



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

Autumn 2018

THANK YOU for a Highly Successful Walk!

**THANK YOU
Volunteers!!!!**



**THANK YOU to all
who raised funds
for NAMI Stark!!!!**



**THANK YOU
Marketing Partners!**



**THANK YOU
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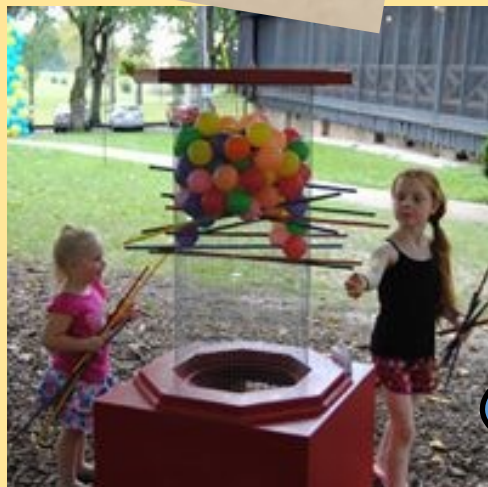
Akron Rubber Ducks • Aultcare • Aultman Behavioral Health
Gardner Pies • KidSummit Against Drugs

THANK YOU TO THE PEERS
WHO CUT THE RIBBON TO KICK
-OFF THE WALK!

Thank you to all
who formed
teams!



The Hoover Park Trail was covered in a sea of orange t-shirts. Which color will 2019 be???



Family Fun!!!





Will Medical Marijuana help or hurt me or my loved one living with psychiatric symptoms?

The question above has been asked in some of our support groups and classes — especially since medical marijuana was legalized in Ohio. The answer is not a simple one. At NAMI, we believe that any treatment is a highly personal decision that may be made with the help of your family, case managers, doctors, etc. Because this topic has been raised many times, we think it's important to know some of the facts about marijuana:

21 CONDITIONS: Ohio's laws currently allow for the use of medical marijuana for 21 different conditions. Post-traumatic stress disorder [PTSD] is on the list; however, conditions such as depression, anxiety, bipolar, and schizophrenia are NOT CURRENTLY on that list. "The State Medical Board of Ohio began accepting petitions for additional conditions on Thursday [November 1, 2018] and will collect them through Dec. 31. State law requires the board to review petitions for new conditions every year. This is the first time the board will do so" (The Cincinnati Enquirer; <https://www.cincinnati.com/story/news/2018/11/02/petitions-accepted-expand-ohio-medical-marijuana-conditions-list/1857686002/>).

NO SMOKING ALLOWED: It is currently NOT legal to *smoke* medical marijuana. "The following forms of medical marijuana are permitted: oils, tinctures, plant material, edibles, patches, and it does allow for vaporization (vaping). The law prohibits any form that is attractive to children" (Ohio Medical Marijuana Control Program, November 3, 2018, <https://medicalmarijuana.ohio.gov/patients-caregivers>). Doctors must have consent from a parent (or other who can legally give consent) before a minor can use the above forms.

MAKE AN INFORMED DECISION FOR YOU AND YOUR HOUSEHOLD: At NAMI, we believe we are all experts of our own experience; rather than experts of everyone's experience. How you choose to deal with mental health conditions in your household is a personal choice. There are boundary issues that come into play as well. We are hoping you can make this choice armed with as much information about it as possible. A good place to start is at the Stark Mental Health and Addiction Recovery website, which also links to many other sources.

<https://starkmhar.org/prevention-resources/marijuana-facts/>

Thank you to the India Association of Greater Canton for their generous donation to NAMI Stark County at their annual Diwali Celebration!



Thank you to the Jackson Girls Soccer Booster Club for your generous donation to NAMI Stark County!



Stark Help CENTRAL Find resources for youth and families across all areas of helpful services in Stark!

<https://www.starkhelpcentral.com/>

Recent Service Transitions

As previously announced, Crisis Intervention and Recovery Center (CIRC), a former provider in StarkMHAR's care network, no longer provides behavioral health services as of August 1, 2018.

However, no service has been discontinued. All services previously provided by CIRC are now being carried out by other partnering agencies (see below).

News releases and newsletter articles with more information can be found in the "News" section at StarkMHAR.org

Adult & Youth Mobile Response

Crisis & Opiate Hotlines

Crisis Stabilization Unit

Hunter House



Detox Services

23-Hour Observation Beds

Quick Response Teams



Multisystemic Therapy



When?	Where?	Who Is Invited?
1st and 3rd Wednesdays each month 6:00 PM	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 Holy Trinity Lutheran Church 2551 55th St NE; 44721 (It is at the traffic light on the corner of 55th & Middlebranch)	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 SPECIFIC POPULATIONS:

Groups are also offered for in-patient peers at Heartland, one for families of in-patient peers at Heartland, and one informational group at the Crisis Stabilization Unit. Call our office for details.

