



VISION STATEMENT: NAMI Warren County is widely recognized as a welcoming gateway for individuals and families seeking assistance about mental illness. We are a self-sustaining affiliate of the National Alliance on Mental Illness that provides support, advocacy, and effective, consistent education. NAMI Warren County develops informed, motivated members who promote full integration of people with mental illness into the life of the community.

Our mission: *The mission of NAMI Warren County is to offer hope and help to people affected by mental illness. We provide support, advocacy, and education to increase understanding, reduce stigma and promote a community in which the opportunity for recovery is maximized.*

AUGUST MEETING INFORMATION

Thursday, August 18, 7 PM

**Workforce One, 3rd floor Young Conference Rm.
300 E. Silver St., Lebanon**

Speaker: Angela Johnsen, Dir. of Outpatient Services of Solutions Community Counseling and Recovery Center

Topic: The Mission and Services of Solutions Community Counseling and Recovery Center

Support and Social Time begin at 6 PM.

**NAMI Warren County
Board of Directors
Jeff Mitchell, President
Lynn Adams
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Russ Dern, PhD
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Beth Kletzly
Jim Raptis, Secretary
Karen Royer, Treasurer
Annette Stone**

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513-695-3650—Lebanon,
Mason, Monroe
513-925-3650—Cincinnati,
Maineville
513-261-3650—Middletown
937-425-3650—Springboro,
Franklin**

**Interim Executive Director:
Rosalyn Dadas
Our office is located at
910 N. Broadway, Lebanon.
Please call ahead if you need
to stop by the office.
Newsletter Coordinator:
Rosalyn Dadas**

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**NAMI Ohio
President: Gloria Walker
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Terry Russell
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**THE KICK-OFF LUNCH FOR NAMI Warren
County's 2nd Annual Stigma Busting Stroll
will be held on
Friday, August 26 at Noon at Workforce One,
300 E. Silver St., Lebanon, 3rd Floor Conference Rm.**

All who plan to lead a Walk Team or to volunteer in some way at the Walk or help plan the Walk are invited to attend. A complimentary lunch will be provided.
**State Representative Peter Beck of Mason
will be the guest speaker.**

Please RSVP to 695-3650 or raptis@centurylink.net.

LOCAL AND STATE MENTALHEALTH NEWS

Mental Health Advocates Grateful Not to be Forsaken

Columbus, OH – The National Alliance on Mental Illness of Ohio (NAMI Ohio) extends its gratitude to Governor John Kasich and the Members of the 129th General Assembly for prioritizing the needs of those with serious mental illness. “When we first learned of the \$8 billion deficit, we were all but certain that mental health’s ox would be gored. In fact, we even began planning a huge rally at the Statehouse to voice our outrage. Instead, we turned the event into a celebration of recovery with music and food!” said Executive Director Terry Russell.

“With the passage of this budget, Ohio’s leaders are sending a message to the nation that despite these hard times, ‘we will not forsake our most vulnerable citizens,’ ” Russell said. “Certainly, there remains a lot of work to do to turn our mental health system around, and the funds in this budget are not enough to meet all the needs that are out there. But truly, it could have been so much worse.”

MHRS Leverages more than \$780,000.

Mental Health Recovery Services of Warren and Clinton Counties has received \$780,000 “Recovery to Work” grant from the Ohio Rehabilitation Services Commission to implement services for individuals diagnosed with a mental illness or addiction who are receiving vocational rehabilitation services and have substantial barriers to employment.

Cincinnati Children’s Hospital Medical Center and Lindner Center of HOPE Announce Partnership

Cincinnati Children’s Hospital will be leasing the 16-bed Adolescent In-Patient Treatment Unit from the Lindner Center along with the Partial Hospitalization Program and the Adolescent Eating Disorders Program. The Children’s Hospital Division of Child and Adolescent Psychiatry will now be staffing and operating these 3 programs. This became effective July 6, 2011.

