



NAMI

National Alliance on Mental Illness

Stark County



The Mental Health **Advocate**

Issue 2

Winter 2024



NAMI Stark County
121 Cleveland Ave., S.W.
Canton, OH 44702
330-455-NAMI [6264]

Notable Names in Behavioral Health Awards

Do you know someone doing extraordinary work in helping people with their mental health and/or addiction?

Nominate here:
StarkMHAR.org/nominate/



Advocate of the Year, Innovation Award, Peers of the Year, Professionals of the Year

Do you know someone doing extraordinary work in helping people with their mental health and/or addiction? You can nominate them to be part of our annual celebration where they will be recognized on May 3, 2024.

INSIDE THIS ISSUE

- New Staff Members2
- Ohio Statistics.....3
- YouthMOVE.....4
- NAMI Education.....5
- Board & Staff.....6
- Groups.....6

SPECIAL POINTS OF INTEREST

- Notable Names Nominations.....1
- What is YouthMOVE? 4
- You are not Alone.....5
- Volunteers needed.....6



NEW STAFF MEMBERS



Molly and her son Cam at a NAMI Stark County Walk

Molly Little, our Communications Coordinator, is originally from the small rural town of Ross, Ohio. She graduated with a bachelor's in Sociology from Miami Ohio in 2015 and went on to a master's program in Social Work. Molly has an extensive history of creating accessible pathways to healthcare & sustainable support systems for peers living with mental illness. Molly is very open about her lived experience with Treatment-Resistant Depression/MDD, PTSD, and an adult-diagnosis of ADD. Molly has a passion for working with the LGBTQIA, BIPOC, and other marginalized communities. She specializes in working with individuals with memory loss, dementia, and other forms of Mild Cognitive Impairment (MCI).

Molly has two young-adult children, Allana & Cam, who bring her so much joy! Molly loves to cook in her spare time and fancies herself quite a foodie. When she isn't cooking, Molly is listening to her extremely eclectic music collection. From Tchaikovsky to Tech N9ne, Molly likes all kinds of music but she says David Bowie will always be her favorite! She is fairly new to Stark County and is always looking for new networking opportunities and community partners. If you want to have NAMI as a part of your events, please reach out to Molly!

Rhoda Nutter, our Systems Navigator has been married for 39 years. Has 9 grandchildren and 1 great grandchild and another one on the way!

"I have had mental health problems all my life but when I was younger they still didn't believe that children and young adults could be depressed or have suicidal ideations. They always said it was attention seeking or a teen thing. So because of that, I was not diagnosed until 2002. It was a great relief to put a diagnosis with what was going on with me."

She has been in the mental health profession for about 30 years. Her first job in mental health was at Canton Health care. Besides her own mental health, her children and grandchildren also have some type of mental health diagnosis. She found NAMI by accident while she was in the hospital on the psych floor because she is a very curious person and seen something going on in one of the rooms. She had to investigate on what was so interesting going on in there.

When she was released from the hospital, she contacted NAMI and went to the Peer to Peer classes. That was 20 years ago and she continued to volunteer and help facilitate groups. For fun, she like to do crafts, watch mindless tv and spend time with her children and grandchildren.



Rhoda Nutter



Ohio Mental Health Statistics

1,906,000 adults in Ohio have a mental health condition.
That's more than 4x the population of Cleveland

1 in 20 U.S. adults experience serious mental illness each year.
In Ohio, **478,000** adults have a serious mental illness.

High school students with depression are more than 2x more likely to drop out than their peers. 51.8% of Ohioans age 12–17 who have depression did not receive any care in the last year.

10,655 people in Ohio are homeless and **1 in 5** live with a serious mental illness.

On average, 1 person in the U.S. dies by suicide every 11 minutes. In Ohio, 1,838 lives were lost to suicide and 461,000 adults had thoughts of suicide in the last year.

1 in 4 people with a serious mental illness has been arrested by the police at some point in their lifetime – leading to over 2 million jail bookings of people with serious mental illness each year

About 2 in 5 adults in jail or prison have a history of mental illness.

7 in 10 youth in the juvenile justice system have a mental health condition

NAMI Ohio and NAMI Stark County are part of NAMI, National Alliance on Mental Illness, the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

How is YOUR Workplace's Mental Health?

Mental illness is the leading cause of missed work.

76% of workers believe their company should be doing more to support the mental health of their workforce

78% of the workforce say the pandemic has negatively affected their mental health

85% of people say their mental health issues are causing sleep deprivation, poor physical health, reduced happiness at home, suffering family relationships or isolation from friends

What can NAMI do for your Workplace?

