



NAMI NEWSLINE

National Alliance on Mental Illness

· Cook County North Suburban

Dedicated to improving the lives of individuals and families impacted by mental illness...

CHANGES AT NAMI CCNS

The mission of NAMI is one of community, giving support to individuals and families in need of understanding, information and direction. It is a grass roots effort, so many of those who come seeking help also serve. Many talented people come to NAMI CCNS.

Changes in recent months alter the face of our affiliate. **Nancy Carstedt** has joined us as **Executive Director**. Nancy has twenty years of experience as a nonprofit executive director, fourteen years with the Chicago Children's Choir and six years with the Abraham Low Institute and Abraham Low Self-Help Systems. **Nancy** knows first-hand the impact of serious mental illness. Please read her greeting to us below.

Following this issue, **Thelma Walker** takes over as **Newsline Editor**, replacing **Martha Stutzman**. Thelma is a private practice

public relations consultant with more than twenty years of experience in marketing communications. Her accomplishments are many and noteworthy. Thelma worked for the **Flowers Communications Group** for over ten years as **Assistant Director of Media Relations Services** and served ten years as **Director of Communications** for the **Girl Scouts of Chicago**. **Thelma** is also a new **Family to Family** teacher. Please read more about her on page 5.

Sandra Shovers follows **Julie Savastio** as **Co-President**, serving with **Pat Rodbro**. **Sandra Shovers** is recent past **Vice President** and **Director of Educational Programs** and did a fabulous job acquiring experts in the field of mental illness to speak at our bi-monthly educational meetings. She also teaches **Family to Family** classes with **Ann George**. Sandra is an integral part of our NAMI CCNS leadership team.

Last issue we welcomed **Brian Rootberg** as our new **Consumer Programming Coordinator** to replace Candice Savastio, who has moved on to nursing school.

Letter from Nancy Carstedt Incoming Executive Director

It is indeed an honor to be named **Executive Director of NAMI CCNS!**



I come to you with over twenty years of experience as a nonprofit executive director, 14 years with the **Chicago Children's Choir** and six years with the **Abraham Low Institute** and **Abraham Low Self-Help Systems**. Equally important, I come to you as a mental health consumer and the mother and grandmother of children and grandchildren with mental health issues.

I have spent much of my adult life battling severe clinical depression, including two attempts at suicide. I spent the entire year of 1985 and the first three

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Co-President's Letter

Sandra Shovers, Co-President

Thanks for giving me the opportunity to serve NAMI CCNS as Co-President. It's a pleasure and honor to be able to work alongside Pat Rodbro, who has been doing such a fantastic job.

We're thrilled to have Nancy Carstedt as our new Executive Director. Nancy has more than 20 years of experience as Executive Director of nonprofit organizations and has been successful wherever she's been.

I plan to use my time as Co-President to give back to an organization that has so helped me in my life.

I still remember the call we received from the police in the summer of 2003. Like so many other families, my family knew there was something wrong with Evan, my youngest brother, 13 years younger than me, but we didn't know what.

By age three Evan already was acting oddly. He frequently would throw tantrums, kick, and scream. The tantrums, screaming, and kicking eventually stopped, but he found other ways to disrupt our family life. I told my parents that they should take him to a doctor for a checkup, but they insisted that he would "grow out of it."

I escaped by going to college and starting my career. I knew Evan was a handful for my parents, but I didn't realize just how much chaos he was creating. He became increasingly demanding and dictated how they should lead their lives.

Desperate to get their lives back, my parents practiced "tough love" and had two relatives physically remove Evan from their home. Evan pleaded for hours to be let back in – and only left when the police were called.

With the knowledge I've gained from NAMI CCNS, I now know that "tough love" was the worst thing my parents could have done for Evan. But, as I've learned from Family-to-Family, "No one can be blamed for what they don't know."

Now on his own, Evan's mental health deteriorated. I dreaded his telephone calls, yet felt guilty for my feelings. He was still my brother. I clung to memories of love for him.

The police called my brother Gary in the summer of 2003. My parents had escaped to Florida. The police said that they had picked Evan up because he was wandering shoeless on Lake Shore Drive and claiming he was God.

Evan was involuntarily committed to a state mental hospital and diagnosed as having bipolar disorder. We finally had words to explain his behavior, but we didn't know what those words meant for his life – or ours.

My brother Gary and I desperately started searching for help. A support group recommended that we take a Family-to-Family course offered by an organization named NAMI – Cook County North Suburban. We had no idea what "NAMI" meant.

