



NAMI

National Alliance on Mental Illness

Stark County

Spring 2023



Our Young Adult Coordinator, Faith James, accepted NAMI Stark County's **"Affiliate of the Year" Award**, given to us by NAMI Ohio!

We are so honored to receive this award! Our Staff, Board and Volunteers are amazing advocates trying to knock out stigma and educating the community on mental illness!

Congratulations and Thank You!



May is Mental Health Awareness Month and has been observed in the U.S. since 1949. Every year during the month of May, NAMI joins the national movement to raise awareness about mental health. Together, we fight stigma, provide support, educate the public and advocate for policies that support the millions of people in the U.S. affected by mental illness.

This year, NAMI is celebrating Mental Health Awareness Month with the ***"More Than Enough" Campaign!***

It's an opportunity for all of us to come together and remember the inherent value we each hold — no matter our diagnosis, appearance, socioeconomic status, background or ability. We want every person out there to know that if all you did was wake up today, that's ***more than enough***. No matter what, you are inherently worthy of ***more than enough*** life, love and healing. Showing up, just as you are, for yourself and the people around you is ***more than enough***.



Save the dates to attend our yearly fundraisers!

We so enjoy seeing everyone at our events!

WALK THE WALK

Not just talk the talk!

MENTAL HEALTH AWARENESS, and support for the programs that help our community have never been more important.

Here is your chance to do more by WALKING THE WALK!

Mark your calendars now for the MOVING FORWARD FOR MENTAL HEALTH AWARENESS WALK. It will be **SUNDAY, OCTOBER 1, 2023**. Walk registration will open at 9 a.m. with the **WALK OPENING CEREMONY** starting at 10 a.m.

You can sponsor the event.
You can bring a team to the event.
You can WALK THE WALK!

For more information on WALKING THE WALK, contact Stephanie Jackson at stephanie@ssapp.net.

NAMI STARK COUNTY
121 Cleveland Ave SW
Canton, OH 44720
330-455-6264



<https://www.eventregisterpro.com/event/namistarkcountyannualgolfouting>



Save the Date!
5th Annual Golf Outing
Aug. 25, 2023 8:00 AM

I WILL NOT BE DEFINED BY A DIAGNOSIS

by Jesslyn McCutcheon

At the age of 23, I could no longer get out of bed in the mornings and put my feet on the ground without feeling I had heavy weights around my ankles. I could barely drag myself to the bathroom. I had no idea what was happening. After a month of not getting out of bed, I moved back home with my parents, where my depressive state worsened and I attempted suicide.

For the next three years, I was hospitalized on more than one occasion; I saw doctor after doctor, therapist after therapist, took medication after medication, received a series of ECT shock therapy treatments to address the almost catatonic state that I was in. Finally, at the age of 26, I received a diagnosis of bipolar 1 disorder. I felt a sense of relief to finally know what was “wrong” with me.

For the past two decades, I have been living with bipolar 1 disorder — a mental health condition that I will battle for the rest of my life. Mental illness, particularly serious mental illness (SMI) is not a “quick fix” — it is an ongoing journey. My bipolar diagnosis will be a constant presence in my life. One thing this illness will not do, however, is define the person that I am today. I am not ashamed for people to know what I have been through. And I’m proud of who I have become.

I am a college graduate, I am a wife, a full-time mother to three beautiful girls who are 16, 12 and 9 years old. I work full-time in the supply chain field. My life is enriching and fulfilling due to my spiritual beliefs, the medical treatment plan I follow and the education and research I consult to stay well. I have defied many of the limiting assumptions people may have about my potential and ability.

While I have found self-love and confidence, I worry about others grappling with mental health conditions. Mental illness should not be treated any differently from physical illness — but it is. Due to the stigma surrounding mental illness, people living with mental health challenges face unfair assumptions, negative attitudes and unpleasant stereotypes. I have experienced this firsthand. My hope for the future is that we can advance the conversation about mental health and squash the stigma that limits us.

A crucial part of changing the narrative is understanding that properly addressing mental health takes time and patience. Many people living with mental illness in our communities are suffering in silence, plagued by the stigma of disclosing our challenges and asking for help. But this can change; we have the power to come together and raise awareness through sharing our lived experience.

For many years, as I pursued recovery, people gave to me. It's my turn to do the same for others who are fighting their own battles. Dr. Martin Luther King Jr. famously said, "Darkness cannot drive out darkness. Hate cannot drive out hate, only love can do that." Let's continue to be guided by love as we address mental health issues in this country.

**“I am not ashamed
for people to know what
I have been through.
And I’m proud of who
I have become.”**

YOUR VOICE MATTERS

FREE
GROUP 1 - AGE 14-17
Group 2 - AGE 18-24
Group 3 - AGE 25-30



YouthMOVE Stark County is a youth and young adult-led program offering advocacy information, education about mental wellness, community engagement, and peer support.

- Snacks provided.

