



NAMI NEWSLINE

Cook County North Suburban

OCTOBER – NOVEMBER – DECEMBER 2010

Ending the Silence – A New Program for High School Students

By Executive Director Helene Rhodes

NAMI CCNS is privileged to now offer a class about brain disorders specifically geared to high school freshmen and sophomores. Created by talented NAMI DuPage County, this pertinent program has already enlightened young minds in our area.

The course contains a PowerPoint presentation with short clips of students of similar age discussing and explaining mental illnesses. The presence of a facilitator and a young person living with mental illness brings the class alive. They field questions from the class, elaborate certain points and respond openly.

Feedback has been phenomenal and encouraging. We are giving 14 to 16 year olds a chance to ask, understand and think about what brain disorders are and are not, what they can do to seek help for themselves or others, and how to think about these illnesses without the burden of stigma and fear.

During one recent presentation, hands shot up when the Q&A session began, and a flurry of meaningful questions and concerns were addressed openly and honestly. This new class is certain to continue the anti-stigma work and thought provoking agenda that all the NAMI classes and presentations offer in different ways. We are excited to promote this in schools this coming year. ■

StrengthofUs.org

StrengthofUs is a new online community launched by NAMI. It was developed in close consultation with a young adult Expert Advisory Group to address the unique needs of young adults, ages 18-25, living with mental health conditions.

StrengthofUs will provide information, peer connection and support through key features:

- 1 – an online resource center with credible, youth-friendly and hands-on resources on issues most often impacting transition-age youth and young adults: and
- 2 – a social networking Web site that will link young adults seeking help or support with each other and their local communities.

To find out for yourself, go to www.strengthofus.org ■



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Co-Presidents' Letter

Dear Members,

We are happy to welcome Helene Rhodes, our new Executive Director, to our NAMI CCNS family. Helene has an extensive background in finance and marketing, which is helping our affiliate make major strides in finding new sources of income to fund our expanding community programs. Helene, a former high school English teacher, directed a successful financial planning practice within Northwestern Mutual. She currently has her own business. Her husband, Harry, is the Executive Director of Growing Home Inc., a Chicago non-profit. Helene and Harry have three children: Dov, Eran, and Avigal, who is herself a NAMI member and volunteer. A graduate of NAMI's Visions for Tomorrow, Helene now teaches NAMI Basics.

We look forward to teaching *Ending the Silence* to health classes at area high schools. This new program from NAMI DuPage County is designed to help high school students understand mental illness and its implications. The students at St. Viator's gave it rave reviews. We are also working with Evanston Hospital to regularly present *In Our Own Voice* to psychiatric patients and their families. We currently teach *Family to Family* in both Park Ridge and Northfield, NAMI Basics in Northfield, and hold Connections and other support groups in several locations. Our affiliate is very busy in our catchment communities reaching out to families dealing with mental illness.

We welcome our new Sustainers' Board members: Sally Mann, Agnes Byrne, Jim Brodnicki, and Dr. Les Appell. We look forward to their support, encouragement, and expertise.

We continue to support the efforts of the North/Northwest Suburban Task Force to establish supportive housing at 120 Boeger Road in Arlington Heights. By addressing resistance from the community and providing several community education programs, the Task Force hopes to change the minds of those who opposed the original proposal.

The Gala Committee is busy planning another spectacular evening of fun and friendship to be held Saturday, April 30, 2011 at Sunset Ridge Country Club. Wonderful speakers and fabulous silent and live auctions will be part of the festivities.

We look forward to attending the NAMI Illinois Mental Health Education Conference in Peoria, October 15-17. We will hear notable speakers, learn new ideas and strategies to put to work in our affiliate, and network with leaders from NAMI affiliates throughout the state.

We hope that we are serving your needs and we look forward to meeting you at our educational programs and classes. Please feel free to stop in at the NAMI CCNS office and meet our wonderful staff – Fay and Candice – and welcome Helene, who is already moving full steam ahead to positively impact the lives of individuals living with mental illness and their families.

Pat Rodbro and Julie Savastio, Co-Presidents

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Visit our website:

www.namiccns.org

OCT – NOV – DEC 2010



Letter From the Executive Director



A warm hello to all NAMI friends and associates. It is with great pleasure that I write my first official correspondence to you via *Newsline*.

I come to NAMI CCNS knowing what big shoes I have to fill. Stepping into this key position after Barb Maier will be no easy feat. Yet Barb provided me with so much support, knowledge, and friendship over the past many years that, with her as role model, I feel equipped to begin “in full swing.”

My priorities for this year, following the amazing work of recent years, include, among others, the following projects:

1 Refreshing our website to include an updated look, greater function, and full description of our classes, presentations, and support resources. We also want to allow supporters the opportunity to donate to our organization with ease and confidence. We hope to have the new website up and running within the next 2-3 months. Stay posted!

2 Updating our database and our ability to communicate with you. As we pursue greater membership and the avenues to provide you with relevant information, a working database is critical. We hope soon to provide mailings/emails that are specific to your interest and need. For those who are comfortable with email, please email or call the office to confirm that we have your correct email address. We'll be so grateful to avoid some of the paper bulletins and give you up-to-date information more promptly than ever. You can always reach us at the following emails: executivedirector@namiccns.org or info@namiccns.org. Our direct phone line is 847-716-2252.

