

The Summit Newsletter



Summit County

Volume 8, Issue 4 December, 2013

NAMIWalks Results



NAMIWalks 2013—We Hit our Goal!

A beautiful fall Saturday at Munroe Falls Metro Park on October 5th provided the backdrop for National Alliance on Mental Illness (NAMI) Summit County's best attended Walk. An estimated 500 people walked to show their support for NAMI.

NAMI's mission is to improve the quality of life, ensure dignity and respect for those suffering from mental illness, and offer support to their families. It does this through support, education, and advocacy.

Over \$75,599.00 was raised to help fund the numerous NAMI Summit County free educational programs and human service projects benefiting those affected by mental illness and their families.

Thank you to our Team Captains, Walk Volunteers, and Sponsors who made this year an amazing success! Mark

your calendars for October 4, 2014 as we celebrate the 10th year of NAMIWalks!

This year's sponsors:

Premier:

The Margaret Clark Morgan Foundation

Silver:

Klein's Pharmacy
Community Support Services

Start/Finish Line:

Summa Health System
Summit County ADM Board

Bronze:

AxessPointe Community Health Center
Akron Children's Hospital
Janssen
Sams Club Store #4750
Mike Pruitt Honda
Akron General Medical Center
Community Health Center
Kinect 2 Study

Supporter:

GOJO
Fred & Penny Frese
Buckeye Community Health Plan
Portage Path Behavioral Health
The Mel and Helen Reedy Family
The BeST Center Neomed
Oriana House
Child Guidance & Family Solutions
Coleman Behavioral Health
Blick Clinic
Klaben Auto Stores
North Coast Community Homes

In Kind:

Ace Tent Rental
Clear Channel Communications
Choices
Starbucks
Four Corner Promotions
91.3 The Summit

Kilometer:

Walmart Store Stow #2323
Summit County Children Services
Joanne and Jim Davey

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 January 9 in Hudson.
- **Borderline Personality Disorder** Conference April 25-26.
- **Annual Dinner and Silent Auction...** May 8, 2014.
- **NAMIWalks 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 starting January 9 at the First Congregational Church in Hudson, Ohio. Classes start at 6:30PM and 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

2013 Facts and Figures

Needy Soles:

This program has been generously funded, in part, by both 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 Pay-less gift card to clients who meet the eligibility requirements. So far this year, NAMI Summit County has provided shoes and hosiery to 317 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 129 orders for 182 individuals have been filled.

We are grateful to the following families and foundations for their generous support of the Housewarming Project: Welty Foundation; Bill and Patty Babcox; Chris and Joe Campo Family Fund-raiser.

Hair care:

In 2007 NAMI-SC partnered with The Akron Barber College. Assigned 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 489 haircuts. In October of 2012 NAMI Summit County received a grant from the Smith Foundation to partially fund this program.

Client Activity and Socialization Program:

The Client Activity and Socialization program provides funding for social activities for clients, as well as gift packages at the holidays. NAMI supports funding requests from various consumer groups for entertainment, parties, and gifts. NAMI Summit County spends approximately \$5000.00 annually to fund these program requests.

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Mental Illness: A Family Affair

On October 29th, there was a full house at E. J. Thomas Hall to hear award-winning actress Glenn Close and her sister Jessie share their personal experiences as a family member and as an individual in dealing with mental illness. NAMI Summit County was excited to be able to sponsor the pre-lecture reception for this event and the feedback from those who attended has been overwhelmingly positive.

Glenn Close has become a true mental health advocate since learning of her sister's struggle with mental illness that went undiagnosed for much of her adult life. Glenn was instrumental in forming Bring Change 2 Mind, a not-for-profit organization dedicated to confronting head-on the stigma and discrimination associated with mental illness. Her vignettes from the perspective of "an affluent family" and of "a western rancher father" regarding their loved ones illnesses were

very touching and thought provoking. Jessie's personal story regarding her life long struggle with Bipolar disorder had the audience laughing – she was able to reflect on that struggle humorously from the positive place she finds herself in today. The key messages were treatment works and families need to be involved.

2013 Facts and Figures

Continued from page 2...

NAMI's 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.



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.

For a limited time, double fuel perks are available when you use these cards to purchase gift cards for other merchants.

NAMI Basics

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

The next class begins **January 29, 2014** at **AGMC Montrose.**

Contact the NAMI Office at

330-252-1188

for registration.

Medicaid Benefits Extended

In October, the Centers for Medicare and Medicaid Services (CMS) approved a state plan amendment that extended Medicaid eligibility to individuals living at up to 138 percent of the federal poverty level. Then, also in October, the Ohio legislative Controlling Board approved by a 5-2 vote to appropriate federal-only funds to pay for the care of the newly eligible.

Low-income families will be able to apply for Medicaid benefits online beginning December 9, 2013. Individuals who will qualify

for Medicaid under recent eligibility changes also may begin applying on December 9.

The new online enrollment options are part of a new eligibility system that Ohio launched on October 1. Ohio Benefits is a simple, self-service Website that makes it easier for Ohioans to learn what type of health care coverage may be available to them. Originally children and parents were scheduled to be allowed to apply for Medicaid benefits on the new system beginning January 1, 2014. While

enrollment for the newly eligible group is set to begin in December 2013, coverage will not start until January 1, 2014. Beginning on December 9, prospective enrollees are encouraged to visit www.benefits.ohio.gov to see if they qualify.

"Ohio's health care coverage Website is working well," said Greg Moody, Director of the Governor's Office of Health Transformation. "Through the advocacy of NAMI and others It is estimated that as many as 275,000 additional people will now be eligible for the medicaid benefits.



The Summit News Letter

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National Alliance on Mental Illness

The Nation's Voice on Mental Illness

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Cuyahoga Falls, OH

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