

The Summit Newsletter



National Alliance on Mental Illness

NAMI Summit County

Volume 9, Issue 1

March, 2014

28th Annual NAMI May Dinner "Tackling Stigma Head On"



NAMI Summit County will hold its 28th Annual May Dinner at the Fairlawn Hilton on May 8. The Dinner and Silent Auction is scheduled to start at 5:30 pm and will feature Maurice Clarett as the keynote speaker.

Maurice Clarett first became known for his football accolades early on in his life. In high school he was a name known throughout the nation winning USA Today's national player of the year and a Parade All-American. His success continued on at Ohio State University. Maurice became the first and only true freshman to start at running back at OSU and set the freshman single season rushing & touchdown record (1,237 yds. & 18 TD's) which was previously set by 2-time Heisman Trophy Winner Archie Griffin.

The peak of this successful season came when Maurice scored the winning touchdown in a thrilling double overtime win over the Miami Hurricanes, making the Ohio State Buckeyes National Champions in 2002.

After that season Maurice fell into a spiral of depression and poor decisions that cost him continuing success in football. Those decisions ultimately resulted in his spending 3 1/2 years in prison. That time in prison only determined Maurice to have more success than he did before, not in football, but in life.

Upon release Maurice has been committed to restoring his life and speaking to various organizations letting others know it is never too late to change directions in life.

Having suffered from depression most of his life, Maurice joined other mental health advocates in August 2013 to promote expansion of Medicaid in Ohio. He has spoken at prisons, juvenile detention facilities and worked with youth football camps to share his story. In December 2013, he was featured in Youngstown Boys, an ESPN 30 for 30 documentary with former coach Jim Tressel.

For more information or to register to attend go to our web site or contact the office at 330-252-1188.



Important Dates:

- Weekly support meetings on Tuesdays at 7:00 PM. at CSS at 150 Cross Street in Akron.
- **Hudson** support meeting. Second Thursday of the month at 7:00 PM. Held at 47 Aurora Street.
- **Montrose** support meeting. Fourth Tuesday at 7:00 PM, except December. AGMC Health and Wellness Center West.
- **Family to Family...** next session begins May 29, 2014.
- **Borderline Personality Disorder Conference** April 25-26.
- **Annual Dinner and Silent Auction...** May 8, 2014.
- **NAMI Walks 2014...** October 4.

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Family To Family

This informative 12 week educational program for families and friends of individuals experiencing mental illness comes highly recommended by those who have attended. We have received comments such as, "it was a very good educational journey, learning the many facets of mental health, and learning that we need to take care of ourselves, and neither the family member nor family should be blamed for the illness."

A recent student supplied the following testimonial:

"We have learned more in the last twelve weeks about mental illness, and how to deal with the issues of our son, then we have

in the past five years. We now understand that it is not our son, but his illness, that is causing him to react to life the way he does.

At the NAMI "Family to Family" classes we have learned how to cope with and understand his moods. We also learned how to communicate with him and understand how and why his thought process is the way it is.

We know our son is in his body, but his illness is running his life. We still get frustrated with what he does but now we are not ready to strangle him because we can step back, take a few breaths, and think through the issues.

We are better informed parents for attending the class and we are sure what we have learned will help us in the future. So we say thanks to all those that helped in putting the classes together."

... Ted and Nancy

The **next class** will be offered **May 29...** and will run for 12 weeks.

Call Ron Rett at 330-252-1188 or Helen Reedy at 330-659-4910 to complete the registration process.

NAMI Board Meetings are held on the 4th Monday of each month at CSS

Visitors are Welcome

Facts and Figures Update

Needy Soles:

This program has been generously funded, in part, by the Orr Foundation and Musson Foundation. The Program provides new shoes and hosiery for people living below the federal poverty line, and receiving mental health services in Summit County. This year NAMI Summit County revised the Needy Soles Program to provide a one-time use Payless giftcard to clients who meet the eligibility requirements. So far this year, NAMI Summit County has provided shoes and hosiery to 94 consumers.

Housewarming Project:

The Housewarming Project provides new, basic household items to persons with serious mental illness who have recovered to the point of living independently in

the community, and who have incomes below the federal poverty line. So far this year, 19 orders for 29 individuals have been filled. We are grateful to the following families and foundations for their generous support of the Housewarming program: Welty Foundation; Bill and Patty Babcox; Campo Memorial Golf Fundraiser.

Hair care:

In 2007 NAMI-SC partnered with The Akron Barber College. Client case workers take clients to the Akron Barber College where they receive a haircut by hair care professionals in-training. NAMI-SC negotiated a reduced rate with the Akron Barber College for \$8.00 per haircut for both men and women with a \$2.00 tip (\$10.00 total). So far this year, NAMI SC has provided 64 hair-

cuts. In October of 2013 NAMI Summit County received a grant from the Smith Foundation to partially fund this program.