3 Making deeper inroads into the community. We will be pushing to increase our support in the sixteen communities we serve. I just received a call from a social worker in one of our local school districts, unfamiliar with NAMI, no less our courses. She was delighted to be able to recommend our BASICS course to the parents of some of her students. We are eager to have every school district, every place of worship, every social service agency in our area, know about the positive impact on the life of a family, NAMI can have. Institutions have the power to inform many, many individuals and families about our services and advocacy work. It's a win win all around as people and community know more about us.

4 Gearing up for our fundraising The Gala is another labor of love for the upcoming months. This year's event – Saturday, April 30, 2011 – promises to be spectacular. We couldn't be happier with the hard work of those who are on the planning committee.

In and amongst long range goals, day to day efforts continue. I have been so gratified, in my initial tenure, to be a part of many calls, visits and questions from individuals in our communities. I have watched classes begin and progress in their mission of helping and impacting lives. I have attended educational sessions, discussed our school programs with teachers, taken in volunteers who “get” our mission, worked, tweaked and stretched our budget, and communicated with local organizations towards possible collaboration. I could go on and on. The list of areas in which NAMI CCNS can make an impact, grows and grows. The honor of “executing our mission” as executive director is one I take seriously and fills me with pride. I know what a difference NAMI can make in a life. It did in mine.

With the convergence of the new academic year, and the turning of the seasons, I wish everyone to “open minds” when you can. Become educated in new areas. Let schools, neighbors, and leaders know what is on your mind in the arena of mental health. Take action that is pertinent to you, whether this means giving of time or money, advocating for housing or social justice, or getting yourself the resources that you need to help yourself. We are here to support you in your endeavors to obtain good mental health for all who need it.

I look forward to serving you, meeting you, and wishing you the very best, always. ■

Helene Rhodes, Executive Director

Mental Illness Awareness Week

is October 3-9, 2010

Be part of NAMI's mission to increase public awareness and understanding of mental illness through advocacy, education, and support

A National Day of Prayer for
Mental Illness Recovery and Understanding
is Tuesday, October 5, 2010

Task Force to Advocate and Educate

By Judy Graff, NAMI CCNS Housing Chair,
Member of the Board of Directors of The Task Force

The North/Northwest Suburban Task Force on Supportive Housing for Individuals with Mental Illness (a.k.a. The Task Force) has been working resolutely to resubmit its proposal for a housing project in Arlington Heights. The deadline is December, 2010. This project would provide 30 units of permanent supportive housing for individuals or small families living with mental illness. The apartment building is located at 120 Boeger Drive.

The original proposal was denied May 18, 2010 by a 4 to 3 vote by Arlington Heights village trustees. Many of the issues that caused debate over the project have been addressed, and the Task Force has revised its original proposal.

The Task Force feels that its next role is to educate and enlighten the community about the stigma of mental illness

and the negative impact it is having on the opponents of the project. Informational meetings are being set up to address community concerns. The Daveri Development Group, Thresholds, and the Task Force have gathered evidence-based data to provide village trustees and show that this will be a safe, well-maintained facility that will bring financial gain to the community and much needed affordable housing for people who need it.

As a member of The Task Force and an advocate for the right of individuals to access decent, safe, and affordable housing, I feel we must enlighten those who are not educated on the issues and unable to comprehend the housing shortage for people seeking lives of independence, dignity and acceptance. It is my hope that the community will realize the importance of supporting this endeavor. For further information please log on our website: <http://housingtaskforce.org/> and join our advocacy campaign. ■

Thank You to Generous Supporters

By Helene Rhodes, Executive Director

It is wonderful to share good news! Lately we have had the good fortune of five extremely generous donations to NAMI CCNS. This is on top of the generosity we experience from our membership every day, and for which we are extremely grateful.

A grant from **The Chade Foundation** of Niles, IL supports our *Ending the Silence* and *Parents and Teachers as Allies* programs, including the training of new teachers for these key programs. The Chade Foundation's gift will help us well into the upcoming year. This kind of giving comes from a spirit of understanding and charity that is so appreciated, especially in today's difficult economy.

From a **local business in one of our nearby suburbs**, we received a spontaneous and generous check that will easily support one of our Family to Family courses in its entirety. This is no small thing! We so appreciate this generous support from within the business community. Partnering with local business is something we hope will continue to grow.

An **anonymous gift** of \$5000 was recently made to our NAMI chapter. This too will go such a long way to print the needed materials for classes, market NAMI's mission to our communities, and update our office to better serve membership and the community at large. We do not know

who it is who chooses to help NAMI CCNS and all of us, but we are encouraged to work even harder! Such thoughtfulness and giving must not go unrecognized.

A **thoughtful and poignant gift** of over \$250 was made to NAMI by one set of parents who really value NAMI in their lives. This donation is dedicated specifically to cover the expenses of our *Sundays-at-One Group*. These dollars will be put to excellent use to support four outings for our young adult social gatherings. The good times for this group begins again at the end of September.

Finally, another very kind **anonymous donation** was made to NAMI CCNS via a qualified appreciated stock certificate that has been sold and its cash amount delivered to us. This is an exceptional and creative way of donating to help improve the lives of so many.