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NAMI CCNS

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**July- August -
September
2011**

NEWSLINE

Changes at NAMI CCNS *(continued)*

Julie Savastio will continue on the **Finance Committee**, where her expertise is essential in our moving forward. Julie worked so hard on the auction part of the **Gala** with PayPal, auction data, etc. She is always there for **NAMI CCNS** with her financial expertise, guidance, and leadership. At her company, **Remke Industries**, where she is comptroller, Julie hosts the monthly NAMI leadership meeting, comprised of all of the affiliates in the area. **Hugh Brady, President** of **NAMI Illinois** began and hosted this group, and now Julie serves each month as co-host. She continues to work with **Judy Graff** on the **Housing Task Force** and also as a Family to Family teacher.

Teddie Cheopelas is our new **Public Education Program Coordinator**, replacing Sandra. **Teddie** served as **Corresponding Secretary** of our affiliate, doing a wonderful job of getting correspondence out in a timely way. She was responsible for acknowledging all contributions to the Gala 2008. Teddie is also **Development Committee Chair**. She is off to a great start as **Public Education Program Coordinator** lining up expert speakers in our new venue, the **Community Room** at the **Glenview Police Station**.

We also thank past **Executive Director Helene Rhodes** and **Newsline Editor Martha Stutzman** for their passionate and skilled contributions. **Helene** was instrumental in revamping our website, **www.namiccns.org**, making it up-to-date with event listings and service offerings. She also established an account on **www.igive.com** so members can use the website as a portal for purchases from a wide offering of vendors. A portion of each purchase is donated to

Letter from Nancy Carstedt

(continued)

months of 1986 in the psychiatric unit of Highland Park Hospital. Gradually I began to turn the corner and have been depression free for nearly twenty years, although I still take medication on a daily basis. For a period of time, my depression was masked by a love affair with white wine. Gratefully in June I will celebrate 28 years of sobriety. One of my two daughters and my son both have experienced depression and two of my grandsons are currently being treated for depression. All of this is to say that I have an intimate knowledge of mental illness and the havoc that it can wreak on individual lives and the lives of the families it touches. I know firsthand how important education, support and advocacy in this field are.

My professional expertise is in fundraising and organizational growth. While with the Chicago Children's Choir, under my leadership, the Choir grew from a \$300,000 organization serving approximately 300 Chicago area youth to a \$3 million organization serving approximately three thousand young people. I became acquainted with the professional field of mental health during my tenure with the Abraham Low Institute and Abraham Low Self-Help Systems (formerly Recovery International).

While I have a great deal to learn about **NAMI CCNS**, my early introduction to the organization tells me that **NAMI CCNS has a compelling mission, an engaged and dedicated Board of Directors, excellent programs and a broad service area that offers the organization untold possibilities for growth and expansion in service and outreach.** To realize these possibilities, from my perspective, **NAMI CCNS needs to dramatically increase and diversify its revenue, enabling it to augment its amazing volunteer base with professional staff with expertise in marketing, development and the use of social media.** Over the next three to five years, I would like to see the "grass roots" nature of the organization grow through increased membership and an increase in the number of volunteers. We will need to refine and update our strategic plan to guide us as we move forward.

Funding, people and planning will be the key ingredients to our future success – a success that NAMI National refers to as **going from "good to great."** I look forward with great enthusiasm to working with each of you in making **NAMI CCNS** truly great, providing **great education resources, great support programs and great advocacy efforts.** I welcome your suggestions and ideas. Please don't hesitate to contact me. I will look forward to hearing from you.

~ Nancy Carstedt

Save the Date – Sunday, September 11

"It's Magic"

New Foundation Center's Annual Benefit at the Highland Park Country Club promises an evening of entertaining surprises – silent auction, raffles, DJ & magic, too. Tickets \$200. Call Mary at 847-501-2879.

A Night of Sharing, Laughter & Honors

by Helene Rhodes, past Executive Director

The NAMI Cook County North Suburban Spring Gala

took place on April 30th 2011. It was a night of laughter, sharing - as only those with a mental illness or who love someone with a mental illness can do, and privilege - hearing the wisdom of some phenomenal people.

An outstanding dinner and silent auction started the evening. Then the fun began! **Orion Samuelson** of **WGN**,

our warm and caring master of ceremonies, tickled us with some eye-rolling jokes and bawdy humor. A lively auctioneer, **Mr. Steve Cohen** of Northbrook (www.joride.com) energized the crowd and called for bid after bid on the many donated trips, art, special events, and sports items.

