

2017 Brings Change to NAMI Stark County Leadership

As we begin the New Year NAMI Stark County is going through a transition as my dear friend and co-worker Jane James has decided to retire as Executive Director. It has been my honor and pleasure to work with Jane for 9 years as an Education Facilitator, Support Group Facilitator, board member, co-worker and one of my NAMI Family Members. Jane and I are blessed to have found NAMI Stark County when our loved ones were struggling with their mental illness issues and very often a crisis of some sort.

As we look to the future Sheryl Falcone will move in to the position of Program Coordinator. Sheryl will take lead on phone calls, membership, Education Programs, Support Groups, StarkMHAR System of Care Cultural Competency and Linguistics/Family Engagement Committees and StarkMHAR Peer Supporter Meetings working out of the NAMI Office.

Diane Mang will move into the position of Outreach Coordinator. Diane will continue to work with Family/Peer Outreach and take the lead on marketing materials, outreach in the community, newsletter, Housing Promotion Committee, Suicide Prevention Coalition, StarkMHAR Peer Supporter Meetings, working out of NAMI office and Heartland Behavioral Healthcare.

NAMI Stark County will continue to focus on Education, Support and Advocacy. We look forward to expand Education Programs and Support Groups in new areas of Stark County. We will now be offering a free one year membership to all Education Programs graduates and Support Group attendees. NAMI Homefront will be offered April 2017 for Veterans and Families of Veterans and will be facilitated by trained volunteers Tonya Hamilton and Nancy Martin retired Army veterans and family members of veterans.

Kay Silverwood, Executive Director

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



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

February/March Calendar:

Feb. 1: Basics class starts in Alliance

Feb. 4: Family-to-Family class starts in Canton

Feb. 15-16: Youth Mental Health First Aid 8:30-12:30PM
Register at <http://events.starkmhar.org/site/calendar>
Learn how to help teens with mental health issues

Feb. 16: Peer-to-Peer class starts at Hunter House in Canton

Feb. 17: ******Annual Celebration RSVPs and Nominations are due******
Call 330-455-NAMI [6264] to RSVP
(The dinner is free and open to all volunteers, honorees, and friends of NAMI. Please see the following pages for more information.)

March 10: Filling quarterly “Going Home Bags”
(Meet at the Dollar General in Canton on the corner of 30th and Market at 9:00 am if you want to help load the truck; otherwise, meet at Heartland at 9:30 am.)
These are bags of toiletries given to each person leaving Heartland. The bags and products are also given out in various places in the community to those in need of products for “a new start.”

March 14*: ******NAMI Annual Celebration and Volunteer Recognition******

Board of Directors

President:
Shannon Ortiz

First Vice President:
Bart Fredrick

Second Vice President:
Elisa Castile

Secretary:
Dr. Tamara Daily

Treasurer:
RJ Fryan

Elaine Reolfi
Michelle Dellick
Brittany Reed
Bobbie Marsh
Major C.J. Stantz

Staff

Kay Silverwood: Executive Director
ksilverwood@namistarkcounty.org

Sheryl Falcone: Program Coordinator
sfalcone@namistarkcounty.org

NAMI Stark County
121 Cleveland Ave SW
Canton, OH 44702
330-455-NAMI [6264]

Diane Mang: Outreach Coordinator
dmang@namistarkcounty.org

NAMI Stark County
Heartland Behavioral Healthcare
3000 Erie St South
Massillon, OH 44646
330 833-3135 ext. 2170

Mike Rembert, Newsletter Editor

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 Monday Evening @ 5:00 pm Peers

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.

- Saturday February 4, 9:00 am to 11:30 pm, Holy Trinity Lutheran Church, 2551 55th St NE, Canton, OH 44721
- Thursday April 6, 2:00 pm to 4:30 pm, Holy Trinity Lutheran Church, 2551 55th St NE, Canton, OH 44721



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

- Thursday February 16, 11:30 am to 1:30 pm, Hunter House 1114 Gonder Ave, S.E, Canton, OH 44710
- Wednesday April 12, 6:00 pm to 8:00 pm, Science Hill Community Church; 12316 Beeson St. NE; Alliance, OH



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

- Wednesday February 1, 6:00 pm to 8:00 pm Science Hill Community Church; 12316 Beeson St. NE; Alliance, OH



6-week course is for family, friends, and significant others of military veterans with mental health conditions taught by military veterans.

