



NAMI

National Alliance on Mental Illness

Stark County



The Mental Health **Advocate**

Issue 1

Fall 2023



*Front Row (L to R) Faith James, Adena Beach, Jewell Opperman
Back Row Kay Raga, Cindy Kisik, Sheryl Falcone, Robin Holland*

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WE CONTINUE TO GROW!

And now there are 7! Under the leadership of our director, Kay Raga and Stark MHAR, we have added to our staff again with the addition of Adena Beach, Parent Advocate (see inside article).

She joins our team of Kay, Executive Director; Sheryl, Program Coordinator; Jewell, Systems Navigator; Cindy, Outreach Coordinator; Robin, Community Coordinator; and Faith, Young Adult Coordinator.

Our Mission is to Support, Educate and Advocate for those with Mental Illness, their families and workplace.



GOLF FUNDRAISER/TRAVIS JOHNS

Our yearly Golf Outing was held August 25, 2023 at Sable Creek Golf Course.

The continued support from local organizations and community members has been pivotal to the NAMI Stark County's golf outing success. We were pleased to host another successful event with over 100 golfers attending. We truly couldn't do it without the support of our sponsors, patrons, and those who have joined us at Sable Creek every year. Also a very special thank you to all of our volunteers!



Winners: Josh Pedrozo, Seth Pedrozo, Jon Pedrozo, & Travis Roberts



We look forward to seeing everyone in 2024!

NEW PARENT ADVOCACY CONNECTION

I am here to Educate, Empower, Support, and Equip my parents with resources in the community that will help families be effective in building relationships.

My goal is to be able to have Tea Time with Parents coming together to discuss every day issues and concerns so they will have a trusted support team.

Adena Beach, PAC Parent Advocate, NAMI Stark, Tusc. & Carroll Counties

What is the Parent Advocacy Connection (PAC)?

PAC Mission is to empower, educate, encourage, and equip families to partner with professionals in promoting access to services that are family-centered, community-based, comprehensive, and culturally competent.

PAC is a NAMI Ohio grassroots program that offers trained Parent Advocates with lived experience who reflect the cultural and ethnic make-up of the families they serve. When children require services from multiple sources (i.e., mental health, schools, juvenile courts, developmental disabilities, and alcohol/drug addiction services agencies), it can be difficult for parents to navigate their way through these various service systems. Families may become overwhelmed and have difficulty expressing their concerns and the needs of their child(ren). Ohio's service coordination process recognizes this challenge and has made support for families available through the Parent Advocacy Connection (PAC).



What a beautiful day for a walk! Opening Ribbon Cutting



Fun for all ages!

NAMI Stark County
National Alliance on Mental Illness



2023 WALK

Our Annual Walk was held on October 1st, 2023.

The weather was cool at Walk time and sunny and 70 by the end.

Close to 300 individuals attended! Walkers were treated to face painting, free ice cream, snacks and many community resources!

Everyone had the opportunity to win door prizes!

Special Thank You goes out to all of our Sponsors, the Walk Committee chaired by Sheryl Falcone and Penny Card, our Marketing Queen Stephanie Jackson, All the Community Resource Agencies, and all our Volunteers!



Individual Fundraiser: Brian Kuruc



Top Fundraising: Team Lightell



Largest Team: The Pacemakers



Free Ice Cream!!!

**Every Mind Matters:
The Many
Dimensions of
Mental Illness**

On Oct. 18, NAMI CEO Daniel H. Gillison Jr. joined The Hill, a Capitol Hill-focused news outlet, for a panel discussion during their event, "Every Mind Matters: The Many Dimensions of Mental Illness."

The Hill brought together lawmakers, mental health experts and advocates to discuss how we break down the stigma and build a comprehensive care system to support all people affected by mental illness.

"Mental Health doesn't look Republican, it doesn't look Democratic, it doesn't look independent. It looks like all of us."

YOUTH MOVE/FAITH JAMES

Youth Motivating Others through Voices of Experience

YouthMOVE is a youth and young adult led organization devoted toward improving services and systems to promote youth inclusion, mental wellness, positive supports, and healthy transitions.

YouthMOVE empowers youth to advocate for themselves and live healthy, meaningful lives. Our mission is to empower all youth and young adults who have experience with various youth-serving systems.

YOUR VOICE MATTERS

FREE

Group 1 - AGE 11-17
Group 2 - AGE 18-24
Group 3 - AGE 25-30



**YOUTH MOVE
STARK COUNTY**

YouthMOVE Stark County is a youth and young adult free program offering advocacy, education, community engagement, and peer support groups.

Food/Snacks Provided.

Email fjames@namistarkcounty.org for more information

YouthMove Stark County Group Topics for all groups include...