Tom and Barb Maier of Kenilworth and their son **Nate Maier** were the evening's special, honored guests. **Ann George of Winnetka**, a former board president of **NAMI CCNS**, introduced the Maiers. She was joined by current co-presidents, **Sandra Shovers of Glenview** and **Patricia Rodbro of Lincolnshire**, in honoring them. In large part, it is the Maier's time and determination that have brought NAMI CCNS to where it is today. They trained teachers, set up support groups, raised enough money to allow NAMI CCNS an independent office, and did so much to support so many families in need. Everyone is touched by the love and respect the Maiers have for NAMI CCNS and its community. The relationship is clearly mutual.

When **Dr. Fred Frese** began to speak, few in the room knew what to expect. Some knew he was **Professor of Psychology at Case Western University**. A few more knew he also has suffered with the delusions and complications of schizophrenia for much of his adult life.



There were even fewer in the room who realized he is truly renowned, having been interviewed by the likes of **Ted Koppel** and **Candy Crowley**, among many others.

What almost no one expected was the wisdom, insight, integrity and incredible sense of humor shared by this man who has every right to be furious with the facts of much of his life and at odds with the world. Instead he is a delightful and a gifted speaker who clearly loves contributing, and has an incredible ability to interact with others.

Dr. Frese was articulate as he told his story of being in and out of mental institutions (as they were once called) with characters and circumstances all around him that belied logic. Perhaps one of the most poignant moments came when Dr. Frese described how he went from being a patient in an Ohio mental hospital to its director just twelve years later.

When first admitted to the Ohio hospital, he was told he would be there indefinitely as a ward of the state as he was determined to be insane. With a wry reference and a smile he told us, his rapt audience, that this was "not a good day." Luckily, due to the serendipitous nature of a bureaucracy, he was soon transferred to a Veterans Hospital, whereupon, again luckily, he was released entirely...they needed the bed.

Many, many powerful medicines and drugs later (these drugs have left Dr. Frese with a mild but noticeable speech impediment) Dr. Frese was able to take command of his life and his illness. He is noted for his involvement in the mental health community, his ability to put a human face on mental illness, and his incredibly rich ability to orate in the most humble and engaging manner. We were the luckier to have been the beneficiaries of his presence this past Saturday evening.



See You Soon -

Dear NAMI CCNS Friends –

It is with much excitement that I welcome the new Executive Director of our affiliate, Nancy Carstedt, who will be taking our organization to new heights. It is true that some sadness accompanied the difficult decision I made to leave NAMI CCNS this past May for personal reasons, but truly could not be more delighted with Nancy's joining us. Nancy will be communicating with you directly, so suffice it to say that both personally and professionally I could not be happier with Nancy at the helm. As you get to know her, you will realize what strengths she brings to us.

In my time with NAMI CCNS I feel like I accomplished many things. Among those I am especially proud of: The training of several new teachers and facilitators, a fresh website through which to present our organization, a viable and consistent entry into the arena of social media – as manifested by our Facebook Page, a semi-regular email-blast system of

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RENEW YOUR FOCUS at the

NAMI NATIONAL CONVENTION

July 6-9 at the Chicago Hilton

Top-notch researchers and clinicians provide information and tools to advance and sustain recovery from mental illness.

The country's **keen mind and savvy policymakers** offering strategies and tactics to effectively advocate for change in the mental **health system in our nation.**

Abundant networking opportunities are offered so we can learn from each other on how to be effective at the local level. National Convention is your opportunity for **inspiration and innovation and an exhilarating 4 days** in one of America's great cities.

Sign Up on NAMI CCNS Website!

Go to www.namiccns.org. Click on "NAMI Convention" in the "tag cloud," lower right. Find all you need to know about attending the convention. Or call the NAMI CCNS office at 847-716-2252.

Thelma Walker Incoming Newsline Editor

Thelma A. Walker is a private practice Public Relations Consultant with more than 20 years of experience in marketing communications. During her work at the Flowers Communications Group agency, Thelma secured client interviews on NBC's *Today Show*, ABC's *The View*, *The Wendy Williams Radio Show*, *Tom Joyner Morning Show*, and more, and in publications such as *Essence*, *Jet*, *Rolling Out*, *Chicago Tribune*, *Chicago Sun-Times*, and *Forbes*.

She has extensive experience writing and designing newsletters, annual reports, brochures, fliers, outdoor advertising, blogs and website copy.



Thelma served ten years as Director of Communications for the Girl Scouts of Chicago and has held senior PR positions at Hull House Association, Chicago Hearing Society and the YMCA of Metropolitan Chicago.

She is the recipient of numerous industry awards and accolades for her work with such clients as American Honda, National Institute of Mental Health, MillerCoors, Luster Products, Walgreens, Philip Morris USA, Sears, Columbia College, Chicago Public Schools, Lawry's, McDonald's and the Illinois Bureau of Tourism.

