Ave., S.W., Canton, OH 44702

Waiver of Release and Liability: I hereby waive all claims against NAMI, NAMI Stark County, Inc., sponsors, or any personnel for any injury that I might suffer in the event. I attest that I am physically fit and prepared for this event. I grant full permission for organizers to use photographs of me and quotations from me in legitimate accounts and promotions of this event.

Media Waiver & Release

I consent to being photographed, interviewed and/or videotaped by representatives of NAMI Stark County, and media outlets (newspaper, T.V. & radio stations, etc.). Any information or images obtained from those activities may be reproduced by NAMI Stark County and/or the public media for use in advertising, publicity or educational activities, including but not limited to Web sites, publications, videos, print and television news. I hereby waive any claims I may have, and release NAMI Stark County, and its representatives from liability of claims arising out of such activities.



National Alliance on Mental Illness

NAMI Stark County



“Recoveree” Celebration

A lot of people ask, “What does it mean if you say you are in recovery?” Our answers to this questions are as personalized as our stories. You may be in recovery for years. Maybe someone else has been in recovery for half-an-hour.

Regardless, we realize that recovery is always a work in progress. So, no matter where we are in the recovery process, everyone can be considered a “Recoveree.” So let’s celebrate it!!!!

When? Wednesday, September 16 from 5 PM to 7:30 PM

Where? Make-A-Way Center, corner of 3rd St SE and Oak St in Massillon

The theme is: How do YOU get to, and stay in, recovery? Maybe you do artwork or crafts, write stories or poetry, cook or bake, maybe you play games like pool, euchre, or bingo, etc. Or maybe you find recovery by hanging out with friends.

Whatever it may be, share it with the group by bringing your artwork, writings, food, or games with you that night!

NAMI will have DOOR PRIZES and prizes for the games!!!!

NAMI will provide pizza, pop, and water...everything else is up to us to bring. :)

Hope to see YOU there!!!!!!!