

Mental Wellness Warriors: Fighting for Those Who Need it Most



By Wayne Drash, CNN

Fred Frese stands as the epitome of successful recovery from mental illness. At 25, he was diagnosed with schizophrenia as a Marine Corps officer, and over the next decade he cycled in and out of military, state, county, Veterans and private hospitals.

Fred Frese was once declared insane. He eventually headed up psychology at Ohio's largest state hospital.

In the summer of 1968, he was picked up by police because "I was trying to convert people to love, peace and justice." A magistrate in Ohio found him insane and committed him to the state psychiatric hospital. "Twelve years after I was declared to be insane," Frese says, "I was promoted to be the director of psychology at Ohio's largest state hospital."

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**COME ONE, COME ALL
Annual Celebration of
Volunteerism, Wellness & Recovery on
Tuesday March 10th at 5:30pm at Holy
Trinity Lutheran Church!**

**Family Members, Peers (Clients), Professionals
Co-Workers... Take this opportunity to
recognize: Professionals and Peers**

Professional of the Year Award

Family Members: This is an opportunity to express our gratitude for outstanding mental health or addiction service in our community and say thank you for a job well done in service to our "Loved Ones." Nominate a professional today.

Agencies: Please consider nominating employees or co-worker from your agency who you would like to recognize. Professionals in the mental health arena can include Certified Peer Supporters, Case Workers, Psychiatrists, Psychologists, Nurses, Counselors, Employment, Support Staff, etc.

You can nominate as many people from your agency as you like, please fill out a nomination form for each nominee.

Peers of the Year Awards

NAMI Stark County would like to recognize those who have shown the most effort towards staying in the recovery stage of their illness. We are looking for attributes such as, but not limited to:

- Taking an active role in his or her recovery
- Participation in treatment (medication, therapy, group therapy, etc.)
 - Keeping appointments
 - Maintaining sobriety (if this applies)
- Going beyond the norm to help themselves and others
- Volunteering time to help at an agency or helping others in their recovery
 - Returning to work and excelling at a job

NAMI Stark County encourages all area providers and NAMI Families and Peers to participate. All professionals and peers nominated will be recognized. As part of the nomination process we encourage person nominating and nominees to attend the event. **No charge for this event, but please call the NAMI Office to reserve your seats at 330-455-NAMI by February 20, 2015.**

Nomination Forms Page 7 & 8

Talking CIT and NAMI on Capitol Hill

By Laura Usher, NAMI CIT Program Manager

Testifying before Congress can be a nerve-wracking experience. For NAMI member and police officer A.D. Paul, the challenge was telling his story in less than five minutes. Sgt. Paul is with the Plano, Texas Police Department and is helping to lead Texas' efforts to expand crisis intervention teams (CIT), the program that brings together NAMI Affiliates, police and mental health providers to improve the way that communities respond to mental health crisis situations.

He spoke before the [Senate Judiciary Committee Subcommittee on the Constitution, Civil Rights and Human Rights](#) about how Plano's CIT program trains officers and partners with the community. After that, he spent a long afternoon talking with his members of Congress about CIT and NAMI.

Q: What was it like to testify before a Congressional committee? Compared your day-to-day work, this must have been a piece of cake.

It was a real honor and privilege. To tell the truth it was the most stressful testimony I'd ever given. I must have practiced my oral testimony 20 times and still I messed it up. It was also very sobering because part of the hearing centered on the death of Ethan Saylor while in police custody.

Q: You met with Senator Ted Cruz and Congressman Sam Johnson. What was it like to be in the same room with your elected officials?

I was taken aback by how comfortable they made me feel. I was excited that both were interested in crisis intervention teams and how to expand CIT throughout the country. Maybe it was a Texas thing, but I felt at home and free to speak.

Q: Why do you think it's so important for police to speak out about mental health issues?

Whether law enforcement likes it or not, we have become the first clinician on the road to recovery for many suffering from mental illness and developmental delays. We also know that the better job we do of handling these crisis calls the safer all in the community will be. Law enforcement is still respected in our society and anytime we can influence public debate for the good of society, I feel we have a duty to do so.

Q: What was the most important message you shared with your members of Congress?

Not only can CIT improve the lives of people living with mental illness it can also make better police officers and police departments.

Q: Do have any advice for someone who has never spoken with a legislator? How do you make sure to get your message across?

Be very comfortable with the subject matter and message you want to relay. Also speak as if you're talking to your best friend and don't be afraid to show your passion!

