



NAMI

National Alliance on Mental Illness

Stark County

Fall 2022

The 988 Crisis Lifeline Offers Help Instead of Handcuffs

The newly launched hotline is poised to save lives, especially in communities of color
by Christine M. Crawford, MD, MPH, and Hannah Wesolowski, MPA July 26, 2022

As of July 16, people across the country can now dial 988 to connect to the 988 Suicide and Crisis Lifeline, a national network of crisis call centers. The 988 lifeline connects people in crisis, and those concerned for a loved one, to trained crisis counselors providing free, confidential support for thoughts of suicide, a mental health or substance use crisis, or any other kind of emotional distress. This is a long overdue resource, and it marks one step toward mental health advocates' vision that people in crisis receive help, not handcuffs.

A mental health crisis is not a crime, but until recently, police were the only available resource to respond in most communities. Far too often, a police response to a mental health crisis results in a quick escalation, especially if the person in crisis is confused and unable to process their commands. This can lead to people being treated as noncompliant rather than having symptoms of an illness. Especially in communities of color, people experiencing severe symptoms have long endured needless trauma, incarceration, and loss of life rather than getting needed mental health treatment.

About one in five fatal police shootings between 2015 and 2022 involved a person with a mental illness, and an estimated 44% of people in local jails and 37% of people in prison have a mental health condition. And 2 million times each year, people with mental illness are booked into our nation's jails. Studies have shown that Black people living with a serious mental illness such as schizophrenia, bipolar disorder, and other psychotic disorders are more likely to be incarcerated and do not receive adequate mental health care and supports essential for their recovery.

Given these dire statistics, individuals with a mental health condition and their loved ones can fear calling 911 during a mental health crisis. For Black people faced with a mental health crisis, this fear is compounded by the structural racism of our criminal justice system and unconscious bias leading to the overrepresentation of Black people incarcerated in jails and prisons. In June, the National Alliance on Mental Illness (NAMI), released a survey on public expectations around 988 and crisis response, conducted by Ipsos, which found a majority of Black U.S. adults (85%) say they would be afraid the police may hurt their loved ones or themselves while responding to a mental health crisis. This is significantly higher than the concerns of the general population (64%), and an 11% increase over results from last year.

As an adult and pediatric psychiatrist practicing at Boston Medical Center, the region's largest safety net hospital, families have vocalized this fear to me: "Dr. Crawford, I don't know what to do. My 13-year-old son is seen as a Black man, not just as a child in crisis. We all know how the police respond to them."

I would find myself on the phone with parents, strategizing about what they should say when they call 911 during a crisis and how to greet police officers when they arrive to the scene, telling them to repeatedly state that their loved one is experiencing a mental health crisis. While providing this guidance, I often experience anxiety about how the interaction will ultimately go down since previous encounters have demonstrated that the patient may be met with handcuffs because our communities don't provide a supportive, trauma-informed therapeutic response.

Black people should not live in fear of reaching out for help to access lifesaving treatment for a mental health condition, especially since care is already so hard to come by. Unfortunately, Black people often receive poor quality of care and lack access to culturally competent care, and despite the need, only one in three Black adults with mental illness receive treatment. Any delay in access to acute mental health care can be devastating. For example, untreated symptoms of psychosis and suicidal thoughts can worsen and result in significant functional impairment and ultimately death.

More than four in five Americans believe that when someone is in a mental health or suicide crisis, they should receive a mental health response -- not a police response. Yet, families and individuals often have to weigh the risks before calling for help. Is it more dangerous to risk a police interaction during an acute mental health crisis as a Black person or to remain in the community untreated? No one should ever have to consider this dilemma. Our priority must be connecting people experiencing a mental health crisis with mental health services, without delay.

NAMI's June survey on 988 also found that, while there is broad public support for building a crisis system, only 4% of U.S. adults were at least somewhat familiar with 988. Unlike calling 911, **988 is the intervention**. Estimates show that 80% to 98% of calls can be resolved over the phone, and likely reduce the need for in-person crisis responses. However, in cases where the situation isn't resolved over the phone, improved next-steps are critical. Over the next year, creating more community-based mental health services is needed to improve equitable access to a standard of care for crisis services that includes 24/7 local 988 call centers, mobile crisis teams staffed by mental health professionals when an in-person response is needed, and crisis stabilization options. Together, these services can help end the revolving door of emergency department visits, hospitalization, arrests, incarceration, and homelessness.