- Work with HR and workers to get help
 - Provide educational programs and presentations
- Provide individual support and resources
 - Offer online groups
- Offer Mental Health First Aid Certification
- Provide printed mental health information
 - Help you to know what to do in a workplace mental health emergency
- **ALL NAMI SERVICES ARE FREE OF CHARGE**

What can your Workplace do with NAMI?

- Host a workplace educational program
 - Support NAMI Fundraisers
- Become a NAMI Volunteer and/or Board Member
 - Provide NAMI with a community grant
- **Help us end stigma towards mental illness**
 - **Call NAMI Stark County (330) 455-6264**

NAMI Stark County to Offer More NAMI Signature Programs in 2024

NAMI Hearts+Minds

There is a clear and critical need to care for mental and physical health simultaneously. Understanding this connection and synergy is vital to overall wellness. NAMI Hearts+Minds is a wellness program designed to educate and empower you to better manage your health — mentally and physically.

NAMI FaithNet

is an interfaith resource network of NAMI members, friends, clergy and congregations of all faith traditions who wish to encourage faith communities who are welcoming and supportive of persons and families living with mental illness.

NAMI FaithNet strives to encourage welcoming, caring congregations as well as to promote the vital role of spirituality in the recovery journeys of many who live with mental health conditions, those for whom faith is a key component.

NAMI Ending the Silence

Ending the Silence is a free, evidence-based, 50-minute session designed for middle and high school students. Your students will learn about mental health conditions through a brief presentation, short videos, and personal testimony from a young adult who describes their journey to recovery.

NAMI Sharing Hope: Mental Wellness in the Black/African Ancestry Communities

NAMI Sharing Hope is designed to introduce discussions on mental health and wellness through a three-part community conversation series grounded in the sharing of sacred stories and guided dialogue on mental wellness and support.

We will also be adding more Workplace Initiatives and Stigma FREE



National Alliance on Mental Illness

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Stark County

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.



YOUTH MOVE/FAITH JAMES

YOUR VOICE MATTERS

SCAN ME



FREE

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



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

IN-Person Groups + Zoom groups monthly

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



**Wanna share your opinion??
WE NEED YOU.**

COMMUNITY YOUNG ADULT ROUNDTABLE

March 28th 2024
5pm-7pm

**Stark Main Library -
715 Market Ave N, Canton OH 44702**

Come have some snacks and answer a few questions from community providers about life in Stark County as a young adult.
(ages 18-30)



RSVP limited seating- Email fjames@namistarkcounty.org

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, March 6, 2024 at 9:00 AM via ZOOM

Wednesday, May 8, 2024 at Stark MHAR

Youth Mental Health First Aid

Wednesday, July 31, 2024 at Stark MHAR

UPCOMING NAMI EDUCATIONAL CLASSES



is free 6 week (2 hrs/wk) course 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

Wednesday - Apr. 10 - May 15, 2024, 6:00 pm -8:00 pm Congregational United Church of Christ 1530 Easton Street NE Canton, OH 44721



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

Thursday March 14-May 2, 2024 6:00-8:00pm Congregational United Church of Christ 1530 Easton Street NE Canton, OH 44721



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.

Tues. Mar. 12 - Apr. 30, 2024, 6:00-8:30pm Holy Trinity Lutheran Church 2551 55th St NE Canton, OH 44721

If you have a mental health condition, **you're not alone.** adults experiences some form of mental illness in any given year. And across the population, 1 in 20 adults is living with a serious mental health condition such as schizophrenia, bipolar disorder or long-term recurring major depression. As with other serious illnesses, mental illness is not your fault or that of the people around you, but widespread misunderstandings about mental illness remain. Many people don't seek treatment or remain unaware that their symptoms could be connected to a mental health condition. People may expect a person with serious mental illness to look visibly different from others, and they may tell someone who doesn't "look ill" to "get over it" through willpower. These misperceptions add to the challenges of living with a mental health condition. Every year people overcome the challenges of mental illness to do the things they enjoy. Through developing and following a treatment plan, you can dramatically reduce many of your symptoms. People with mental health conditions can and do pursue higher education, succeed in their careers, make friends and have relationships. **Mental illness can slow us down, but we don't need to let it stop us.**

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



VOLUNTEERS NEEDED!

The National Alliance on Mental Illness is looking for volunteers in Stark County to help with our education & advocacy programs!

Contact us to learn more!
330-455-6264
www.NamiStarkCounty.org
SFalcone@NamiStarkCounty.org
#NAMISTark



Board of Directors

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Zach Hostetler

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Molly Little, Communications Coordinator

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Rhoda Nutter, System Navigator

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Consultants:

ODMHA Supervision Mental Health

Marketing: John Allensworth

Walk Coordinator: Stephanie Jackson