We consider ourselves so fortunate to have this kind of giving. The more means we have, the more outreach and support we can provide our communities. Thank you to ALL our donors, big and small. It means so much to so many.

If you have questions about donating to and/or sustaining NAMI CCNS, please don't hesitate to contact us. Feel free to be in touch directly with the executive director, Helene Rhodes or the office administrator, Fay Anderson. 847-716-2252 or executivedirector@namiccns.org. ■

Learning Together... Changing Minds

NAMI Illinois Mental Health Education Conference

October 15-17, 2010

Hear these inspiring keynote speakers:

Clarence Jordan, M.B.A. is the Director of Recovery & Resiliency Services for ValueOptions in Tennessee. He has testified before Congress and goes wherever he can to spread the message of Recovery and Resiliency for persons living with mental illnesses.

Joyce Clifford Burland, Ph.D., is the national director of the NAMI Education, Training, and Peer Support Center. Her experience of schizophrenia in her own family over two generations deeply influences her understanding of family trauma and family heroism in caring for loved ones with brain disorders.

At a young age, **Marc Elliot** developed the neurological disorder Tourette's Syndrome. He now inspires audiences across the country, sharing his life story to convey the value of tolerance and the basic attitudes and behaviors that allow it to flourish.

Embassy Suites Hotel and Conference Center
100 Conference Center Drive
East Peoria, Illinois 61611

To register for the Conference, contact NAMI ILLINOIS, 800-346-4572
or go to <http://il.nami.org/>

To reserve a room at Embassy Suites, call 309-694-0200

Senate Votes Yes on FMAP Extension!

From NAMI.org – Policy News and Alerts, August 4, 2010

Thank you to all our NAMI advocates who called or wrote their Senators in support of a six month extension of enhanced federal Medicaid matching payments (FMAP). Your voices made a difference. On August 4, the U.S. Senate passed an amendment, 61-38, to bring millions in needed Medicaid funding to the states.

Take a moment to **Thank your U.S. Senators** who supported the amendment that extends higher Medicaid FMAP payments. Your acknowledgement of their vote is important to them, particularly on this politically-charged issue.

In Illinois:

Senator Dick Durbin
230 S. Dearborn St, Suite 3892
Chicago, IL 60604
312 353-4952
at <http://durbin.senate.gov/contact.cfm>

Senator Roland Burris
230 S. Dearborn St, Suite 3900
Chicago, IL 60604
312 886-3506
at <http://burris.senate.gov/contact.cfm>

Possible Drug for Pregnant Women with Bipolar Disorder

From "Catalyst," Summer 2010, newsletter of the Treatment Advocacy Center, www.treatmentadvocacycenter.org

Valnoctamide is a drug in the same family as valproate, a commonly used mood stabilizer for bipolar disorder. With support from the Stanley Medical Research Institute (SMRI), Dr. Robert Belmaker and his colleagues in Israel recently completed a double-blind trial using valnoctamide as a mood stabilizer on patients with bipolar disorder and schizoaffective disorder, and it was found to be effective.

This is of special interest because previous studies in mice have shown that valnoctamide does not harm the fetus.

All commonly used mood stabilizers, including valproate and lithium, are known to affect the fetus. This puts women with bipolar disorder who wish to become pregnant, or are pregnant, in a very difficult position. They can either stop their mood stabilizer, hoping they do not become manic or severely depressed, or they can continue their medicine and hope it does not affect the fetus.

SMRI met with the FDA and has begun extensive tests of fetal toxicity to meet FDA standards. If successful, further testing and a larger clinical trial would follow. The ultimate goal is to make available a mood stabilizer with no ill effects on the fetus and, thus, a first choice drug for women with bipolar disorder who are in their childbearing years. ■

Research Study Opportunity

Northwestern University seeks participants for a schizophrenia research project. The studies look at different aspects of the illness using MRI technology, clinical interviews, and cognitive testing. Individuals with schizophrenia, their mothers, and their siblings are encouraged to contact Dr. John Csernansky's research lab at **312-695-8643** to find out which studies they qualify for as participants. The major goal of this study is to improve understanding of the underlying causes and mechanisms of schizophrenia, especially during its earliest phases. Participants are compensated up to \$25 per hour for their time. ■

Why Some People Resist Medication

From "Catalyst," Summer 2010, newsletter of the Treatment Advocacy Center, www.treatmentadvocacycenter.org

Impaired awareness of one's own illness, medically known as anosognosia, is a strange condition. Caused by damage to specific parts of the brain, this condition is especially dangerous for those with severe mental illness.

Among neurologists, unawareness of illness is well known since it also occurs in some people with strokes, brain tumors, and Alzheimer's disease. However, in psychiatry, impaired awareness of illness has only been widely discussed since the late 1980's.

Impaired awareness affects approximately 50 percent of people with schizophrenia and 40 percent of people with bipolar disorder. It is the single largest reason that people with schizophrenia and bipolar disorder do not take their medications.

Without insight into their disorder, individuals who suffer believe their delusions and hallucinations are real and not a manifestation of illness.

