



**NAMI**

National Alliance on Mental Illness

**Stark County**

Summer 2022

## **Annual Celebration of Volunteerism, Wellness and Recovery - June 21, 2022.**

Kay Raga Executive Director, Bart Fredrick Board President and staff presented awards to a variety of outstanding honorees. We honor those that made our mission possible: volunteers, sponsors and supporters.

Among those Sue Cutshall, Jessica Haren, Cindy Knepp, Sue Lyons, Kyeasha Peterson and Mike Rembert were named Terry McKnight Peer and Family Volunteers of the Year.

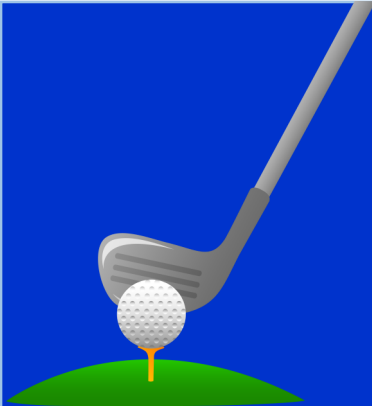
Rene Summerville Professionals of the Year were Kristen Allatzas-Stark DD , Matt Berens-Heartland Behavioral Healthcare, Lt. Jeff Begue-Stark County Sheriff , Gina Bowers-CommQuest - Rape Crisis Alliance, Michelle Beyer-ICAN/Foundations , Jeremy Clevenger-Heartland Behavioral Healthcare , Cindy Espenschied-YWCA - Gateway New Beginnings, Alexis Farmer-Heartland Behavioral Healthcare, Ollie Gholston-Cultural Ally, Jessica Kukuk-Heartland Behavioral Healthcare, Andrew Lincoln-Heartland Behavioral Healthcare, Rob Laskey-Perry Local Schools, Bob Monschein-Heartland Behavioral Healthcare, Jim McKnight-Stark State and Akron U. Police Academies, Brenda Parke-Heartland Behavioral Healthcare, Lindsey Perl-Heartland Behavioral Healthcare , Bonny Reed-Bell-Heartland Behavioral Healthcare, Heather Rader-Heartland Behavioral Healthcare, The Relationship Center, Jeff Shernit-Heartland Behavioral Healthcare , Katie Thompson-Compass , Beth Walters-Summit County DD and Christina Zenon-Cultural Ally

Peers of the Year: Terry Geraghty-Coleman Health Services - Gateway, Rhoda Nutter-Coleman Health Services and Aaron Sneed-Coleman Health Services



THANK YOU  
Volunteers

# Save the Dates!



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 in it or volunteer, please call us at  
330-455-6264**



Sheryl and Robin got to meet Governor Dewine at the NAMI Ohio Annual Meeting and Retreat held in Columbus in May.

Governor DeWine Announced his Proposal for \$85M Investment to Grow Ohio's Behavioral Healthcare Workforce

We also met NAMI CEO Daniel Gillison.

Kay, Sheryl, Jewell and Robin enjoyed the 2-day conference and met many other NAMI Ohio staff members and volunteers.