NAMI Stark County 2019 Education Series

All of our classes for 2018 have been filled.

Please call our office at the number above or check out our website at namistarkcounty.org for our 2019 schedule (it should be released by late November).

If you have an idea for a new venue or know of an untapped area, please let our office know. We look forward to educating as many people in our community as possible during 2019!



A new version for 2019!!!

It is an 8-week course is for persons who have any mental health challenge — taught by trained peers. (2 hours, once a week.)



A 12-week course for family members (or other supports) who have a loved one with a mental health challenge. It is taught by trained family members (or other supports.) (2.5 hours, once a week.)



A 6-week course for family (or other supports) who have a school-aged loved one with a mental health challenge. It is taught by trained parents. (2 hours, once a week.)



This course can now be taken online at NAMI.ORG! In person, it is a 6-week course for veterans and/or their family (or other supports) who are affected by mental health challenges.

SUICIDE PREVENTION THROUGH EDUCATION AND ADVOCACY

EDUCATE YOURSELF ABOUT HELP AVAILABLE!

- * In Stark County, call 911 and ask for a Crisis Intervention Team (CIT) officer to come talk to you or to get you to a hospital. Or call the Adult or Youth Mobile Response Unit to come talk to you at your home. They can be reached at [330-452-6000](tel:330-452-6000).
- * Call The National Suicide Prevention Lifeline at [800-273-TALK \(8255\)](tel:800-273-TALK) or call 911. You can also text "4HOPE" to [741741](tel:741741) and a live person will text back immediately. These are free services manned by trained operators. You can call as many times as you wish and you do not need to be in imminent danger to call or text.

How to help a loved one:

Know some of the warning signs:

- Threats or comments about killing themselves, also known as suicidal ideation, can begin with seemingly harmless thoughts like "I wish I wasn't here" but can become more overt and dangerous
- Increased alcohol and drug use
- Aggressive behavior
- Social withdrawal from friends, family and the community
- Dramatic mood swings
- Talking, writing or thinking about death
- Impulsive or reckless behavior

Question them about the signs you see:

Be direct. Ask them, "Are you thinking of taking your life?" or "Are you thinking about suicide?" Many people believe this may plant ideas into their loved one's head if they weren't thinking about it. However, the CDC evidence shows the benefits of talking about it far outweigh any remote possibilities of this.

Persuade them to ask for help and Refer them to a professional or make the call to a professional on their behalf:

Listen to what they need and try to keep them from accessing lethal means while they are feeling suicidal. Ask them to get help while you are with them. Offer to find them help or to go with them to get it.

See the options outlined in the orange box on this page for immediate help. ***There are also public QPR trainings that you can take here at the Stark MHAR offices OR have a trainer come to your church, place of business, etc. for a private training!***

How to help yourself if you feel suicidal:

- * Tell someone about your thoughts and how you are feeling! This may be a family member, trusted friend, counselor, doctor, teacher/professor, hotline operator, etc.
- * Don't be afraid to get professional help! (Check out the box above for places to go or people to call.)

ADVOCATE FOR CHANGE IN THE SYSTEM!

Strengthen economic supports



- Strengthen household financial security
- Housing stabilization policies

Strengthen access and delivery of suicide care



- Coverage of mental health conditions in health insurance policies
- Reduce provider shortages in underserved areas
- Safer suicide care through system change

Create protective environments



- Reduce access to lethal means among persons at risk of suicide
- Organizational policies and culture
- Community-based policies to reduce excessive alcohol use

Promote connectedness



- Peer norm programs
- Community engagement activities

Teach coping and problem-solving skills



- Social-emotional learning programs
- Parenting skill and family relationship programs

Identify and support people at risk



- Gatekeeper training
- Crisis intervention
- Treatment for people at risk of suicide
- Treatment to prevent re-attempts

Lessen harms and prevent future risk



- Postvention
- Safe reporting and messaging about suicide

Most information is taken from the CDC fact sheet on suicide, found at:

<https://www.cdc.gov/violenceprevention/pdf/suicide-factsheet.pdf>

Come help us with
Discharge Bags
Friday, December 14th



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

**Don't forget to ask about the Youth
and Adult Mobile Response Units:**

330-452-6000



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