

The Summit Newsletter



National Alliance on Mental Illness

NAMI Summit County

Volume 8, Issue 3 September, 2013

NAMIWalks is October 5



NAMIWalks 2013 is in full swing!

Our goal this year is to raise \$75,000.00 for NAMI Summit County programs, and we are over halfway there. The walk will take place at Munroe Falls Metro Park on October 5th. Registration begins at 8:30 a.m., and the Walk will begin promptly at 10:00 a.m. There is no registration fee, and you will receive a free t-shirt on the day of the Walk. We encourage donations to help us reach our goal. Plenty of food will be provided thanks to Choices Social Center, Starbucks will supply warm drinks for all. Entertainment for Walk day will be provided by 91.3 The Summit!

Bring your children and dogs (they must be on a leash-the dogs, not the kids!) ... Watch for celebrity appearances.

Location: Munroe Falls Metro Park Summit County

Date: October 5, 2013

Distance: 3—1 mile loops

Check-in: 8:30 AM

Start Time: 10:00 AM

Look in the Apple App Store or in Google Play for our new **mobile** NAMIWalks App.

Register for NAMIWalks at www.namiwalks.org/summitcounty!!!

Our Sponsorship Campaign is off to great start with the support of **The Margaret Clark Morgan Foundation** as our Premier Sponsor. Contact us at 330-252-1188 for information on sponsorship opportunities. We would like to thank all our very generous sponsors:

Klein's Pharmacy and Community Support Services are Silver Sponsors.

Bronze Sponsors are **Axess Pointe Community Health Center, Akron Children's Hospital, Mike Pruitt Honda, Sam's Club and Janssen Pharmaceuticals.**

Supporting Sponsors are **GOJO Industries, Blick Clinic, Mel & Helen Reedy Family, Klaben Auto Stores, Buckeye Community Health Plan, North Coast Community Homes, Oriana House, Child Guidance & Family Solutions, The Summit FM, Coleman Professional Services, Portage Path Behavioral Health, The BeST Center and Fred and Penny Frese.**

Kilometer Sponsors are **Four Corner Promotions, Summit County Children Services and Stow Walmart.**

Important Dates:

- Weekly support meetings on Tuesdays at 7:00 PM. Meetings are held 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 September 4.
- **NAMI Basics...** begins September 18.
- **NAMIWalks...** October 5 at Munroe Falls Metro Park.
- **Glenn Close** at EJ Thomas on Oct. 29.

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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:

"A subject that for years I found embarrassing was mental illness. I have had relationships shattered by borderline personality

disorder and manic depression, and my son was diagnosed with schizophrenia. I made up stories to cover up for those who were ill. I never wanted to talk about it. One day while visiting my son at a state facility, I ran into group of people who were representing an organization called NAMI. I asked about it and found it interesting but failed to follow through.

A few months ago, I remembered NAMI and called Mel Reedy who told me about a program called Family To Family. He explained that it would help me better understand the situation I found myself in. At the first meeting, there were several people that sounded like I had

through the years and I actually thought maybe I was far beyond where these new friends found themselves.

After listening to the first lesson, I soon realized I didn't know as much as I thought. The lessons are well put together and explain many of the behaviors that I had seen and dealt with. Family to Family helped me understand what my son was feeling."

The **next class** will be offered starting September 4 at the Veterans Administration Mental Health Clinic on Waterloo Road.

Classes start at 5:30PM and run for 12 weeks.

Call 330-252-1188 or email nami-summit@att.net to enroll.

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

Visitors are Welcome

World Suicide Prevention Day

The World Suicide Prevention Day is September 10, 2013. It is co-sponsored by the International Association for Suicide Prevention (IASP) and the World Health Organization (WHO). This year, the theme is Stigma: A Major Barrier for Suicide Prevention.

Following is an excerpt from the IASP website:

Suicide is one of the leading causes of death in the world, especially among young people. The number of lives lost each year through suicide exceeds the number of deaths due to homicide and war combined. These staggering figures do not include nonfatal suicide attempts which occur much more frequently than deaths by suicide.