Living with a mental illness is no more a crime than living with diabetes. Every person in crisis and their families should receive a humane, mental health-based response that treats them with dignity and connects them to appropriate and timely care. 988 is a major step forward in making this vision a reality, giving many a sense of hope -- but we have more work to do.



NAMI Stark County, will schedule virtual or in-person class for time and date convenient for your organization.

Please call 330-455-6264 to schedule.

NAMI Provider

NAMI Provider is a staff development program for health care organizations that provide services for people affected by mental illness. This unique program is led by people living well in recovery, family members and health care providers. The presenters share their personal, intimate perspective on their treatment experience. The material is available in a four-hour introductory seminar. The primary goal of the program is to promote collaboration between the client, their family and health care staff. Having everyone engaged in the recovery process facilitates better outcomes.

NAMI Smarts

Grassroots advocacy is about using your voice to influence policy makers and make a difference. Turn your passion and your lived experience into a positive voice for mental health with the NAMI Smarts for Advocacy training. NAMI Smarts for Advocacy will enhance your advocacy skills and help you shape a powerful and personal story that will move policy makers. **The NAMI Smarts Difference** NAMI Smarts for Advocacy gives you step-by-step tools and the hands-on practice you need to feel clear, confident and ready to make a difference.

Invisible Virus

**A Doctor and a Global Human Rights Journalist/
Mental Health Case Manager fight for more Mental
Health programs**

By David Thomas and Dr. Mike Sevilla

“You’re going to need a bigger boat” Jaws

My name is David Thomas I am a Mental Health Case manager as well as a Global Human Rights Journalist. I not only work locally as a Mental Health Case Manager but I do interviews all over the world on various topics from War Crimes to Mental Health. Before I get into any numbers which are staggering and in my opinion still under reported as the stigma of receiving mental health treatment is still ever present in our consciousness. I work with children and adults, I am in the schools as well as on the streets trying to get clients out of their homes to lessen their isolation by walking and exercising. What I’ve have seen with my own eyes from the beginning of the pandemic to present day is a dramatic increase in our children struggling with anxiety and depression. The stressors of fears of Virus as well as fear of violence from peers has made our kids’ lives a state of constant stress. There is also an increase in suicide attempts by teens as well as adults. Adults who struggled with issues of addiction have become overwhelmed by the constant stressors and have relapsed. Poverty and homelessness has increased, as you drive down your main street you will see more people pushing grocery carts with their belongings. I am The Social media Marketing Director for a Food and Clothing pantry in my hometown and I can tell you that pantries are being exacerbated by the need for help, and assistance and that the amount of people the pantries are serving has tripled since the beginning of the pandemic to now. Increasingly people are walking off of their jobs and just not working, I feel that this may be not from being lazy but from just not mentally being able to hold a job anymore as the Psychological effects of the pandemic have opened the Pandora’s Box of mental health issues that we as Americans were lying to ourselves about and self-medicating with Social Media and buying shoes. That box is open now and it has released a ton of people’s personal demons that we are now witnessing.

Here are some numbers, I promise they are wrong and should be doubled.

- * **21% of adults in the USA are experiencing mental health issues, that’s over 50 million - NAMI**
- * **Suicide is the leading Cause of death among people aged 10 to 34 - PDG**
- * **Issues with mental health and substance abuse worldwide have increased 13% - WHO**

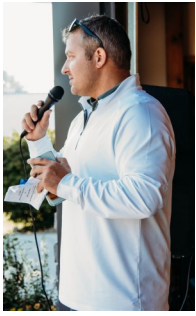
I’m Dr. Mike Sevilla and I am a Family Physician in rural Ohio, and it is no secret that the mental health resources available BEFORE the pandemic were very few. Now, as the pandemic started and has progressed, I can share with everyone that we don’t even have a grasp of the mental health crisis that is going on out there.