Dr. Fred Frese gave me some great advice prior to my testimony. He said, "Whatever you do don't go over five minutes." As far as my advice, practice, practice and practice. I've gone to the state legislature with leaders from my local NAMI Affiliate here in Collin County, Texas and that helped me prepare for my testimony. And I was just joking about the "donut" part in my statement, they always have great food!

CIT Stark County March 9 – 13, 2015 Family and Peer Volunteers Needed

Monday March 7	Family Panel
Tuesday March 10	Home Visits
Wednesday March 11	Home Visits
Friday March 13	Graduation

Call Jane at 330 455-6264 to volunteer

A New Act Will Help Those Affected by Mental Illness Save Money

By Andrew Sperling, NAMI Director of Federal Legislative Advocacy

The Achieving a Better Life Experience, or ABLE Act, was signed by President Barack Obama on Dec. 19. This new law allows some families and individuals to establish tax-free savings accounts for the qualified expenses of people with blindness, physical or mental disabilities without the fear of losing government benefits.

Under the ABLE Act, people living with disabilities will be able to deposit up to \$14,000 annually in a qualified savings account and save up to \$100,000 without losing eligibility for Supplemental Security Income (SSI). Setting up an account will not affect eligibility for Medicaid. The law also allows the account to earn tax-free interest. Funds in ABLE accounts can be used to pay for health care, education, and other expenses, including housing.

However, in the final stages of the legislative process an important restriction was included on ABLE accounts: only people whose onset of disability occurred before age 26 will be eligible. This means that many adults living with serious mental illness will not be eligible for these accounts. It is important to note that the age of 26 is not related to the onset of illness, but rather the point at which the Social Security Administration (SSA) deemed an individual to be so disabled that they became eligible for benefits under SSI. For many adults with serious mental illness this is long after their initial diagnosis.

Why was this restriction put in the ABLE Act? The cost. Earlier versions of the ABLE Act

did not include this restriction on eligibility. However, the Congressional Budget Office (CBO) projected that the cost would exceed more than \$20 billion over the coming decade. With this age 26 eligibility requirement in place, the projected 10 year costs were lowered to \$2 billion. This forced the bill's sponsors to accept this restriction in order to pass the bill.

NAMI will continue to work with ABLE sponsors in 2015, including Senators Bob Casey (R-Pa.) and Richard Burr (R-N.C.) and Representative Ander Crenshaw (R-Fla.), to remove this restriction.

The National Low Income Housing Coalition Applauds Decision to Direct Fannie and Freddie to Fund the National Housing Trust Fund

CONTACT: Christine Campbell
ccampbell@nlihc.org, 202-662-1530 x247

The National Low Income Housing Coalition (NLIHC) commends the decision by Mel Watt, Director of the Federal Housing Finance Agency, to lift the suspension on Fannie Mae and Freddie Mac's obligation to fund the National Housing Trust Fund (NHTF) and the Capital Magnet Fund. Finally, the National Housing Trust Fund will have resources to begin expanding the housing supply for the lowest income and most vulnerable people in our country, providing a major boost to efforts to end homelessness and housing poverty in the United States.

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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

CALENDAR OF EVENTS

VOLUNTEER/EDUCATION OPPORTUNITIES

Continued from page 3

HEARTLAND BEHAVIORAL HEALTHCARE – DISCHARGE BAGS

DATES: MARCH 20, JUNE 19, SEPTEMBER 18 AND
DECEMBER 18, 2015

LOCATION: HEARTLAND BEHAVIORAL HEALTHCARE

MENTAL HEALTH AND RECOVERY SERVICES BOARD STARK COUNTY ADVOCACY TRAINING

DATE: FEBRUARY 10, 2015

LOCATION: CANTON, OH

STATE SUPPORT TEAM 9 EMPLOYMENT FIRST COMMUNICATION TECHNOLOGY

DATE: FEBRUARY 19, 2015

TIME: 6:00 P.M. - 8:00 P.M.

LOCATION: R.G. DRAGE

REGISTRATION REQUIRED: 330-493-6082 EXT 1314

MENTAL HEALTH AND RECOVERY SERVICES BOARD STARK COUNTY UNDERSTAND AND TREATING HOARDING DISORDER

DATE: FEBRUARY 26 - 27, 2015

LOCATION: CANTON, OH

REGISTRATION REQUIRED: WWW.STARKMHR SB.ORG

HEARTLAND COLLABORATIVE PARTNERSHIP MEETING

DATE: MARCH 3, 2015

TIME: 10:0 A.M. - 12:00 P.M.

