



**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.*

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

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**NAMI Warren County Office**  
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.

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**NAMI National President:**  
Stephen Feinstein, PhD  
Exec. Director:  
Mike Fitzpatrick  
3803 North Fairfax Dr.  
Arlington, VA 22203-1701  
703-524-7600  
www.nami.org

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**NAMI Ohio**  
President: Rory McGuinness  
Exec. Director: Jim Mauro  
747 E. Broad St.  
Columbus, OH 43215  
1-800-686-2646  
www.namiohio.org

**FEBUARY MEETING INFORMATION**

**The next meeting is  
Thursday, February 18  
(third Thursday of the month)**

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

**Topic: Healthcare Reform and How it Might Affect  
People Diagnosed with a Mental Illness**

**Speaker: from AARP**

**There will be time for Questions and Answers  
after the presentation.**

**LETTER FROM NAMI BOARD PRESIDENT, SUSAN ADAMS**

Valentine's Day is February 14th. Wikipedia says: "Valentine's Day or Saint Valentine's Day is a holiday celebrated on February 14 by many people throughout the world. In the English-speaking countries, it is the traditional day on which lovers express their love for each other by sending Valentine's cards, presenting flowers or offering confectionary."

Recently we have lost 3 members of the Mental Health Community: January 3rd Dan Foust died outside of Memphis, Tennessee and January 11th Sandy Weisenberger died in her home in Franklin, Ohio. Dan was 51 and Sandy was 56. Much too young for us to think of losing them. We all just were with Sandy at the NAMI Christmas party in December, enjoying her ever popular cookies. Also, Mary Shelton, 46, of Franklin passed away on January 19th.

So, this year, I want you all to change the meaning of Valentine's Day just a bit. Instead of making it just a day for "lovers to express their love", how about if we make it a day for friends to let each other know just how important they are in our lives. Because we never know when any of us will leave this earth.....I want to make sure that my friends know how much I love them before its too late.

Susan

## FROM THE NAMI WARREN COUNTY OFFICE

MARK YOUR CALENDAR FOR MAY 6!!!

NAMI WARREN COUNTY will hold its 20TH ANNIVERSARY AND RECOGNITION DINNER on that day. The dinner will be held at the Shaker Run Country Club in Lebanon. All current NAMI members and friends of NAMI Warren County will receive invitations in March. The exact cost has not been determined, but it will be reasonable.

It will also be our Annual Recognition Dinner, where we bestow awards on those who have made a difference for clients and the mental health community in Warren County. We will list the requirements for the awards in a future newsletter.

IN MEMORY of Dan Foust who died on January 3; Sandy Weisenberger, a long time NAMI member, who passed away on January 11, and Mary Shelton who died on January 19th. They will be missed by many.

### MEMBERSHIP

The NAMI office routinely sends out a membership renewal letter at the end of each month for memberships that need to renew the following month. Please pay your dues on time since membership dues are a major source of income that keeps our NAMI affiliate productive.... OR RENEW ONLINE! NAMI Warren County now has the capacity on its website, [www.nami-wc.org](http://www.nami-wc.org), to take credit card transactions for membership renewals and donations. You need to click on Join Now (for new members and renewals) then click on the Donate button. It will take you through a few screens that will allow you to make these transactions all online. PayPal is a well-regarded financial transaction entity that is used by many non-profits for online donations and other financial transactions.

### NAMI Office Wish List

Colored paper  
Volunteers to help with a monthly display at Atrium Medical Center.  
If you can donate or help, please call the NAMI office, 513-695-3650.

### RESEARCH STUDIES at The Lindner Center of HOPE

The Research Institute at the Center will be recruiting for 3 overeating studies, one bulimia nervosa study and 7 studies in bipolar disorder. You must be at least 18 years old for these placebo-controlled, open-label and observational studies. Most studies include a thorough psychiatric assessment, free medication, and reimbursement for time and travel. All subjects who participate in these studies will be provided with resources for further care and assistance in obtaining support in the community. If interested in learning more about these studies call 513-536-0700.

While NAMI does not endorse or encourage anyone to participate in a research study, we believe that with proper information you can make your own decision.

**A New DBSA (Depression Bipolar Support Alliance) Support Group** will begin on March 7, 7-9 PM at West Chester Church of the Nazarene on Tylersville Rd., West Chester. It will meet weekly on Sunday evenings.

### FUNDRAISING FROM AVON

If you need to purchase birthday gifts or Valentine Gifts, NAMI Warren County has the opportunity to earn up to 15% on purchases made at [www.beautyfundraising.com](http://www.beautyfundraising.com). Our code is 840041. If you purchase Avon products, this is a painless way to raise funds for our affiliate.

IN THE EVENT OF INCLEMENT WEATHER, NAMI Warren County meeting or event information will be listed with WKRC-TV, Channel 12 Cincinnati. I'm sorry to say that none of the Dayton TV stations have responded to our attempts to be listed with them. Information will also be on our website and on the NAMI office answering machine.

