

NEWS from the Executive Director

Hello NAMI Members and Friends,
I am happy to report that March's CIT training was hugely successful. 25 officers graduated, making this class the second largest graduating class since Stark County's inception of CIT training 10 years ago. To date, over 300 officers have completed this valuable training in Stark County. NAMI Stark County is grateful to Carole Vesely of Crisis Intervention and Recovery Center for her tireless dedication to this program.
On Tuesday, March 12th we held our 4th Annual Celebration of Volunteerism, Wellness and Recovery. 118 persons and businesses were honored for their service to NAMI Stark County and the persons and families we serve. Sandra Spurgeon and Mike Rembert were Volunteers of the Year. In addition, Shannon Hunter of Basic Accommodations/Coleman Behavioral Health and Lisa Vick were awarded Professional of the Year and Peer of the Year respectively. Many thanks to Chick-fil-A, Old Carolina Barbecue Co., Gardner Pie Co., and all our board members who provided the wonderful buffet selections and to Dave Marchione for sharing his music talents.
I am happy to announce that in April we will be offering a Family Member Vet to Vet support group which will be held on Mondays at 4:30pm at Community Services. This will be held at the same time that the Vet to Vet support group is held for family convenience. Please call the

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National Alliance on Mental Illness Recognizes Stark County Volunteers, Professional and Peer of the Year

March 12, 2013 The Stark County Affiliate of the National Alliance on Mental Illness (NAMI) honored four at its annual meeting and celebration of volunteerism, wellness and recovery. The group recognized Mike Rembert and Sandra Spurgeon as volunteers of the year, Shannon Hunter as professional of the year, and Lisa Vick as peer of the year.

Volunteer-of-the-year Rembert works in the group's Peer to Peer classes, helping others by sharing his knowledge of the mental health system and his illnesses. He also volunteers in the NAMI offices, editing the group's monthly newsletter, helping assemble home-going bags for patients leaving inpatient care and volunteering in many other NAMI activities. "Mike has overcome a lot in his personal life over the years and now devotes much of his free time to helping others reach the same level of wellness," said Jane James, NAMI director, citing his nomination.

Spurgeon has volunteered with NAMI since 2005, teaching the Family to Family classes for family and

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office if you would like more information.

Lastly, an estimated 1.5 million Ohioans do not have health insurance, most of them from working families, and some of them very poor. Medicaid plays a critical role in protecting the health of low-income Ohioans, but it leaves out many people. Like many states, Ohio does not extend Medicaid coverage to adults unless they have children or are disabled.

The Supreme Court made it optional – and Governor Kasich has proposed in his Jobs Budget 2.0 – to extend Medicaid coverage to adults making \$15,415 or less per year (138 percent of poverty). NAMI supports the expansion of Medicaid not only so that thousands of uninsured Ohioans will have access to healthcare, **but also because Medicaid expansion will free up dollars to provide very needed funding that will then be available to be used in other ways to support recovery, such as housing assistance and education/vocational services.** I URGE you to contact your legislators **TODAY** in support of Medicaid expansion (contact information on page 6 of this newsletter). There is widespread opposition amongst our House Representatives and this vote is projected to occur in April. Mental health services desperately need the dollars and service enhancement that Medicaid expansion will bring. As Terry Russell, Executive Director of NAMI Ohio has stated, this is the most important legislative advocacy issue NAMI has faced in the 14 years he has been affiliated with NAMI. Please make your voice count and contact your Representative today. --Jane

friends of people diagnosed with a serious mental illness. Like Rembert, she also is a regular volunteer in the group's activities, including having served as a board officer in years past. Said James, "her ability to listen with compassion, share wisdom and offer hope is an example for us all."

Hunter, a licensed social worker and director of residential services for Coleman Behavioral Health, was named professional of the year for her efforts with Basic Accommodations, a transitional housing program in Canton. Within the last year, Hunter led the effort to ensure that mentally ill homeless people find safe, client-centered and recovery-oriented lodging. According to her nomination, "She has been tireless in her efforts to ensure that these people do not have to settle for anything less than what each of us anticipates – affordable, more permanent housing."