LOCATION: HEARTLAND BEHAVIORAL HEALTHCARE

CIT TRAINING – SEE PAGE 2

DATE: MARCH 9 - 13, 2015

MENTAL HEALTH AND RECOVERY SERVICES BOARD STARK COUNTY ANNUAL CONFERENCE 2015

DATE: MARCH 12 - 13, 2015

LOCATION: CANTON, OH

REGISTRATION REQUIRED: WWW.STARKMHR SB.ORG

STATE SUPPORT TEAM 9 EMPLOYMENT FIRST HIGH EXPECTATIONS, EMPLOYMENT AND STUDENT SUCCESS

DATE: MARCH 19, 2015

TIME: 6:00 P.M. - 8:00 P.M.

LOCATION: R.G. DRAGE

REGISTRATION REQUIRED: 330-493-6082 EXT 1314

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

DATES: APRIL 8 - 9, 2015, JUNE 24 - 25,
SEPTEMBER 23 - 24, 2015

LOCATION: CANTON, OH

REGISTRATION REQUIRED: WWW.STARKMHR SB.ORG

“After eight years of advocacy to get the National Housing Trust Fund established and another six years to secure a sustainable funding source, we are thrilled that states will begin receiving critical new resources to expand the supply of rental housing for people with extremely low incomes,” said Sheila Crowley, President and CEO of NLIHC. “The decision by Mr. Watt that will result in the first funds for the National Housing Trust Fund is a great victory for the thousands of housing and homeless advocates who have worked tirelessly to establish the NHTF. More importantly, it is a victory for the people we strive to serve.”

The NHTF was established in July 2008 as part of the Housing and Economic Recovery Act of 2008 (HERA). This law required that Fannie Mae and Freddie Mac pay 4.2 basis points of their annual volume of business to the two funds. The NHTF was to receive 65% and the remaining 35% was to go to the Capital Magnet Fund (CMF).

Unfortunately, the requirement that Fannie Mae and Freddie Mac contribute to the two funds was suspended when the companies were taken into conservatorship in September 2008 at the height of the housing crisis. With the lifting of the suspension now, the first funds are expected to be allocated in early 2016.

The Trust Fund will provide block grants to the states, at least 90% of which must be used for the preservation, rehabilitation, or operation of rental housing. No less than 75% of the funds for rental housing will benefit extremely low income households with the rest benefiting those with very low incomes. Up to 10% of Trust Fund resources may be used for homeownership activities for people with very low incomes.

VOLUNTEER OPPORTUNITY TO HELP SUPPORT NAMI STARK COUNTY

When opportunity knocks, you open the door. When an opportunity arrives to positively showcase mental illness and earn money at the same time, that is what is called a win, win scenario. As the head usher at the Canton Memorial Civic Center I have the opportunity to offer NAMI Stark County the wonderful chance to earn money for NAMI Stark County by ushering for all major events at the Civic Center, during the 2014/2015 season.

I promise you fun times, great shows and an opportunity to talk about NAMI Stark County.

What I need from you is a commitment to volunteer.

To volunteer, please email me at ncoastnewf@aol.com or call me at 330-806-8575 I look forward to working with all of you,
Shirley Cavender

Check out the new 2015 Events.....

Civic Center Schedule

Date	Time	Event
February 8, 2015	5:00	WWE
February 12, 2015	5:30	Charge
February 27, 2015	5:30	Charge
March 7, 2015	4:30	Mixed Martial Arts
March 14, 2015	5:30	Charge
March 17, 2015	5:30	Charge
March 20, 2015	5:30	Charge
March 21, 2015	5:30	Charge
April 1, 2015	5:30	Charge
April 3, 2015	5:30	Charge

For Support Group and Education Program Schedule

Check out our website at
www.namistarkcounty.org

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Frese travels the nation promoting mental health treatment, giving speeches and serving as a positive example for those with severe mental illness.

He says not enough people in recovery speak publicly because the stigma of mental illness is so strong.

Frese is a bundle of energy, a man who speaks in rapid-fire fashion almost like an auctioneer. He approaches mental illness as both patient and practitioner: his schizophrenia kept in check by medication and proper care. He says the nation's mental health care system is in need of drastic reform. He points to the rise in homelessness, suicide and the difficulty in getting treatment.

"This is a national disgrace. We have abandoned, ignored and marginalized persons with these disorders, and something has to be done," he says.

Frese approaches the topic with authority, and with humor. He describes himself as a stand-up schizophrenic. "Particularly proud of being an escaped lunatic," he tells audiences to laughs.

Even as he struggled with his own mental health, Frese earned master's and doctoral degrees in psychology from Ohio University. He eventually became the director of psychology at Western Reserve Psychiatric Hospital in in Ohio. He held that position for 15 years, until his retirement in 1995.

