



**NAMI**

National Alliance on Mental Illness

# Stark County

Spring 2020

We at **NAMI Stark County** recognize that many of us here in the community are feeling scared, worried and overwhelmed about the Coronavirus (COVID19) outbreak.

**What are you doing to look after your wellbeing during this time? Sharing is one of the most helpful ways we can support one other – NAMI Stark County is also here to support you if you'd like to share how you're feeling.**

Here are a number of ways to support your mental health during periods of self-isolation or quarantine

- ◆ Remind yourself that this is a temporary period of isolation to slow the spread of the virus.
- ◆ Remember that your effort is helping others in the community avoid contracting the virus.
- ◆ Stay connected with friends, family and colleagues via email, social media, video conferencing or telephone. **If you need to talk, call us at 330-455-6264. We are working from home and would love to talk to you. We check voice mails several times daily and will call you back.**
- ◆ Engage in healthy activities that you enjoy and find relaxing.
- ◆ Keep regular sleep routines and eat healthy foods.
- ◆ Try to maintain physical activity.
- ◆ Establish routines as best possible and try to view this period as a new experience that can bring health benefits.
- ◆ For those working from home, try to maintain a healthy balance by allocating specific work hours, taking regular breaks and, if possible, establishing a dedicated workspace.
- ◆ Avoid news and social media if you find it distressing.

Please stay safe!

*Kay, Sheryl, Cindy, Jewell & Robin*

*Let's  
Talk*

**New NAMI Stark County Facebook Closed Mental  
Health Discussion Group. Join us!**

<https://www.facebook.com/groups/206217740828623/>

**WE ARE HERE FOR YOU.  
EVEN THOUGH OUR OFFICE IS CLOSED PLEASE FEEL FREE TO GIVE US A  
CALL ANYTIME AND LEAVE A MESSAGE.  
WE WILL RETURN YOUR CALL AS SOON AS POSSIBLE.**

**330-455-6264**

**OR EMAIL**

**KAY RAGA EXECUTIVE DIRECTOR [KRAGA@NAMISTARKCOUNTY.ORG](mailto:KRAGA@NAMISTARKCOUNTY.ORG)**

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**ROBIN HOLLAND SYSTEM NAVIGATOR [RHOLLAND@NAMISTARKCOUNTY.ORG](mailto:RHOLLAND@NAMISTARKCOUNTY.ORG)**

**[WWW.NAMISTARKCOUNTY.ORG](http://WWW.NAMISTARKCOUNTY.ORG)**

**All NAMI Support Groups have gone live online! Join by computer**

**Go to Zoom.com - Enter meeting # or**

**Smartphone Download Zoom app - Enter meeting # or**

**Call in 1-646-558-8656 - Enter meeting #**

**Plan to join 10 – 15 minutes before start time**

**Thank you for your understanding and patience as we all learn together.  
If you have questions, please call 330-455-6264 and we return your call as soon  
as possible.**

**All Support Groups, days and times and ID number are listed on the next page**

### **NAMI Stark County Peer Support Group**

Beginning Friday Mar 27, 2020 07:00 PM – Group meets weekly

Join Zoom Meeting <https://zoom.us/j/386459766>

Meeting ID: 386 459 766

### **NAMI Stark County Peer Connections Support Group**

Beginning Thursday Apr 2, 2020 02:00 PM – Group meets weekly

Join Zoom Meeting <https://zoom.us/j/151898995>

Meeting ID: 151 898 995

### **NAMI Stark County Sunday Night Support Group**

Beginning Sunday Apr 5, 2020 07:00 PM – Group meets weekly

Join Zoom Meeting <https://zoom.us/j/798097665>

Meeting ID: 798 097 665

### **NAMI Stark County Monday Family Support Group**

Beginning Monday Mar 30, 2020 06:00 PM – Groups meets weekly

Join Zoom Meeting <https://zoom.us/j/310500499>

Meeting ID: 310 500 499

### **NAMI Stark County Monthly Family Support Group**

Beginning Wednesday Apr 15, 2020 06:00 PM – Groups meets monthly

Join Zoom Meeting <https://zoom.us/j/426862974>

Meeting ID: 426 862 974

### **NAMI Stark County Weekly DRA Meeting**

Beginning Friday April 10, 2020 11:30 AM - Group meets weekly

Join Zoom Meeting <https://zoom.us/j/5163513814>

Meeting ID: 516 351 3814

## New faces at NAMI



### Outreach Coordinator

Cindy Kisik joined the team in July of 2019 and has been moving full steam ahead since. As the Outreach Coordinator for NAMI Stark County, Cindy is responsible for advocating for those with mental health conditions, offering education and support to those in need, and promoting community awareness within the field of mental health. If you are not yet familiar with NAMI Stark County's Mental Health 101 and informational series presentations, let us know and Cindy will be happy to use her lived experience and come out to your business or group. Cindy recently began tailoring her presentations to a younger audience, creating a student speaking series for pupils from elementary school to high school. Cindy is also a Certified Occupational Therapy Assistant (COTA/L) and has worked in many different settings before discovering she enjoys mental health the most. She currently resides in Louisville with her husband and two fur-children. When she is not out in the community giving presentations or promoting the many resources NAMI Stark County has to offer, she goes fishing, weightlifts & enjoys being a Tusi (Auntie) to her awesome nephew.



