



The County's Voice on Mental Illness — Building hope for recovery through Education, Support, and Advocacy

Summer 2018



Come Walk With Us!

Get out your calendar now and save

Sunday, October 7, 2018



The website is live
and just waiting for you to
register, donate, and to build
your page to raise funds for our
programming.

Sign up now at:

http://www.firstgiving.com/NamiStarkCountyOH/2018_Walk

On June 22, 2018 at First Christian Church in North Canton, we held our:

First Annual Moving Forward for Mental Health Kick-Off Luncheon

Guests enjoyed awesome food, great music, lots of good information about NAMI Stark County and the walk, and even had an opportunity to win a \$150 door prize!





We appreciate your commitment to us!

Together we can strengthen this community and improve the lives of everyone affected by mental illness.

About NAMI:

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 do this by providing education and information to families, peers, veterans, businesses, and the general public. We also provide regularly-scheduled support groups in neighborhoods throughout Stark County. Advocacy on behalf of people affected by mental illness is also vital to our mission; as are visible public events that raise funds and awareness.

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 five 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.



TEAM CAPTAIN CHECKLIST

YOUR CHECKLIST FOR TODAY!

- ___ Get all the materials you will need to organize your team and recruit walkers.
- ___ Complete the team commitment/goal form and hand it in at the end of the kick-off luncheon.

YOUR CHECKLIST FOR TOMORROW AND THE FOLLOWING MONTH!

- ___ Go to http://www.firstgiving.com/NamiStarkCountyOH/2018_Walk to sign yourself up and create your team page. Choose a team name (or have your teammates choose the name together.)
- ___ Be a leader! Be the first person to register for your team, to edit your page, and to make a donation. Do all the things that you are encouraging others to do.
- ___ Schedule a meeting with the highest-level manager you can reach (ideally the top manager or official of your company or organization) and ask him or her to sign up for the team and support your efforts to recruit employees/members (and their families) to participate in the walk.
- ___ Try to recruit assistant team captains or organize a volunteer committee to help you build your team. Make sure all the assistant team captains you recruit join you in signing up for the walk.
- ___ Hold a meeting for your assistant team captains and your walk committee and commit to a plan.

YOUR CHECKLIST FOR 1 TO 2 MONTHS PRIOR TO THE WALK!

- ___ Schedule a team building kick-off event for your company or organization's employees/members and have a NAMI staff person or volunteer join you in presenting the program to give a talk about NAMI's mission and the walk.
- ___ Develop a walker recruitment game plan that includes things like publicizing the walk within your company or organization, distributing walk materials to all your fellow employees/members, developing incentive prizes for the top money-raising walkers/departments.
- ___ Send team-building progress reports about the walk to everyone on your team.
- ___ Hold a special sign-up day at work (or at a meeting of your club or organization) to recruit more walkers and help raise awareness throughout your organization.
- ___ Continue to promote the walk through memos, emails and newsletter articles.

YOUR CHECKLIST FOR 1 TO 2 WEEKS PRIOR TO THE WALK!

- ___ Make a final big push to recruit as many walkers as possible and send a final reminder to all your walkers to be there on October 7th, 2018!



National Alliance on Mental Illness

NAMI Stark County

Building Hope for Recovery through Education, Support, and Advocacy

SUPPORT GROUPS IN STARK COUNTY

When?	Where?	Who Is Invited?
1st and 3rd Wednesdays each month 6:00 PM ***(Will Not meet in July of 2018)	North Canton - Holy Trinity Lutheran Church 2551 55th St NE; 44721 (corner of 55th & Middlebranch)	Family & Supports only
Every Thursday 2:00 PM	Coleman Behavioral Health 400 W Tuscarawas St; 44702 Second Floor - Social Center (in the Triangle Room)	Peers only
1st and 3rd Thursdays 7:00 PM	Alliance Science Hill Community Church 12316 Beeson St NE; 44601 (1st side door you come to when entering drive)	Family, Supports, and Peers
Every Friday 11:00 AM	Canton Refuge of Hope Men's Shelter 405 3rd St NE; 44702 (before and after lunch)	Family, Supports, and Peers (can be men or women, as all are invited for the free meal)
Every Friday 11:30 AM	Canton: Dual Recovery Anonymous (DRA) Hunter House 1114 Gonder Ave SE; 44707 (tell them you are attending DRA and they will buzz you through the doors)	Peers with a substance use disorder in addition to mental illness
Every Friday 7:00 PM - 8:30 PM	Peer-to-Peer Alumni Recovery Group Gentle Shepherd Counseling Center 1469 South Main St. North Canton, OH 44720 (where Everhard dead ends into South Main/Cleveland Ave) (Park up the hill between the two cottages and look for the door with the NAMI sign on it)	Open to peers who have completed the NAMI Peer-to-Peer course
Every Sunday 7:00 PM	St. Michael's Catholic Church 3430 St. Michael Dr.; Canton 44718 (corner of Fulton and Whipple) (Lower level parking lot & door)	Family, Supports, and Peers
Sundays 5:30 PM	Canton FaithNet* Wendy's 3217 Whipple Ave NW; 44718	Family, Supports, and Peers

* This group discusses mental health from a Biblical perspective; however, NAMI welcomes ALL religious groups

GROUPS FOR SPECIAL POPULATIONS:

Groups also offered to in-patients include groups at Heartland, Aultman, and the Crisis Stabilization Unit.