Vick's peer of the year award celebrates her inspirational journey to recovery. Nominated by her counselor, Vick not only has taken an active role in addressing mental health and addiction issues, but also has reached out to peers to encourage them in their recovery. She also gives of her time in an after school enrichment program. James quoted Vick's counselor, saying, "Lisa's efforts have been very beneficial for other clients who participate in group counseling with her."

Vet to Vet Stark County

Vet to Vet is a program where veterans in recovery from mental illness and/or substance abuse provide mutual support and education to each other. Meetings are Monday 4:30 pm – 5:30pm @ Community Services, 625 Cleveland Ave., N.W., Canton, OH A concurrent family support group will be offered in April. Contact 330-455-6264 for more details.

 **NAMI Stark County**
National Alliance on Mental Illness


MOVING FORWARD for MENTAL HEALTH

**SAVE THE DATE
OCTOBER 12, 2013**

Thank you....

Carole Vesely. 25 Graduates of CIT (Crisis Intervention Training) and NAMI families participating in the panel, home visits and graduation. 325 CIT graduates over the last 10 years!

Majella Stein, Lauren Ramsey, Jeremy James, Roger James, Sarah Silverwood and Mike Rembert for putting together 250 discharge bags for Heartland Behavioral Healthcare.

Book Review

Girl, Interrupted
Susanna Kaysen
1993

Susanna is having a bad day. Her life has been quite mixed up recently and she is sitting in a doctor's office: a man she never met before. Twenty minutes later, she is whisked by taxi to a private mental hospital three states away. For the next eighteen months she will spend her time on an adolescent girl's unit. The hospital, Maclean's, is a progressive one catering to people like Sylvia Plath and James Taylor, but it is the Sixties and it is still a barred window asylum with nurses, psychiatrists, rules and an authoritarian green tiled wall, marble floor sense to it. The TV room is the center of entertainment and watching the other patients go off in tantrums is high art. The encounters with other residents such as the sociopathic Lisa and the many others fill her otherwise empty days.

Details from Susanna's actual clinical records are dividing pages in the book. From these we glean that she had a reactive psychosis, suicidal ideation and borderline personality disorder. Not an uncommon

set of conditions for a young woman with mental illness, yet the preferred course of treatment in the 1960s was a year and a half of hospitalization. Kaysen emerges eventually back into society somewhat wilted by her experience. She readjusts and moves on.

Many people remember Winona Ryder as Susanna Kaysen and Angelina Jolie's Oscar winning performance as Lisa in the movie version of "Girl, Interrupted." The movie, while differing in several ways from the book, does a fine job of catching the gritty sensibility of people living on mental health units. The book, however, has Kaysen's understated ironic wit, still retained after all those years, that is itself sharply adolescent. The book also contains a clear inside look at what it is like to be living with a diagnosis of borderline personality disorder. It has a thorough depiction of mental hospital life in the sixties as well. Both the movie and the book have value, but the original memoir cannot be beat. Try either one for a dose of realism about mental health in the Sixties and maybe now.

--Mike Rembert

What is Trauma-Informed Care?

Most individuals seeking public behavioral health services and many other public services, such as homeless and domestic violence services, have histories of physical and sexual abuse and other types of trauma-inducing experiences. These experiences often lead to mental health and co-occurring disorders such as chronic health conditions, substance abuse, eating disorders, and HIV/AIDS, as well as contact with the criminal justice system.

When a human service program takes the step to become trauma-informed, every part of its organization, management, and service delivery system is assessed and potentially modified to include a basic understanding of how trauma affects

the life of an individual seeking services. Trauma-informed organizations, programs, and services are based on an understanding of the vulnerabilities or triggers of trauma survivors that traditional service delivery approaches may exacerbate, so that these services and programs can be more supportive and avoid re-traumatization.