Thelma is an award-winning documentary screenwriter of the film *"Illinois: Discover the Pride Inside,"* which aired on Superstation WGN-TV; and was listed in *"Who's Who in Fund Raising."*

Thelma serves on the board of Trilogly Behavioral Healthcare, Inc. and has organization affiliations with Youth Job Center of Evanston, North Side Housing and Supportive Services, the National Black PR Society-Chicago and Muntu Dance Theatre of Chicago

As well as Newsline Editor, Thelma will serve as a Family to Family teacher.

This native of Memphis, TN grew up in Chicago's Englewood community. She received her BA degree from Roosevelt University. Thelma has two adult children and lives in Evanston, IL, where she is active in her church and community.

LET'S GET TOGETHER...

Friendships In Bloom

Friendships in Bloom, our Annual FRIEND RAISER, will be held Sunday, July 31, at the beautiful home of Jim and Jean Jorgensen, 549 Earlston, Kenilworth, from 3-5. All alumni of Family to Family and Basics are invited as well as members of the Family Support Groups, Sundays at One and Connection.

In addition, this year we will recognize volunteers for their significant work with our affiliate. Refreshments will be served. Please RSVP to Frieda Ankin at 847-256-0668 (fdankin@aol.com) or Pat Rodbro at 847-945-6407 (patrodbrn@comcast.net). There is no charge for this event, although donations are always welcome.

This is a gathering to renew old friendships and to make new ones. Please don't miss this opportunity to visit with Family to Family, Basics, and Support Group friends and catch up with them!

Connect with friends...

Come out to Sundays at One!

Attend our monthly social group for young adults who live with a mental illness. This continues to be an active group and warmly welcomes all! Sunday, July 17 we will picnic in the **Community Garden** we planted in May.

There will be no meeting in August. Join us again on September 18, activity to be announced. Call Chris at 847-220-0199 for information.

...old and new

Thank You, Tag Day Volunteers

From Tina Nelson, Tag Day Chair

On June 3rd and 4th our **Tag Day volunteers** were out in force. **A HUGE THANK YOU TO ALL.** We collected close to \$5,000 – a great success! In these hard times, especially, our families need us, our consumers need us, and our community needs us.

Kudos: Joyce & John Schladweiler started our new Park Ridge location, which contributed more than \$1,200 to the total.

Applause for all your efforts:

Joanne Abrams, Mike Adajian, Linda Andrews, Frieda Ankin, Lenore Bernstein, Joy Blair, Agnes Byrne, Jim Byrne, Nancy Carstedt, Teddie Cheopelas, Steve Colton, Frank Davis, Rosalyn Davis, Chris Dee, Maun Dee, Charlotte Donat, Robert Donat, Ned Ferino, Carmel Fiedler, Ann George, Bobbie Gols, Dan Gols, Colleen Gullery, Jim Gullery, Pat Gullery, Anita Hargett, Bill Hargett, Carolyn Hdami, Steve Janson, Ron Jesselson, Carrie Jochim, Brenda Jordan, Chris Jordan, Pete Jorgensen, Jean Jorgensen, Jim Jorgensen, Bruria Kohen, Mary Leitzinger, Bob Mauk, Adele McCarty, Alexandra Nelson, Leonard Nelson, Todd Nelson, Katherine Nolan, Tom Peterson, Sharon Porter, Pat Rodbro, Brian Rootberg, Stan Rothbardt, Jo Sarlo, Candice Savastio, Julie Savastio, John Schladweiler, Joyce Schladweiler, Olivia Short, Sandra Shovers, Robert Sklar, Eileen Starkey, Diane Stephan, Lazio Stephan, Rosine Trippel, Mary Vreugdenhill, Donna Wittert and Susan Wrenn

Many thanks to our Tag Day Host businesses:


Starbucks Coffee, 1822 Willow Rd., Northfield,
Starbucks Coffee, 739 Green Bay Rd., Wilmette
Jewel Food Store, 411 Green Bay Rd., Wilmette
Lakeside Foods, 800 Elm St., Winnetka
Grand Food Center, 606 Green Bay Rd, Winnetka
Caribou Coffee, 819 Elm St., Winnetka.
Starbucks Coffee, Central St., Evanston
Chase Bank, Central St., Evanston
Starbucks Coffee, Edens Plaza
Walgreens, Lake & Waukegan, Glenview
Starbucks, Country Financial, Einstein Bagel, and Camp Willow, all of Park Ridge
Viccino's Pizza, Glenview

We could not do it without You!



For **event information** contact Patricia Caine at pcaine@rdhs.org or namiccns.walk@gmail.com.