To others, impaired awareness is difficult to understand and easy to mislabel as denial. Denial is an unconscious defense mechanism used to refuse painful or unpleasant reality. Impaired awareness of illness is the result of brain damage, particularly in the right hemisphere.

Some people may fluctuate over time in their awareness, being more aware when they are in remission but losing awareness when they relapse. When taking medication, awareness of illness may improve for certain patients.

Without medication, symptoms worsen, making the person more vulnerable to victimization, suicide, and violent acts against others. Repeated hospitalization, homelessness, or incarceration can result.

The prevalence of impaired awareness in those with brain diseases such as schizophrenia and bipolar disorder necessitates assisted treatment, in both inpatient and outpatient settings. This helps those who are incapable of seeking treatment voluntarily, and those whose conditions have deteriorated as a result of rejecting treatment. ■

Thank You, Tag Day Volunteers!

From Tina Nelson, Tag Day Chair

On June 4 and 5, **Tag Day volunteers** were out in force. **A HUGE THANK YOU TO ALL!** We collected almost \$6,000 – a great success! In these hard times, especially, our families need us, our consumers need us, and our community needs us.

Applause for all your efforts:

Mike Adajian, Frieda Ankin, Agnes Byrne, Jim Byrne, Tom Collinger, Steve Colton, Rosalyn Davis, Charlotte Donat, Kate Fayman, Ron Fields, Ken Fields, Holly Fippinger, Fran Freeman, Ann George, Ruth Goodman, Jim Gullery, Pat Gullery, Nancy Gunthorpe, Lynn Hankner, Anita Hargate, Bill Hargate, Anita Hargett, Loretta Hewicker, Bonnie Hinkler, Steve Janson, Ron Jesselson, Brenda Jordan, Chris Jordan, Jean Jorgensen, Jim Jorgensen, Janet Katz, Bob Kaufman, Tom Kimmel, Barb Maier, Nate Maier, Delores Malone, Patti McDonough, Corinne Morris, Isidro Munoz, Bob Nachman, Grant Nelson, Alexandra Nelson, Leonard Nelson, Katherine

Nolan, Nancy Perovic, Norma Putman, Kathleen Reinman, Pat Rodbro, Brian Rootberg, Stan Rothbart, Sharon Rothbloom, Alma Ruiz, Kathy Rybards, Kathy Rybarozyk, Julie Savastio, Candice Savastio, Margo Schnoll, Olga Schwartz, Beth Shadur, Grace Shaw, Sandra Shovers, Eileen Starkey, Mary Kay Stray, Rosine Trippel, Carol Wall, Deb Walsh, Bonnie Wilson, Dick Witry, Pat Witry, Linda Zager, and volunteers from Housing Options and Thresholds.

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.

We could not do it without You! ■

First-Time Tag Day Volunteer

Family to Family teacher **Delores Malone** relates her experience as a first-time **Tag Day** volunteer:

“I must admit I was apprehensive about doing it. I thought I would have to walk in the streets to solicit funds.

I chose the Jewel in Wilmette. It took ten minutes before an elderly man put a dollar in the cylinder. And, when he did, he asked me how I was connected to NAMI. I told him about my son. After that, it didn't take long before I was stuffing into the cylinder more dollar bills from other Jewel customers. I collected about fifty dollars!

While I was standing out there, people either asked me about NAMI, or they already knew about our organization. An interesting thing happened. A young Jewel employee, Paul, had just graduated from high school and was headed to Iowa State University in the fall.

He collected carts, bagged groceries, and helped customers bring out their grocery-filled carts. After he helped a few customers, I approached him. (I have never done anything like this in my life.) I told him I overheard that he was going away to college, that I just wanted to warn him about doing drugs in college. I believe that's one of the reasons my son became mentally ill. He thanked me and went back to work inside the store.

Later he returned and asked me where my son went to school. After I told him the University of Illinois in Champaign, I asked him what he wanted to major in and he said, 'Psychology.' I was floored. He then explained that he interviewed a psychiatrist last year and had become fascinated with the field. I laughed and wished him luck.

Just think, someone who hoped to become a psychiatrist, who just might help people with mental illness. How ironic!" ■

**Two (12 Week) Family to Family classes will be offered in early 2011:
Saturday mornings at the Evanston Civic Center on Ridge Road, beginning in January,
and on a weekday evening, 7 to 9:30pm, at New Trier HS, Northfield, beginning the
first week in March.**

**Family to Family Programs are given regularly in the Winter/Spring, Summer and Fall,
and are free of charge.**

**For questions and required registration, contact the office at 847-716-2252
or Joyce Schladweiler at 847-853-6191.**

NAMI CCNS Calendar October, November, December 2010

for information on support groups, classes, meetings, call 847-716-2252

OCTOBER

Saturday – October 2 NAMI Connection, a weekly recovery support group for adults with mental illness, all diagnoses. Meet 4 to 5:30 p.m. at Lutheran General Hospital, 1775 Dempster St, Park Ridge, 10th Floor, Room 1062. Free, no registration.

Monday to Friday, October 3-9 NAMI Mental Illness Awareness Week

Monday-October 4 NAMI Connection, a weekly recovery support group for adults with mental illness, all diagnoses. Meet 4 to 5:30 p.m. at Beth Emet Synagogue, 1224 Dempster St, Evanston, Perlman Room, lower level (ring bell outside).