He currently is an associate professor of psychiatry at Northeast Ohio Medical University and a clinical assistant professor at Case Western Reserve University. He also has served for 12 years on the board of directors of the National Alliance on Mental Illness, the largest nonprofit advocacy group for the mentally ill.

His latest goal is to convince mental health professionals to "self-disclose" about their struggles with mental problems.

"This is an excellent way to fight stigma," he says. "That's a major part of my new mission."

<http://www.cnn.com/2015/01/16/health/mental-wellness-warriors-fighting-for-those-who-need-it-most/index.html>

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jjames@namistarkcounty.org

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Heartland Behavioral Healthcare

330 833-3135 ext. 1223

**Diane Mang: Family Involvement Liaison
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Heartland Behavioral Healthcare

330 833-3135 ext. 1223

Mike Rembert, Newsletter Editor

Heartland Behavioral Healthcare Needed Donation Items

Patients at Heartland are in need of the below items. Contact Danielle Granata at HBH for info: 330-833-3135.

- (men's size 9+, Shoes women's size 8+)
- Socks (men's and women's - *much needed item)
- Men's underwear (*much needed item)
- Pants (*Men's and Women's) - sweat pants, jeans, etc.
 - Sizes, W – size 8 and up
 - Sizes, M – size 28 and up *this is a much needed item
- Shirts (*Men's and Women's) – t-shirts, sweaters, polo tees, etc.
 - Sizes, W – size M and up
 - Sizes, M – size M and up *this is a much needed item, size L/XL is most popular
- Body wash (men's and women's)
- Deodorant (men's and women's)
- Coats and Jackets
- Lotion
- Shampoo
- Conditioner
- Composition books (no wire)
- Stationary Items
- Toothbrushes
- Toothpaste
- Cosmetics (no mirrors)

Thank you in advance for your time and any support you are able to provide! Prefer to send a cash donation? Send to Heartland Behavioral Healthcare c/o Danielle Granata, Volunteer Coordinator, 3000 Erie St. S. Massillon, Ohio 44646. Make checks out to I&E Fund and note Volunteer Services

**NAMI Stark County 6th Annual Celebration of Volunteerism,
Wellness & Recovery
Tuesday, March 10, 2015, 5:30pm**

PROFESSIONAL OF THE YEAR NOMINATION FORM

May include psychiatrists, nurses, therapists, case managers, peer specialists, etc.

Using agency letterhead attached to this form, please briefly tell us:

1. Name and title of person nominating and contact information including name, work address & phone number
2. Nominee's Name and title (employee to be nominated)
3. Nominee contact information including name, work address & phone number
4. Reason for nominating this professional. We are looking for attributes such as, but not limited to:
 - Strong ability to build a therapeutic relationship
 - Client focused
 - Recovery oriented
 - Good listening and communication skills
 - Incorporates Motivational Interviewing
 - Trauma informed
 - Culturally competent

INFORMATION RELEASE

NAMI Stark County and the above named agency have my permission to release my name and information for the sole purpose of the Professional of the Year award.

If chosen, my photo and other information shared on the attached sheet(s) may also be shared with those attending the award ceremony and NAMI's newsletter and other media/publications.

Name (Nominee) (please print): _____

Nominee Signature: _____ Date: _____

Person Nominating (please print): _____

Person Nominating Signature: _____ Date: _____

There is no limit to how many persons an agency can nominate. All Nominees will be recognized. Winners will receive a plaque and prize.

Nominations must be received by February 20, 2015

Submit to NAMI Stark County by 2/20/15 via mail, fax or email. Address: 121 Cleveland Ave. SW, Canton, Oh 44702. Fax: 330-455-6265. Email: namistark@namistarkcounty.org

**NAMI Stark County 6th Annual Celebration of Volunteerism,
Wellness & Recovery
Tuesday, March 10, 2015, 5:30pm**

PEERS OF THE YEAR NOMINATION FORM

Using agency letterhead attached to this form, please briefly tell us:

1. Name and title of person nominating and contact information including name, work address & phone number
2. Peer (Client) Name
3. Peer (Client) information including name, work address & phone number
4. Description of how the nominee has taken an active role in his/her recovery. Examples include:
 - Participation in treatment (medication, one-on one therapy, group therapy, etc.)
 - Maintaining sobriety (if this applies)
 - Maintaining stability
 - Going beyond the norm to help themselves and others
 - Volunteering time to help at an agency or helping others in their recovery
 - Returning to work and excelling at a job
 - Or other reasons for nominating

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Nominee Signature: _____ Date: _____

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