

NAMI NEWSLINE

National Alliance on Mental Illness · Cook County North Suburban

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

Letter from Nancy Carstedt

Recently a great deal of media attention has been devoted to Rahm Emanuel's first 100 days in office as Mayor of Chicago. Ironically, as I write this, I will be completing my first 100 days as the Executive Director of NAMI CCNS. It has been interesting, inspiring, challenging, exhilarating and rewarding. My initial thoughts about and concerns for the organization have, for the most part, been confirmed. It is indeed an organization with a powerful mission to change the lives of those with serious mental illness and those who love and care for them through education, support and advocacy. I have been touched by the gratitude expressed by Family to Family and BASICS attendees. It is not uncommon to hear of a young person who takes two or three busses to get to a Connections group or to participate in Sundays at One. Last year alone, the NAMI CCNS office handled over 685 calls requesting information or referrals. In the last issue of *Newsline*, I outlined the challenges of planning, funding and staffing that I felt needed to be addressed if NAMI CCNS is to realize its potential. In my first 100 days, I am happy to report that we are making progress in addressing these challenges. On September 24th our Board will be undertaking a visioning exercise to plan for our affiliate's future. I have been busy researching and submitting funding proposals. If any of you know of potential funding sources, please contact me. We are one of only two affiliates in the nation to be added to the NAMI Walks national program. As we look to grow NAMI CCNS so that more lives can be changed and more of our catchment area serviced, I will be assessing and addressing our



staffing needs. While a great deal has been accomplished in these first 100 days, even more remains to be done.

I look forward to working with each and every one of you to that end. Happy autumn!

Study Confirms Value of Family to Family Class

By David Gibberman

A new study has confirmed what those who've taken NAMI's Family to Family Education Program already know: the program works!

The study found that the program "significantly" improves participants' ability to cope with a loved one's mental illness. The study found that the program increases participants' knowledge about mental illness, enhances participants' ability to help their loved ones, and improves participants' own well-being.

NAMI's free, 12-week Family to Family Education Program has been designed to help family members and friends of individuals with a serious mental illness. The program explains what mental illnesses are and how they are treated. It helps participants develop the skills needed to care for their loved ones - and themselves.

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Co-President's Letter *Pat Rodbro, Co-President*

Great news! Our affiliate has been chosen by NAMI National as a 2012 site for a NAMI Walk! Affiliates are carefully chosen to host a premier walk. This will be our major fundraising event for next year, and we will work closely with NAMI National to make sure that the Walk is a success. As soon as a date and a site are selected, we will make an announcement. You can help us by letting us know of potential sponsors and forming a team to walk and raise money. We also need for you to do this for our NAMI CCNS Walk Oct. 23rd.

As part of the process, Warren Karmol of NAMI National will be meeting with our board members to produce a vision of what we want NAMI CCNS to look like in the future. It is easy to just keep rolling along, doing the same things every year, especially when our present programs (Family to Family, Basics, Family Support groups, Connection, and Ending the Silence) have been so well received by those with mental illness and their families. However, in order to serve all of the communities in our catchment area, we need to expand our programming to new areas. This would require funding as well as finding the right volunteers to take the training for the classes. All of our teachers have attended extensive training offered by NAMI Illinois. In fact, this month we are sending 3 volunteers to Itasca, IL. to be trained to teach and/or facilitate Family-to- Family , In Our Own Voice, and Connections.

Recruiting volunteers is essential in continuing to make NAMI CCNS a viable organization. We are constantly looking for dedicated people who want to help us carry out our mission effectively. Please call our office if you would like to help us, and we will try to connect you to the opportunity that would best suit your expertise or passion.

Fundraising is essential to keep our wonderful programs going. Tag Day, the NAMI Walk, and our Gala all require your help in order to be successful – and we are always looking for new ways to raise money. In order to make our vision for the future a reality, we will require funds to maintain and expand Family- to-Family and Basic classes, Family Support Groups, Connections, as well as Ending the Silence, which we present to school children. We also hope to start new programs that would serve hospitalized patients with mental illness and their families and veterans.

Also in our vision we will be making our office as effective as possible. The office staff, headed by Fay Anderson, maintains the membership, answers calls from people in crisis and helps them navigate the difficult journey through mental illness, helps set up the programs, records all donations, does the publicity for our educational programs and classes, as well as many other jobs. Fay wears a thousand hats and is irreplaceable. It's hard to remember that only a few years ago we moved out of the bedroom and garage into an office. This has made a huge difference in our ability to carry out our mission more successfully.

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NAMI CCNS

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**October. November .
December
2011**

NEWSLINE

Study Confirms Value of Family to Family

(continued)

It comforts participants by letting them know that they no longer have to face their problems alone.

