

## What is Mental Illness?

Mental illnesses are medical conditions that disrupt a person's thinking, feeling, mood, ability to relate to others, and daily functioning. People who have a mental illness can be very confused and frightened by their illness, and usually suffer a great deal. People, through ignorance and misunderstanding, reject and discriminate against those with a mental illness, causing further suffering.

In any given year, about **five million American adults experience** an acute episode of one of four serious mental illnesses: Schizophrenia, Bipolar Disorder, Major Depression, Obsessive/Compulsive Disorder, and Panic/Anxiety. Many of **America's children—more than three million**—suffer from these disorders, often referred to as emotional disturbances.

You can't catch a mental illness like a cold. Many factors combine to cause mental illness. Heredity **may** be a factor as it is in diabetes or cancer. Life stresses and physical illness also **may be** contributing factors. Contrary to old myths, mental illness is NOT caused by bad character, poor child rearing or any individual's behavior.

## Treatment Works; People Recover!

At present, there is no effective prevention or cure for mental illness. However, mental illnesses are diagnosed and treated as precisely and effectively as many other medical disorders. Effective medicine, counseling, therapy and self-help community support programs help people live productive and rewarding lives.

## Famous People Who Have Experienced Mental Illness:

Buzz Aldrin Maurice Bernard

Art Buchwald Dick Cavett

Francis Ford Coppola Patricia Corn-

well Robert Downey, Jr. Patty Duke

Sally Field Carrie Fisher Linda Hamilton

Margot Kidder Tony Orlando

JANE PAULEY Charlie Pride Axl Rose

Alonzo Spellman Ben Stiller Sting

Darryl Strawberry

John-Claude VanDamme

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### NAMI National

Phone: 1-800-950-NAMI (6264)

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To join NAMI Stark County, go to

<https://www.nami.org>

[Join Now](#)

Membership will be processed by NAMI National (National Alliance on Mental Illness) and include membership to NAMI Ohio.



*Building Hope for Recovery through  
Education, Support and Advocacy*

## 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 works to "Provide Hope for Recovery for Persons and Families Impacted by Mental Illness". We are dedicated to improving the lives of persons and families in Stark County who have been touched by mental illness through NAMI public education and information; family and consumer peer education and support; advocacy on behalf of people living with mental illness and for the health of our community; and visible public events that raise funds and awareness.

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NAMI Stark County offers life-changing opportunities to all whose lives are touched by mental illness.



## *Building Hope for Recovery through Education, Support and Advocacy*

### **Education**



12 week course is for family members and friends of adults with serious mental illness. It is taught by trained NAMI family members.



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



6 week course is for parents of children with emotional/mental/neurobiological disorders.

**WRAP® – Wellness Recovery Action Plan®**  
(Wellness Recovery Action Plan): 10 week course for adults with a mental illness teaching an action plan for managing the illness.

*"I learned the first night of class that our son's behaviors were not a personal affront to us, rather symptoms of an illness he did not choose to have. We think of that often and it helps us cope." -- A Family to Family Class Alum – A Stark NAMI member*

### **Support**

Support Groups for persons with a mental illness, for family members and natural supports of someone with a mental illness; for persons dealing with both a mental illness and a substance issue and Veterans in Recovery and family members.

## **The County's Voice on Mental Illness**

### **Advocacy**

We assist persons and family members with the issues they are struggling with related to the illness. Some examples would include: information and referral for mental health/substance addiction services, housing support/linkage, grievances with service providers, court/criminal justice support, and IEP assistance. In addition we advocate with legislators in support of adequate funding for behavioral health & housing, criminal justice diversion programs and other legislation that is beneficial for the mental health community.

### **Family Involvement Program**

NAMI Stark County's mission of providing hope for recovery for persons and families impacted by mental illness directs this agency to actively engage families through support, education and advocacy programs. Creating a family involvement program that supports and nourishes the relationship between client and family, and potentiates family engagement with the inpatient/outpatient treatment process/system of care is a logical and natural progression of the work currently conducted with family members by NAMI.

### **CIT**

NAMI Stark County participates in the twice yearly CIT (Crisis Intervention Team) training since 2004. This is a week-long intensive mental health response training conducted for police officers, probation officers and dispatchers that enables them to respond appropriately to crisis calls involving persons with mental illness (diverting them to Crisis Center/Emergency Rooms vs. Incarceration). Part of this training entails NAMI involvement: Panel Presentation, Home Visits and CIT Graduation. Stark County has conducted CIT trainings twice yearly since April of 2004. 376 officers have completed the program.

**In Case of Emergency—Call 911—Ask for CIT Officer**

**It's time to talk about suicide and depression.  
Need help? In the U.S., call 1-800-273-8255 for the National Suicide Prevention Lifeline.  
Or Crisis Intervention and Recovery Center Crisis Hotline 330-452-6000**



**MOVING FORWARD for MENTAL HEALTH**

Our walk is an opportunity to boost the physical and mental health of participants while raising awareness and funding to support education and advocacy for those touched by mental illness in the community.

"The walk is a positive event that will bring together hundreds of people to raise awareness for mental illness that touches on in four people in this county", said Jennifer Powell-Campbell, NAMI Stark County Board president and volunteer event chair.

Never give up on someone with a mental illness.  
When "i" is replaced by "we", "illness" becomes "wellness".

### **Community Awareness**

Community presentations, work-place in-services/trainings, Health Fairs etc.

NAMI Stark County provides "Going Home" bags for patients exiting Heartland Behavioral Healthcare and Crisis and Recovery Intervention Services CSU Crisis Stabilization Unit and for residents at Hunter House, Basic Accommodations, James House, Refuge of Hope and Domestic Violence. "Going Home" bags include pertinent support information along with personal hygiene items such as toiletry items, toilet paper, socks, Health Organizer and Med-Tracker etc.

We also collaborate with a variety of Stark County agencies/committees/coalitions that share common interests in support of behavioral health issues.