Interested in volunteering for NAMI Warren County? Here are some ways to do that:

1. Adopt a location: Help spread the word. Keep a few local community sites such as a library, doctor’s office, or hospital stocked with NAMI Warren County informational brochures about our education and support programs.
2. Office Support: Do you want to contribute to the mission of the organization and have an eye for detail? NAMI needs assistance with general tasks such as folding and labeling the newsletter or writing an article for the newsletter.

SOME INTERESTING FACTS

- The Connection Support group averages 8 participants per meeting.
- The Family Support group averages 4 participants per meeting.
- There are 20 people in the current Family to Family Course with 7 of them from Warren County
- NAMI Warren County receives an annual grant of \$16265 from Mental Health Recovery Services for education and support activities.



YES IT’S THAT TIME OF THE YEAR, to start planning NAMI Warren County’s Stigma Busting Stroll. This is the non-competitive walk to raise awareness and funds for NAMI Warren County. It’s a chance to show the community that mental illnesses are brain disorders like any other illness. The goal is to raise \$12,000 from this event.

Sponsorship packets are available in the NAMI Office to anyone who wants to solicit sponsors, in-kind donors or be a sponsor themselves. Other ways to volunteer are to call all of our members to remind them about the event; volunteer to work at the walk itself; and help plan for other aspects of the event: signs, T-shirts, give-aways, and myriad details of planning a Walk.

Norman Conquest will again provide musical entertainment at the Walk.

Please call the NAMI WC Office at 695-3650 if you have questions or would like to volunteer.

NAMI WARREN COUNTY SUPPORT GROUPS

Connection Recovery—for people living with a mental illness like bipolar disorder, depression, schizophrenia, anxiety disorder and other serious, chronic mental illnesses (first and third Mondays of the month.)

Family Support—for family members and friends of those who live with a mental illness (fourth Tuesday of the month).

See p. 4 for complete information on dates, times, and locations.

For more information: call the NAMI Warren County office at 513-695-3650 or 937-425-3650. (No Registration required for support groups)

Phone and email support as needed also!!!

IMPORTANT PHONE NUMBERS AND WEBSITES

Behavioral Health Crisis Line for Warren and Clinton Counties; 1-877-695-6333, 24-hour telephone support for crises and emergencies related to mental health and drug and alcohol problems

National Suicide Hotline: 1-800-SUICIDE (784-2433). Has a prompt in Spanish/Espanol.

Consumer Warmline: 513-931-WARM (9276), 24 hour telephone support services, peer support for mental health consumers.

Support Group Clearinghouse: www.mhaswoh.org, for information about all kinds of support groups in Southwest Ohio and Northern Kentucky.

Mental Health Recovery Services Board: www.mhrsonline.org, the website for information on all services provided through the Warren and Clinton Counties Behavioral Health Board.

NAMI WARREN COUNTY MEMBERSHIP FORM (for new members)

NAME _____

COMPLETE ADDRESS _____

PHONE: Daytime _____ Evening _____

EMAIL _____ Race/Ethnicity _____

I am: a consumer of mental health services _____ mental health professional _____
family member of a person with a mental illness: spouse _____ parent _____ grandparent _____ sibling _____
friend _____ other _____

I would prefer to receive the NAMI Warren County monthly newsletter by email _____ or postal mail _____.

You will receive the National Advocate Newsletter and the NAMI Ohio Newsbriefs by postal mail.

MEMBERSHIP LEVEL _____ \$35 Regular
_____ Open Door (any amount)
_____ \$75 Professional/Organization

Please make checks payable to
NAMI Warren County and mail to:
NAMI Warren County
P.O. Box 525
Lebanon, OH 45036

ANNOUNCEMENTS

Mental Health Symposium

Cincinnati Children Hospital Medical Center Division of Child and Adolescent Psychiatry is sponsoring a Pediatric Mental Health Symposium on Sept. 20 at the Great Wolf Lodge in Mason. Topics include Teen Suicide, Eating Disorders, Managing ADHD, and Treatment Options. Contact Pamela.nelly@cchmc.org for more information.