A large proportion of people who die by suicide suffer from mental

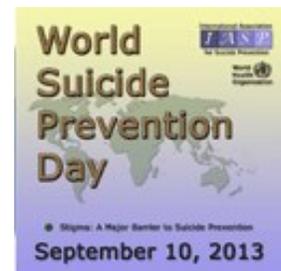
illness. Recent estimates suggest that the disease burden caused by mental illnesses will account for 25% of the total disease burden in the world in the next two decades, making it the most important category of ill-health (more important than cancer or heart diseases). Yet a significant number of those with mental illnesses who die by suicide do not contact health or social services near the time of their death. In many instances there are insufficient services available to assist those in need at times of crisis.

Please **take time to call or contact** someone you know who has attempted suicide, or someone you think may be at risk of suicide. **You may save a life by showing someone that you care!!!**

For more information on IASP, click on <http://www.iasp.info/wspd/index.php>

Another way to oppose the stigma and to promote mental health is to support the NAMIWALK on October 5.

You may register online at: <https://securewalks.nami.org/registrant/LoginRegister.aspx?eventid=110854&langpref=en-CA&referrer=direct%2fnone>



Senior Court Visitor Program

The Honorable Elinore Marsh Stormer, Judge of Summit County Probate Court, is pleased to announce the creation of the Senior Visitor Program to assist the Court by providing qualified, caring volunteers to visit seniors living in long-term care facilities.

"I believe our seniors deserve the best care that our community can provide. Sadly, many of our seniors have no family or friends to help them with important decisions, and when this happens, it is the responsibility of Probate Court to appoint a guardian. The services of the trained Senior Visitor Program volunteers will be both a support to the appointed guardian and a valuable tool in helping to ensure that the needs of our wards are being met. If you enjoy helping seniors and believe that your life can be enriched by giving back in this way, I invite you to become a Probate Court Senior Visitor Program volunteer," said Judge Stormer.

Requirements for serving as a Probate Court Senior Visitor include: submission of a program application with references, successful completion of a background check, an interview with Court personnel, possession of a current Ohio Driver's license, access to reliable transportation with proof of current auto insur-

ance, and completion of a court-conducted training program. All applicants must be at least 21 years of age.

Judge Stormer encourages anyone who is interested in learning more about the Probate Court Senior Visitor Program to contact the Court at (330) 643-8771 or seniorvisitor@summitohioprobate.com.



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.

As you head back to school, Giant Eagle offers most major department stores and specialty stores gift cards.

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

Watch for Giant Eagle campaigns that offer bonus fuel perks for purchases with these cards.

Glenn Close Appearance



Mental Illness: A Family Affair will be at EJ Thomas Hall on The University of Akron campus, Tuesday, October 29, 2013 7:30 PM. The event is sponsored by The Dorothy Garrett Martin Memorial Delta Gamma Lectureship on Values and Ethics, Honors College of The University of Akron and E. J. Thomas Hall.

In 2009, award winning actress and mental health advocate, Glenn Close participated in the launch of Bring Change 2 Mind.org, a not-for-profit organization dedicated to confronting, head-on the stigma and discrimination associated with mental illness. The idea for this movement evolved out of Ms. Close's first-hand observation of battles with mental illness with her younger sister, Jessie and Jessie's son, Calen. Join them for this very personal discussion of tackling the stigma and discrimination of mental illness.



NAMI Walks 2013

- *October 5, 2013*
 - *Munroe Falls Metro Park*
 - *Distance: 3 miles*
 - *Starts at 10 AM*
 - *More information and registration at:*
- www.namiwalks.org/summitcounty
- *Or call 330-252-1188*

NAMI BASICS

NAMI Basics is the new signature education program for parents and other caregivers of children and adolescents living with mental illnesses.

Registration is now open for **NAMI BASICS**.

WHEN: Wednesday from 6:15

p.m. - 8:15 p.m. Six classes beginning September 18, 2013

WHERE: Child Guidance & Family Solutions 18 North Forge St, Akron.

BASICS is a series of educational discussions focused on many factors facing parents who have a

child with mental health issues such as ADHD, bipolar disorder, anxiety, obsessive-compulsive disorder, autism and other behavioral/emotional issues.

BASICS is **FREE** and childcare is available. Call or email the NAMI office to register. 330-252-1188 or namisummit@att.net.



**The
Summit
News
Letter**

**P.O Box 462
Cuyahoga
Falls, OH
44222-0462**

Phone: 330-252-1188
NamiSummit@att.net
Crisis Hotline
330-434-9144
www.namiummit.org

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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 namiummit@att.net. You may also access *The Summit* via our website at www.namiummit.org. If you would still prefer to receive a mailed copy please notify us by email at namiummit@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