### Systems Navigator

The position of full time Systems Navigator is new to NAMI Stark County. Robin Holland will primarily assist individuals with connecting to necessary mental health services while empowering them to continue long-term engagement. They will develop relationships to increase client engagement. Not only will they refer a person to services, but also follow-up to be sure they continue services. Robin will address the gaps and barriers in accessing behavioral health services for all residents of Stark County regardless of race, religion, income, gender etc. She will also work with transitional age youth aging out of the foster system, Stark County Jail and Courts. She came on board in December 2019. She is a Certified Peer Support Specialist and has an extensive background in mental illness, substance abuse and homelessness. She will serve as a voice and advocate for those navigating the mental health and substance abuse system. She always tries to squash the STIGMA that goes with both. Robin is a resident of East Canton. She has 2 grown children, 2 grandchildren and 2 cats. Her hobbies include gardening, art and fixing up her old house.

## Get connected

with NAMI Basics OnDemand



- Develop confidence and stamina to support your child with compassion
- Learn about different types of mental health care professionals, available treatment options and therapies
- Prepare for crisis situations, and understand how to navigate the public mental health care, school and Juvenile Justice systems



3803 N Fairfax Drive, Suite 100  
Arlington, VA 22203

[NAMI.org/basics](http://NAMI.org/basics)

Cure

Stigma.

DON'T GIVE IN  
TO STIGMA.  
A DIAGNOSIS DOES  
NOT DETERMINE  
WHO YOU ARE OR  
WHAT YOU CAN DO!

GoodTherapy.org

**Our Volunteer Recognition that was scheduled for March 24, 2020 will be rescheduled for a later date!**

### Do you know who to call

9-1-1 and ask for a Crisis Interven-

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)

### if a behavioral health crisis occurs?

tion Team (C.I.T.) trained officer

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

**330-452-6000**



STARK COUNTY  
**Mental Health &  
Addiction Recovery**  
[StarkMHAR.org](http://StarkMHAR.org)

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





# **JUNE 19, 2020**

## **NAMI Stark County:**

### **2nd annual golf outing**

Sable Creek – Hartville, Ohio

NAMI Stark County will be hosting its 2nd annual golf outing at Sable Creek in Hartville, Ohio on June 19, 2020. There will be opportunities to win big prizes throughout the course – and the opportunity to win huge prizes for just being present! We'll have lunch at the turn, and a dinner following the scramble. Don't miss out! It's going to be a great day at Sable Creek! We will have a shotgun start at **8:00 AM**.

#### **COSTS:**

- \* \$75 per player; \$300 per team
- \* Sponsorship opportunities available, contact us for details.
- \* Venmo payments accepted, contract us for details.
- \* Online tickets being sold through Eventbrite!

**Putting Contest  
at 7:45 AM &  
guaranteed prizes  
on the course!**

**Skins & Mulligans**

**50/50 & Door Prizes**

**Lunch at the turn and  
dinner following the  
outing**

**Big Prizes for 1<sup>st</sup>, 2<sup>nd</sup>,  
and 3<sup>rd</sup> place teams!**

#### **CONTACT INFO**

Travis Johns  
330-432-4250  
travisajohns@gmail.com

**BUY TICKETS HERE:**  
[namistarkgolf.eventbrite.com](https://namistarkgolf.eventbrite.com)

**LIKE US ON FACEBOOK**  
[facebook.com/namistarkgolf](https://facebook.com/namistarkgolf)

## **Golf Outing Sponsorship Levels**

**Foursome: \$300**

**Hole Sponsor (without foursome) (16 available): \$150**

Includes signage at the tee box and recognition on all promotional material.

**Hole Sponsor (16 available): \$500**

Includes signage at the tee box recognition on all promotional materials, and a foursome the day of the outing.

**Turn Sponsor (1 available): \$750**

Includes signage the turn, recognition on all promotional materials, and a foursome the day of the outing.

**Longest Drive Sponsors (2 available): \$1,000**

Includes signage at one of the longest drive tee boxes, recognition on all promotional materials, and a foursome the day of the outing.

**Closest to the Pin Sponsors (2 available): \$1,000**

Includes signage at one of the closest to the pin tee boxes, recognition on all promotional materials, and a foursome the day of the outing.

**Practice Green Sponsor (1 available): \$500**

Includes multiple signs at the practice green the morning of the event, recognition on all promotional materials, and a foursome the day of the outing.

If you are interested in sponsorship, please contact Travis Johns at 330-432-4250 or [travisajohns@gmail.com](mailto:travisajohns@gmail.com)

The date may be scheduled to change due to COVID-19



**NAMI**  
National Alliance on Mental Illness

# Stark County

The County's Voice on Mental Illness  
121 Cleveland Ave., S.W.  
Canton, OH 44702



**NAMI**

National Alliance on Mental Illness

# Stark County

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Robin Holland: System Navigator  
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NAMI Stark County Main Office:  
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330-455-NAMI [6264]

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