Friends of NAMI,

It is my pleasure to share with you a special event we held in January. We are blessed every day to help people and families in need and without the support of our community leaders and so many others we wouldn’t be able to fulfill the needs of others.

On January 16th we held our first annual NAMI Geauga Appreciation Dinner at Joeys Italian Grille in Chardon. It was our way of expressing a warm and heartfelt THANK YOU to all who helped fulfill our mission and walk alongside us as we continue to increasing in growth! Our special guests included: Senator John Eklund, Honorable Judge Timothy J. Grendell, Honorable Judge Diane Victoria Grendell, Executive Director, Craig Swenson with Geauga County Job and Family Services, Geauga County Court employees, NAMI Geauga staff and volunteers, our NAMI Board President and Board of Directors. Their attendance and ongoing support of our efforts to help NAMI end the silence, educate our community, and provide support and advocacy as we roll into 2017 and beyond means a great deal! Our NAMI Board President, Dr. Philip Junglas summed it up best with his kind and encouraging words. Thank you, Dr. Junglas!

“The NAMI Geauga Appreciation night celebrated and highlighted many important milestones from 2016 and built a sense of excitement for 2017. Each of us in the room felt the warmth and success of peer support and hear from those who shared examples of life saving advocacy. I personally appreciated meeting many new NAMI members and supporters. It is exciting to see the increase in members and supporters! This growth is attributable to the satisfaction they experience as they fan out into the community and share NAMI support, education and advocacy with others in our Geauga community. As president of NAMI Geauga, I am proud of all those who our appreciation dinner celebrated, even if they could not make it. I am also thrilled to see how our growing group of Geauga minded residents working together, using a national organized approach, can help ease the burden of those who suffer and the families who endure the pain uninvited disruption crises in mental health. What a wonderful way to spend an evening!”

Even though this Appreciation Dinner was just another first, we took this opportunity to recognize Linda White, and incredible, warm and sweet volunteer, to whom we are grateful. Linda received our first annual “Person of the Year Award”. Below in our Volunteer Spotlight article you can read more about Linda. Thank you, Linda!
Amazon donates 0.5% of the price of your eligible Amazon Smile purchases to us when you choose NAMI Geauga County as your charity of choice.

Stand up and be counted.

Ask your members of Congress to ensure continued insurance safeguards and Medicaid coverage that help people with mental illness get the treatment they need.

Visit: http://ow.ly/wd9o308lzSf

Have You Ever Stopped to Think About Why You’re a Member of NAMI?

Perhaps you joined NAMI when your family had its first experience with mental illness. Feeling scared, confused and hopeless as your child became more and more lost. Fortunately, you were not alone. You were introduced to NAMI and all that comes with it— amazing programs, dedicated volunteers, supportive community, workshops and conferences, publications and online resources and so many opportunities to improve your life and the lives of others affected by mental illness. Even though your family may be enjoying more peaceful times, we ask that you still keep your NAMI membership active and stay involved.

Won’t you please join us on our mission and become a member today?

___ $50 Sponsor  ___$35 Membership  ___$3 Open Door (financial need)

Mail Checks Payable to: NAMI Geauga County
107 South Street, #5 Chardon, Ohio 44024
Please include your full name, address, telephone and email address.
From the Desk of Elizabeth Johnson, Program Coordinator

Upcoming Training Opportunities
March 3-5 in Massillon, Ohio: Peer-to-Peer Education training to become a class facilitator.
March 4 in Twinsburg, Ohio: A Beauti-Full Mind, LLC will offer Mental Health First Aid training.
March 11-12 in Columbus, Ohio: Ending the Silence and Parents & Teachers as Allies Facilitator Training.
April 21-23 in Akron, Ohio: Family-to-Family Education training to become a class facilitator.

HELP US HELP OTHERS!!
Other Programs in need of facilitators include:

Volunteers Needed!
Have you ever wondered how you can…?

- Support a great cause
- Share your talent and energy with a group of caring individuals
- Help end the stigma of mental illness

Look no further, NAMI Geauga County is always recruiting volunteers for the following:
- Special Events Crew
- Support Group Facilitator
- Educational Class Facilitator
- School Presenters
- Clerical Aide
- Creative Writer
- Committee Chairperson
- Crafter
- Research Assistant
- Community Outreach
- Marketing/Advertising
- NAMI Geauga Board Member

To get involved, contact Elizabeth Johnson, Program Coordinator at 440-286-6264 or by email at ejohnson@namigeauga.org. For more information, visit our website at www.namigeauga.org