Monday – October 4 NAMI Family Support Group – Monthly meeting for family members and friends of adults coping with mental illness. Knox Building, west side of Skokie Hospital campus, 9701 N. Knox Ave, Skokie, 7 to 8:30 p.m. Free, no registration.

Tuesday – October 5 NAMI Family to Family Class #5 NTHS, Northfield, 7-9:30 p.m.

Tuesday – October 5 NAMI National Day of Prayer for Mental Illness Recovery and Understanding

Wednesday – October 6 NAMI CCNS Board Meeting, 7 p.m., New Foundation Center, formerly WilPower, 444 Frontage Rd, Northfield. Members and visitors welcome.

Wednesday – October 6 NAMI Basics Class #2, NTHS, Northfield, 6:30-9 p.m.

Thursday – October 7 NAMI Family to Family Class #4, Park Ridge, 7-9:30 p.m.

Saturday – October 9 NAMI Connection, a weekly recovery support group for adults with mental illness, all diagnoses. Meet 4 to 5:30 p.m. at Lutheran General Hospital, 1775 Dempster St, Park Ridge, 10th Floor, Room 1062. Free, no registration.

Monday – October 11 NAMI Connection, a weekly recovery support group for adults with mental illness, all diagnoses. Meet 4 to 5:30 p.m. at Beth Emet Synagogue, 1224 Dempster St, Evanston, Perlman Room, lower level (ring bell outside).

Tuesday – October 12 NAMI Family to Family Class #6 NTHS, Northfield, 7-9:30 p.m.

Wednesday – October 13 NAMI Basics Class #3, NTHS, Northfield, 6:30-9 p.m.

Thursday – October 14 NAMI Basics Support Group for parents of children and adolescents. Kenilworth Union

Church, 211 Kenilworth Ave, Kenilworth, 7:30 to 9 p.m. Free, no registration.

Thursday – October 14 NAMI Family to Family Class #5, Park Ridge.

Friday – October 15 Latino Behavioral Health Conference, Chicago, sponsored by the Chicago School of Professional Psychology. For details, go to <http://lmhpn.tcscenters.org> to click on Latin@Behavioral Health Conf 2010.

Friday – October 15 NAMI Basics Support Group for parents of children and adolescents. Wilmette Library, 1242 Wilmette Ave., lower level, small conference room, 9:30 to 11 a.m. Park in St. John's lot across Wilmette Ave..

Friday – October 15 NAMI National Teleconference – Child & Adolescent “Ask the Doctor,” 10 to 11:30 a.m. An outstanding series, NAMI Medical Director Dr. Ken Duckworth and guest speaker answer your questions. Phone 1-888-858-6021, access #309918

Friday to Sunday – October 15 to 17 NAMI IL Mental Health Education Conference. See pg 5 for details.

Saturday – October 16 NAMI Connection, a weekly recovery support group for adults with mental illness, all diagnoses. Meet 4 to 5:30 p.m. at Lutheran General Hospital, 1775 Dempster St, Park Ridge, 10th Floor, Room 1062. Free, no registration.

Monday – October 18 NAMI Connection, a weekly recovery support group for adults with mental illness, all diagnoses. Meet 4 to 5:30 p.m. at Beth Emet Synagogue, 1224 Dempster St, Evanston, Perlman Room, lower level (ring bell outside).

Tuesday – October 19 NAMI Family Support Group – Monthly meeting for family members and friends of adults coping with mental illness. Nessel Center north of Lutheran General at 1775 Ballard Rd, Park Ridge, 7 to 8:30 p.m. Free, no registration, free parking.

Tuesday – October 19 NAMI Family to Family Class #7, NTHS, Northfield, 7-9:30 p.m.

Wednesday – October 20 NAMI Basics Class #4, NTHS, Northfield, 6:30-9 p.m.

Thursday – October 21 NAMI Family to Family Class #6, Park Ridge, 7-9:30 p.m.

Friday – October 22 NAMI National Teleconference – Adult “Ask the Doctor,” 10 to 11:30 a.m. NAMI Medical Director Dr. Ken Duckworth and guest speaker answer your questions. Phone 1-888-858-6021, access #309918.

NAMI CCNS Calendar October, November, December 2010

for information on support groups, classes, meetings, call 847-716-2252

Saturday – October 23 NAMI Connection, a weekly recovery support group for adults with mental illness, all diagnoses. Meet 4 to 5:30 p.m. at Lutheran General Hospital, 1775 Dempster St, Park Ridge, 10th Floor, Room 1062. Free, no registration.

Sunday – October 24 Program in Spanish by the Naomi Ruth Cohen Institute: “How is Immigration Impacting My Daily Life?” 2-4 p.m., 806 Ridge Ave, Evanston; 312-467-2397.

Monday – October 25 NAMI Connection, a weekly recovery support group for adults with mental illness, all diagnoses. Meet 4 to 5:30 p.m. at Beth Emet Synagogue, 1224 Dempster St, Evanston, Perlman Room, lower level (ring bell outside).

Tuesday – October 26 NAMI Family to Family class #8, NTHS, Northfield, 7-9:30 p.m.

