



**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.*

**JULY MEETING INFORMATION**

**Thursday, July 15  
(third Thursday of the month)  
7 PM  
at**

**Warren County Workforce One (3rd Floor Conference Rm.)  
300 East Silver Street, Lebanon**

**Speaker: Maxine Seelenbinder Apke, Artist**

**Topic: A Mother's Journey—Coping with  
A Son's Mental Illness**

**NAMI Warren County  
Board of Directors  
President: Susan Adams  
Lynn Adams  
Julie Bowen  
Russ Dern, PhD  
Anne K. Howard, Esq.  
Jeff Mitchell  
Jim Raptis, Secretary  
Liz Reichle**

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P.O. Box 525  
Lebanon, OH 45036  
www.nami-wc.org  
513-695-3650—Lebanon,  
Mason, Monroe  
513-925-3650—Cincinnati,  
Maineville  
513-261-3650—Middletown  
937-425-3650—Springboro,  
Franklin**

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

**NAMI National  
President:  
Stephen Feinstein, PhD  
Exec. Director:  
Mike Fitzpatrick  
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703-524-7600  
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**NAMI Ohio  
President: Gloria Walker  
Exec. Director: Jim Mauro  
747 E. Broad St.  
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1-800-686-2646  
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**LETTER FROM NAMI BOARD PRESIDENT, SUSAN ADAMS**

Well, the countdown to our 2nd annual fund-raising event has begun. October 2, 2010 will be the NAMI Warren County Stigma Busting Stroll. (Due to a few technicalities, we will not be hosting a "NAMIwalk" but instead, we'll have a leisurely stroll.)

Our objectives for this event are threefold: First to get the word out to the general public...Who is NAMI and what do they do; second is to raise funds so we can keep funding the paid, part time Executive Director position for NAMI Warren County; and third, to raise awareness of the stigma associated to mental illness and how to "Bust" that stigma. BUT, to accomplish this, we need more than just the NAMI board members. We need you to help. The sponsorship committee has started contacting Corporations, Companies...any Warren County businesses that could be potential sponsors. If you have a contact with a business, please ask them to be a sponsor. Or contact the NAMI office with the business name and contact person, and the sponsorship committee will follow up on the lead. We have opportunities help with the Kick-off Lunch, organizing the "day of" activities and many more needs.

Please help us help others in the Mental Health community by volunteering to help with the Stigma Busting Stroll!

Susan Adams

## FROM THE NAMI WARREN COUNTY OFFICE

### MORE ON THE JULY 15TH MEETING

Maxine Seelenbinder-Apke is the mother of a son with schizophrenia. She is working on an art show "A Mother's Journey" opening Thursday, October 7, 2010 at the Clifton Cultural Arts Center, 3711 Clifton Ave., Cincinnati. The purpose of the show is to highlight her journey in the hope of helping others and to increase public awareness of mental health issues in our communities. Besides her artwork, she would like to have a Big Book of individual's stories, artwork, poems, personal accounts, etc. related to themselves or their loved ones and how you have coped with a mental illness. So all NAMI members and friends are strongly encouraged to attend the July 15th NAMI meeting at 7 PM to learn more about how you can participate in this art show.

**KROGER FUNDRAISING.** NAMI Warren County has a great opportunity to raise funds through the Kroger Fundraising Card program. To date, we have raised over \$340 but we could do much better. All NAMI members have seen sent a card and all new members receive one upon paying dues. If you have friends or family members who shop at Kroger and would like a card so they can support NAMI, please call the office at 513-695-3650 and I will send them a card. There is no cost to getting or using the card.



We're Walking/Strolling on Saturday, October 2 at 10 AM on the Lebanon Bike Trail, beginning at Harmon Park in Lebanon. This is our annual Fundraising and Awareness Raising Walk with a special emphasis on "busting stigma!"

So mark your calendar now. We'll have a Kick-Off Lunch near the end of August or early September (yes, it's a free lunch!) for team captains and anyone who wants to learn more about the exciting event. If you have contacts at any local companies or corporations, please let us know so that we may approach them about a sponsorship.

### Hand to Hand Course to be held in Fairfield

NAMI's Hand to Hand Course for parents/caregivers of children under age 18 struggling with ADHD, bipolar disorder, OCD, Autism Spectrum Disorder or other mental disorders will begin on July 13, 7-9 PM at the NAMI Butler County Office on Boymel Rd, Fairfield. Call 513-874-0710 or 513-860-8387 to register. Classes are free but space is limited so register as soon as possible.



Enjoy a Safe and Happy 4th of July.  
God Bless America.

### FAMILY TO FAMILY COURSE IN LEBANON

Do you need help understanding a family member or friend who has schizophrenia, depression, bipolar disorder, anxiety disorders or other mental illness? Then consider registering for the free.....

