**Famous People Who Have Experienced Mental Illness:**

Ariana Grande  Buzz Aldrin  Maurice Bernard
Selena Gomez  **Shawn Mendes**  Lizzo
KESHA  Billie Eilish  Robert Downey, Jr.
Sally Field  *Linda Hamilton*  *Patty Duke*
Rhonda Rousey  Daniel Radcliffe  Demi Lovato
Michael Phelps  *Carrie Fisher*  Leonardo DiCaprio
JANE PAULEY  Lady Gaga  Axyl Rose
Monzo Spellman  Ben Stiller  Sting
Darryl Strawberry  Elton John  Adele
John-Claude VanDammme  *Ashley Judd*

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

**Education**

**Family-to-Family**
8 week course is for family members and friends of adults with serious mental illness. It is taught by trained NAMI family members.

**Peer-to-Peer**
8 week course is for adults who have been diagnosed with a mental illness. It is taught by NAMI trained peers.

**Basics**
6 week course is for those with school age children with emotional/mental/neurobiological disorders. It is taught by trained NAMI members.

“I learned the first night of class that our son’s behaviors were not a personal affront to us, rather symptoms of an illness he did not choose to have. We think of that often and it helps us cope.”  -- A Family to Family Class Alum

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**Support Groups** for persons with a mental illness, family members and natural supports of someone with a mental illness; for persons dealing with both a mental illness and a substance issue.

No charge for education programs, support groups, advocacy, or community presentations.

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**NAMI Stark County** works to “Provide Hope for Recovery for Persons and Families Impacted by Mental Illness”. We are dedicated to improving the lives of persons and families in Stark County who have been impacted by mental illness through free NAMI education programs and presentations, support groups and advocacy.

**What is Mental Illness?** Mental Illnesses are medical conditions that disrupt a person’s thinking, feeling, mood. People who have a mental illness can be very confused and frightened by their illness and can suffer a great deal. People, through ignorance and misunderstanding, reject and discriminate against those with a mental illness, causing further suffering.

You can’t catch a mental illness like a cold. Many factors combine to cause mental illness. Heredity may be a factor as it is in diabetes or cancer. Life stressors and physical illness may also be contributing factors. Contrary to old myths, mental illness is **NOT** caused by bad character, poor child rearing or any individual’s behavior.

**Treatment Works; People Recover!** At present, there is no effective prevention or cure for mental illness. However, mental illnesses are diagnosed and treated as precisely and effectively as many other medical disorders. Effective medication, counseling, therapy, and self-help community support programs help people live productive and rewarding lives.
You are Not Alone. Need Help Connecting with Mental Health Services? Call 330-455-6264 for help to navigate our community mental health services. NAMI is a non-clinical agency with staff who have lived experience to share with you. We are here if you need to talk.

**System Navigator** Help individuals and families transition to appropriate behavioral health services and provide emotional support and guidance individuals navigating through Stark County behavioral health system.

- Assist individuals and families by connecting them to necessary services
- Address barriers in accessing behavioral health services
- Work with transitional age youth aging out of foster care

**Outreach Coordinator: Community Awareness & Presentations** NAMI Stark County collaborates with other agencies, committees and coalitions who share common interest in helping support behavior health issues. We attend health and wellness fairs and provide mental health presentations and trainings

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### Mental Health 101

- **Who is NAMI Stark County**
- **Understanding Mental Illness**
- **Executive Function**
- **Trauma**
- **Stress**
- **Self Care**

**Caregiver Basics**

- 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

**In Case of Emergency Call 911 Ask for CIT Officer**

It’s time to talk about suicide and depression. Need help?

Call 1-800-273-8255 for the National Suicide Prevention Lifeline or Coleman Crisis Center Adult or Youth Mobile Response Team 330-452-6000 Crisis Text Line, Text 4hope to 741741

Military & Veterans Crisis Line 1-800-273-8255

**Fundraising** Annual Moving Forward for Mental Health Walk and Annual Golf Outing are opportunities to raise awareness, break the stigma and funding to support groups, education programs and advocacy for those impacted by mental illness in our community.

Kay A. Raga, Executive Director
Sheryl Falcone, Program Coordinator
Cindy Kisik, Outreach Coordinator
Robin Holland, System Navigator
121 Cleveland Ave SW
Canton, OH 44702
330 455-6264

Jewell Oppermann, Outreach Coordinator
NAMI at Heartland Behavioral Healthcare
3000 Erie St South
Massillon, OH 44646
330 833-3135 x. 2170
www.namistarkcounty.org
namistark@namistarkcounty.org
#namistarkcares
2022 Schedule Education Schedule
All classes are free and will be held via ZOOM until further notice

**NAMI 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.

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
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<tbody>
<tr>
<td>Wednesday</td>
<td>January 26 - March 2, 2022</td>
<td>6:00 - 8:00 pm</td>
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<tr>
<td>Wednesday</td>
<td>April 27 - June 1, 2022</td>
<td>6:00 - 8:00 pm</td>
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<tr>
<td>Wednesday</td>
<td>July 27 - August 31, 2022</td>
<td>6:00 - 8:00 pm</td>
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<tr>
<td>Wednesday</td>
<td>October 26—November 30, 2022</td>
<td>6:00 - 8:00 pm</td>
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**NAMI 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.