Be a **SPONSOR** of the **NAMI CCNS Walk!** You can make a difference in the lives of people with mental illness. For additional information, please contact Patricia Caine at pcaine@rdhs.org.


NAMI CCNS's First Walk will heighten public awareness about mental illness while raising funds to support NAMI CCNS programs and services.

NAMI CCNS WALK!

Sunday, October 23rd, 2011

Blue Star Memorial Woods

Glenview, Illinois

Additional information found at www.namiccns.org!

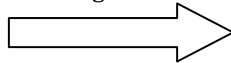
Walk-a-txon



Co-President's Letter – continued

That course was a lifesaver for me. I learned that Evan's behavior was the result of an illness, not poor character or poor upbringing. I learned how to be an advocate to get him needed care.

Just as important have been the friendships I've developed through NAMI CCNS. Those friends have supported and comforted me as Evan has gone in and out of hospitals and gotten into trouble with the law. Fortunately, Evan now is med-compliant, working with Trilogy, and living in his own apartment.



See You Soon - continued

communications, the installation of office staff who can command and improve our database and marketing efforts, the establishment of our Ending the Silence program in our immediate area of service, the use of some fantastic volunteers to make both new and established protocols & programs run more smoothly, and certainly, not least, the building of key relationships with local legislators, local grantors, and region wide community members of influence in the mental health/disability world.

I have considered myself privileged to have served NAMI CCNS and will certainly remain active in a volunteer capacity. My work with the dedicated and professional office staff (Fay Anderson, Brian Rootberg, Steve Janson, Candice Savastio, and Robert Haggard) has been a joy. The Board Members with whom I have had the pleasure of working have been nothing if not diligent, caring and supportive at every step.

To all those members with whom I have spoken or visited with over the past 10 months, thank you for all the ways in which you support NAMI CCNS. Whether you are a member, a donor, (both!), someone in need of our services, or someone providing services, you are the core of this organization. I thank you for allowing me to have been a part of your NAMI CCNS experience.

No goodbyes, rather, see you soon. Together we will continue to support NAMI CCNS in all its current formats, its growth and its improvements yet to come.

With great regard, Helene Rhodes

NAMI CCNS helped me regain control of my life, but too many people in need don't even know that our organization exists. We need to find ways to reach out to those people.

We also need to increase our efforts to fight society's stigma of mental illness. Only by making people realize that people with a mental illness should be treated no differently than people with an illness like cancer can we encourage people to seek treatment, make sure that needed care is available, and fulfill NAMI's potential (according to *Worth Magazine*) to be one of a few organizations "most likely to change the world."

in Helene Rhodes

Scientists Find a Genetic Link to Depression

Financial Times, Clive Cookson: Scientists find a specific genetic link to depression, cited May 16, 2011 in the *American Journal of Psychiatry*.

The discovery, made independently by research teams in the UK and US, is expected to lead to a better biological understanding of depression.

Depression causes serious distress to millions of people worldwide – the World Health Organization lists it as the fourth leading cause of disability and disease. That it runs in families demonstrates genetic as well as environmental causes. Until now, scientists have had less success in discovering genes associated with it than for any other important chronic condition.

What makes the latest evidence more compelling than previous findings is that it was discovered by two separate studies: one on 800 families with recurrent depression, led

by King's College London, and a smaller program of 100 families, led by Washington University, St Louis.

Possibly, for the first time, a genetic locus for depression has been found. Intensive investigation over the next year is likely to pin down the gene responsible, scientists say.

Many genes – probably more than 100 – contribute to a greater or lesser extent to depression. But unlocking the mechanism of just one, even if responsible for only a small part of the genetic risk, could make an important contribution to understanding the disease.

"We are just beginning to make our way through the maze of influences on depression, and this is an important step toward understanding what may be happening at the genetic and molecular levels," added Michele Pergadia, lead author of the Washington University study.

Brain Scans – Not Quite Ready for Prime Time - October 7, 2010

Director of the National Institute of Mental Health, Thomas Insel, cautions against embracing wholeheartedly the use of brain scans. Though brain scans as part of a clinical psychiatric workup may be playing in prime time on some TV infomercials, their use may be inappropriate and potentially dangerous at this time.

After a string of letters on the subject, editor **Dr. Robert Freedman**, in the *American Journal of Psychiatry*, September, 2010, noted: "Commercialization of a diagnostic test, even if the underlying procedure such as brain imaging or DNA analysis is approved for human use, strongly indicates to physicians and families that the test adds significant new information to guide clinical judgment...our responsibility to readers (is) to point out when a procedure may lack sufficient evidence to justify its widespread clinical use."

