



**NAMI**

National Alliance on Mental Illness

# Stark County

Spring 2021

As all Americans learn to adapt to life amid the coronavirus pandemic, NAMI Stark County continues to do the same. We have not been working from the office for the past 13 months, but have continued our Support, Education and Advocacy working from our homes.

We continue to offer free educational classes and support groups, online only, at this time. We check our phone messages and try to return calls as soon as possible.

We are getting our vaccinations to return to the office. When will that be? We are not sure. We take the safety of our staff and volunteers very seriously.

We are still planning all of our yearly fund raisers and recognition event. (See next page) Our Recognition Event will be virtual, the Golf Outing in person and hopefully the Walk will be in person also.

**Please continue to support us as we support those with Mental Illness in our community. Sponsor our events, donate to them or just plan to attend. We truly miss our wonderful community!**



"THE GREATNESS  
OF A COMMUNITY  
IS MOST  
ACCURATELY  
MEASURED BY THE  
COMPASSIONATE  
ACTIONS OF ITS  
MEMBERS."

CORETTA SCOTT KING



"ALONE, WE  
CAN DO SO  
LITTLE;  
TOGETHER,  
WE CAN DO  
SO MUCH"

HELEN KELLER

# Upcoming Events

**Virtual NAMI Stark County Annual Celebration  
of Volunteerism, Wellness & Recovery  
Tuesday, June 8, 2021**

**Facebook Live Event 6:00 P.M.**

**Join us for fun and celebration honoring  
our selections for Professionals, Peers and  
Volunteers of 2020 and 2021!**

## **NAMI Stark County 3rd Annual Golf Outing August 20, 2021 Sable Creek – Hartville, Ohio**

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! We will have a shotgun start at **8:00 AM**.

\* \$75 per player; \$300 per team

\* Sponsorship opportunities available, contact us for details.



# Stark County



## **11th Annual Walk—Oct 3, 2021**

*MOVING FORWARD for MENTAL HEALTH*





## Self Help Book Review by Steven Pryce

**The 24-Hour Turn-Around** By Jim Hartness and Neil Eskelin Published by Revell 165 pages

The 24-Hour Turn-Around is a book written to help you change your life in a positive way. It has 24 chapters, one for each hour of the day. Each chapter focuses on a different area for a person to improve. It is very structured, with many examples of real life success. It also has quotations from business leaders and authors and uses scripture for inspiration.

Hour 1 is "Your Greatest Decision." The authors state that any psychologist or counselor will tell you that: "Nothing happens without a decision to change." They believe that decisions are not made over long periods of time, but over instances such as an hour. Furthermore, a person can make a series of changes that will become linked together to improve their overall life. Accomplishing those goals comes next, but achieving them on the first try does not always happen. And "you can't learn from mistakes you don't make."

The following 23 Hours include: "Revalue Your Self-Worth," "Choose Your New Team," "The Discovery of Excellence," and finally "Celebrate a Grand New You." There are also decisions about time and money management, health and appearance, and service to others. All your goals should be "headed in the same direction."

In "Revalue Your Self-Worth," the authors state that: "Few people are satisfied with themselves." They pose the question: "Do you really know yourself?" and cite studies that link self-esteem to knowledge of yourself. A person must have a "clear picture of what is happening on the inside." Then, it is important to overcome past failures, develop a self-love, help others, take on new challenges, and accept the praise that is given to you.

In "Choose Your New Team," the authors state that: "Most people find that they are surrounded by entrapments rather than relationships." A person should identify the 5 most powerful people in their life and make an assessment of them. If 4 out of 5 of them are positive, that person is doing well. If they are not positive, more friends can be added to "help you up the mountain."

In "The Discovery of Excellence," the authors state that to excel is to "go beyond the average." They warn against mediocrity and believe it is more important for a person to make a contribution at work than to gain a promotion. To attain excellence, a person must be committed, ethical, consistent and always improving.

Hour 24 is the time to "Celebrate a Grand New You!" They encourage readers to put the past behind them and focus on their new dream. A person's communication will now change and they will have more character that will show. However, there will always be adversity to overcome.



