



**NAMI**

National Alliance on Mental Illness

# Stark County

Spring 2022



## Ohio's Kids and Mental Health

There is a mental health crisis happening among our kids. Too many young people aren't receiving the help they need to live safe, healthy, happy lives. As we continue to live through this pandemic, we need to ensure young people feel supported at the place they spend so much of their lives — at school.

**NAMI is part of a coalition, the Hopeful Futures Campaign, with 15 leading mental health organizations. Today, Hopeful Futures launched "America's School Mental Health Report Card."** This report grades our state and all others on school mental health policies.

See the report at: [Final Master\\_021522.pdf \(hopefulfutures.us\)](#)

**How did Ohio do?** School mental health professionals: The report shows that we have **1 school psychologist** for every **1,084** students (Recommended Ratio 1:500), **1 social worker** for every **4854** students (Recommended Ratio 1:250) and **1 school counselor** for every **430** students (Recommended Ratio 1:250) **That's not enough.**

We are ranked 19th overall for school mental health.

Our rates of youth with at least one major depressive episode in the past year are **increasing.**

The number of youth with a substance use disorder is **increasing.**

**We have a children's mental health crisis.** Sign our petition to call for more investment in school mental health. [NAMI | Show Your Support for More Mental Health Care in Schools \(quorum.us\)](#)

## Commitment to Mental Illness in the Governor's State of the State Address

NAMI Ohio Executive Director Terry Russell was humbled to be recognized for his contribution to those living with mental illness and their families by Governor DeWine during his State of the State Address. More important than the recognition was Governor DeWine's message about the need to fulfill the promises that were never kept after the closure of Ohio's state psychiatric hospitals.

NAMI Stark County stands ready to work with the Governor, and Legislature, in any way we can to ensure that Stark County's citizens living with mental illness have the support and care needed to live successful lives.

We are an organization that represents those living with mental illness and their families. We have never been more excited than we are today about the opportunities presented in the State of the State Address.

We want to thank Governor DeWine for his years of support of those we represent and for his commitment to correct past failures that have negatively impacted so many people.

Future generations will remember today's State of the State Address in the same way we remember Dorothea Dix in the late 1800s begging for mental health reform.

NAMI Stark County and all of those that we represent, urges everyone that has an opportunity to be part of this change to make it happen! It is time now to fulfill the promises that were never kept and give every Ohio citizen living with mental illness and their families the care that they deserve.

**You can watch the video of State of the State Address on the Ohio Channel at the link below:**

<https://ohiochannel.org/>

# *Save the Dates!*

## **NAMI Stark County Annual Celebration of Volunteerism, Wellness & Recovery**

**Tuesday, June 21, 2022, 5:30 p.m.**

**Holy Trinity Lutheran Church**

**2551 55<sup>th</sup> St., N.E., North Canton, OH 44720**

**Nomination Forms for Peer and Professionals are included in this newsletter.**

**Nominations must be received by June 1, 2022**



## **NAMI Stark County: 4th Annual Golf Outing AUGUST 19, 2022 8:00 AM Sable Creek – Hartville, Ohio**

## **NAMI Stark County Moving Forward for Mental Health Walk October 2, 2022**

**Help us support, educate and advocate for our family, friends, and co-workers  
who have been and continue to be impacted by mental health.**

**Together we Walk Forward for change, awareness and break the Stigma!**

**Put together a team and Come Walk with US!**

**If you would like to sponsor an event,  
participate or volunteer  
please call us at 330-455-6264**

**NAMI Stark County Annual Celebration  
of Volunteerism, Wellness & Recovery  
Tuesday, June 21, 2022, 5:30 p.m.**

**PROFESSIONALS OF THE YEAR NOMINATION FORM**

**May include psychiatrists, nurses, therapists, case managers, peer specialists, etc.**

Using agency letterhead attached to this form, please briefly tell us:

1. Name and title of person nominating and contact information including name, work address & phone number
2. Nominee's Name and title (employee to be nominated)
3. Nominee contact information including name, work address & phone number

Reason for nominating this professional. We are looking for attributes such as, but not limited to:

Strong ability to build a therapeutic relationship

Client focused

Recovery oriented

Good listening and communication skills

Incorporates Motivational Interviewing

Trauma informed

Culturally competent

**INFORMATION RELEASE**

**NAMI Stark County and the above-named agency have my permission to release my name and information for the sole purpose of the Professional of the Year award.**

**If chosen, my photo and other information shared on the attached sheet(s) may also be shared with those attending the award ceremony and NAMI's newsletter and other media/publications.**

