



NAMI

National Alliance on Mental Illness

Stark County

Fall 2020

This pandemic has impacted every facet of our lives, including where and how we work. In the wake of COVID-19, depression, anxiety and substance use issues have skyrocketed. Now more than ever, we must support our people.

The concerns are real: People are worried about losing their jobs, paying their bills and putting food on the table. If they're back in the workplace, they're learning to navigate new requirements like masking and physical distancing; and if they're working from home, they may be facing feelings of isolation and loneliness. (NAMI Stark County is still working from home)

Though demand for mental health care continues to grow, the public, overall, is underprepared for response. Moreover, non-white communities weren't equitably receiving needed care before the pandemic, and the current crisis continues to impact the same populations; they include Black, Latinx, several Asian American and Pacific Islander communities, and Native American people, as well as those of us that have disabilities or experience homelessness.

How do you manage mental health as an employer, a church, parents of school age children, or an individual?

This is where NAMI Stark County System Navigator, Robin Holland, can help. Her position was created to assist individuals with needed services.

How might she be of service in your mental health system as an HR person, a church, a medical office, a resource center, a union or an individual.?

Please call the NAMI Stark County Office at 330-455-6364 or email Robin at rholland@namistarkcounty.org for more information

**System
Navigator**

**Robin
Holland**

rholland@namistarkcounty.org

330-455-6264



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- Assist individuals with connecting them to necessary services while empowering them to continue long-term engagement independently.
- Develop relationships in order to increase client support in long-term engagement.
- Address barriers and gaps in accessing behavioral health services.
- Connect individuals and family's transition to appropriate behavioral health services. They will be able to provide emotional support and guidance to individuals navigating through the behavioral health system in Stark County.
- Work with Transitional Age Youth aging out of Foster Care
- Serve as a voice and advocate for individuals navigating the behavioral health system in Stark County.

Mental Health Book Review

By Steven Pryce

Unmasking Emotional Abuse

By Gregory L. Jantz, PhD

Hendrickson Publishers 108 pages

The most common form of abuse is emotional abuse, writes Dr. Gregory Jantz, an expert on family relationships and leader of The Center: A Place of HOPE—a treatment center for depression. In his book Unmasking Emotional Abuse, Dr. Jantz shows people how to manage and recover from emotionally abusive relationships and gain a better understanding of who they are. This can result in a better life.

This short and informative book has three sections: the Introduction, The Faces of Emotional Abuse, and Steps to Healing. This helps you acknowledge the problem, identify how it is happening, and then gives you exercises to overcome it. The author also uses scripture for inspiration.

In the Introduction, Dr. Jantz describes emotional abuse as “the intentional devaluing of one person by another in order to elevate themselves.” He explains that everyone takes part in emotional abuse both as the abuser and the abused because life has anger, frustration, meanness, and fatigue. It must be addressed when it becomes a pattern. Such patterns include empty promises, making another person feel worthless, making threats, minimizing someone’s point of view, and the silent treatment.

In the Faces of Emotional Abuse, Dr. Jantz shows the reader twenty examples of types of abusers. He reminds us that we have an abuser type as well as a type that abuses us. It is important to understand that we are not just the victim. Abuser types include the Commander-in-Chief, the Role Reverser, the Always Right, the Illusionist, and the Jekyll-and-Hyde. Each abuser type is explained through a brief story.

In the Steps to Healing, the author sets us on a course to recovery, which can be painful because it is reliving the event. However, it can improve your life. The chapters have Action Steps, or exercises that help you recover. As with the Introduction, Dr. Jantz reminds us that **recovery is not perfect**.



Let's
Talk!

Not only do we have a private Facebook page, we now have a Wednesday Night Support Group! Join us on ZOOM at 7:00 PM for Mental Health Support! There will be informative subjects each week and time for the support we all need to thrive! Meeting ID: 916 6563 3660

Caregiver Basics

For those caring for school aged children

- It's Ok not to be OK
- Taking Care of Yourself
- Understanding Stress
- Supporting Recovery
- Supporting Youth Mental Health
- Using Humor as a Coping Tool
- Family Caregiver Tips
- Children Mental Health Conditions



Call 330-455-6264
To schedule presentation



Mental Health 101



Who is NAMI Stark County



Understanding Mental Illness



Executive Function



Trauma



Stress



Self Care

Call 330-455-6264 To schedule presentation

NAMI Stark County 2nd Annual Golf Outing



The outing was held at Sable Creek in Hartville on August 21, 2020. Shotgun start at 8:00 AM involved 25 teams of 4 golfers.

It was a beautiful day for golfing and the event under the leadership of NAMI Board Member, Travis Johns, ran smoothly and was a big success!

NAMI gave away two big screen smart tv's, a range finder, spider putter, and over \$2,000 in donated prizes!



The winning team (pictured above) included the following individuals: Josh Pedrozo, Seth Pedrozo, Jon Pedrozo and Travis Roberts.



**Plan to join us next year on
August 20, 2021!**

Next year, for fun, Robin plans on giving out personal awards for:

Best Golf Outfit

Best Shirt

Best Personality

NAMI Stark County

National Alliance on Mental Illness



10th Annual Walk

MOVING FORWARD for MENTAL HEALTH



Our Virtual Walk (which was our 10th Annual Walk) ended Oct. 4 at Hoover Park with a drive thru pick up of t-shirts and dropping off donations.