Wednesday – October 27 NAMI Basics Class #5, NTHS, Northfield, 6:30-9 p.m.

Thursday – October 28 NAMI Family to Family Class #7, Park Ridge, 7-9:30 p.m.

Saturday – October 30 NAMI Connection, a weekly recovery support group for adults with mental illness, all diagnoses. Meet 4 to 5:30 p.m. at Lutheran General Hospital, 1775 Dempster St, Park Ridge, 10th Floor, Room 1062. Free, no registration.

Sunday – October 31 *Tentative date* for NAMI Sundays at One, social group for adults coping with mental illness, ages 20 + up. For information update, call leader Chris Jordan at 847-220-0199 or the office at 847-716-2252.

NOVEMBER

Monday – November 1 NAMI Connection, a weekly recovery support group for adults with mental illness, all diagnoses. Meet 4 to 5:30 p.m. at Beth Emet Synagogue, 1224 Dempster St, Evanston, Perlman Room, lower level (ring bell outside).

Monday – November 1 NAMI Family Support Group – Monthly support group for family members and friends of adults coping with mental illness. Knox Building, 7 to 8:30 p.m., west side of Skokie Hospital campus, 9701 N. Knox, Skokie. Free, no registration.

Tuesday – November 2 NAMI Family to Family class #9, NTHS, Northfield, 7-9:30 p.m.

Wednesday – November 3 NAMI CCNS Board Meeting, 7 p.m., New Foundation Center, formerly WilPower, 444 Frontage Rd, Northfield. Members and visitors welcome.

Wednesday – November 3 NAMI Basics concludes, Class #6, NTHS, Northfield, 6:30-9 p.m.

Thursday – November 4 NAMI Family to Family Class #8, Park Ridge, 7-9:30 p.m.

Saturday – November 6 NAMI Connection, a weekly recovery support group for adults with mental illness, all diagnoses. Meet 4 to 5:30 p.m. at Lutheran General Hospital, 1775 Dempster St, Park Ridge, 10th Floor, Room 1062. Free, no registration.

Monday – November 8 NAMI Connection, a weekly recovery support group for adults with mental illness, all diagnoses. Meet 4 to 5:30 p.m. at Beth Emet Synagogue, 1224 Dempster St, Evanston, Perlman Room, lower level (ring bell outside).

Monday – November 8 NAMI Public Education Meeting – Al Pizza from TASC, Treatment Alternatives for Safe Communities, Inc., will speak about the **Skokie Mental Health Court**; Knox Bldg, west side of Skokie Hospital campus, 9701 N. Knox Ave, Skokie, 7 to 8:30 p.m.

Tuesday – November 9 NAMI Family to Family class #10, NTHS, Northfield, 7-9:30 p.m.

Thursday – November 11 NAMI Basics Support Group for parents of children and adolescents, Kenilworth Union Church, 7:30 to 9 p.m., 211 Kenilworth Ave., Kenilworth. Free, no registration.

Thursday – November 11 NAMI Family to Family Class #9, Park Ridge, 7-9:30 p.m.

Saturday – November 13 NAMI Connection, a weekly recovery support group for adults with mental illness, all diagnoses. Meet 4 to 5:30 p.m. at Lutheran General Hospital, 1775 Dempster St, Park Ridge, 10th Floor, Room 1062. Free, no registration.

Monday – November 15 NAMI Connection, a weekly recovery support group for adults with mental illness, all diagnoses. Meet 4 to 5:30 p.m. at Beth Emet Synagogue, 1224 Dempster St, Evanston, Perlman Room, lower level (ring bell outside).

Tuesday – November 16 NAMI Family Support Group – Monthly meeting for family members and friends of adults coping with mental illness. Nessel Center north of Lutheran General at 1775 Ballard Rd, Park Ridge, 7 to 8:30 p.m. Free, no registration, free parking.

Tuesday – November 16 NAMI Family to Family class #11, NTHS, Northfield, 7-9:30 p.m.

NAMI CCNS Calendar October, November, December 2010

for information on support groups, classes, meetings, call 847-716-2252

Thursday – November 18 NAMI Family to Family Class #10, Park Ridge, 7-9:30 p.m.

Friday – November 19 NAMI Basics Support Group for parents of children and adolescents, Wilmette Library, 1242 Wilmette Ave., lower level, small conference room. 9:30 a.m. to 11 a.m. Park in St. John's lot across Wilmette Ave.

Friday – November 19 NAMI National Teleconference – Child & Adolescent “Ask the Doctor,” 10 -11:30 a.m. An outstanding series; NAMI Medical Director Dr. Ken Duckworth and guest speaker answer your questions. Phone 1-888-858-6021, access #309918.

Saturday – November 20 NAMI Connection, a weekly recovery support group for adults with mental illness, all diagnoses. Meet 4 to 5:30 p.m. at Lutheran General Hospital, 1775 Dempster St, Park Ridge, 10th Floor, Room 1062. Free, no registration.

Monday – November 22 NAMI Connection, a weekly recovery support group of adults with mental illness, all diagnoses. Meet 4 to 5:30 p.m. at Beth Emet Synagogue, 1224 Dempster St, Evanston, Perlman Room, lower level (ring bell outside).

