



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

Summer 2019

S  
A  
V  
E  
  
T  
H  
E  
  
D  
A  
T  
E



### **COME WALK WITH US Kick-Off Luncheon**

**Host:** NAMI Stark County WALK COMMITTEE 330.455.6264

**When:** Friday, August 16, 2019 from 1130am to 1:30pm

**Where:** First Christian Church 6900 Market Avenue North, Canton Ohio 44721

**ATTENTION SPONSORS, TEAM CAPTAINS and ANYONE interested in our NAMI WALK that is set for Sunday, October 6th, 2019. This year at our luncheon, we have a SPECIAL GUEST SPEAKER. MARK YOUR CALENDARS AND DON'T MISS THESE 2 SPECIAL DATES PLEASE RSVP BY AUGUST 10<sup>th</sup>, 2019**

**Special Guest Speaker  
Judge Taryn Heath  
Stark County Court of Common Pleas  
H.O.P.E. Program**



# Stark County



**Date: SUNDAY, OCTOBER 6, 2019**

*Rain or shine ... the walk will MOVE FORWARD so please prepare | dress accordingly*

**Place: Hoover Park Connector Trail** (East Maple Street, North Canton) & Hoover Park Pavilion (1875 East Maple Street, North Canton, Ohio 44720).

**Time:** Registration opens at 1 p.m.

Walk begins at 2 p.m.

**Directions:** From I-77 South, take exit 111 and go left (toward North Canton). Follow Portage to North Main St. Turn right at North Main Street, and left at East Maple (at the former Hoover Company). Participants may park at the ball fields' parking lot or at Washington Square.

**Check-in Time:** 1 p.m. at the Hoover Park Pavilion

**Walk Start:** 2 p.m.

***All participants must register for the event. There is no fee for registration.***

**Register by August 31<sup>st</sup>, 2019 to ensure t-shirt size.**

**Parking:** Available at Hoover Park ball fields and Washington Square.

**Refreshments & Fun! Door Prizes! Sponsor Freebies! Family Fun!**

**We love our 4-legged furry friends, but to respect those who may not, and for the safety of everyone, no dogs at the event.**

**For more information contact:** Walk Director Kay Raga | [kraga@namistarkcounty.org](mailto:kraga@namistarkcounty.org) |

330-455-6264

**To register on-line go to:**

**[https://www.firstgiving.com/event/NamiStarkCountyOH/2019\\_Walk](https://www.firstgiving.com/event/NamiStarkCountyOH/2019_Walk)**

# Register online or mail in registration form

## MOVING FORWARD FOR MENTAL HEALTH REGISTRATION FORM

A separate registration form is required for each participant.

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY, STATE, ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_ EMAIL: \_\_\_\_\_

E-Mail: \_\_\_\_\_

I AM: an adult  a child (under 18)

TEAM NAME: \_\_\_\_\_ TEAM CAPTAIN: \_\_\_\_\_

I will be participating as:

Individual Walker

Walker on a Team

Team Captain

**Virtual Walker – Virtual Walker – Raise funds from anywhere**

**Raise \$100 by September 1, 2019 - We will mail you your T-Shirt to wear day of walk!**

Please send me \_\_\_\_\_ additional registration packets.

I am a...

Person with a Mental Illness

Mental Health Professional

Family Member

Friend/Supporter

Student/Service Learning Participant

T-Shirt Size:  Adult S  Adult M  Adult L  Adult XL

Adult 2X  Adult 3X  Adult 4X  Adult 5X

Each participant must sign:

Signature: \_\_\_\_\_

Parent or guardian (if walker is under 18): \_\_\_\_\_

BY SIGNING, you are agreeing to the following:

**Waiver of Release and Liability:** I hereby waive all claims against NAMI, NAMI Stark County, Inc., sponsors, or any personnel for any injury that I might suffer in the event. I attest that I am physically fit and prepared for this event. I grant full permission for organizers to use photographs of me and quotations from me in legitimate accounts and promotions of this event.

**Media Waiver & Release:** I consent to being photographed, interviewed and/or videotaped by representatives of NAMI Stark County, and media outlets (newspaper, T.V. & radio stations, etc.). Any information or images obtained from those activities may be reproduced by NAMI Stark County and/or the public media for use in advertising, publicity or educational activities, including but not limited to Web sites, publications, videos, print and television news. I hereby waive any claims I may have, and release NAMI Stark County, and its representatives from liability of claims arising out of such activities.



**Travis Johns**

April 24 · 🌐



I serve as a board member on NAMI Stark County. We are pleased to announce our First Annual Golf Outing. If you have a foursome and would like to join us on the links August 23rd, please sign up! Big prizes involved including the chance at \$100,000!

If you or your organization would like to sponsor this event, feel free to reach out to me directly. NAMI is doing big things in the mental health community, help us continue!



EVENTBRITE.COM

**NAMI Stark County: 1st Annual Golf Outing**

## Tickets:

# Check out FaceBook or EventBrite

<https://www.eventbrite.com/e/nami-stark-county-golf-outing-tickets-60676020611?fbclid=IwAR2ZEV-7gAh0RVBf1K5PLEFSdqj0qSR4MdJnxb8DnemLC7rHhpl8ZWBsIJ4>

# 2019 Education Schedule

## 2019 NAMI Stark County Education Schedule

Please call 330-455-6264 [NAMI] to register for these FREE classes!