The Walk Committee and Volunteers had a great time being out in public and meeting up with those that drove thru.

Walk Committee Chair, Kay Raga, would like to thank the committee, volunteers and participants for another successful fundraiser of Mental Health Awareness!



**NAMI Stark County Support Groups are FREE to attend.
NO registration is required.**

**Virtual NAMI Stark County Support Groups using Zoom.com
Join by computer 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**

**NAMI Stark County Friday Peer Support Group (Adults with Mental Illness)
7:00 PM – Group meets weekly Friday**

Join Zoom Meeting

<https://zoom.us/j/386459766>

Meeting ID: 386 459 766

**NAMI Stark County Tuesday Peer Support Group (Adults with Mental Illness)
7:00 PM – Group meets weekly Tuesday**

Join Zoom Meeting

<https://zoom.us/j/97629915727>

Meeting ID: 976 2991 5727

**NAMI Stark County Sunday Night Support Group (Peers and Family Members)
7:00 PM – Group meets weekly Sunday**

Join Zoom Meeting

<https://zoom.us/j/798097665>

Meeting ID: 798 097 665

**NAMI Stark County Monday Family Support Group (Family Members)
7:00 PM – Groups meets weekly Monday **New Time****

Join Zoom Meeting

<https://zoom.us/j/310500499>

Meeting ID: 310 500 499

**NAMI Stark County Wednesday Lets Talk Support Group (Family Members and Peers with
Mental Illness)**

7:00 PM – Group meets weekly Wednesday **New Group**

Join Zoom Meeting

<https://zoom.us/j/91665633660>

Meeting ID: 916 6563 3660

**Support Groups: For those impacted by mental illness, Family Members and Natural Support
Help is available; you are not alone!**



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2020 - 2021 Schedule Education Schedule

Day of Week	Dates	Location	Class Time
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Basics

6-week course for parents of school- aged children affected by mental diagnosis such as autism, AD/HD, Depression,etc. It is taught by trained parents.

Wednesday	October 28 - December 2, 2020	Virtual Zoom	6:00 - 8:00 pm
Wednesday	February 3 - March 10, 2021	Virtual Zoom	6:00 - 8:00 pm
Wednesday	April 14 - May 15, 2021	Virtual Zoom	6:00 - 8:00 pm
Wednesday	September 1 - October 6, 2021	Virtual Zoom	6:00 - 8:00 pm
Wednesday	November 3 - December 8, 2021	Virtual Zoom	6:00 - 8:00 pm

Family to Family

8-week course for family members and other support people affected by a loved one's mental health. It is taught by trained family members.

Tuesday	October 20 - December 8, 2020	Virtual Zoom	6:00 - 8:30 pm
Tuesday	January 12 - March 2, 2021	Virtual Zoom	6:00 - 8:30 pm
Tuesday	April 6 - May 25, 2021	Virtual Zoom	6:00 - 8:30 pm
Tuesday	June 1 - July 20, 2021	Virtual Zoom	Noon - 2:30 pm
Tuesday	July 13 - August 31, 2021	Virtual Zoom	6:00 - 8:30 pm
Saturday	September 4 - October 23, 2021	Virtual Zoom	9 - 11:30 am
Tuesday	October 12 - November 30, 2021	Virtual Zoom	6:00 - 8:30 pm

Peer to Peer

8-week course for individuals living with a mental health condition. It is taught by trained peers.

Thursday	October 22 - December 10, 2020	Virtual Zoom	6:00 - 8:00 pm
Thursday	January 21 - March 10, 2021	Virtual Zoom	6:00 - 8:00 pm
Saturday	February 20 - April 10, 2021	Virtual Zoom	9:00 - 11:00 am
Thursday	April 8 - May 27, 2021	Virtual Zoom	6:00 - 8:00 pm
Thursday	June 3 - July 22, 2021	Virtual Zoom	10:00 - 12:00 pm
Thursday	July 1 - August 19, 2021	Virtual Zoom	6:00 - 8:00 pm
Thursday	September 30 - November 18	Virtual Zoom	6:00 - 8:00 pm

You must pre-register for classes by calling 330-455-6264



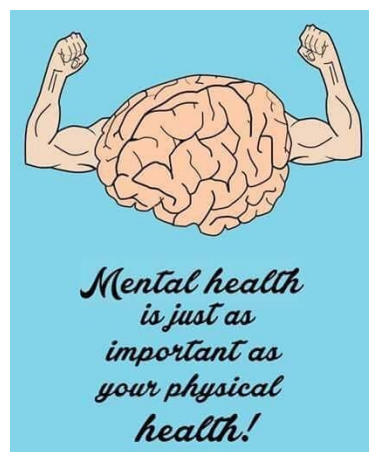
NAMI Stark County's

Mission is to:

Support

Educate

Advocate





November

a month of gratitude

What are you grateful for?



Private Facebook page for education on mental illness, self-help and uplifting quotes. Look us up and ask to join.



Let's
Talk!

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)

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!



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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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Staff

Kay Raga: Executive Director
kraga@namistarkcounty.org

Sheryl Falcone: Program Coordinator
sfalcone@namistarkcounty.org

Jewell Oppermann: Outreach Liaison
joppermann@namistarkcounty.org

Cindy Kisik: Outreach Coordinator
ckisik@namistarkcounty.org

Robin Holland: System Navigator
rholland@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