SPECT (single photon emission computed tomography) is the procedure in question. Some clinics claim to lead the way in application of this emerging technology and enthusiastically recommend and use it as part of a psychiatric diagnostic workup.

The tests are costly. They risk exposing patients, particularly children, to radiation. Through the past decade, more powerful and less invasive technologies have often supplanted SPECT in psychiatric research arriving at the same findings.

Brain imaging remains primarily a research tool when it comes to mental disorders. Scans are appropriate for ruling out obvious pathology, like brain tumors, as possible causes of symptoms. But, there is too much individual variation in brain structure and function for an individual's scan to be diagnostic or predictive, given the current state of the science.

Neuroimaging will likely play a *future* role in clinical care for mental illness. As for now entrepreneurial zeal capitalizing on scientific advances must be tempered by reality checks. The neuroimaging community owes the mental health community some help in sorting out legitimate from questionable claims.

Visit www.nimh.nih.gov and the "Director's Blog" for timely feedback on timely issues.



11th Annual Mental Health Rally Draws Huge Chicago Crowd



An enthusiastic crowd listens intently to speakers sharing their personal experiences of living with mental illness.

Hundreds of supporters of mental health funding came out on May 12th for the Annual Mental Health Rally held at noon at the Thompson Center in downtown Chicago. Sponsored by the University of Chicago's Mental Health Summit, with special assistance from Mental Health America of Illinois, NAMI Illinois and NAMI of Greater Chicago, the rally was intended to send a direct message to the State of Illinois to make good on its promise of no more budget cuts. There is growing concern surrounding the proposed State budget cuts for Medicaid funding of mental health services, as well as housing and community programs and services for mentally ill people.

“It’s just wrong to cut services for people with serious mental illness.”

Mental health organizations, including Trilogy Behavioral Healthcare, Inc. and Thresholds were joined by consumers, family members, the concerned public and representatives from the legal and medical communities.

The rally program included consumers’ personal testimonials of living with mental illness and how any further budget cuts would diminish their treatment and ability to live independently; along with remarks from advocacy groups.

Suzanne Andriukaitis, executive director, NAMI of Greater Chicago, commented, “It’s just wrong to cut services for people with serious mental illness ... They do not choose to have these illnesses.” She went on to explain that it is less expensive to have people treated at community mental health centers, rather than hospitalized or incarcerated. Mental illness affects you, men and women. No matter what

party you belong to, what religion you are. No matter what race or ethnicity,” said Mark Heyrman, facilitator, University of Chicago Mental Health Summit. Heyrman is a clinical professor of law and specializes in the rights of people who are mentally disabled.

“We are not alone,” Invest in mental health,” “More guts less cuts,” “There’s no health like mental health,” “Invest in mental health,” and “Put people before politics” are some of the signs carried by rally participants throughout the crowd. As the temperature rose and the heat intensified, so did shouts of “no more cuts.” Several times the crowd waved their oversized red tickets with the words “We want our ticket to a better life” boldly emblazoned across the front.

Ultimately, the rally was a call-to-action for the State and the public. Citing the State has cut funding in half in the past five years totaling more than \$100 million, everyone was encouraged to continue their mental health advocacy and to contact their elected officials, and let them know how they feel about the issue.

There Was Light in April

from Joseph M. Jason, President, NAMI Barrington Area

...Another bit of good news concerns housing. A number of us, who either belonged to the Housing Task force, NAMI BA, other affiliates or the Criminal Justice Action Committee, went to the Mt. Prospect Village Board meeting on April 6th to help the Kenneth Young Permanent Supportive Housing project for people with disabilities, including mental illness. Mt. Prospect’s mayor acknowledged getting about a dozen letters from project supporters and asked everybody who was left in the crowd to stand. Almost 40 people stood. The Board approved the project in a vote of 6 to 0. It was one of the most wonderful days I’ve experienced as NAMI President.

The project will create 39 units of permanent supportive housing for people with mental illness. There will be 18 efficiency/studio apartments and 21 one-bedroom apartments. The ground floor will have offices for the Kenneth Young and Daveri staff and a federally-qualified healthcare clinic, which will serve all the area's residents.

It was a wonderful evening. Congratulations to Kenneth Young and Daveri for putting together a marvelous proposal; to the Mt. Prospect village staff for working with Daveri and Kenneth Young to improve it; and, to the Mt. Prospect Village Board for their supportive comments and affirmative vote. And, most of all, congratulations to the residents of Mt. Prospect for not whipping themselves into an unfounded NIMBY hysteria! It was quite a contrast to what happened in Arlington Heights.