- Thursday April 20, 6:00 pm to 8:00 pm, Stark County Mental Health and Addiction Recovery/NAMI Stark County, 121 Cleveland Ave., S.W., Canton, OH 44702

New Class Rolls Out for Stark County Veterans and Families



NAMI Homefront is a free, six-session education program for family, friends and significant others of Military Service Members and Veterans with mental health conditions. It focuses on the unique needs of military and veteran communities, such as post-deployment and post-discharge transitions.

The course is designed to help family members understand and support their loved one while maintaining their own well-being. The trained teachers of this course are retired veterans and also family members who have experience with military culture and know what it is like to have a loved

Thursdays, starting April 20, 2017 from 6:00 pm – 8:00 pm at NAMI Stark (main)



Save a tree and email me!!!!

If you would like to begin receiving the newsletter by email, please give the office a call. We would greatly appreciate it...and so will the trees!

8 Scientifically-Backed Ways to Beat the Winter Blues

By **Brigitt Hauck**

- 1. Make your environment brighter.** When your body is craving more daylight, sitting next to an artificial light—also called a light box—for 30 minutes per day can be as effective as antidepressant medication.
- 2. Eat smarter.** Certain foods, like chocolate, can help to enhance your mood and relieve anxiety.
- 3. Simulate dawn.** Studies show that a dawn simulator, a device that causes the lights in your bedroom to gradually brighten over a set period of time, can serve as an antidepressant and make it easier to get out of bed.
- 4. Exercise.** A 2005 study from Harvard University suggests walking fast for about 35 minutes a day five times a week or 60 minutes a day three times a week improved symptoms of mild to moderate depression..
- 5. Turn on the tunes.** In a 2013 study, researchers showed that listening to upbeat or cheery music significantly improved participant's mood in both the short and long term.
- 6. Plan a vacation.** Longing for sunnier days at the beach? Research shows that the simple act of planning a vacation causes a significant increase in overall happiness.
- 7. Help others.** Ladling out soup at the local shelter or volunteering your time can improve mental health and life satisfaction.
- 8. Get outside.** Talking yourself into taking a walk when the temperatures plummet isn't easy, but the benefits are big: Spending time outside (even when it's chilly!) can improve focus, reduce symptoms of SAD, and lower stress levels.

--<http://www.realsimple.com/health/mind-mood/emotional-health/winter-blues>

**NAMI Stark County 8th Annual Celebration of Volunteerism,
Wellness & Recovery
Tuesday, March 14, 2017 5:30pm**

We invite you to nominate Professionals of the Year and Peers of the Year and attend an evening of celebration and recognition.

Volunteer Recognition

Volunteers of the Year Recognition

Professionals of the Year Recognition

Peers of the Year Recognition

Special Recognition Jane James

Holy Trinity Lutheran Church

2551 55th St., N.E., North Canton, OH 44720

5:30 pm Food and Refreshments

6:30 pm Volunteer, Professional and Peer Recognition

No charge for this event, but please call the NAMI Office to reserve your seats at 330-455-NAMI by February 17, 2017.

Nominations must be received by February 17, 2017

Submit to NAMI Stark County by 2-17-17 via mail, fax or email

121 Cleveland Ave SW, Canton OH 44702

Fax: 330-455-6265

namistark@namistarkcounty.org

**NAMI Stark County 8th Annual Celebration of Volunteerism,
Wellness & Recovery
Tuesday, March 14, 2017 5:30pm**

Professionals of the Year Awards

This is an opportunity to express our gratitude for outstanding service in our community and say thank you for a job well done in service to our “Loved Ones”. We all know the road to recovery for our peers dealing with mental illness would not be possible without the help from each of our respective agencies.

Please consider nominating employees 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 to participate. All professionals and peers nominated will be recognized. As part of the nomination process we encourage the person nominating and nominees to attend the event.

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PROFESSIONALS 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 and I receive a plaque and prize.**

Nominations must be received by February 17, 2017

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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

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 and I receive a plaque and prize.**

Nominations must be received by February 17, 2017