What are Trauma-Specific Interventions?

Trauma-specific interventions are designed specifically to address the consequences of trauma in the individual and to facilitate healing. Treatment programs generally recognize the following:

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If you are having a problem, call the CRISIS HOT LINE 330-452-6000 or 911 and request a CIT officer.



MENTAL HEALTH
AND RECOVERY
SERVICES BOARD
of Stark County

ENRICHING LIVES THROUGH WELLNESS AND RECOVERY

Thank you to the Mental Health & Recovery Services Board for assisting with this newsletter.

Medicaid Expansion Overview

Who is Impacted?

- Currently, Medicaid covers adults with dependents up to 90% of the federal poverty rate (up to \$11,170 for an individual or up to \$23,050 for a family of four). Under Medicaid expansion childless adults earning up to 138% of poverty will be covered. (Up to \$15,415 for an individual or up to \$23,050 for a family of four).
- The federal government will pay 100 percent of the cost for Medicaid for the newly eligible for three years, and approximately 95 percent for the next three years, decreasing to 90 percent in 2020 and beyond. (For those who are currently eligible, the federal government pays approximately 60% and the state pays approximately 40%.
- Approximately 270,000 Ohioans would become eligible for Medicaid if it is expanded.
- **It is estimated that beginning in Fiscal Year 2015, approximately \$70 million that is currently being used to purchase Medicaid-like services for those who are not currently eligible for Medicaid would be freed up to purchase other mental health support services that are not covered by Medicaid.**

Call to Action

- Contact each of the **Members of the Ohio House of Representatives** whose districts overlap your affiliate's service area and urge him or her to support Medicaid expansion. Recruit at least ten others to do the same.
- The most effective method of communication with your legislator is through personal contact. Requesting a meeting with your legislator while he or she is in the district is ideal, however, often difficult during a busy legislative session. The second best way to communicate is through a hand written letter that includes a personal story demonstrating how Medicaid expansion will impact your family. E-mails which include personal stories are the second best method of communication and phone calls are the third best way.
- Send Letters to the Editor of the papers in your Affiliate's area.

**Legislator
Contact Information
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CALENDAR OF EVENTS

QUARTERLY MEMBERSHIP MEETING

JUNE 11 2013 6:00 P.M.

NAMI STARK COUNTY
121 CLEVELAND AVE., S.W.
CANTON, OH 44721

VOLUNTEER OPPORTUNITIES

HEARTLAND BEHAVIORAL HEALTHCARE DISCHARGE BAGS
FRIDAY, JUNE 7, SEPTEMBER 6 AND DECEMBER 6, 2013
10:00 A.M.
HEARTLAND BEHAVIORAL HEALTHCARE

COMMUNITY EVENTS

STARK COUNTY SUICIDE PREVENTION CONFERENCE
APRIL 5, 2013
MYERS LAKE BALLROOM

VETERAN & FAMILY HEALING: WE ARE ALL IN IT TOGETHER
UNIVERSITY CENTER, KSU STARK
APRIL 5-6
[CONTACT VDOEPKER@MCMFDN.ORG](mailto:CONTACT.VDOEPKER@MCMFDN.ORG)

SST 9
FAMILIES AND EDUCATORS OF CHILDREN WITH SPECIAL NEEDS
SATURDAY APRIL 20 8 – 1
R.G. DRAGE TECHNICAL CENTER –

NAMI OHIO
SAVE THE DATE MAY 8TH AT THE STATEHOUSE
MENTAL ILLNESS:
BUILDING A COMMUNITY SUPPORT SYSTEM

SAFE KIDS DAY 2013
THURSDAY, MAY 16, 2013 4 -7 PM
UNIVERSITY OF MT UNION CAMPUS, ALLIANCE

Support Stark County NAMI Become a Member and JOIN NOW!