FALL CLASSES: Family to Family and Basics

Family to Family and Basics: The Fundamentals of Caring for You, Your Family, and Your Child with Mental Illness are two extremely helpful, educational courses offered free by NAMI at different times during the year.

Family to Family is a series of 12 weekly classes that are structured to help caregivers understand and support their adult family members with mental disorders while maintaining their own well being. Diagnosis, symptoms, and medications of the major mental illnesses are discussed as well as communication techniques, handling crisis, and services available.

This September, two **Family to Family** courses will be offered. Our Northfield class meets Tuesday evenings beginning September 6. Our Park Ridge class meets Monday evenings beginning September 12.

NAMI Basics is our 6 week education program for parents and other caregivers of children and adolescents living with mental illnesses. The **NAMI Basics** course is taught by trained teachers who are the parents or other caregivers of individuals who developed the symptoms of mental illness in their school age years. The course helps parents learn about getting the right diagnosis, record keeping, handling challenging behaviors, and advocating for their child within the school, mental health, and juvenile justice systems .

A **Basics** course begins in Northfield, Tuesday evenings, October 11.

Call 847-716-2252 today; classes fill quickly.

Registration by telephone is required for both **Family to Family** and **Basics**.

NAMI CCNS CALENDAR: July, August, September 2011

Classes, Support Groups, and Meetings are free of charge and listed below.

CLASSES:

This September, two **Family to Family** courses will be offered:

Our Northfield class meets Tuesday evenings beginning September 6 thru November 22, 7:00 – 9:30, New Trier Northfield High School, led by Sandra Shovers and Ann George.

Our Park Ridge class meets Monday evenings beginning September 12 thru November 28, 7:00 – 9:30, Messiah Lutheran Church, Park Ridge, led by Julie Savastio and Mary Defano. Please register at 847-716-2252

The summer Family to Family class at the Knox Center in Skokie continues on Tuesdays through August 30

Basics: The Fundamentals of Caring for You, Your Family, and Your Child with Mental Illness, A new class begins **Tuesday evenings, October 11**, thru **November 15**, 6:30-9 pm, New Trier Northfield High School, led by Judy Graff and Helene Rhodes. Please sign up at 847-716-2252.

SUPPORT GROUPS

Connection, a **weekly recovery support** group for adults with mental illness, all diagnoses. Go to www.namiccns.org and click on "Support" to access the wonderful video about NAMI Connection. Free, no registration. Two groups, both meeting 4 – 5:30 p.m.:

---**every Monday** at Beth Emet Synagogue, 1224 Dempster St, Evanston, Perlman Room, lower level (ring bell outside) – **No meeting July 4 or September 5** (Labor Day).

---**every Saturday** at Lutheran General Hospital, 1775 Dempster St, Park Ridge, 10th Floor, Room 1062. **No meeting July 2 or September 3** due to holiday weekends.

Sundays at One monthly social groups for young adults, ages 20+ who live with mental illness. **July 17** Picnic in the Community Garden we planted in May. **September 18** – activity to be announced. See page 6.

Family Support Group for family members and friends of adults coping with mental illness. Free, no registration.

NAMI CCNS Calendar continued:

New Evanston Family Support Group on Saturday Mornings

- Evanston Civic Center, 2100 Ridge Ave, room 1700, first floor. Second and fourth Saturdays of most months, 9:00 - 10:30 am: **July 9, August 13, August 27, September 10, September 24.**

---Knox Center, west end of Skokie Hospital campus, 9701 N. Knox Ave, Skokie. First Monday of each month, 7:00 - 8:30 pm: **July 4, August 1, September 5.**

---Nesset Center (north of Lutheran General), 1775 Ballard Rd, Park Ridge. Free parking. Third Tuesday of each month, 7:00 - 8:30 pm: **July 19, August 16, September 20.**

Basics Support Group for parents of children and adolescents with mental illness. Free, no registration.

---**Every second Thursday** (except August), 7:30 - 9 pm at Kenilworth Union Church, 211 Kenilworth Ave, Kenilworth, **July 14 and September 8.**

---**Every third Friday** (except August) 9:30 to 11 a.m. at Wilmette Library, 1242 Wilmette Ave. Lower level, small conference room, Park in St. John's lot across Wilmette Ave. **July 15 and September 16.**

July 18, 7-9 pm, Community Room, Glenview Police Dept Building, 2500 East Lake Ave at Shermer Rd, Glenview.

