



NAMI Clermont County

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March Newsletter

March 3, 2010

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NAMI CC Mission Statement

Our mission is to provide help and hope to families and individuals affected by mental illnesses (brain disorders) through support, education, and advocacy.

NAMI Clermont County Board of Directors

Mike Brown
President
Michael Belliston
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Becky McCullough
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Brian Dugan
Newsletter Editor
Tonya Brooks
Kenise Dugan

NAMI CC March Meeting

Please join us on Thursday, March 11th

Guest Speaker: Dr. Robin Arthur, Lindner Center of HOPE, Chief of Psychology

Dr. Arthur has served on the Lindner Center's founding team since early 2006 and has been integral in designing its world-class patient and family-centered evidence-based psychotherapy programs for both inpatient and outpatient services. Dr. Arthur oversees clinical treatment professionals administering Cognitive and Dialectical Behavior Therapy, as well as other treatment modalities.

Topic: Personality Disorders

Clermont County Mental Health & Recovery Board
1088 Wasserman Way, Suite B

Batavia, OH 45103

Board/Business Meeting at 6:00 PM

"Caring and Sharing" support group at 6:45 PM (additional time after program, if needed)

Guest Speaker at 7:30 PM

Special Thanks To:

Anne Combs, Clermont Counseling Center, and **Tara Keith**, Child Focus, who gave us information about their agencies at the February meeting.

Linda Miller
Carrie Spiess

County Office

Judy Bonhaus
Executive Director

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NAMI

Linda Miller, Kenise and Brian Dugan for becoming our newest board members. Linda has been helping us with new bylaws. Kenise and Brian are currently teaching the Family-to-Family Course in Loveland. Brian is also the newsletter editor.

Flying Pig Marathon

Have fun and volunteer with us for the Flying Pig Marathon in Cincinnati on **Sunday, May 2, 2010**. NAMI Clermont County registered to have timers at the Marathon and we will get a donation in exchange. The more people - the higher the donation. Check out www.flyingpigmarathon.com for race information.

Chuck Meyer will be the volunteer coordinator for this event.
Call 732-5419 to volunteer.

New Walk Date- October 2, 2010

This year we are joining NAMI Butler County and NAMI Warren County in NAMIWALKS. We reserved **Veterans' Memorial Park**, the "Helicopter Park", for our walk.

4350 Aicholtz Rd
Union Township, OH 45245

The Butler and Warren County walks will be on the same day in their respective counties.

Jennifer Dalton has agreed to be the Honorary Chairperson for our walk. She graciously arranged for us to have a public service announcement made at Channel 12 to advertise the three walks on the same day in each county. Start getting your teams together and join the fun!

Message from the Executive Director

Dear Friends,

As part of our mission is to educate, we work to raise awareness of mental health problems and erase stigma. In the past few months, I have written letters to Survive Institute, the Catholic Telegraph, and The Cincinnati Enquirer to do just that.

Most recently, The Cincinnati Enquirer featured a front page story on February 11 with the headline "Suit claims mentally ill untreated-Prison a 'revolving door' for many, attorney claims."

It reported that a federal lawsuit filed in U.S. District Court in Cincinnati "asked a judge to order the Ohio Department of Rehabilitation and Correction and the Ohio Department of Mental Health to provide the care necessary to help keep mentally ill offenders from returning to prison."

The article points out that the two departments are not providing for the follow-up care, as listed in their policies, needed to prevent mentally ill offenders from returning to prison. The response I sent

National Alliance on
Mental Illness

NAMI Clermont County

NAMI is the largest grassroots mental health organization dedicated to improving the lives of persons living with serious mental illness and their families.

Local NAMI Affiliates

To get information on upcoming classes, support groups, and events, please call or check websites of NAMI affiliates in Southwest Ohio.

NAMI Butler County,
513-860-8387,
info@namibutler.net

-
**NAMI Hamilton
County,** 513-351-3500,
info@nami-hc.org

NAMI Warren County,
513-695-3650,
info@nami-wc.org

Quick Links...

-
[Our Website](#)

to The Enquirer has not been published and it appears below.