Peer to Peer: A 10-week course for peers who have a mental illness — taught by

Thursdays	January 11th - March 15th, 2018	North Canton	Stark State College	6:00 - 8:00 PM
Thursdays	February 1st - May 3rd, 2018	Alliance	Science Hill Community	6:00 - 8:00 PM
Wednesdays	March 21st - May 23rd, 2018	Massillon	Make-A-Way	5:00 - 7:00 PM
Thursdays	April 5th - June 7th, 2018	Canton	Holy Trinity	6:00 - 8:00 PM
Tuesdays	May 22nd - July 24th, 2018	Canton	Hunter House	noon - 2:00 PM
Tuesdays	July 24th - September 25th, 2018	Louisville	Church of Christ	6:00 - 8:00 PM
Tuesdays	August 7th - October 9th, 2018	Massillon	Mercy Health Center	6:00 - 8:00 PM
Fridays	September 7th—November 9th, 2018	Canton	Coleman Behavioral Health	11 AM—1 PM
Thursdays	October 4th - December 13th, 2018	Canton	Foundations	6:00 - 8:00 PM

trained peers with an illness. (Two hours, once a week.)

Family to Family: A 12-week course for family (or other supports) who have a loved one with a mental illness. It is taught by trained family members (or other supports.)

Saturday	January 6th - March 24th, 2018	Canton	Holy Trinity	9:00 - 11:30 am
Wednesday	March 7th - May 23rd, 2018	North Canton	Stark State	6:00 - 8:30 pm
Tuesday	May 1st - July 17th 2018	Louisville	Church of Christ	6:00 - 8:30 pm
Wednesday	June 13, 2018 - September 5, 2018	Massillon	Mercy Medical Center	6:00 - 8:30 pm
Thursday	September 6th - November 15th, 2018 11	Canton	Holy Trinity	6:00 - 8:30 pm
	September 10th - November 19th, 2018 11		Science Hill Community	
Monday	weeks	Alliance	Church	6:00 - 8:30 pm

(Two and a half hours, once a week.)

NAMI Basics: A 6-week course for family (or other supports) who have a young loved

Wednesday	February 7th - March 14th, 2018	Alliance	Science Hill Community Church	6:00 - 8:00 PM
Thursday	April 19th - May 24th, 2018	Alliance	Stable Solutions	6:00 - 8:00 PM

one with a serious emotional disturbance (usually school-aged). It is taught by trained parents. (Two hours, once a week.)

(for this class, your child age 8-18, can take part in equine therapy while the parent(s) are taking the class)

Wednesday	September 12th - October 17th, 2018	Canton	Holy Trinity	6:00 - 8:00 PM
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Homefront: A 6-week course for veterans and/or their family (or other supports) who

are affected by mental illness. It is taught by veterans or their trained family members (or other supports.) (Two hours, once a week.)

Thursday	June 7th - July 12th, 2018	Alliance	Stable Solutions	6:00 - 8:00 PM
				(for this class, your child age 8-18, can take part in equine therapy while the parent(s) are taking the class)
Thursday	September 20th - October 25th, 2018		To Be Determined	



SHOP FOR A CAUSE IN AUGUST!

A portion of the proceeds from Edge Boutique (next to Edge Salon) will go to NAMI Stark County!

Edge Boutique is located at 4655 Dressler Rd. NW Canton, Ohio 44718

[In the same shopping plaza as Bubba's 33 and Li Asian Cuisine Restaurants.]

Does your business want to partner with NAMI Stark County for the month or a day?!

Let us know by calling 330-455-NAMI [6264]

NAMI Ohio and the Ohio Suicide Prevention Foundation Join Forces!

Beginning July 1, 2018, OSPF [Ohio Suicide Prevention Foundation] will be under the fiscal and administrative management of NAMI Ohio and OSPF staff will relocate to the NAMI Ohio offices at 1225 Dublin Road, Suite 125, Columbus, Ohio.

This new partnership allows for the opportunity to expand [NAMI Ohio's] efforts and allow OSPF to direct all of their energy to focusing on ending the epidemic of suicide in Ohio. NAMI Ohio will continue to focus on suicide prevention as part of our educational programs and awareness activities.

Sandy Williams, OSPF Board Chair, said "anytime you can expand actual services without increasing administrative costs is a win-win situation. The board of the Ohio Suicide Prevention Foundation is excited about this new partnership with NAMI Ohio and thankful for the opportunity to expand our outreach."

Both the Ohio Suicide Prevention Foundation Board of Directors and the NAMI Ohio Board of Directors are inclusive of family members, those living with mental illness and survivors of suicide.

-excerpts taken from NAMI Ohio Newsletter

For more, please see The Columbus Dispatch article:

<http://www.dispatch.com/news/20180613/partnership-to-free-up-more-money-for-suicide-prevention-programs?template=ampart&twitterimpression=true>



StarkHelpCentral.com

is a search-focused site that can help you find local resources about

- * mental health
- * basic needs (like food and housing)
- * child safety
- * at-risk youth
- * addiction
- * and more.

You can start your search by age group too, ensuring you get connected with resources that are relevant to you. Can't find it here? Call NAMI Stark County.

Come help us with
Discharge Bags
on Friday, Sept. 28th



Meet at 9:00 AM at Dollar General
on the corner of 30th and Market
in Canton or at
9:30 at Heartland to fill bags.

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

NAMI Stark County @ Heartland Behavioral Healthcare:
330 833-3135 ext. 2170

Do you know who to call if a behavioral health crisis occurs?

9-1-1 and ask for a Crisis Intervention Team (C.I.T.) 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



Thank you to Stark County Mental Health and Addiction
Recovery (StarkMHAR) for assistance with this newsletter!