## COVID-19 Vaccine

Self-Scheduling at [ArmorVax.com](https://armorvax.com) now available for all Stark County residents 16 years of age and older, those with qualifying medical conditions, and eligible occupations.

The Stark County Health Department is launching new way for residents to self-schedule for their COVID-19 vaccine: ArmorVax. The ArmorVax platform is available at [ArmorVax.com](https://armorvax.com) and as a mobile app for Apple and Android devices. The department will no longer be using the previous web platform to register residents moving forward. All those under the age of 18 will have to be accompanied by their parent or legal guardian to the clinic. Upon checking in, the parent or legal guardian will have to sign a release form for the minor to receive their vaccine.

For those that **do not have access to a computer**, internet or who have difficulty using ArmorVax may still call the registration phone line at 330.353.9010 to leave their information.

# When to Reach Out For Help

Sometimes it's easy to recognize the signs that you need to talk to someone about how you're doing. Sometimes it's hard to recognize. Reach out for support if you are experiencing any of these warning signs.

**Feeling irritable or angry.** You may have a lack of patience for things that never used to bother you. You may feel irritated or even angry a lot more than usual.

**Feeling anxious, depressed, lonely or constantly sad.** You may feel happy much less frequently. The bad days seem to far outweigh the good days.

**Reliving traumatic events.** You may want nothing more than to forget the distressing things you've experienced, or the losses and suffering you've seen, but those memories keep reappearing, often unexpectedly.

**Isolating yourself and lack of trust in others.** You may feel alone, yet you also *prefer* to be alone. You don't want to talk or socialize, and have lost interest in usual activities. You may question whether anyone cares, including your leadership at work, and maybe even people who are normally close to you.

**Experiencing compassion fatigue, burnout or moral injury.** You may find it difficult to empathize with others and are bothered by decisions and situations that feel wrong. The cost of caring may have stretched you thin, and you struggle to get through each shift.

**Struggling to sleep or oversleeping.** You may be negatively impacted by shiftwork and have little recovery time. You never seem to feel rested — if you can sleep at all. Or you may want to sleep far more than usual.

**New or increased substance use.** You, and perhaps others, have noticed an increase in how much you are drinking or using other substances.

**Experiencing physical issues that impact you in unexpected ways:** This could include:

- Digestive and/or appetite problems
- Increased aches and pain
- Sexual and/or reproductive issues
- Executive function and memory problems

The COVID-19 pandemic has created some unusual circumstances and as a result, you may find that you've taken on additional roles that create a range of emotions. These feelings and experiences are normal, but they can take a significant toll on your well-being.

It doesn't mean that you are destined to have a long-term mental health condition because you're experiencing this, but addressing signs and symptoms is vital to ensuring lifelong mental health and wellness.

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

Virtual NAMI Stark County Support Groups using [Zoom.com](https://zoom.us)  
Join by computer [Zoom.com](https://zoom.us) 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 – Group meets weekly Sunday

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

Join Zoom Meeting

[https://zoom.us/](https://zoom.us/j/91665633660)

[j/91665633660](https://zoom.us/j/91665633660)

Meeting ID: 916 6563 3660

**Support Groups: For those impacted by mental illness, Family Members and  
Natural Supports.**

**Help is available; you are not alone!**

**Support Groups are FREE to attend; NO registration is required.**

## 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	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	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	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 above classes by calling 330-455-6264**

Mental Health First Aid Adult			
Tuesday	June 15, 2021	Virtual Zoom	9:00 am - 4:00 pm

**You must pre-register for class through Stark MHAR**

*<https://starkmhar.org/trainings-and-events/training-center>*







National Alliance on Mental Illness

**NAMI**

# Stark County



## Youth Caregivers 101

**New 4 week course, starting June 10, 2021 at 7:00 PM for parents of children with mental or behavioral problems. Offered on ZOOM, this course is packed with education on how to deal with your child and care for yourself. Call 330-455-6264 or email [rholland@namistarkcounty.org](mailto:rholland@namistarkcounty.org) for more information or to pre-register.**

### 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**



STARK COUNTY  
**Mental Health &  
Addiction Recovery**

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



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



# Stark County

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330-455-NAMI [6264]

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