TO SIGN UP EMAIL
fjames@namistarkcounty.org

FREE just need to sign UP

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

fjames@namistarkcounty.org

YOUTH MOVE STARK COUNTY

Your Voice
Matters



LGBT Support Groups!

Group 1 (ages 14-17) ZOOM
APRIL 29TH 5:30PM-6:30PM

Group 2 & 3 (ages 18-30) ZOOM
APRIL 31ST 5:30PM-6:30PM

**EMAIL -
FJAMES@NAMISTARKCOUNTY.ORG
FOR MORE INFO AND TO SIGN UP**

CELEBRATE
MENTAL
HEALTH
AWARENESS
MONTH
ALL MAY

**FREE YOGA CLASS
every Friday in
MAY**

SPONSERED BY YOUTHMOVE
STARK COUNTY



121 Cleveland ave SW,
Canton, OH 44702



Friday, May 5th 6:30pm
Friday, May 12th 6:30pm
Friday, May 19th 6:30pm
Friday, May 26th 6:30pm

Email
fjames@namistarkcounty.org
for more INFO

MUST RSVP VIA EMAIL

MATS PROVIDED

Upcoming Events

A Look at Governor Dewine's State of the State Address

Editorials by: David Thomas and Steven Pryce

These are editorials for information with the opinions of the writers. They are no way the opinion of NAMI Stark County . NAMI appreciates that these volunteers advocate and share their opinions.

Mental Health is important, and is making its' way into the State House. Steven Pryce

Gov. Michael DeWine, in January, proposed the budget for his second term, or, last four years in office. He made mental health a priority, wanting Ohio to "lead the country." According to News 5 Cleveland and the Office of Budget and Management, 21% of Ohioans have mental health or substance abuse disorders. Beginning his first term in 2019, Gov. DeWine signed \$175 million for mental health expenditures into law. Gov. DeWine said he wanted to approach mental health more holistically.

For the current budget proposal, \$90 million will go to infrastructure expansion and initiatives. This includes stabilization units, short-term crisis and residential services, hospital diversion, step-down centers, mobile crisis response, and behavioral urgent care.

An additional \$90 million will go to the development of human capital, or the workforce in the mental health field. This includes scholarships and paid internships, residency and fellowship programs for medical professionals, and campaigns to promote training for guidance counselors, academic advisors, and employment counselors.

Other funding will go to SOAR, which is a research study program promoting resiliency, the 988 Suicide and Crisis Lifeline, a Medicaid rate increase, and Quality Control in nursing homes.

Another \$40 million will be pledged from the public safety sector for "continuous training to Ohio law enforcement officers on topics ranging from de-escalation, to use-of-force, to crisis intervention for someone with a mental illness," wrote Susan Tebben of the Ohio Capital Journal.

Things I think would help are:

- *Peer Support Specialists and Advocates.* I believe people living successfully with their illness can help or assist others. This includes people who are working, volunteering, and coping with their conditions. It can benefit both parties involved and can aid the professionals.
- *Anti-Stigma Program.* I believe a program that highlights and promotes success stories, along with some of the hardships, can make improvements for people with mental health conditions. Stigma prevents a lot of people from fully recovering.
- *AOT for SMI.* I believe Assisted Outpatient Treatment for people with Serious Mental Illness can improve outcomes in mental health. There is a debate about whether people who receive this treatment stay in recovery, but untreated mental illness is problematic to people, families, and society. Treatment should be preferred over homelessness, fatal encounters with law enforcement, suicide, and incarceration.
- *Employment Services and Medical Confidentiality.* I believe employment services help people with mental health conditions get jobs. If employment services are not needed, I feel we should have more medical confidentiality. I am against targeting and bullying.
- *Wrap-around, psycho-social, and follow-up care for services.* I believe people should get wrap-around care after their first diagnosis or hospitalization so they have a better chance at recovery. Mental health conditions can change people's lives, and they need treatment, education, and support to recover.

Ohio's Governor Dewine is the hope that Ohio needs to navigate life after the pandemic and facing the Mental Health Crisis

By David Thomas

Join me as I, a Mental Health Case Manager and Human Rights Journalist give my thoughts and impressions on Governor Dewine's State of The State Address

My initial thought after watching Governor Dewine's speech is he truly cares about Ohio and Ohioans. In his brave and robust State of The State Address he waged war against issues that we are facing. The Goliaths at our door, education, jobs, mental health, and police services as well as clean drinking water. Our Kids are struggling with catching up after the school shut downs during the pandemic, and Governor Dewine is focused on literacy and literacy training for our children. Education Programs and Trade Programs are being created to train Ohio's Children and reduce "The Brain Drain Effect" where our brightest minds graduate Ohio Schools and leave to another state. Within his budget is jobs creation programs as well. Governor Dewine wants to bring even more industry to Ohio to create Ohio jobs as there is a pattern of corporations leaving the west coast and relocating here.