Day of Week	Dates	City	Location	Class Time
<b>Family-to-Family</b>				
<i>A 12-week course for family members and other support people affected by a loved one's mental illness. It is taught by trained family members.</i>				
Tuesday	June 11 - August 27	Massillon	Mercy Health Center Jackson	6:00 pm - 8:30 pm
Tuesday	September 3 - November 12	Canton	Holy Trinity	6:00 pm - 8:30 pm
<b>Basics</b>				
<i>A 6-week course for parents of school-aged children affected by a mental health diagnosis such as autism, AD/HD, ODD, conduct disorder, depression, etc. It is taught by trained parents.</i>				
Tuesday	September 3 - October 8	North Canton	Stark State College	6:00 pm - 8:00 pm
<b>Peer to Peer</b>				
<i>An 8-week course for individuals living with a mental health diagnosis. It is taught by trained peers.</i>				
Wednesdays	June 5 - July 24	Alliance/Louisville	Stark State - Alliance	Noon - 2:00 pm
Thursdays	August 1 - September 19	Canton	Holy Trinity Lutheran Church	6:00 pm - 8:00 pm
Tuesdays	October 1 - November 12	Canton	Gateway I	Noon - 2:00
Thursdays	October 17 - December 5 - tentative	Canton	Foundations	6:00 pm - 8:00 pm

**Homefront**

*A 6-week course for combat veterans and their loved ones affected by mental illness. It is taught by trained veterans and/or family members of veterans. This course can now be taken online at your convenience.*

*Please see [www.nami.org](http://www.nami.org) and search "Homefront"*



# Stark County

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

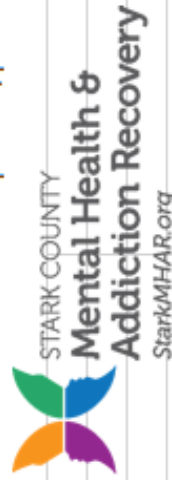
## SUPPORT GROUPS IN STARK COUNTY

When?	Where?	Who Is Invited?
1st and 3rd Wednesdays 6:00 PM	North Canton - Holy Trinity Lutheran Church 2551 55th St NE; 44721 (at the traffic light on the corner of 55th & Middlebranch)	Family & Supports only
Every Thursday 2:00 PM	Coleman Behavioral Health 400 W Tuscarawas St; 44702 (Second Floor - Social Center Triangle Room)	Peers only
1st and 3rd Thursdays 7:00 PM	Alliance - Curently Science Hill Community Church* * on 2-7-2019, the <b>venue will change to</b> First Immanuel United Church of Christ The new church is located at 208 E. Oxford St; Alliance, OH 44601	Family, Supports, and Peers
Every Friday 11:00 AM	Canton's Refuge of Hope Men's Shelter 405 3rd St NE; 44702 (one-on -one, before and after lunch)	Family, Supports, and Peers (can be men or women)
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
Every Sunday 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, families of in-patients/peers at Heartland, and one informational group at the Crisis Stabilization Unit. Call our office for details.



# Thank you CommQuest

## HOPE discovered Episodes Focus on Mental Illness

May is National Mental Health Month. In honor of this, the HOPE discovered podcast episodes featured guests who are local experts when it comes to treating mental illness.

**Kay Raga** is the Executive Director of NAMI Stark County. During the episode Kay talks about what NAMI does, how mental illness affects an individual's brain, and the support that is available to families who have a loved one struggling with mental illness. Listen to the episode by clicking [HERE](#).



**Shannon Ortiz** lost her husband to suicide several years ago. A mental health clinician by trade, Shannon is the founder of Light After Loss, an organization devoted to providing free resources to suicide loss survivors. Listen to Shannon's story by clicking [HERE](#)

## Thank you To our fundraising Partners:

**Jackson Middle School**  
**Jackson Schools Foundation**  
**A Chorus for A Cause**  
**Taggarts**  
**Papa Gyros**  
**Texas Roadhouse N. Canton**  
**Texas Roadhouse Alliance**

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





**Stark County**



# Kick-off Luncheon

## Friday August 16, 2019

### Board of Directors

**President:**  
Bart Fredrick

**First Vice President:**  
Missy Reed

**Second Vice President:**  
Michelle Dellick-Lowers

**Secretary:**  
Dale Rush

**Treasurer:**  
Will Regua

RJ Fryan  
Sean Godar  
Zach Hostetler  
Robb Lightell  
Dr. Malholtra  
William Regula  
Dale Rush  
C.J. Stantz  
Tom Stone

### Staff

**Kay Raga: Executive Director**  
[kraga@namistarkcounty.org](mailto:kraga@namistarkcounty.org)

**Sheryl Falcone: Program Coordinator**  
[sfalcone@namistarkcounty.org](mailto:sfalcone@namistarkcounty.org)

**Jewell Oppermann: Outreach Liaison**  
[joppermann@namistarkcounty.org](mailto:joppermann@namistarkcounty.org)

**Kory Miles: Outreach Liaison**  
[kmiles@namistarkcounty.org](mailto:kmiles@namistarkcounty.org)

**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

**Mental Health Emergency Call  
Youth and Adult Mobile Response  
Teams: 330-452-6000**



STARK COUNTY  
**Mental Health &  
Addiction Recovery**  
StarkMHAR.org

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