### FAMILY TO FAMILY EDUCATION COURSE

Thursdays, August 5-October 21

6:30-9 PM

held at

the Mental Health Center of Warren/Clinton Counties  
975 Fujitec Dr., Lebanon.

You will learn about various mental illnesses, medications and therapy, communication techniques, self-care, advocacy, and more. And you will be getting support and supporting each other as you learn coping skills and empowerment. This course will be taught by trained Family to Family educators Marilyn Melena and Donita Owen.

Call the NAMI Warren County Office, 513-695-3650 by July 30 to register.

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An interesting article in the July, 2010 issue of Consumer Reports states that people with depression get the best results and relief by using medications and therapy together.

### 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.

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

Support Group Clearinghouse: [www.mentalhealthassn.org](http://www.mentalhealthassn.org), for information about all kinds of support groups in Southwest Ohio and Northern Kentucky.

Mental Health Recovery Services Board: [www.mhrsonline.org](http://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 \_\_\_\_\_ fiancé \_\_\_\_\_ 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

**Photo Gallery from the NAMI Warren County's  
Volunteer Information meeting**



Sixteen NAMI members attended the June 17th Volunteer Information meeting for our Fundraising Walk.



Mike Brown, President of the Board of NAMI Clermont County spoke about the importance of having a walk to raise awareness and funds. NAMI Clermont County will hold a walk on October 2 in Milford.



NAMI Warren County member, Jim Raptis, commenting at the meeting.

**FROM EXECUTIVE DIRECTOR, ROSALYN DADAS**

The time has come. I plan to retire at the end of October, 2010, specifically, October, 29<sup>th</sup>. It has been a wonderful 2 ½ years. "Find what you love to do and you'll never work a day in your life!" This adage reflects how I have felt about working for NAMI Warren County.

My husband is now retired and we want to spend more time with our elderly parents, children, and grandchildren. However, I hope to still maintain some connection to a NAMI affiliate somewhere and will still help out in some way while we are living in Warren County.

In one of the Chicken Soup for the Soul books, someone wrote, "No one on their death bed ever says, 'I should have spent more time in the office'"!

So this is our time to do the things we have always wanted to do and we are still young enough to enjoy them!

Peace and Blessings to all.

**NAMI WARREN COUNTY WISH LIST: Volunteers !!!!!**

- to help plan our Fundraising Walk —The Stigma Busting Stroll—Oct. 2 in Lebanon
- to secure Walk sponsorships,
- to organize teams,
- to plan a Kick-Off Lunch,
- to secure entertainment/fun stuff to do at the staging area of the Walk
- to donate to the Walk.

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

## UPCOMING EVENTS

### UPCOMING NAMI MEETINGS, SUPPORT GROUPS & EVENTS

**July 5,** Connection Support Group, 7 PM, Lindner Center of HOPE, 4075 Old Western Row Rd. Mason.

**July 15,** Regular NAMI meeting, 7 PM. Topic: Art and Mental Illness: The Art Exhibit of Maxine Apke

**July 19,** Connection Support Group, 7 PM, Lindner Center of HOPE, 4075 Old Western Row Rd. Mason.

**July 27,** Family Support Group, 7 PM, Atrium Med Center Behavioral Health Conf. Rm., One Medical Center Dr., Franklin

**August 2,** Connection Support Group, 7 PM, Lindner Center of HOPE, 4075 Old Western Row Rd. Mason.

**August 16,** Connection Support Group, 7 PM, Lindner Center of HOPE, 4075 Old Western Row Rd. Mason

**August 19,** Regular NAMI meeting, 7 PM, Marilyn Lorenzoni of New Housing Ohio, on the benefits of having a payee

**August 24,** Family Support Group, 7 PM, Atrium Med Center Behavioral Health Conf. Rm., One Medical Center Dr., Franklin

**September 16,** Regular NAMI meeting, topic: Social Security and Return to Work Incentives

## DID YOU KNOW THAT—

...the NAMI Connection Recovery Support Group has the following mission statement: There will be a NAMI Connection Recovery Support Group within reasonable traveling distance for every person in America who lives with a mental illness, every day of the week.

...the Warren County Connection Support Group meets on the 1st and 3rd Mondays of the month at 7 PM at the Lindner Center of HOPE.

...the next nearest Connection Support Group is in Dayton and meets every Monday and Tuesday at Christ United Methodist Church, 3440 Shroyer Rd., Kettering at 7 PM.

...there are 497 Connection Support Groups in the US.

...there are 2236 trained Connection facilitators.

...that an article about Connection appeared in the Chicago Tribune and then was picked up by newspapers in Washington, Indiana and California.

...the Connection Training Staff believes that Connection provides a valuable resource in our communities to give people a welcoming place to start telling their stories and take the next step in recovery.