Tuesday – November 23 NAMI Family to Family concludes, Class #12, NTHS, Northfield, 7-9:30 p.m.

Thursday – November 25 THANKSGIVING

Saturday – November 27 NAMI Connection, a weekly recovery support group for adults with mental illness, all diagnoses. Meet 4 to 5:30 p.m. at Lutheran General Hospital, 1775 Dempster St, Park Ridge, 10th Floor, Room 1062. Free, no registration.

Sunday – November 28 NAMI Sundays at One social group for adults coping with mental illness, ages 20 + up. A craft outing!! Call leader Chris Jordan at 847-220-0199 or the office at 847-716-2252 for details.

Monday – November 29 NAMI Connection, a weekly recovery support group for adults with mental illness, all diagnoses. Meet 4 to 5:30 p.m. at Beth Emet Synagogue, 1224 Dempster St, Evanston, Perlman Room, lower level (ring bell outside).

DECEMBER

Wednesday – December 1 No NAMI CCNS Board meeting.

Thursday – December 2 NAMI Family to Family Class #11, Park Ridge, 7-9:30 p.m.

Saturday – December 4 NAMI Connection, a weekly recovery support group for adults with mental illness, all diagnoses. Meet 4 to 5:30 p.m. at Lutheran General Hospital, 1775 Dempster St, Park Ridge, 10th Floor, Room 1062. Free, no registration.

Monday – December 6 NAMI Connection, a weekly recovery support group for adults with mental illness, all diagnoses. Meet 4 to 5:30 p.m. at Beth Emet Synagogue, 1224 Dempster St, Evanston, Perlman Room, lower level (ring bell outside).

Monday – December 6 NAMI Family Support Group – Monthly meeting for family members and friends of adults coping with mental illness. Knox Building, 7 to 8:30 p.m., west side of the Skokie Hospital campus, 9701 N. Knox, Skokie. Free, no registration.

Thursday – December 9 Basics Support Group for parents of children and adolescents, Kenilworth Union Church, 7:30 to 9 p.m., 211 Kenilworth Ave., Kenilworth. Free, no registration.

Thursday – December 9 NAMI Family to Family concludes, Class #12, Park Ridge, 7-9:30 p.m.

Saturday – December 11 NAMI Connection, a weekly recovery support group for adults with mental illness, all diagnoses. Meet 4 to 5:30 p.m. at Lutheran General Hospital, 1775 Dempster St, Park Ridge, 10th Floor, Room 1062. Free, no registration.

Monday – December 13 NAMI Connection, a weekly recovery support group for adults with mental illness, all diagnoses. Meet 4 to 5:30 p.m. at Beth Emet Synagogue, 1224 Dempster St, Evanston, Perlman Room, lower level (ring bell outside).

Friday – December 17 NAMI National Teleconference – Child & Adolescent “Ask the Doctor,” 10 -11:30 a.m. An outstanding series; NAMI Medical Director Dr. Ken Duckworth and guest speaker answer your questions. Phone 1-888-858-6021, access #309918.

Friday – December 17 NAMI Basics Support Group for parents of children and adolescents. Wilmette Library, 9:30 a.m. to 11 a.m., 1242 Wilmette Ave., lower level, small conference room. Park in St. John's lot across Wilmette Ave. Free, no registration.

Saturday – December 18 NAMI Connection, a weekly recovery support group for adults with mental illness, all diagnoses. Meet 4 to 5:30 p.m. at Lutheran General Hospital, 1775 Dempster St, Park Ridge, 10th Floor, Room 1062. Free, no registration.

NAMI CCNS Calendar October, November, December 2010

for information on support groups, classes, meetings, call 847-716-2252

Monday – December 20 NAMI Connection, a weekly recovery support group for adults with mental illness, all diagnoses. Meet 4 to 5:30 p.m. at Beth Emet Synagogue, 1224 Dempster St, Evanston, Perlman Room, lower level (ring bell outside).

Tuesday – December 21 Family Support Group – Monthly meeting for family members and friends of adults coping with mental illness. Nessel Center north of Lutheran General at 1775 Ballard Rd, Park Ridge, 7 to 8:30 p.m. Free, no registration, free parking.

Saturday – December 25 CHRISTMAS – NAMI Connection at Lutheran General Hospital **CANCELLED**.

Sunday – December 26 NAMI Sundays at One, social group for adults coping with mental illness, ages 20 + up. Plans for Holiday Party tentative at *Newsline* printing; for specific date and location, call leader Chris Jordan at 847-220-0199 or the office at 847-716-2252.

Monday – December 27 NAMI Connection at Beth Emet Synagogue **CANCELLED** because of Christmas holiday. ■

Ongoing Support Groups

Our groups meet weekly or monthly, follow a flexible structure, and do not recommend or endorse any medications or therapies. All NAMI support groups are led by trained volunteers who are currently, or have been in the same situations themselves. Facilitators understand the daily challenges we all face, and can offer encouragement and support.

Groups are confidential, free, open to members and non-members, and there is no need to register. If you have never attended any kind of support group, please call us. We would love to explain how they work and give you an idea of what you can expect.

Join us for our next meeting and talk to someone who understands... someone just like you.