Date: _____

Name: _____

Organization: _____

Address: _____

City: _____ Zip : _____

Email: _____ Phone: _____

Skills I could offer to NAMI:

Comments:

Credit card type: _____ Number: _____ Exp. Date: ____/____/____

Indicate Membership Level:

___ Individual \$35
___ Open Door \$3
___ Contribution \$ _____
___ In Memory/Honor of \$ _____

Make your check payable to "NAMI Stark County" and
and mail to

NAMI Stark County
121 Cleveland Ave., S.W.
Canton, OH 44702

NAMI Stark County is a 501(c)(3) non-profit organization. Your NAMI Stark County membership enrolls you in National NAMI and NAMI Ohio and you will receive their informative quarterly publications.

Locating Your Legislator

STATE REP. CHRISTINA HAGAN (R-50th District)
Columbus office Ohio House of Representatives,
77 S. High St., Columbus OH 43215
Phone 614-466-9078 Fax 614-719-6950
Email Rep50@ohiohouse.gov

STATE REP. KIRK SCHURING (R-48th District)
Columbus office Ohio House of Representatives,
77 S. High St., Columbus OH 43215
Phone 614-752-2438 Fax 614-719-6951
District office 1817 Devonshire Dr. NW, Canton OH
44708
Phone 330-478-2900
Email Rep48@ohiohouse.gov

STATE REP. STEPHEN SLESNICK (D-49th District)
Columbus office Ohio House of Representatives,
77 S. High St., Columbus OH 43215
Phone 614-466-8030
Email Rep49@ohiohouse.gov

The Request to Members of the Ohio House of Representatives

- Please support the expansion of Medicaid to individuals up to 138% of poverty in H.B. 59.

Timeframe

- The House of Representatives are scheduled to vote on Medicaid expansion in early April. Letters and calls should be targeted for early April.

[Trauma informed care story](#) from page 3

Staff

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Mike Rembert, Newsletter editor

Board of Directors

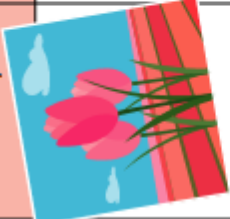















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- The survivor's need to be respected, informed, connected, and hopeful regarding their own recovery
- The interrelation between trauma and symptoms of trauma (e.g., substance abuse, eating disorders, depression, and anxiety)
- The need to work in a collaborative way with survivors, family and friends of the survivor, and other human services agencies in a manner that will empower survivors and consumers

Following are some well-known trauma-specific interventions based upon psychosocial educational empowerment principles that have been used extensively in public system settings. Please note that these interventions are listed for informational and educational purposes only. NCTIC does not endorse any specific intervention.

- [Addiction and Trauma Recovery Integration Model \(ATRIUM\)](#)
- [Essence of Being Real](#)
- [Risking Connection](#)
- [Sanctuary Model](#)
- [Seeking Safety](#)
- [Trauma, Addictions, Mental Health, and Recovery \(TAMAR\) Model](#)
- [Trauma Affect Regulation: Guide for Education and Therapy \(TARGET\)](#)
- [Trauma Recovery and Empowerment Model \(TREM and M-TREM\)](#)

Source: SAMHSA/NCTIC WEBSITE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Vet to Vet 4:30 Aultman 6:00 Refuge of Hope 6:00 	2	3 PRG #1 7-8:30 Gentle Shepherd WRAP 5-7 	4 Alliance Open 7-8:30	5 PRG #2 4:30-6 Gentle Shepherd	6 
7 FaithNet 5:30 St. Michael's Open 7-8:30	8 Vet to Vet 4:30 Aultman 6:00 Refuge of Hope 6:00 	9 Connection 6-7:30	10 PRG #1 7-8:30 Gentle Shepherd NC Family 6:30 WRAP 5-7	11 HBH Visitors 6:00	12 PRG #2 4:30-6 Gentle Shepherd	13
14 FaithNet 5:30 St. Michael's Open 7-8:30	15 Vet to Vet 4:30 Aultman 6:00 Refuge of Hope 6:00 	16 Connection 6-7:30	17 PRG #1 7-8:30 Gentle Shepherd WRAP 5-7 	18 Alliance Open 7-8:30 HBH Visitors 6:00 	19 PRG #2 4:30-6 Gentle Shepherd	20
21 FaithNet 5:30 St. Michael's Open 7-8:30 St. Patricks Day	22 Vet to Vet 4:30 Aultman 6:00 Refuge of Hope 6:00 	23 Connection 6-7:30	24 PRG #1 7-8:30 Gentle Shepherd NC Family 6:30 WRAP 5-7 	25 HBH Visitors 6:00 	26 PRG #2 4:30-6 Gentle Shepherd	27
28 FaithNet 5:30 St. Michael's Open 7-8:30	29 Vet to Vet 4:30 Aultman 6:00 Refuge of Hope 6:00 	30 Connection 6-7:30				

