Mental Health Matters
By: Jenn Bartone, Executive Director

August-September 2018

ATTEND
SUPPORT GROUPS:

Family Support Group Meetings:

Every Monday
7pm
NAMI Annex
107 South Street
Chardon, Ohio 44024

4th Wednesday of each month, 7pm
Middlefield Library
16167 East High St.
Middlefield, OH 44062

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Connection Peer Support Groups:

Every Tuesday,
7pm
NAMI Annex
107 South Street
Chardon, Ohio 44024

Every Wednesday,
7pm
Middlefield Library
16167 East High St.
Middlefield, OH 44062

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STRIVE: Fun and friendly social activity group.

Location and activity varies. Call to RSVP.

440-286-6264
NAMI Geauga Board of Directors:
Arthur Brite, President
David Banas, Vice Pres
Al Cisan, Treasurer
Phillip Junglas, Secr.
Jack Sherman
Belinda Potts
Alex Payne
Sam Matthews

2018 NAMI Picnic
THANK YOU to all who attended our annual cookout. And to Board Member, Sam Matthews for braving the pouring rain to cook for Our NAMI Family.

Thank You
A Special THANK YOU to our proud supporters:

Support us while you shop! Go to smile.amazon.com/ch/26-0145631 and Amazon donates to NAMI Geauga County

2018 NAMI Geauga Miles for Mental Health & Wellness
SUPPORT US BY BECOMING A SPONSOR, DONOR, VENDOR OR PARTICIPANT.
• CONNECT WITH HUNDREDS OF LOCAL RESIDENTS.
• PROMOTE YOUR ORGANIZATION/BUSINESS.
• RAISE AWARENESS FOR MENTAL HEALTH & WELLNESS.
• FINANCIALLY SUPPORT NAMI GEAUGA'S ANNUAL FUNDRAISING EVENT.

AUGUST 18TH, 2018
FREE, COUNTY-WIDE WELLNESS SYMPOSIUM: 9:00AM - NOON
SPECIAL GUEST SPEAKERS: NOON - 1:00PM
NAMI GEauga's MILES FOR MENTAL HEALTH WALK: 1:00PM
CHARDON HIGH SCHOOL

REGISTER NOW
WWW.NAMIGEauga.ORG • 440.286.6264

2018 NAMI Geauga Miles for Mental Health Walk and Wellness Symposium is fast approaching. Participate in our annual fundraiser by being a walker, donating funds or items, setting up a vendor table, or sponsoring the event. NAMI is the largest grassroots mental health organization in the nation and we need your help! Join us in raising funds, spreading awareness and changing the stigma surrounding mental health conditions.
NAMI Geauga Programs

Do you have questions about mental illness?
Do you want to learn more about coping skills
and how to manage the day-to-day process of
this journey?
YOU ARE NOT ALONE!

Interested in becoming trained to teach NAMI Education classes?
Check out upcoming trainings!!

To register call (440) 286-6264 or email programs@namigeauga.org

NAMI Basics
Basics is a course for parents or caregivers of a child
(under 22) with a mental health condition. It covers
mental health education and well as navigation of the
school and legal system.

Teacher Training:
Nov 10-11

NAMI Family-to-Family
Family to Family is a course for family members or
loved ones of a person living with a mental health con-
dition. It covers mental health education as well as self-
care, communication strategies, brain chemistry and
much more.

Teacher Training:
Nov 30-Dec 2

NAMI Connection Recovery
Support Group is for individuals
living with a mental health condition.
Gain support and insight with a group of
people who all have lived experience.

Teacher Training: Aug 25-26

NAMI Family Support Group is for family members or
loved ones of a person living with a mental health condi-
tion. Gain support and insight with a group of people in
similar situations.

Teacher Training: Aug 25-26

If you have taken any of these education classes and feel that is has
been helpful to you, consider training to teach the class! This is a
great way to give back and stay involved with the NAMI family!
If you have experienced the loss of a loved one to suicide and ready to help others walk through this journey,

We are in need of Facilitators for our new Suicide Survivor Support Group “GROWTH through GRIEF”.