Name (Nominee) (please print): \_\_\_\_\_

Nominee Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Person Nominating (please print): \_\_\_\_\_

Person Nominating Signature: \_\_\_\_\_ Date: \_\_\_\_\_

There is no limit to how many persons an agency can nominate. All Nominees will be recognized. Winners will receive a plaque and prize. Nomination must be received by June 1, 2022

**NAMI Stark County Annual Celebration  
of Volunteerism, Wellness & Recovery  
Tuesday, June 21, 2022, 5:30 p.m.**

**PEERS OF THE YEAR NOMINATION FORM**

Using agency letterhead attached to this form, please briefly tell us:

1. Name and title of person nominating and contact information including name, work address & phone number
2. Peer (Client) Name
3. Peer (Client) information including name, work address & phone number

Description of how the nominee has taken an active role in his/her recovery. Examples include:

Participation in treatment (medication, one-on one therapy, group therapy, etc.)

Maintaining sobriety (if this applies)

Maintaining stability

Going beyond the norm to help themselves and others

Volunteering time to help at an agency or helping others in their recovery

Returning to work and excelling at a job

Or other reasons for nominating

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Name (Nominee) (please print): \_\_\_\_\_

Nominee Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Person Nominating (please print): \_\_\_\_\_

Person Nominating Signature: \_\_\_\_\_ Date: \_\_\_\_\_

There is no limit to how many persons an agency can nominate. All Nominees will be recognized. Winners will receive a plaque and prize. Nomination must be received by June 1, 2022



A **Coping Toolbox** is a collection of skills, techniques, items, and other suggestions that you can turn to as soon as you start to feel anxious or distressed. No one thing works for everyone, and it may take some trial and error, but building a coping toolbox is a great way to be prepared for those times when your mental well-being starts to slip – think of it as a safety net.

Creating your toolbox can be as simple as writing a list (on your phone or on paper) of what helps, like breathing exercises or going for a run – this way, when you start struggling with your mental health, you don't have to remember what to do or search for tips. You can also have a physical toolbox and fill it with things like a stress ball,

written notes to yourself, and photos that make you happy. If you make a physical toolbox, it's a good idea to still include a list of (non-physical) coping skills that help.

**If you're starting from scratch, here are some ideas:**

**Meditate.** Include a link to a relaxing playlist or the name of your favorite meditation podcast or app so that it's easier to get started.

**Breathing exercises.** There are many helpful breathing techniques you can try out. Relax your body (especially your neck and shoulders), pick a technique, and stick with it for a few minutes to give it time to work.

**Breathe as deep as you can, hold for a count of five, and slowly exhale.**

**Breathe in for two counts, purse your lips like you're going to whistle, and exhale for four counts.**

**Lay down and put your hand on your stomach or chest as you take deep breaths – focus on your hand rising and falling as you breathe in and out.**

**Call a friend.** Sometimes we all need a reminder that our friends care about us and want to be supportive during the tough moments. List the people in your life that you know have your back to eliminate overthinking when you need to reach out. If you don't have anyone that you're comfortable opening up to, try calling a **warmline**.

**Practice gratitude.** Reflecting on things you are thankful for can help you change your mindset. Each time you do this, aim to come up with at least three things – but you can never list too many, and nothing is too simple to count.

**Watch a funny movie.** List some of your favorites so that you aren't stumped about what to put on.

**Use your five senses.** Tuning into your sensory experiences can be comforting during intense moments.

**Touch: stress ball, silly putty, stuffed animal, blanket**

**Hear: click a pen, pop bubble wrap, listen to a calming playlist**

**See: photos with loved ones, snow globe, affirmation/quote cards**

**Taste: sour candy, mints, tea**

**Smell: candle, scented lotion, essential oils**

**Distract yourself.** Taking your mind off of the problem for a bit can help you come back to it with a fresh perspective. Funny videos, puzzles, and books are often great distractions. So are hobbies – write down some specific go-to ideas (like cross-stitching or baking a new recipe), so you don't forget your options.

**Repeat affirmations.** Saying an affirmation or mantra with positive and personal meaning can bring calm. You can buy an affirmation deck online or just write your own on a notecard. Pick something that speaks to you: I believe in myself. Fear doesn't control me. I let go of my sadness. I am safe.

**Process your feelings.** Diving into your emotions can help you find a healthy way out of that headspace. Link to (or print out) a feelings chart or remind yourself to journal to get everything in your head on paper.