I see patients in my office every day, both children and adults. Even though the pandemic has been going on for months and years, I still have patients who have a lot of fear leaving their own home. I have patients hesitant to see their friends and family, in person, because of fear. This fear is being converted into addictions like technology, food, alcohol, drugs, and others.

And, out there in society, you can see the emotional effects of this pandemic, whether it be short tempers, arguments, sometimes physical violence and crime, not to mention the cyberbullying and other activity on social media.

One of our goals is to raise awareness of this mental health crisis, that no one knows about yet, and no one wants to know about. Mental health access has been the most challenging that it has ever been, and funding for mental health has always been a challenge.

I’m going to be honest with you, we are in trouble and in need of dynamic mental health programs for all with access to all. The effects globally on people’s lives as well as economies of countries, not just America will be crippled by populations of people who have not received assistance and just cannot function in their societal systems. Close your eyes and think California, but imagine that Dystopic vision is everywhere. It is our hope that we can urge not only our country but others as well to step forward and create programs to address this.



Our 2022 Golf Outing Fundraiser at Sable Creek on August 19 was a fun day for all!

Weather was perfect! We had 32 registered teams!

Thanks to NAMI Board Member Travis Johns for all your hard work chairing the committee



See all golf photos at

[NAMI Stark County - Golf Outing | Facebook](#)



2022 NAMI Walk

What a great time was had by all! Weather was great for a 2.8 mile walk, learning about Mental Health and stomping out Stigma! Our newly designed t-shirts were a big hit! (See shirt below) They are available to purchase for \$10 each. Contact Robin at rholland@namistarkcounty.org to purchase one.



See all 2022
Walk Pictures
at
NAMI Stark
County |
Facebook



2023 Education Schedule

Day of Week	Dates	Location	Class Time
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	January 25 - March 1 , 2023	Virtual Zoom	6:00 - 8:00 pm
Wednesday	April 26 - May 31, 2023	In Person/Holy Trinity	6:00 - 8:00 pm
Wednesday	July 26 - August 30, 2023	Virtual Zoom	6:00 - 8:00 pm
Wednesday	Oct 25 - Nov., 2023	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	January 10 - February 28, 2023	Virtual Zoom	6:00 - 8:30 pm
Tuesday	March 21 - May 9, 2023	In Person/Holy Trinity	6:00 - 8:30 pm
Tuesday	May 30 - July 18, 2023	Virtual Zoom	6:00 - 8:30 pm
Tuesday	August 8 - September 26, 2023	Virtual Zoom	6:00 - 8:30 pm
Saturday	September 2 - October 21, 2023	Virtual Zoom	10:00 - 12:30 pm
Tuesday	October 10 - November 28, 2023	Virtual Zoom	6:00 - 8:30 pm
Peer to Peer	8-week course for individuals living with a mental health		
Thursday	January 19 - March 9, 2023	Virtual Zoom	6:00 - 8:00 pm
Saturday	March 4 - April 22, 2023	Virtual Zoom	10:00 - 12:00 pm
Thursday	March 30 - May 18, 2023	In Person/Holy Trinity	6:00 - 8:00 pm
Thursday	June 8 - July 27, 2023	Virtual Zoom	6:00 - 8:00 pm
Thursday	August 17 - October 5, 2023	Virtual Zoom	6:00 - 8:00 pm
Thursday	October 19 -December 14, 2023	Virtual Zoom	6:00 - 8:00 pm

You must be registered to attend the class. Please call 330-455-6264 or email Sheryl at sfalcone@namistarkcounty.org

Also more classes may return to in-person in 2023.



Mental Health
FIRST AID

from NATIONAL COUNCIL FOR
MENTAL WELLBEING

Same 8 hour certification program done virtually!



