



Family Support Meetings

Every Tuesday at 7:00PM
Community Support
Services
150 Cross Street
Akron, Ohio 44311
[Click Here for a Map](#)

Second Thursdays
7:00 PM
47 Aurora Street
Hudson, Ohio

Fourth Tuesdays
7:00 PM
AGMC Wellness West
Montrose
2nd Floor Meeting Rooms

Consumer Support

Second & Fourth
Thursdays
1:00 PM
Choices, 320 E. South
Street, Akron

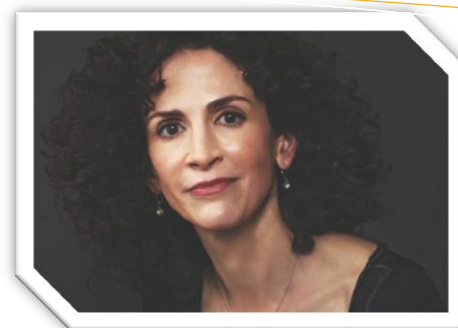
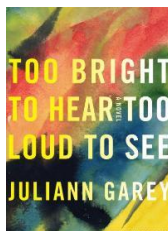
JOIN OUR GROUP ON
facebook

Mailing Address:
P.O Box 462
Cuyahoga
Falls, OH, 44222-0462

Office Address:
150 Cross St.
Akron, Ohio, 44311

Phone: 330-252-1188
NamiSummit@att.net
Crisis Hotline
330-434-9144
<http://www.namisummit.org>

Getting Creative with Treatments



**You're invited to our
29th Annual May Dinner & Silent Auction
Keynote Speaker: Juliann Garey**

On Thursday, May 7, 2015 at the in Akron/Fairlawn Hilton, Ohio NAMI Summit County will hold its 29th Annual May Dinner and Silent Auction. Attendees will include professionals from the medical and legal professions, service providers, and members of NAMI Summit County. Over 250 supporters will enjoy a dinner and auction, and hear special guest Juliann Garey author of *Too Bright To Hear Too Loud To See*, a novel about the journey of Greyson Todd—a successful Hollywood studio executive who leaves his wife and young daughter for a decade to travel the world, giving free reign to the bipolar disorder he's been forced to keep hidden for almost 20 years.

Juliann Garey is a journalist and screenwriter whose work has appeared in *Marie Claire*, *More*, *New York Magazine*, and the *Los Angeles Times*. She is the editor of *Voices of Bipolar Disorder: The Healing Companion*, and has received fellowships in fiction writing at The Virginia Center for the Creative Arts and The Vermont Studio Center. A graduate of Yale University and the Columbia Graduate School of Journalism, Garey lives in New York City. "*Too Bright To Hear Too Loud To See*" is her first novel, written as she was cycling between acute mania and severe depression.

Auction items galore!!! Many for under \$50.00.
Bring your credit cards. Speedy check out through "PayPal Here."

\$50.00 Per Person (partially tax deductible)

REGISTER NOW

Sponsored by The Margaret Clark Morgan Foundation and The Burton D. Morgan Foundation

When
Thursday May 7, 2015 from 5:30 PM to 8:00 PM EDT

Where
Hilton Akron/Fairlawn Hotel
3180 West Market Street
Fairlawn, OH 44333

[Directions](#)

Any questions or problems with registration?
Call our office: 330-252-1188

**2014 Donations
made in memory
of or in honor of
the following:**

Nicholas Campo
Cathryn Hollander
Sandy Garey
Sandy Nash
Matthew Marcus
Theodore
Zarembha
Dr. & Mrs. Henry
C. Stevens
Bryant Doyle
Kurtice Kuckeman
Dorothy Bernat

SAVE THE DATE

Saturday Oct 03, 2015



National Alliance on Mental Illness

Munroe Falls Metro Park

Distance: 5K

Check-in: 8:30 am

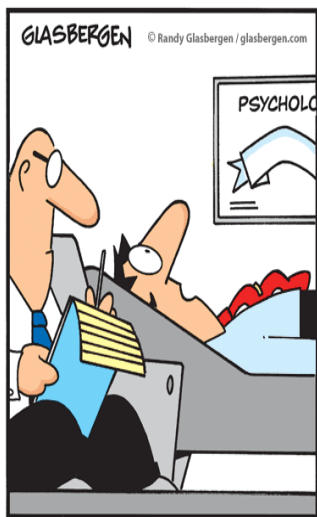
Start Time: 10:00 am

Event starts in: 186 days

Register your team and start fundraising now!

REGISTER NOW

Always use your
sense of humor!



"Every day for me is an uphill struggle.
On the positive side, it's great
for my glutes!"

Volunteers!



Calling All

Do you have a few hours of time and desire a fulfilling
volunteer opportunity?

Well NAMI has exciting opportunities for you!
Call the office at 330-252-1188 or [email](#) to discuss all the
ways that you can help with to provide needed services to
the community.

SLEEP & MOOD

Did you know?

- Sleep and mood are closely connected; poor or inadequate sleep can cause irritability and stress, while healthy sleep can enhance well-being.
- Chronic insomnia may increase the risk of developing a mood disorder, such as anxiety or depression.
- Poor sleep and feelings of depression or anxiety can be helped through a variety of treatments, starting with improved sleep habits, and, if needed, extending to behavioral interventions and an assessment for a sleep or mood disorder.

• Need more info? Check out Harvard's article on this topic [here](#).

WANT TO HELP A GREAT CAUSE?