Creative Kids Program:

NAMI's Creative Kids Program provides funding for low income children diagnosed with mental illness to attend extra-curricular activities to supplement and advance their recovery. Since its start up in the fall of 2011, 15 children have received funding through this program.

Meeting Challenges in Borderline Personality Disorder Workshop

"Meeting the Challenges of Painful Emotions and Behaviors in Borderline Personality Disorder and Co-occurring Disorders" is the topic of a special workshop to be held Friday, April 25 at the Raymond Firestone Auditorium in Akron City Hospital.

Guest speakers include:

Melanie Harland, PhD, Research Scientist at the University of Washington and:

Alan Fruzzetti, PhD, Associate Professor of Psychology at the University of Nevada at Reno.

This is an all day event and pre-registration is required. The registration fee of \$99 is waived for Summa and AGMC professionals. Call 1-800-237-8662 to register.

This workshop is generously sponsored by:

Summa Department of Psychiatry.

Akron General Medical Center
Department of Psychiatry.

NAMI Summit County.

National Education Alliance for
Borderline Personality Disorder.

Northeast Ohio Medical University.

The Margaret Clark Morgan Foundation.

Giant Eagle Fund Raiser



Do your shopping at Giant Eagle with gift cards purchased from NAMI Summit. For every \$50 you buy in gift cards, NAMI receives a percentage of the sales.

Call Ron Rett at 330-670-9880 and he will deliver cards to you.

Memorials

The NAMI Board would like to extend our heartfelt thanks for contributions in memory and honor of the following persons: Nicholas Campo, Sandy Garey, Cathryn Hollander, Kurtice Kucheman, Dr. & Mrs. Henry C. Stevens, and Theodore Zaremka. We are saddened by their deaths and are grateful that their families have named NAMI Summit County as beneficiary of memorial donations. We thank the many donors as well.



NAMIWalks

October 4, 2014

Munroe Falls

Metro Park

Registration is now open at:

<http://www.namiwalks.org/SummitCounty>

Organize your teams now!!

Preserving Medicare Part D Access to Psychiatric Medications

NAMI issued the following statement by NAMI Executive Director Mary Giliberti in response to the announcement by the U.S. Department of Health & Human Services (HHS) that it will not move forward to "finalize" proposed rule changes under Medicare Part D that would have restricted access to antidepressant and antipsychotic medications:

"Less than one full working day since the official comment period on the proposed rule ended and one day before the House of Representatives is set to vote on

a bill to block the proposed changes, HHS's Centers for Medicare and Medicaid Services (CMS) has indicated that it has heard the concerns of people living with mental illness and others over the elimination of three protected drug classifications under Medicare Part D.

"In a letter to members of Congress, CMS has recognized 'the complexities of these issues and stakeholder input' and declared that it 'does not plan to finalize the proposal at this time.' The agency has promised not to ad-

vance 'some or all of the changes' in the future without first receiving additional stakeholder 'input.'

"For now, for people living with mental illness the crisis has been averted. The threat of restricted access has essentially been stopped—although we will continue to support the pending legislation currently scheduled for a vote on Tuesday, March 11, if House leaders decide to complete that process.

SATURDAY APRIL 19 NAMI BENEFIT CONCERT

-FEATURING-
DRENALIN • DEVILSTRIP • VON ISLEY
AND ICONIC



\$500 DONATION AT THE DOOR. MUSIC STARTS AT 8:00PM
100% OF ALL PROCEEDS COLLECTED WILL GO DIRECTLY TO NAMI
ALSO THERE WILL BE A 50/50 RAFFLE. DOOR PRIZES AND MORE!





The Summit News Letter

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National Alliance on Mental Illness

The Nation's Voice on Mental Illness

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Friends of NAMI Summit County:

Due to increased costs in printing and mailing, we are now offering our newsletter *The Summit*, in full color, electronically. Kindly provide your email address to us at namismummit@att.net. You may also access *The Summit* via our website at www.namismummit.org. If you would still prefer to receive a mailed copy please notify us by email at namismummit@att.net or 330-252-1188.

NAMI of Summit County Membership Form

Please complete the information below and mail your check or money order to:

NAMI of Summit County
P.O. Box 462
Cuyahoga Falls, OH 44222

Name: _____

Address: _____

City, State, Zip: _____

Email: _____

Phone: _____

_____ \$35 Individual/Family Membership

_____ \$35 Professional Membership

_____ \$3 "Open Door"

_____ \$ _____ Donation Only... Fund: _____

You can now join online with a credit card at the NAMI website

Please renew your membership by sending in this form..

Memberships expire every 12 months.

Thank you