Changing Minds Newsletter

Cincinnati Children’s Hospital Medical Center Division of Child and Adolescent Psychiatry puts out an e-newsletter called Changing Minds. It has lots of good information for parents and teachers. Contact Yvetta Collins at yvetta.collins@cchmc.org if you would like to get on the mailing list.

From the Veterans’ Administration

Caregivers of Post 9/11 Veterans may be eligible for health insurance and a stipend if assisting disabled veterans in the Post 9/11 Era. Visit www.caregivers.va.gov for more information and how to sign up.

We Connect Now

The website http://weconnectnow.wordpress.com is for college students with disabilities in an effort to connect and integrate them more as a virtual community with a voice on important matters. It was begun by college student Gabriela McCall Delgado in 2008.

Grand Rounds at LCOH

The August 30, Noon-1 PM session will be “Electroconvulsive Therapy at the Crossroads” by presenter Nelson F. Rodriguez, M.D. of Lindner Center of HOPE.

NOTE FROM THE INTERIM EXECUTIVE DIRECTOR

I came across an article from the Lindner Center of HOPE in its “Source” e-newsletter that there is mounting evidence that some mental illness can be prevented. Here’s an example from the American Journal of Psychiatry based on findings from the STAR*D study funded by the National Institute of Mental Health: “...which concluded that children who live with depressed moms are also at high risk for depression. But successful treatment of the mother has a long-lasting impact on the child. The study is in the final stages of documenting the negative effects depressed moms have on their children. ‘The study shows us that the faster we can intervene and treat mothers, the greater impact it will make on their children,’ said Dr. Julie Hyman of the Lindner Center. ‘This tells us that regardless of the duration, remission of a mother’s depression appears to be related to decreases in behavioral problems and symptoms in their children, thus showing that prevention and treatment does work,’ Dr. Human said.”

I was quite astounded when I read this. Let’s hope that with further research we can find ways to prevent other mental illnesses, too.

I hope to see many of you at the Stigma Busting Stroll Kick-Off Luncheon on August 26. (See p. 1.) This is a great way to learn more about how YOU can partner with NAMI to make this fun Walk successful. We should have a new permanent Executive Director by that time, but I plan to be there as a volunteer!

Roz Dadas

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Website: www.nami-wc.org

OFFERING HOPE AND HELP TO
FAMILIES AND INDIVIDUALS
AFFECTED BY MENTAL ILLNESSES.

UPCOMING EVENTS

MEETINGS, SUPPORT GROUPS AND MORE ,
Aug. 1, Connection Support Group, 7 PM, Lindner Center of HOPE, 4075 Old Western Row Rd. Mason.
Aug. 15, Connection Support Group, 7 PM, Lindner Center of HOPE, 4075 Old Western Row Rd. Mason
Aug. 18, 7 PM, Regular NAMI Meeting, see p. 1
Aug. 23, Family Support Grp., 7 PM, Atrium Med Center Behavioral Health Conf. Rm., One Medical Center Dr., Franklin.
Wednesday, August 26, Kick-Off Luncheon for NAMI Warren County's Annual Stigma Busting Stroll, Noon
Sept. 5, Connection Support Group, 7 PM, Lindner Center of HOPE, 4075 Old Western Row Rd. Mason.
Sept. 19, Connection Support Group, 7 PM, Lindner Center of HOPE, 4075 Old Western Row Rd. Mason
Sept. 15, Regular NAMI meeting, 7 PM, Topic TBD
Sept. 27, Family Support Group, 7 PM, Atrium Med Center Behavioral Health Conf. Rm., One Medical Center Dr., Franklin

IMPORTANT INFORMATION

DATES TO SAVE:

Wednesday, August 26, Kick-Off Luncheon for NAMI Warren County's Annual Stigma Busting Stroll. (See P. for details.)



**STIGMA BUSTING
STROLL**

Saturday, October 8, NAMI Warren County's Annual Fundraising and Awareness-raising Walk, 10 AM; (Registration begins at 9 AM) at Harmon Park, Lebanon.

Thursday, November 3rd, Award and Fundraising Dinner at the Warren County Career Center