Support Groups

Canton Open Support Group Sunday Evenings @ 7 pm Family Members or Consumers

St. Michael's Catholic Church 3430 St Michael Dr. NW Canton, OH 44718
(corner of Whipple & Fulton) Lower level parking lot: Look for sign on door

FaithNet Program Discuss Mental Health from Biblical Perspective

Sundays, 5:30pm @ Wendy's on 3320 Whipple Ave. NW, Canton OH 44718

Refuge of Hope Monday Evening @ 6:00 pm Consumers

405 Third Street, NE Canton, Ohio 44702

Alliance Open Support Group 1st & 3rd Thursday Evenings @ 7 pm Family Members or Consumers

Science Hill Community Church 12316 Beeson St. NE, Alliance, Oh 44601

NAMI Connection Tuesday Evenings @ 6 pm Adults with Mental Illness Only

Basic Accommodations, 830 Cherry Ave., N.E., Canton, OH 44702

N Canton Family Support Group 2nd & 4th Wednesday Evenings @ 6:30p Family Members Only.

Holy Trinity Lutheran Church, 2551 55th St., NE, Canton, OH 44721

Post Peer to Peer Program Recovery Groups For Graduates of Peer to Peer Education Program

Vet to Vet Monday @ 4:30 pm Veterans committed to Recovery

Community Services 625 Cleveland Ave., N.W., Canton, OH 44702

The Support groups below are for current psychiatric In-patients and /or their loved ones:

Monday Evenings @ 6pm

Aultman Hospital

Psychiatric Unit, 6th Floor

Thursday Evenings @ 6pm

Heartland Behavioral Healthcare

HBH Family Involvement Program

Orientation/Support: **HBH Visitors**

FREE EDUCATION Programs

PRE-REGISTRATION IS NEEDED by calling for our FREE NAMI Educational Programs.

FOR CANCELLATION/INCLEMENT WEATHER: VIEW WKYC TV'S I-ALERT



Family-to-Family

12-week course is for family members and friends of adults with serious mental illness. It is taught by trained NAMI family members.

Canton, Thursdays, Starting April 18, 6:30pm to 9:00pm, Holy Trinity Lutheran Church

Canton, Mondays, Starting September 9, 6:30pm to 9:00pm, Holy Trinity Lutheran Church

Alliance, Mondays, Starting September 9, 6:30pm to 9:00pm, Science Hill Community Church



Peer-to-Peer

10-week course is for adults who have been diagnosed with a mental illness.

Canton, Wednesdays, Starting June 12, 6-8pm, Stark State College

Canton, Thursdays, Starting August 15, 6-8pm, TBD

Canton, Mondays, Starting October 21, 6-8pm, Stark State College



Basics

6 week course is for parents of children with emotional/mental/neurobiological disorders.

Canton, Wednesdays, Stating April 17th, 6-8pm, Early Childhood Resource Center

Canton, Wednesdays, Stating September 25th, 6-8pm, Early Childhood Resource Center

WRAP® – Wellness Recovery Action Plan®

Canton, Wednesdays, Starting June 5, 5-7pm, Community Services

Canton, Wednesdays, Starting September 18, 5-7pm, Community Services