-- "**Ask the Team of Doctors from Northwestern University Schizophrenia Research Group**" about brain imaging, influence of medications, hormones, impact of caregivers and more. **Monday, September 12**, 7-9 pm, Community Room, Glenview Police Dept Building, 2500 East Lake Ave at Shermer Rd, Glenview

National Teleconference: Ask the Doctor NAMI's Medical Director Dr. Ken Duckworth and guest speaker will answer your questions, 10-11:30 am. Phone 1-888-858-6021, access #309918.

---**Child & Adolescent** focus every **Friday**.

---**Adult** focus every **4th Friday**

NAMI CCNS Board Meetings p.m. at New Foundation Center, 444 Frontage Rd, Northfield. Members and visitors are welcome. Wednesday, **August 3** and **September 7.**

"It's Magic," New Foundation Center Benefit, Sunday, September 11. See page 3.

MEETINGS & EVENTS

NAMI National Convention- July 6 thru 9. See page 5.

Friendships in Bloom- Sunday, July 31, 3-5 pm. See page 6.

Public Education Meetings- Hear Shiraz Butt, M.D. and Ray Savastio, R.Ph, in "**Ask the Psychiatric Medical Director and Pharmacist About Medications.**" **Monday,**

NAMI CCNS

Please consider joining or renewing your membership today.
Mail in or call 7-716-2252 with your credit card#. Thank you.

Name _____ check if renewal

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420 W. Frontage Rd, Ste. #106, Northfield, IL 60093

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NAMI CCNS EDUCATION CLASSES, SUPPORT GROUPS AND OTHER SERVICES

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**Registration required. Call 847-716-2252 for information.*

***Basics** A 6-week course for parents of children/adolescents with mental disorders. Bipolar disorder, schizophrenia, anxiety disorders, eating disorders, ADHD, as well as brain biology, treatments, medications, communication, and coping skills are addressed.

***Family to Family** A 12-week class for family members/close friends of adults with mental illnesses. Schizophrenia, depression, bipolar disorder are addressed, also borderline personality disorder, panic disorder, obsessive-compulsive disorder, co-occurring addictive disorders, medications, coping skills, and advocacy.

Connection A weekly recovery support group for adults with mental illness, all diagnoses. Led by trained individuals also in recovery. Mondays at Beth Emet Synagogue, Evanston. Saturdays at Lutheran General Hospital, Park Ridge. Both 4-5:30 pm. Call NAMI CCNS at 847-716-2252 and ask for Brian.

Family Support Group Family members and close friends of adults coping with mental illness. Meet 1st Monday at 9701 N. Knox, Skokie and 3rd Tuesday at 1775 Ballard, Park Ridge; 7-8:30 pm. Meets 2nd and 4th Saturdays of most months at Evanston Civic Center, 9-10:30 am.

Basics Support Group Parents of children, adolescents, and young adults with mental disorders. Meets 2nd and 4th Saturdays of most months at Evanston Civic Center, 9-10:30 am. Call Jean or Jim Jorgensen: 847-251-1476. (*See Calendar for dates.*)

Sundays at One A social meeting group for adults, ages 20 and up, coping with mental disorders. Call Chris at 847-220-0199 for information. (*See Calendar for dates*)

Public Education Program Presentations by speakers with expertise in the mental health field. (*See Calendar*)

Response Team A "warm line" (not a crisis hot line) for resources, referrals, or support about dealing with mental disorders. Call the NAMI CCNS office and leave a message at 847-716-2252.

OTHER ORGANIZATIONS

Anorexia Nervosa and Associated Disorders For referrals and listings of local support groups, call 630-577-1330 or www.anad.org.

Autism Society of America, North Suburban Autism Support Group www.autism-society.org or 847-583-5080.

Child and Adolescent Bipolar Foundation a national, parent-led organization of families raising children diagnosed with bipolar disorder. Go to www.bpkids.org or call 847-492-8519.

Depression & Bipolar Support Alliance of Greater Chicago Meet with groups in Evanston, Kenilworth, northern Chicago, Gurnee, Arlington Hts. Call 773-465-3280 or www.dbsa-gc.org.

OCD Chicago To find a support group for obsessive compulsive disorder, go to www.ocdchicago.org or 773-880-1635.

New Foundation Center A local provider of psychosocial services: recovery programs, supportive housing, supported employment; www.newfoundationcenter.org or 847-386-3060.

Recovery, Inc. Self-help group for people with mental disorders. Places and times: www.lowselfhelpsystems.org or 312-337-5661.

Drop-in Center for Adults with Mental Illness Mon, Tue and Thur. 5-9 pm, Friday 3-7 pm, and Sunday 11-3 pm. Snacks provided; meal on Sunday. Josselyn Center, 130 N. Waukegan Road, Suite 102, lower level, Deerfield. Details: 847-441-5600, X 350. Donation \$2. ■