### NAMI WARREN COUNTY NEWSLETTER

This newsletter only goes out in print form to NAMI members and a few complimentary contacts. It is worth the membership dues. In order to be more efficient with limited resources, we will email this to all on our mailing list and only send a hard copy to those without email.

### SOMETHING TO THINK ABOUT

*"If you don't like the way the world is, you change it. You have an obligation to change it. You just do it one step at a time."*

—Marian Wright Edelman, lawyer, educator, activist

**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.mentalhealthasn.org](http://www.mentalhealthasn.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.

**The NAMI FAMILY TO FAMILY  
COURSE**

**BEGINS WEDNESDAY,  
FEBRUARY 10**

**6:30-9 PM**

**at**

**The Offices of Mental Health Recovery  
Center of Clinton/Warren Counties,  
975A Fujitec Dr., Lebanon.**

This course is for family members or friends of someone with a mental illness in order to:

1. learn about mental illnesses
2. receive support for yourself and your loved one
3. get information about medications
4. learn how to help your loved one toward recovery.

This is a 12-week course taught by family members who are trained Family to Family Educators.

Please call 513-695-3650 by Feb. 8 to register for this course.  
The course ends April 28.

*From Executive Director Rosalyn Dadas*

*I was able to catch up on some reading during January. I caught up with a few issues of SZ Magazine, an inspirational and encouraging publication for people affected by schizophrenia. It always has stories on getting and staying healthy, success stories, and updates on research and medications. If you need information on subscribing to it, give me a call at the NAMI office.*

*I also came across a notice about a Day of Reflection and Dialogue on the importance of Self-Care at the Jesuit Spiritual Center in Milford on February 6th. This one-day retreat will explore the fundamental role of the inner journey and daily spiritual practices in an individual's ability to transform conflict and improve relationships. It will be facilitated by Meghan Clarke of Creative Resolutions in Cincinnati. This retreat is open to anyone of any faith tradition who is in need of some "down-time" to renew yourself and find creative ways to continue facing whatever "big issue" challenges you. The cost is \$35 and you can register by calling 513-248-3500, ext.10 or visit [www.jesuitspiritualcenter.com](http://www.jesuitspiritualcenter.com). I am hoping to attend.*

*Lastly, in reading newsletters from other NAMI affiliates, I came across a clever fundraising idea from NAMI Hamilton County. It seems there have been a few individuals there who were marking a significant birthday and they asked their party guests to make a donation to NAMI instead of bringing a gift. What a generous idea! Is there anyone out there who is turning 40, 45, 50, 55, 60, 65, 70 or any birthday for that matter who would like NAMI Warren County to be the beneficiary of your party? Give me a call at 513-695-3650 and let's make it happen!*

*I hope you all have a warm, loving, and joyful February.*

*Roz Dadas*

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 \_\_\_\_\_ 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

NAMI WARREN COUNTY  
P.O. Box 525  
Lebanon, OH 45036  
Phone: 513-695-3650  
E-mail: info@nami-wc.org  
Website: www.nami-wc.org

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

## UPCOMING EVENTS

### UPCOMING NAMI MEETINGS, SUPPORT GROUPS & EVENTS

**Feb. 1:** Connection Support Group, 7 PM, Lindner Center of HOPE, 4075 Old Western Row Rd. Mason.

**Feb 15,** Connection Support Group, 7 PM, Lindner Center of HOPE, 4075 Old Western Row Rd. Mason

**Feb 18,** NAMI meeting, 7 PM, How Healthcare Reform will Affect People with Mental Illnesses, speaker from AARP

**Feb 23,** Family Support Group, 7 PM, Atrium Medical Center Behavioral Health Conf. Rm., One Medical Center Dr., Franklin

**March 1,** Connection Support Group, 7 PM, Lindner Center of HOPE, 4075 Old Western Row Rd. Mason

**March 15,** Connection Support Group, 7 PM, Lindner Center of HOPE, 4075 Old Western Row Rd. Mason

**March 18,** NAMI meeting, 7 PM, Topic: Children's Mental Health with Dr. William Sirbu of Cincinnati Children's Hospital

**March 23,** Family Support Group, 7 PM, Atrium Med Center Behavioral Health Conf. Rm., One Medical Center Dr., Franklin

**MAY 6**—NAMI WARREN COUNTY'S 20TH ANNIVERSARY DINNER AT SHAKER RUN GOLF CLUB

## A WARM ROUND OF APPLAUSE!!

THANK YOU to the following individuals or organizations that contributed to our End of Year Annual

Appeal that raised \$2275:

Florence and Rudy Beaujon

Barb Bonifas

Paul and Lois Butt

Rosalyn and Alex Dadas

Nancy Denny,

Don Dominick

Mary Frasik

Richard Freeman

Anne Howard

Jay and Shirley Joyce

Peggy Kelley

Sharon Knight

Dick and Lee Ann Lee

Lucia Livingston

Mary Ann Luciano

Rina Messina

Bob and Charlotte Miller

Hewitt Mulford

Winifred Riley

Trish and Jim Robinson

The Warren County Bar Association

Paul and Diane Whitacre

Bill and Marie Wimmer