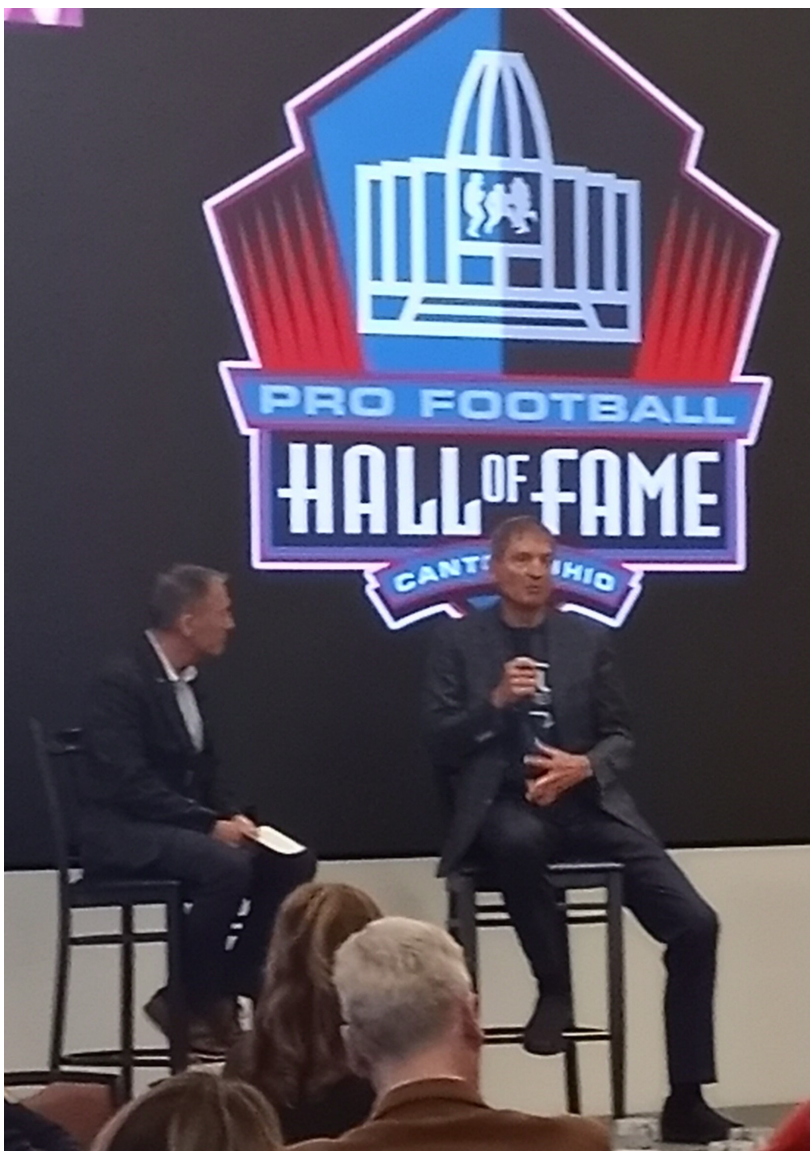
# BERNIE KOSAR STORY OF PHYSICAL AND MENTAL WELLNESS

Breaking down mental health stigma is essential for realizing full wellness in the workplace. Employees are multidimensional, bringing to work with them the invisible load of work, home, and community.

Understanding this is vital as businesses create opportunities for open dialogue and increased access to informed behavioral health care. NAMI Stark County joined Bernie Kosar, former NFL quarterback and Youngstown native, to hear his personal and professional journey of overcoming physical and mental health challenges. His story set the stage for an informative panel discussion with behavioral health experts who are committed to an integrated approach to care in our community.

"So many people know me as a football player and I absolutely love football. But in pursuit of that dream, I got so many injuries, 70-something broken bones, over 100 concussions, 15 seizures. In the pursuit of physically trying to overcome what happened to me during football, I found that holistic medicine helped me physically heal. With that physical healing, there also comes spiritual healing," said Kosar.

Kay, Cindy and Robin enjoyed lunch and the seminar put on by The Canton Chamber of Commerce. Cindy and Robin got their picture taken with Bernie and then they all enjoyed shopping at the Hall of Fame



## 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	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.**

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.

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)

**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.




**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!**

**In 2023, classes may become in-person and times will change**

**Mental Health First Aid Adult**

- 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
- 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 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
- 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

## 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 (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

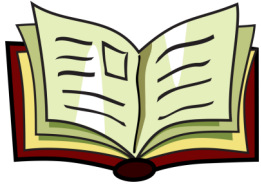
### NAMI Stark County Friday Peer Support Group (Adults with Mental Illness)

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

**Ululations: Poems 2008**

**Leonard Cirino**

**Pygmy Forest Press**

**99 pages**

Ululations is a collection of poems from Leonard Cirino, a poet of the small presses who suffered from schizophrenia. It is divided into five sections from **Road Trip** to **The Essentials**. The poems were previously published in other literary journals including Blue Collar Review, Meadow, Steelhead Special, and ZYX.

His poems follow traditional forms, but some of them are written as paragraphs or letters. They reflect his love of nature, his mother, and Ava, and his disdain for money, power and politics. It touches on his struggles with mental health, or “madness,” as well as the criminal justice system. He also writes about the Bible and Jesus. James Wright, an Ohio poet, is mentioned more than once. The following are passages of his work.

From **Road Trip**, the poem “Reciting” speaks of writing and nature: My poems scatter over the mountains, rivers and plains. And no one hears them but the birds, the snow, the trees, cougar, bear, deer, a few squirrels, and a large number of ferns in the Cascades. For that, and other reasons, I love them back.

From **The Revolutionary’s Song**, the poem “The Return” speaks of war:

Specks of farmland in his eyes

he thinks of Reno, Sparks, Van Nuys

as soldiers go off to war

and women return from dream

he turns to the land of scars

that breaks his bones at dawn

From **In Memory/To the Future**, the poem “The Wonder” speaks of his mother:

I learn I am doing good and God’s work

In my branches, roots, and trunk there is

a terrible stain. But miracles are real

I give thanks for this life, the ability

and wonder in caring for my mother

From **Nil Admirari: Ruminations, Digestions, and Digressions**, the poem “Moon on the Horizon” is about mental health: He was uneasy. His thoughts misled his mind, or did his mind mislead him. He slept in fits and spouted dreams in words. In the darkest hours he lay awake and listened in silence so loud it roared.

From **The Essentials**, the poem “After Thirty Years” speaks of Ava:

I long to speak the unknown

alchemy of our daily walks

the twists and turns of paths grown

long and troubled with our talks

Leonard Cirino has published sixteen chap books and twelve poetry collections. Hopefully, treatments and outcomes will continue to improve.

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

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



*Summer 2022*



# Stark County

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330-455-NAMI [6264]

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