- self-care
- self-awareness
- mindfulness
- reflection
- wellness
- nutrition
- relationships
- mental health
- addiction
- stress&wellbeing
- anger
- personal growth
- goals/ future aspirations

WHAT YOU CAN DO TO

End the Stigma

AGAINST MENTAL ILLNESSES

-  Educate yourself and others, pass on facts, challenge myths and stereotypes
-  Be aware of how mental illnesses affect peoples behavior and attitudes.
-  Talk openly about mental health. Choose how you speak to those with mental illnesses.
-  Focus on positives, offer support and encouragement, and include everyone.
-  Don't use labels for people with mental illnesses



NAMI STARK COUNTY OFFICE -
121 Cleveland AVE SW Canton

December 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Group 1 ZOOM 6pm	5 Group 2 ZOOM 7pm	6	7	8 Group 3 ZOOM 6pm	9
10	11	12	13	14	15 LGBT ZOOM GROUP 1 6pm	16
17	18	19 Group 2 ZOOM 7pm	20 Group 1 ZOOM 6pm	21 Group 3 ZOOM 7pm	22 LGBT ZOOM GROUP 2&3 7pm	23
		26	27	28	29	30

ZOOM MEETING INFO

MEETING ID : 816 9750 2625
PASSCODE : 737968

UPCOMING MENTAL HEALTH FIRST AID CLASSES



Mental Health First Aid

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 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

There is a 2-hour virtual pre-course and a 6-hour Instructor led portion on the dates below.

All classes are free, but you must pre-register at least 7 days in advance and do pre-course before attending. Classes are limited to 20 participants and we must have 5 participant to have a class.

Adult Mental Health First Aid

Wednesday November 1, 2023 9:00 AM at Stark MHAR
Wednesday January 10, 2024 - 9:00 AM- 4:00 PM via ZOOM
Wednesday March 6, 2024 9:00 AM- 4:00 PM via ZOOM

Youth Mental Health First Aid

Saturday Nov.18, 2023 9:00 AM via ZOOM
Saturday February 10, 2024 9:00 AM- 4:00 PM via ZOOM

UPCOMING NAMI EDUCATIONAL CLASSES



is free 6 week (2 hrs/wk) for parents and other family caregivers of children and adolescents who have either been diagnosed with a mental health condition or are experiencing symptoms, but have not been diagnosed. It is taught by trained parents.

Thursday - Jan. 25 - Feb 29, 2024, Virtual Zoom 6:00 pm -8:00 pm



is a free 8 week (2 hrs/wk) recovery education course open to anyone experiencing a mental health challenge. This course is designed to encourage growth, healing and recovery among participants. It's taught by trained peers

Friday - Jan. 12 - Mar. 16, 2024 – Massillon Make A Way - 6:00 pm-8:00 pm



is a free 8 week (2-1/2 hrs/wk) education course for families of individuals with mental illness. This program was designed as an evidence-based program and is taught by trained family members.

Saturday - Jan. 13 - Mar. 2, 2024 - Virtual Zoom - 10:00 am - 12:30 pm

There is no health care without **mental health care.**



NAMI Leads Grassroots Effort to Strengthen Parity

NAMI has long fought for a reality where mental health care is treated equitably to physical health care, which historically, has been a struggle. Fortunately, the Biden Administration proposed rules to strengthen enforcement of mental health parity law that would improve access to care.

Public comments on these proposals were accepted through Oct. 17, and NAMI grassroots advocates from across the country shared their stories with regulators in order to improve access to mental health care in the U.S.

Of the approximately 9,400 public comments submitted to the Departments of Labor, Health and Human Services, and Treasury, over 5,000 – nearly 60% of the total comments – were submitted by NAMI advocates in support of the proposal.

What a tremendous effort across our

It is more important than ever to build a stronger mental health system that provides the care, support and services needed to help people build better lives.

Support Groups

NAMI Stark County Peer Support Group
7:00 PM Every Tuesday evening
Holy Trinity Lutheran Church
2551 55th St NE, Canton, OH 44721

NAMI Stark County Peer Support Group
7:00 PM every Friday evening on ZOOM
<https://zoom.us/j/386459766>
Meeting ID: 386 459 766

NAMI Stark County Family Support Group
7:00 PM on 1st and 3rd Sundays
<https://zoom.us/j/798097665>
Meeting ID: 798 097 665

NAMI Stark County Family Support Group
7:00 PM Third Monday of the month
Holy Trinity Lutheran Church
2551 55th St NE, Canton, OH 44721

Take Care of Your Mental Health Around the Holidays

1. Be Honest with Yourself and Others
2. Make a Realistic Budget
3. Focus on What You Can Control
4. Continue Healthy Routines
5. Avoid Alcohol and Drugs
6. Skip the Drama
7. Take Care of You
8. Ask for Help

Start Now, Before the Holidays

Board of Directors

President: Bart Fredrick

First Vice President:

Zach Hostetler

Second Vice President:

Josh Pedrozo

Secretary:

Dale Rush

Treasurer:

Robb Lightell

Penny Paige Card

Travis Johns

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Will Regula

Bryan Badar

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Adena Beach, Parent Advocate

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Consultants:

ODMHA Supervision Mental Health

Education: Dr. Malhotra

Marketing: John Allensworth

Walk Coordinator: Stephanie Jackson