## 2022 Schedule Education Schedule

All classes will be held via ZOOM until further notice. Please call 330-455-6264 to register

### 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.

Wednesday	April 27 - June 1, 2022	6:00 - 8:00 pm
Wednesday	July 27 - August 31, 2022	6:00 - 8:00 pm
Wednesday	October 26—November 30, 2022	6:00 - 8:00 pm

### 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.

Saturday	April 16 - June 4, 2022	10:00 - 12:30 pm
Tuesday	May 31 - July 19, 2022	6:00 - 8:30 pm
Tuesday	August 9 - September 27, 2022	6:00 - 8:30 pm
Tuesday	October 11 - November 29, 2022	6:00 - 8:30 pm

### NAMI Peer to Peer

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

Thursday	June 9 - July 28, 2022	6:00 - 8:00 pm
Saturday	July 9 - August 27, 2022	10:00 -12:00 pm
Thursday	August 18 - October 6, 2022	6:00 - 8:00 pm
Thursday	October 20 - December 8, 2022	6:00 - 8:00 pm

Please call 330-455-6264 to pre-register or email [sfalcone@namistarkcounty.org](mailto:sfalcone@namistarkcounty.org)





## **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 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 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



# **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 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





# The Book Corner

By Steve Pryce

## Five Keys to Health and Healing

By Gregory L. Jantz, PhD.

Hendrickson Publishers

111 pages

In his book the Five Keys to Health and Healing, Gregory Jantz gives you advice and instructions on healing and living a healthy life afterward. He and his wife LaFon opened a one room clinic that grew into The Center: A Place for Healing. Their dream was to help struggling families and individuals. This book outlines his five keys along with many guidelines. It also uses scripture for inspiration.

“Chances are there is an obstacle in life you want to overcome. You are seeking health and healing for something that is weighing you down or holding you back,” Jantz states in the introduction. However, it takes hope, tenacity, and courage. He feels his five steps are proven and will enable you to experience “joy” and “wholeness.”

Key#1 is to Harness your Thoughts. Jantz writes that many things are out of our control, but we must look at what we can influence. He believes that what goes on in your head will come out in your attitudes, actions, and ambitions. Affirming, optimistic, constructive, and positive thoughts are better than critical, pessimistic, destructive, or negative thoughts. Your internal voice is the most powerful voice in your life. He further states that your life follows a certain trajectory, and slight changes can alter your destination. For this reason, it is important to discover your purpose and follow it.

Key#2 is to Heal your Emotions. Jantz writes that the most important part of healing is dealing with toxic emotions. Anger comes from hurt and intimidation and should be avoided. Intentional kindness is better. It is important to be your own person. Everyone makes mistakes in their journey, so you must curb your fear of failure. Most pain comes from others wounding us, or our own wrong choices. “Knowledge is usually gained by insight,” Jantz states. Eventually, you will learn acceptance and forgiveness. It is not easy.

Key#3 is to Nurture your Relationships. Jantz writes that we are social creatures that need positive, healthy relationships. Each person must bring something special to the relationship. The traits of a healthy relationship are: trust, authenticity, honesty, understanding, acceptance, mutual benefit, respect, unselfishness, affection, and joyfulness. You must surround yourself with life-giving people. He also believes in accountability and being responsible for yourself. Their should be no rescuers.

Key#4 is to Nourish your Body. “The quality of your experience as a spouse, parent, friend, or employee is influenced by how well you take care of your body,” writes Jantz. Jantz then outlines bad foods, such as processed foods, junk foods, white flour, fried foods, and refined sugar. Then, he explains good foods, such as antioxidants, complex carbs, healthy proteins, B vitamins, Vitamin D, Selenium, Omega-3 fatty acids, fiber, and chocolate. Hydration is also important. Jantz encourages physical movement and shows how it impacts the chemicals and hormones in your body and mind.

Key #5 is to Deepen your Spirit. Jantz writes that our soul needs attention and care to survive. He suggests we seek spiritual intimacy, cultivate contentment, and join hands with fellow travelers. Happiness is not easy. “Unfortunately, life is simply not fair, nor will it ever be” writes Jantz. “Justice will not always be served; tragedy will strike the innocent; the actions of the cruel will go unpunished.” He believes the story of Job in the Bible illustrates this point. At the end of the book, Jantz warns against making pain our identity. “If we look deeper,” he states. “we’d be amazed at the wealth of experience, help, and compassion that is available through others.”

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

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



*Spring 2022*



# Stark County

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