The reason I'm including this is to reinforce the fact that we should all be vigilant for opportunities to educate the public and to reduce stigma. Although it takes time and effort, "stigma busting" will ultimately help our cause. NAMI National offers tips to become a "StigmaBuster" on a link from our website or by visiting www.nami.org and linking to "Fight Stigma."

Thanks to all who are fighting stigma. Let's keep on keeping on. Best wishes for a warm and sunny spring with dispositions to match!

Judy

Revolving Door, No More

Your front page story "Suit claims mentally ill untreated" (2-11-10) is excellent in that it gives information on the "revolving door" of mentally ill ex-convicts, but there is more to the story.

To summarize: if those former inmates who have a mental illness had been treated for their illnesses early enough, they may have avoided incarceration altogether.

Two main reasons early diagnosis and treatment are rare are stigma and lack of access to medical care.

Stigma surrounding mental illness can make people try to self-medicate to reduce the pain without facing a diagnosis-usually with illegal drugs or with alcohol-that often leads to addiction. Addiction leads to crime. Crime leads to incarceration.

If someone does have a diagnosis and access to medical treatment, he or she may not have the insight to understand that they have a biological brain disorder-that psychiatric medications have to be given time to work, that there may be a period of trial and error to settle on the best medications.

They may not want to make the life-style adjustments and work on their recovery. They may not want to follow doctors' orders because they don't want to be classified as "mentally ill." They may be afraid of losing their jobs and the respect of others.

On the other hand, people who want to recover and are working toward recovery may not have access to the care and medications they need. Many people fall through the cracks. For example, a recent college graduate who has bipolar disorder and a low paying job does not have insurance.

His parents are covering him through COBRA that costs them \$500 a month. His medications cost even more. They fear what will happen to him when COBRA runs out. Although he needs medications to be high functioning, he may only be eligible for public assistance if he goes off his medications and is hospitalized or incarcerated. As pointed out in the article, incarceration will cost the community a lot more than helping someone with medications.

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In a country as educated and wealthy as ours, there is no reason for any of us to fall through the cracks or be stuck in a revolving door. Regardless of financial, emotional, or social circumstance, we are all worth reverence and respect. It is time to be proactive. Reactive measures such as incarceration and COBRA are expensive. Hope, love, and tolerance are free. Early intervention and proper access to medication can save money and lives. Thank you for bringing attention to the injustice faced by people with mental illness and how it affects the entire community.

Phoenix Place

The Phoenix Place is a recovery-oriented center for those who are recovering from a mental illness. The Phoenix Place is open Monday through Friday 9 am to 3 pm. On Monday, Wednesday, and Friday the center offers social skill-building classes. On Tuesday and Thursday the center will be offering recovery-oriented structured classes. The classes are taught by staff or volunteers.

The class descriptions are listed below.

Advocacy and Networking

Learn to advocate for yourself in the mental health system by listening to speakers share their expertise.

Basic Computers with Internet

Learn your way around a computer. Learn techniques common to most personal computers. Learn basic Internet skills.

B.R.I.D.G.E.S.

Building Recovery Individual Dreams and Goals through Education and Support. BRIDGES is a journey of hope!

Community Volunteerism

Come along as we spend the afternoon volunteering and giving back to our community.

Creative Writing

Learn self-expression through creating stories and poetry. Share your creations with your classmates.

Educational Skills

Have fun and learn how to spell, read, and work with numbers.

General Support Group

Share your experiences in coping with your mental illness. Get the support you need and find help to cope.

Healthy Living

Learn skills and tools for how to buy and cook healthy foods. Learn about exercise and how it will help in your life. Improve your life with useful, healthy skills.

Improving Your Self Esteem

Learn to like yourself and conquer self doubt. Build a healthy and realistic self esteem.

Job Readiness

Learn resume writing, interview strategies, and other useful skills for obtaining the job you want.

Microsoft Excel

Learn the basics of Microsoft's spreadsheet program. Learn to create, modify, and print spreadsheets. Techniques learned will

apply across multiple versions of the software.

Microsoft Publisher

Learn the basics of Microsoft's desktop publishing software. Learn to create brochures, flyers, and much more. Techniques learned will apply across multiple versions of the software.

Microsoft Word

Learn the basics of Microsoft's word processing program. Learn to create letters, format them, and much more. Techniques learned will apply across multiple versions of the software.