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<th>Day</th>
<th>Date</th>
<th>Time</th>
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<tr>
<td>Tuesday</td>
<td>January 11 - March 1, 2022</td>
<td>6:00 - 8:30 pm</td>
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<tr>
<td>Tuesday</td>
<td>March 22 - May 10, 2022</td>
<td>6:00 - 8:30 pm</td>
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<tr>
<td>Saturday</td>
<td>April 16 - June 4, 2022</td>
<td>10:00 - 12:30 pm</td>
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<tr>
<td>Tuesday</td>
<td>May 31 - July 19, 2022</td>
<td>6:00 - 8:30 pm</td>
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<tr>
<td>Tuesday</td>
<td>August 9 - September 27, 2022</td>
<td>6:00 - 8:30 pm</td>
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<tr>
<td>Tuesday</td>
<td>October 11 - November 29, 2022</td>
<td>6:00 - 8:30 pm</td>
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**NAMI Peer to Peer**
8-week course for individuals living with a mental health condition. It is taught by trained peers.

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<th>Day</th>
<th>Date</th>
<th>Time</th>
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<tbody>
<tr>
<td>Thursday</td>
<td>January 20 - March 10, 2022</td>
<td>6:00 - 8:00 pm</td>
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<tr>
<td>Thursday</td>
<td>March 31 - May 19, 2022</td>
<td>6:00 - 8:00 pm</td>
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<tr>
<td>Thursday</td>
<td>June 9 - July 28, 2022</td>
<td>6:00 - 8:00 pm</td>
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<tr>
<td>Saturday</td>
<td>July 9 - August 27, 2022</td>
<td>10:00 - 12:00 pm</td>
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<tr>
<td>Thursday</td>
<td>August 18 - October 6, 2022</td>
<td>6:00 - 8:00 pm</td>
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<tr>
<td>Thursday</td>
<td>October 20 - December 8, 2022</td>
<td>6:00 - 8:00 pm</td>
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</tbody>
</table>

Please call 330-455-6264 to register for a course
New Name! Updated Program!

Same 8 hour certification program done virtually!

Mental Health First Aid (MHFA) is more than just a training program – in addition to teaching First Aiders how to identify, understand and respond to signs and symptoms of a mental health or substance use challenge, it emphasizes the importance of self-care, provides facts about mental health, and encourages you to #BeTheDifference where and when you can. This may look like checking in with a coworker, reaching out to a family member or just supporting a friend who has been having a hard time.

Classes are Free!

We do have a $25 NO SHOW policy. You must cancel at least 24 hours before class or you will be charged.

Mental Health First Aid Adult

- Wednesday February 2, 2022 9:00 am – 4:00 pm
- Wednesday April 6, 2022 9:00 am – 4:00 pm
- Wednesday June 1, 2022 9:00 am – 4:00 pm
- Wednesday August 3, 2022 9:00 am – 4:00 pm
- Wednesday October 5, 2022 9:00 am – 4:00 pm
- Wednesday December 7, 2022 9:00 am – 4:00 pm

Mental Health First Aid Youth

- Wednesday January 5, 2022 9:00 am – 4:00 pm
- Wednesday March 2, 2022 9:00 am – 4:00 pm
- Wednesday May 4, 2022 9:00 am – 4:00 pm
- Wednesday July 6, 2022 9:00 am – 4:00 pm
- Wednesday September 7, 2022 9:00 am – 4:00 pm
- Wednesday November 2, 2022 9:00 am – 4:00 pm

All classes are done on ZOOM. Call 330-455-6264 to register
Why Join a NAMI Support Group?

Mental illness can be extremely isolating and it’s not uncommon to lose friends along the way. This is a chance to meet new people — people who truly know what it’s like to have gone through similar issues. Some people in group may become someone you get to exchange pleasantries with each week. Groups are led by those with lived experience.

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 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 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 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
Have You Ever Thought About Volunteering in Our Community?

NAMI Stark County has 2 full time employees and 3 part time. At this time, we coordinate over 50 volunteers and are in need of more! If you would like to volunteer, please call 330-455-6264

**NAMI Stark County Volunteer Opportunities**

**NAMI Family to Family, NAMI Peer to Peer, NAMI Basics, NAMI Homefront, NAMI Provider Education and Mental Health First Aid:** All of our classes are facilitated by trained volunteers. Our program leaders for our classes offer life-changing information for family members and for individuals living with a mental health condition.

**Family Support Group and Peer Connection Support Group:** All of our support groups are facilitated by trained volunteers. As an instructor: Program leaders of our support groups facilitate the exchange of group wisdom for family members and individuals living with a mental health condition.

**Mental Health 101 and Caregiver Presentations:** All of our community presentations are delivered by trained volunteers who have lived experience with mental illness, either as a person living with mental illness or a family member.

**Speakers’ Bureau:** From time to time, we are asked to be part of panels that look at various aspects of mental health such as discrimination in the workplace, the effect of mental illness on marriage, and similar topics. If you have lived experience as an individual living with mental illness or as a family member and are willing to share your story, you can make a real impact in the community as a member of our Speakers’ Bureau.

**NAMI Ambassadors:** Another way we help get the word out about NAMI Stark County is by attending health fairs, county fairs, and other community events. We need volunteers, known as NAMI Stark County Ambassadors, to staff the table and answer people’s questions about NAMI Stark County and the services we offer.

**Adopt-a-Site:** Most people hear about NAMI Stark County through word-of-mouth or providers. As an Adopt-a-Site leader, you can adopt one location in the community and make sure they are adequately supplied with brochures, handouts, and other information people need to get connected with us.

**Moving Forward for Mental Health Walk & Annual Golf Outing:** NAMI Stark County is funded entirely by grants and donations. Our biggest fundraiser is the Moving Forward for Mental Health Walk, which we hold annually in October. Our annual Golf Outing is held in August. We need volunteers to pull off a successful walk and golf outing. There are many volunteer roles—everything from publicity to captaining a walk team to helping to set up the walk route the day before the event and captaining a team at the golf outing.

**Other Ways to Help:** You likely have other gifts and talents that could benefit NAMI Stark County and the people we serve. We would love to talk with you about how you’d like to contribute! We are always looking for volunteers in the office and would always welcome technical assistance.