Connection Recovery Support Group is for people with a mental illness. Having a mental illness can be an isolating experience. Talking with someone to share coping strategies and insights, as well as problems and concerns, can be an important link in the path to recovery.

Two ongoing weekly groups:

Park Ridge on Saturdays from 4:00 to 5:30 pm, at Lutheran General Hospital, 1775 Dempster, tenth floor, room 1062, take the East elevators.

Evanston on Mondays from 4:00 to 5:30 pm, at Beth Emet Synagogue, 1224 Dempster, just west of Ridge at Asbury. Education building, next to parking lot, Perlman Room, lower level. Please ring the bell outside for entry. Please call to confirm as the building is closed for religious holidays. 847-716-2252

Family Support Group is for family and friends of adults, 18 and over, who have a mental illness. It gives you the opportunity to share problems you are facing and learn how others have dealt with similar problems. Ask

questions about health care, agencies, therapists, housing, and government programs. You will hear ideas that can help you take care of yourself and your family. You can help others with your experiences and support.

Two ongoing monthly groups:

Skokie on the first Monday of every month, 7:00 to 8:30 pm, at the Knox Building, 9701 N. Knox on the west end of the Skokie Hospital campus. From the intersection of Golf and Skokie Blvd, go east on Golf to the first street, Knox Ave., and turn left or north. Go past the stop sign. Stay on Knox and to your right is the Knox Building. Park in the free parking area on your left.

Park Ridge on the third Tuesday of every month, 7:00 to 8:30 pm, at the Nessel Center, 1775 Ballard, south side of the street, north of Lutheran General Hospital. Free parking.

Basics Support Group is for parents and primary caregivers of children and adolescents with mental illness. Discuss issues frequently faced by families dealing with the impact of a child's mental illness. Parents of children with early onset brain disorders often find it helpful when they connect with each other. Share problems and successes in handling challenging behaviors, find new resources, and learn you are not alone

Two ongoing monthly groups:

Kenilworth on the second Thursday of every month, 7:30 to 9:00 pm, at the Kenilworth Union Church, 211 Kenilworth Ave.

Wilmette on the third Friday of every month, 9:30 to 11:00 am, at the Wilmette Public Library, 1242 Wilmette Avenue. Parking in St. Johns across the street. ■



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NAMI CCNS EDUCATION CLASSES, SUPPORT GROUPS AND OTHER SERVICES

**NAMI CCNS psychoeducational classes*

***NAMI Basics** A 6-week course designed for parents of children and adolescents with mental disorders. The class covers bipolar disorder, schizophrenia, anxiety disorders, eating disorders, ADHD, as well as brain biology, treatments, medications, communication, and coping skills. Class is free of charge. Call Judy Graff for information at 847-716-2252.

***Family to Family** A 12-week class designed for family members and close friends of adults with mental illnesses. The class covers schizophrenia, depression, bipolar disorder, borderline personality disorder, panic disorder, obsessive-compulsive disorder, co-occurring addictive disorders, as well as medications, coping skills, and advocacy. Class is free of charge. To register, call Joyce at 847-853-6191, or call 847-716-2252.

NAMI Connection Weekly recovery support group for adults with mental illness (regardless of diagnosis) led by trained individuals also in recovery. Mondays at Beth Emet Synagogue, Evanston 4:00 to 5:30 pm and Saturdays at Lutheran General Hospital, Park Ridge 4:00 to 5:30 pm Call NAMI CCNS 847-716-2252 and ask for Candice. (See Calendar)

Family Support Group for families and friends of adults coping with mental illness. 7-8:30 pm - 1st Monday at 9701 N. Knox, Skokie. 3rd Tuesday at 1775 Ballard, Park Ridge. Call 847-716-2252 for more information.

NAMI Basics Support Group is for parents of children, adolescents, and young adults with mental disorders. Call Jean or Jim Jorgensen 847-251-1476. (See Calendar)

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

Education Program features speakers with expertise in the mental health field. (See Calendar)

Response Team A "warm line" (not a crisis hot line) for anyone looking

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 offers information on referrals and local support groups for eating disorders. Call 847-831-3438.

Autism Society of America, North Suburban Autism Support Group Call 847-583-5080.

Child and Adolescent Bipolar Foundation is a national, parent-led organization of families raising children diagnosed with bipolar disorder. For information on support groups, visit www.bpkids.org or call 847-256-8525.

Depression and Bipolar Support Alliance of Greater Chicago meets the second and fourth Mondays of each month at the Devon Bank, 6445 N. Western Ave., Chicago. 7:15 pm Call for details at 773-465-3280.

Depression Support Group meets the second Tuesday of every month at the Kenilworth Union Church, 211 Kenilworth Avenue, Kenilworth, 7-9 pm. Individuals and families interested in learning more about depression and bipolar disorder are invited to attend. Call 847-251-4272 for information.

OCD Chicago has a complete list of area support groups. Call 773-880-1635.

Recovery, Inc. is a self-help group for people with mental disorders. Call 312-337-5661 for meeting places and times.

Drop-in Center for Adults with Mental Illness open Monday, Tuesday, Thursday 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. For information, call 847-441-5600 X 350. \$2 donation. ■