I wrote a paper for the United Nations with my coworker, Christy Mcallister who is a Counselor called "The Effects of Covid 19 on the Mental Health of Children and Adults". We wrote it in 2020 and it fell on deaf ears. Bravely, Governor Dewine is tackling the mental health crisis and creating committees and programs to not only provide better access to Mental health treatment for all, but to improve the current system that exists and to embrace innovation. Dewine is tackling Police Training to better equip our officers in de-escalation techniques and dealing with individuals who may be experiencing a mental health crisis.

His speech was refreshing and displayed empathy for the plight of Ohioans. This is not an accusation I usually throw at politicians as of late. Thanks for the compassion, I immediately thought as Ohioans struggle with issues of toxic fumes, illness, homelessness and a whole host of issues that a train derailment with poisonous chemicals can cause those who are living in that area. I'm impressed as a voter by politicians who care and fight for Americans, not those who seem to lack empathy and make excuses. Governor Dewine in my opinion is the leader that we need at this critical time to slay our Goliaths and become a stronger Ohio.

The **Mission of NAMI Stark County** is to empower and provide hope for recovery to those impacted by mental illness, family and natural support and community by providing support groups, education programs, resources and advocacy.

We en**vision** a community in which all those impacted by mental illness experience the acceptance and support they need to achieve wellness.

Our Ongoing Priorities:

Establish and promote NAMI support groups and education programs

Promote early detection and treatment through education of parents and teachers.

Provide information and referral services to peers, their families and mental health professionals for the purpose of improving recovery and access to care.

Build partnerships with providers to help peers and families with life transitions.

Advocate for an adequately funded public health system that provides recovery orientated health care, social services and other supports for peers and families impacted by mental illness.

Advocate to maintain affordable, supportive and stable housing and Supported employment.

Educate the public and professional community by increasing understanding and eliminating the stigma of mental illness.

Encourage NAMI Stark County members to become involved in organizations that serve peers and families who are impacted by mental illness. Support research into the cause and treatment of mental illness.

Advocate for peers and families impacted by mental illness.

NAMI Stark County is not a clinical agency. We are trained educators with lived experience



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

Wed. April 26, 2023 – May 31, 2023 - 6:00 to 8:00 PM - In-Person Holy Trinity Lutheran Church

Wed. July 26 - August 30, 2023 - 6:00 to 8:00 PM - Virtual Zoom

Wed. October 25 - November 29, 2023 6:00 - 8:00 PM - Virtual Zoom



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 is taught by trained peers

Thurs. March 30, 2023 – May 18, 2023 6:00 pm -8:00 pm In-person Holy Trinity Lutheran Church

Mon. June 19, 2023 - August 7, 2023 6:00 - 8:00 PM In -person Make-A-Way Massillon OH

Thurs. August 17 - October 5, 2023 - 6:00 - 8:00 PM - Virtual Zoom

Thurs. October 19 -December 14, 2023 - 6:00 - 8:00 PM - Virtual Zoom



Is a free 8 week (2-1/2 hrs/wk) educational programs for families of individuals with mental illness. This course is designed to facilitate a better understanding of mental health conditions, effective communication skills, handling a crisis, self-care, and stress management. This program was designed as an evidence- based program and is taught by trained family members.

Tues. May 30, 2023 - July 18, 2023 - 6:00 – 8:30 PM Virtual Zoom Class

Tues. August 8 - September 26, 2023 - 6:00 - 8:30 PM Virtual Zoom

Sat. September 2 - October 21, 2023 - 10:00 AM - 12:30 PM Virtual Zoom

Tues. October 10 - November 28, 2023 - 6:00 - 8:30 PM Virtual Zoom

More classes may return to in-person in 2023. Due to limited space – Registration closes 3 Business Days Prior to Class - You must be pre-registered to attend the class. Please call 330-455-6264 or email sfalcone@namistarkcounty.org



Same certification program done as blended learning



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. Winter classes will be held virtually on ZOOM, the rest will have a 2-hour virtual pre-course and a 6.5 hour in-person, 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 30 participants.

Mental Health First Aid Adult

Wednesday July 12, 2023 - 9:00 am – 4:00 pm at Stark MHAR
Wednesday September 13, 2023 - 9:00 am- 4:00 pm at Stark MHAR
Wednesday November 1, 2023 9:00 am – 4:00 pm at Stark MHAR



Mental Health First Aid Youth

Wednesday August 16, 2023 9:00 am – 3:00 pm at Stark MHAR
Wednesday October 19, 2023 9:00 am – 3:00 pm at Stark MHAR



Call 330-455-6264 or email
rholland@namistarkcounty.org
to register



Support Groups

NAMI Stark County Tuesday Peer Support Group
7:00 PM Every Tuesday evening
<https://zoom.us/j/97629915727>
Meeting ID: 976 2991 5727

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

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

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

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



Some Groups will return to in-person during 2023 such as the Tuesday Night Peer Group will start at Holy Trinity Lutheran Church

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.



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



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330-455-NAMI [6264]

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