Linda White was named NAMI Geauga’s Person of the Year for 2016. She has been volunteering with NAMI since March. Linda states, “I love being here; Jenn, Kelly and Elizabeth have made me feel accepted and appreciated.” She laughingly admits that it would be weird not to volunteer with NAMI; it has become a part of her life. Linda enjoys walking in the summers, reading spiritual books at the coffee shop and is passionate about her Christian faith. She is proud of the journey she has taken this past year, becoming aware of things that need to change in her life which helps her to go towards that goal. She is known as “Mimi” to her four grandkids, whom she loves staying in touch with. At the NAMI office, Linda can be found in the annex room, completing a variety of clerical tasks with the radio gently playing in the background. Recently, she has undertaken the project of scanning all the old records into the computer and cheerfully assembled the many program binders. She reflects that the most rewarding aspect of volunteering is “feeling I am doing something worthwhile that helps people.”
Calling all writers and artists!

NAMI is in the process of compiling a book about recovery and hope. We are currently accepting short stories, poems and art depicting the positive experiences in your journey with mental illness. They can be funny, heartwarming or real personal testimonies, it’s entirely up to you! Remind readers of the gifts this journey can bring. Our goal is that this collection of personal stories will encourage others and confirm they are not alone.

Who can submit: Individuals with a mental health diagnosis or family members/loved ones
Word Length: Fewer than 1,500 words
Deadline: March 8, 2017
Email Elizabeth Johnson, Program Coordinator at ejohnson@namigeauga.org with any questions and submissions.

Are you a young adult age 18-28 wanting to make a difference?
with Mental Health in the community?
Live it, feel it, experience it! Come to life with S.T.R.I.V.E. and hangout in a judgement free zone with FREE FOOD. We will also have games, movies and more on February 25th!
It is so important that young people come together in our community and for each other.
Contact Jenn Bartone at 440-286-6264 or email jbartone@namigeauga.org for details.

Support each other in struggles
Trust one another with honesty
Remember you are not alone
Invest yourself
Venture out and plan activities together
Encourage each other to attend support groups

Come to NAMI Geauga County every Wednesday to find your Wellness at 107 South Street, #5, Chardon, Ohio through our drop-in activities. Bring your ideas, bring something from home you want to finish, use what donations we have, but most of all come and have some fun and fellowship! FREE of charge. Donations accepted.

Wellness Wednesdays!

1pm-2pm: Empower Hour! Refreshment and Relaxation.
2pm-4pm: Activities: Board Games, Card Games, Knit, Crochet, Card-making, Scrapbooking,

Craft making and more to make and take with you available weekly. Drop-ins Welcome. Registration appreciated.

440-286-6264

NAMI Crafters: Meet the 1st and 3rd Wednesday 2-4pm

Creating jewelry, bookmarks and other crafts. Anyone is welcome to join the Crafters to make fundraising items to be sold at meetings and various craft events throughout the year. View items for sale at www.namigeauga.org or contact our office to make a purchase!
Speaker Meeting  
Thursday, March 23rd, 2017  6:30 pm

“Breakthrough Treatments for Dual Diagnosis Patients”

Dennis Michelson is the Director of Counseling for Fadul Health Partners and also the Treatment Coordinator for the Lake County Drug Court. He is the director of Advanced Clinical Consultants in Chardon, a therapist with Premier Behavioral Health Services in Mentor, maintains a private practice in Chardon and specializes in dual diagnosis cases and court-mandated evaluations.

Dr. Michelson will speak on the subject of Dual Diagnosis issues and breakthrough treatments. He regularly consults with the court systems in cases where treatment is considered as an alternative to prolonged incarceration. Dr. Farshid Asfarisard will also be with us to speak on the issue of Dialectical Behavior Therapy (DBT) as one of the newer and most effective treatments for dual diagnosis patients.

Please join us at the Notre Dame Education Center located at 13000 Auburn Rd., Chardon, Ohio. Please RSVP by March 9th 440-286-6264 or email kbidlack@namigeauga.org to reserve your seat and for refreshments. This event is FREE of charge and CEUs are available upon request.

Need More Information?
For more information about Membership, Programs and other Opportunities
Call: 440-286-6264
Visit our Website: www.namigeauga.org

Follow NAMI Geauga County on Facebook and Twitter!
To Receive this Newsletter and other updates Electronically or via mail, Send your Full Name, Email Address and/or Mailing Address to Kelly: kbidlack@namigeauga.org

NAMI Geauga respects your privacy and will never sell or distribute your contact information.

NAMI Geauga County  107 South Street #5  Chardon, Ohio 44024
Jenn Bartone, Executive Director jbartone@namigeauga.org