Mental Health
FIRST AID

from NATIONAL COUNCIL FOR
MENTAL WELLBEING

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!**

Mental Health First Aid Adult

Wednesday December 7, 2022 - 9:00 am – 4:00 pm
Wednesday January 11, 2023 - 9:00 am – 4:00 pm
Wednesday March 1, 2023 - 9:00 am – 4:00 pm
Wednesday May 3, 2023 - 9:00 am – 4:00 pm
Wednesday July 12, 2023 - 9:00 am – 4:00 pm
Wednesday September 13, 2023 9:00 am – 4:00 pm
Wednesday November 1, 2023 9:00 am – 4:00 pm



Mental Health First Aid Youth

Wednesday February 1, 2023 9:00 am – 4:00 pm
Wednesday April 12, 1, 2023 9:00 am – 4:00 pm
Wednesday August 9, 2023 9:00 am – 4:00 pm
Wednesday October 11, 2023 9:00 am – 4:00 pm



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Stark County

Call 330-455-6264 or email
rholland@namistarkcounty.org
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. Others though, you may begin to see beyond group and become friends.

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 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 **1st and 3rd Sunday** starting 7/1/22 **New Days**

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



The Book Corner

By Steve Pryce

Rust

Flat Iron Press By Eliese Colette Goldbach 307 pages

Rust, a Memoir of Steel and Grit, tells the story of Eliese Colette Goldbach, a valedictorian of a parochial high school in Cleveland. She was later a graduate student in the NEOMFA program for non-fiction writing and worked for three years in a Cleveland steel mill. Since the age of eighteen, she experienced bipolar disorder. Currently, she teaches at John Carroll University. Growing up, she wanted to become a nun.

At the beginning of the book, Eliese lands a job at a mill in Cleveland that was once Republic and once LTV Steel. "You won the lottery," she was told. "You're going to make a lot of money." Union employees often bought homes and new cars. Eliese was painting houses and living in an apartment that had rats, to pay off student loans. Her boyfriend Tony was a teacher. She could manage her bipolar disorder by managing her painting jobs.

The story begins in 2016, as "Trump is making his climb to the Presidency." The mill had many Trump supporters, and Eliese grew up in a conservative Catholic family. Her father was a pawn shop manager and her mother made ends meet to send her to a Catholic high school. They shared their conservative values with their daughter, who was following more liberal ideals. It was stressful, but Eliese found herself becoming more assertive and outspoken about her beliefs.

Becoming part of the union and officially a steel worker was also a challenge. She worked twelve hour days and swing shifts as an "Orange Hat." The exhaustion led to problems with her relationship and eventually a car accident. Trying to get to work on time, she hit a road median. Her illness made it worse. "As I sat and cried in the hospital bed, I couldn't shake one fear . . . that my bipolar disorder would eventually drive Tony away." Tony got permission to leave work, and visited her in her apartment, that she had to clean before he arrived.

The stress and exhaustion continued as Eliese goes from the Finishing Department to Hot Dip to the Shipping Department. She made friends at work and did not want to quit Hot Dip, but she found the work physically challenging. Connecting with Tony was also more difficult when she was always sweaty and tired. Her symptoms became worse, and she remembered the trauma of freshman year at Franciscan University, where she was raped. She reported the incident, and the University put it to trial. One of the accused men pleaded guilty and transferred to avoid a charge. The other man was tried and cleared. Eliese finished the year, but then sought mental health treatment and transferred to John Carroll University. She was diagnosed with bipolar disorder. The job and relationship stress as well as the Presidential Election continued, and Eliese was hospitalized again.

After one week at the hospital, Eliese returned to work. She was assigned to the Temper Mill, which had no swing shifts. Her hospitalization was kept quiet. It gave her time to complete her master's degree thesis. For another year and a half, she continued the job and even attended a Women's Rally. Her liberal beliefs became stronger and it changed the way she felt about her growing up years. She decided that she wanted to do more with her life than work at the mill. It was less money, but she accepted a teaching position at John Carroll University. Before she left, the Maintenance Supervisor in the Temper Mill had a heart attack while trying to fix a machine. He died in the hospital. It was at the time of her third year anniversary at the mill.

 **NAMI** Stark County
National Alliance on Mental Illness

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



Fall 2022

 **NAMI** Stark County
National Alliance on Mental Illness

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