Scrapbooking

Bring in your pictures and share experiences with peers while creating a personal scrapbook.

Setting Ourselves in Motion

Finding the motivation we need to fuel our recovery.

Social Interactions

Learn ways to talk and interact with peers in a positive way.

Spirituality and Coping

Learn to use your spirituality as a coping skill in your recovery.

Stigma Busting

Join your peers in a group discussion of coping with the stigmas around mental illness.

Team Achieve

Work with your legislators and with you fellow members to crush the stigma of mental illness to better serve in your community.

Wellness Recovery Action Plan (WRAP)

Study day-to-day coping and wellness strategies to use to stay well and help you when you fell badly. WRAP centers on self-help, recovery, and long-term stability.

What is Recovery

Learn about what recovery means for you and how to move forward from where you are today.

Call 752-6170 for schedule information.

"Hearts and Minds" Education Program Launched

People with serious mental illness live, on average, 25 years less than other Americans.

NAMI National recently issued a press release about the "Hearts and Minds" program. This is a new health education program to promote sound "mind and body" health practices among individuals who live with serious mental illness.

The "Hearts and Minds" initiative takes aim at risk factors like high blood pressure, high cholesterol, smoking and obesity for major illnesses such as heart disease, cancer and diabetes.

The self-help program's focus on wellness will inspire health and fitness practices familiar to many Americans-such as diet, exercise and smoking cessation. The main difference is the size of the challenge.

"Wellness is everyone's concern," said NAMI Executive Director Mike Fitzpatrick. "But it is especially urgent for people living with

serious mental illness."

People living with serious mental illness such as major depression, bipolar disorder and schizophrenia live on average 25 years less than other Americans.

One in four Americans experiences mental health problems in any given year.

- One in 17 lives with one of the most serious mental illnesses such as major depression, bipolar disorder and schizophrenia.
- One in ten children and adolescents struggles with serious, disabling conditions, including depression.

The program consists of five key components:

- A special interactive "Hearts & Minds" Web site including discussion groups
- A facilitator's guide and tool kit for local community discussions
- A DVD that can be downloaded or purchased through NAMI's online store
- A booklet on health strategies and risks that also can be downloaded or purchased
- Printed fact sheets on a broad range of topics

"Many kinds of risk factors contribute to health challenges for people with mental illnesses," said NAMI Medical Director Ken Duckworth, M.D. "Many are preventable or reversible. They include isolation, relatively low incomes, sedentary lifestyles, smoking as a form of self-medication and the side-effects of some medications for mental illness."

"There has been significant progress in treatment options for mental illness to support recovery, but for every individual, each option requires careful assessment of benefits and risks. Hearts and Minds will empower people to minimize and manage health risks to support wellness and recovery," Duckworth said..

NOTE: At NAMI Clermont County we stress that recovery includes body, mind, and spirit. Although the spirit component is not included in "Hearts and Minds," we endorse it. See www.nami.org for further information on "Hearts and Minds."

Coming Attractions

April 8

Changes at the Phoenix Place: Taressa Ingle and Nicole Carter
Clermont Recovery Center Programs: Speaker TBD

May 13

Primary Care and Wellness for People with Mental Illness:
Dr. Pacita David, Psychiatrist and Internist

Message from the Editor

Please help us to serve you better. We welcome any suggestions/comments regarding this newsletter. Just click on "Newsletter Feedback" in the Quick Links section and send us your thoughts.

National Alliance on Mental Illness

PLEASE JOIN NAMI-CLERMONT COUNTY!

Our mission is to offer help and hope to families and individuals affected by mental illness (brain disorders) through support, education, and advocacy.

Name

Address

Phone

Email

Membership Subscription Rates:

<input type="checkbox"/>	\$35/year	Individual/Family
<input type="checkbox"/>	\$75/year	Professional/Organizations
<input type="checkbox"/>	Any Amount	Open Door Membership
		\$_____

Membership includes subscriptions to:

The NAMI-Clermont County News
The NAMI-Ohio Newsbriefs
The NAMI National Advocate

Monthly meetings are held every 2nd Thursday - Board/Business Meeting at 6:00 PM;

Caring & Sharing at 6:45 PM; 7:30 PM, Educational Speaker; at the address below.

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