If you are interested, please contact NAMI Geauga County (440) 286-6264 or Email at bolsen@namigeauga.org

What is Mental Health First Aid...
Mental Health First Aid is an 8-hour course that teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. The training gives you the skills you need to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis.

MENTAL HEALTH FIRST AID MATTERS.
Most of us would know how to help if we saw someone having a heart attack—we’d start CPR, or at the very least, call 9-1-1. But too few of us would know how to respond if we saw someone having a panic attack or if we were concerned that a friend or co-worker might be showing signs of alcoholism.
Mental Health First Aid takes the fear and hesitation out of starting conversations about mental health and substance use problems by improving understanding and providing an action plan that teaches people to safely and responsibly identify and address a potential mental illness or substance use disorder. When more people are equipped with the tools they need to start a dialogue, more people can get to the help they may need. Mental Health First Aiders can even save lives.
REGISTER NOW- STARTING SOON

NAMI Basics
National Alliance on Mental Illness

FREE for parents and family caregivers of school age youth who are experiencing mental health challenges.

NAMI Basics is a 6-week education program that provides critical strategies for taking care of your child.

At NAMI Basics, you’ll find out that you’re not alone. Recovery is a journey, and there is hope. The group setting of NAMI Basics provides mutual support and shared positive impact—you can experience compassion and reinforcement from people who understand your situation. You also can help others with your own experience.

NAMI Basics covers:

- Managing crises, solving problems and communicating effectively
- How to take care of yourself and handle stress
- Developing the confidence and stamina to support your child with compassion
- Advocating for your child’s rights at school and in health care settings
- Sample Record Keeping System
- Learning about current treatments, including evidence-based therapies, medications and side effects
- Gaining an overview of the public mental health care, school and juvenile justice systems and supporting resources to help you navigate these systems
- Understanding the challenges and impact of mental health conditions on your entire family

Classes Start August 21-September 25th 2018
Every Tuesday from 12:30pm-3:00pm

At
Chagrin Falls Community Center
7060 Woodland Ave
Chagrin Falls, Ohio 44023

REGISTER NOW
Call NAMI Geauga Office at 440-286-6264 or Email at admin@namigeauga.org
Sam Matthews, also our newest board member and son to Vic and Sally Matthews. Has been a part of a the NAMI family from the beginning over 13 years ago. He is pictured here helping at our community garden, Planting for Change. He speaks about how NAMI has changed his family’s life and the lives of many others. “With my dad passing recently we need to keep our family involved. Mental Health is something that will not go away, it is something that people and their families live with. I like that NAMI is dedicated to “living with it” an easier task by helping families build and educate their support network.” We are so excited to have Sam on our team!
See page #2 for a picture that perfectly demonstrates Sam’s dedication and love for this organization.

Join or Renew Your Membership

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<th>Membership Type</th>
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<tr>
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<tr>
<td>Open Door Membership (Financial need)</td>
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Mail Checks Payable to: NAMI Geauga County
107 South Street, #5 Chardon, Ohio 44024
**Please include your full name, address, telephone and email address**
Credit card payments can be made by calling 440-286-6264

CRISIS TEXT LINE:
Text the keyword 4hope to 741741
You Are Not Alone: 24-hour Geauga County COPELine numbers:
440-285-5665 or 1-888-285-5665
NAMI Helpline:
800-950-6264

To receive this Newsletter and other updates by email or regular mail:
Send your Full Name, Email Address and/or Mailing Address to: admin@namigeauga.org
For more information about Membership, Programs and other Opportunities
Call: 440-286-6264
Visit our Website: www.namigeauga.org
NAMI Geauga County
107 South Street #5
Chardon, Ohio 44024
Jenn Bartone, Executive Director
jbartone@namigeauga.org
Follow us on Facebook, Twitter, MeetUp and Instagram!