Donate



To make a donation via US Mail send to:

NAMI Summit County
PO Box 462
Cuyahoga Falls, OH 44222

NAMI Summit County is a 501(c)(3) Charitable Organization. "The American Institute of Philanthropy (AIP), the nation's leading charity watchdog, awarded NAMI an A+ for its cost-effective charitable spending and fundraising practices." NAMI is certified by the National BBB Better Business Bureau as meeting accountability standards.

NAMI Summit County is currently registering for its free **NAMI Basics** training which begins April 13, 2015 from 6:15 pm -8:15 pm.

It is a six week course, which meets once a week, conducted by trained parents, and designed for parents and family of children with emotional/behavioral/neurological disorders including Bipolar, ODD, OCD, Autism/Aspergers, Anxiety, and Depression etc.

It will cover: Understanding the Complex Nature of Diagnosis, What a Diagnosis Means for your Child, Understanding Medications, Family and Coping Skills, Counseling, Therapy, and Other Resources, Educational Needs and Advocacy, Juvenile Justice and SCCS and Family Advocacy.

The course is offered free of charge with all materials provided and free childcare during the classes. It will be held at Child Guidance and Family Solutions, 18 North Forge Street, Akron, Ohio 44304.

To register contact 330-252-1188 or info@namisummit.org.

NAMI Summit County is currently registering for its free **Family to Family** training which begins June 4, 2015 from 6:30 pm to 8:30 pm.

This course is designed for family members and close friends of those who experience severe and persistent mental illness. It is a 12 week program which meets once a week.

The course covers diagnoses and symptoms of the major mental illnesses, how the brain is affected, medications, coping, communication skills, and a lot more. This course is designed to assist families in helping their loved ones on their recovery journey. The course is conducted by trained family members and is offered free of charge with all materials provided.

The next session will be held at
Community Support Services
150 Cross St., Akron, Ohio, 44311

For more information and/or to register for the class contact the NAMI office at 330-252-1188 or info@namisummit.org.

Local NAMI Programs

Support Meetings: A forum for discussing and resolving issues relevant to your personal family situation.

Speaker Series: Periodically provided to present topics of timely interest from the field of mental health.

Housewarming: Providing new, basic household items to assist persons who are newly living independently.

Needy Soles: Providing shoes, socks and other footwear to those who cannot afford to buy their own.

Hair Care Program: A voucher redeemable at the Akron Barber College for a haircut.

Creative Kids: Program offering kids in Summit County with Mental Health issues opportunity to participate in extracurricular activities.

Board Members

Greg Ausham
 Judi Brenner and Jerry Brenner, PhD
 Joanne Davey (**Treasurer**)
 Rebecca Dempster, PCC-S
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 Fred Frese III, PhD
 Danelle Hupp, PhD (**Secretary**)
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 Michael Schmeltzer, JD
 Richard Schwartz, MD
 Leslie Powlette Stoyer, JD (**Co-Director**, ex-officio)
 Leigh Wilson (**Vice President**)
 Randy Zumbar

BOARD MEETINGS

HELD THE FOURTH MONDAY OF
 THE MONTH AT 6:30PM
 COMMUNITY SUPPORT SERVICES
 ROOM 200A
 150 Cross St., Akron, Ohio 44311

Join NAMI Now!

Download the enrollment form below and begin making a difference in Summit County today! Annual membership dues are \$35.

- Local membership includes Ohio and National NAMI membership.
- Receive our national publication *The Advocate* featuring the latest research and treatment information, legislation, provocative editorials and columns.
- Receive NAMI Ohio's publications, *News Briefs*, our state's voice on mental illness.
- Receive *The Summit*, our quarterly affiliate newsletter and highlights.
- Strengthen your voice with thousands who share your concerns and dreams.

[CLICK HERE TO JOIN!](#)

Giant Eagle Fundraiser

You can help with a year round fundraiser. Just order Giant Eagle gift cards from NAMI, and NAMI gets a 5 percent donation. Gift cards can be used to purchase groceries, prescriptions, GetGo Gasoline, and can even be used to purchase other gift cards for stores and restaurants; buy Best Buy, Sears, Kohl's, Old Navy, Home Depot, Barnes & Noble, Starbucks, GAP, Max and Erma's, Applebee's, Red Lobster, Olive Garden, and many more, even American Airlines and Southwest Airlines.

There is no additional cost to these cards, you only pay for the face value, which come in denominations of \$10, \$25, \$50, and \$100.

The key to the success of this program is to get as many people as possible - your family, friends, neighbors, coworkers - using these cards for us. Think of "mine plus 9" - nine other people who can purchase cards and help NAMI.

When the cards are used, you also get a gasoline rebate for GetGo gasoline.

Call Ron Rett at 330-670-9880 or e-mail info@namisummit.org and get your cards now!



Abraham Lincoln Winston Churchill Buzz Aldrin Virginia Woolf Kurt Cobain
 Charles Dickens Sylvia Plath Carrie Fisher Lionel Aldridge Leo Tolstoy
 Ernest Hemingway Michelangelo Maurice Benard
 Brian Wilson Jimmy Piersall John Keats Vincent Van Gogh
 Jane Pauley Patty Duke Beethoven Isaac Newton Tennessee Williams
 MIKE WALLACE Terry Bradshaw Tipper Gore

PEOPLE WITH MENTAL ILLNESSES
 ENRICH OUR LIVES.

These people have experienced one of the major mental illnesses of Schizophrenia, Bipolar Disorder or Major Depression.

To learn more, visit www.nami.org or call 1 (800) 950-NAMI.