The study compared people who took the course with those told that they would have to wait at least three months to take the course but could take advantage, in the interim, of other support offered by NAMI, mental health professionals, and other community organizations. Lisa B. Dixon, professor of psychiatry at the University of Maryland School of Medicine, led the study, which was published in the June 2011 issue of the American Psychiatric Association's journal, *Psychiatric Services*.

Editor's note: Read the complete article *Outcomes of a Randomized Study of a Peer-Taught Family to Family Education Program for Mental Illness* online at: www.ps.psychiatryonline.org.

Mental Health Summit Website

Just a reminder that updated information about meetings, advocacy efforts, news and policy changes in the mental health field is available on the Mental Health Summit website: <http://www.law.uchicago.edu/clinics/mandel/mental/summit>. You also can visit its Facebook page: <http://www.facebook.com/pages/Mental-Health-Summit/114279327572>. The Mental Health Summit always welcomes more Facebook friends and the opportunity to educate and inform about issues affecting person living with mental illness.

Mental Illness Awareness Week 2011:

Oct. 2-8, 2011 -- In 1990, the U.S. Congress established the first week of October as Mental Illness Awareness Week (MIAW) in recognition of NAMI's efforts to raise mental illness awareness. Mental health advocates across the country join together during the first full week of October in sponsoring various activities. Additionally, the National Day of Prayer for Mental Illness Recovery and Understanding is Tuesday, Oct. 4, 2011.

Police Killing of Mentally Ill Man Sparks Citizen Outcry

Submitted by Joseph M. Jason, President, NAMI Barrington Area

As President of NAMI BA, I am appalled by the murder of the homeless person in Fullerton, California. [The recent] police killing of an unarmed schizophrenic homeless man in Fullerton has sparked debate about how police deal with mentally ill suspects. Kelly Thomas died after half a dozen police officers tried to subdue him at a bus depot.

Videotape shot by a witness captures the distinctive clicking sound of the Taser gun that Fullerton police used on Thomas. You can hear the 37-year-old screaming for his dad. He died five days later.

His father Ron Thomas says he's still haunted by the tape. "Obviously, that just tore right through me. I hear it every day. I hear it every night. I don't sleep. That sound will be with me forever." This could have happened to our children.

It is imperative that our surrounding police forces utilize Crisis Intervention Teams (CIT). CIT is a pre-booking jail diversion program designed to improve the outcomes of police interactions with people with mental illnesses.

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Walk-a-thon



NAMI CCNS 2011 Walk
Raising Awareness With Every Step
Information Sheet

Date: Sunday, October 23, 2011

Location: Blue Star Memorial Woods at Harms and Lake in Glenview, Illinois

Walker Check-in Time: 8:00 a.m.

Step-Off: 9:00 a.m.

Distance: 5 Kilometers (3.1 Miles) Rain or Shine!

Join us for our first Walk!!! Mark your calendars today!
Strollers and dogs are welcome.

Start a team for your family, friends, or business! This action packed day promises to be fun-filled for individuals, groups, and families interested in supporting NAMI CCNS, an independently run affiliate of the National Alliance of Mental Illness (NAMI), the first advocacy group for persons with serious mental illness and their families. Live music, giveaways, face painting, and a relaxing walk route will help to create an enjoyable and educational day for all participants.

Sponsor the Walk through donations of cash or goods and services. Join us in eradicating the stigma associated with mental illness and in supporting the advocacy and outreach efforts of NAMI CCNS for those whose lives are affected by mental illness.

Ways to participate:

1. Form and lead a team of walkers
2. Register to walk with a team or independently
 3. Support a walker
 4. Volunteer to help at the event
 5. Become a corporate sponsor
6. Make a donation online at www.namiccns.org or call our office to use a credit card, or mail a check to our NAMI office with "Walk" and team name on the memo line

Details:

- ✓ For more information, visit www.namiccns.org or contact us at 847-716-2252.
- ✓ There is no fee to walk! Participants are encouraged to collect donations from family members, friends, and business associates in support of their participation in the Walk.
- ✓ Each walker raising \$100 or more will receive a t-shirt!
- ✓ Corporate Sponsorship opportunities for this Walk are varied! Consider sponsoring this Walk today!
- ✓ Demonstrate your support for mental health and wellness by having your company's logo printed in Walk promotional materials.

Police Killing of Mentally Ill Man

(continued)

The first CIT was established in Memphis in 1988 after the tragic shooting by a police officer of a man with a serious mental illness. This tragedy stimulated collaboration between the police, the Memphis chapter of the National Alliance on Mental Illness and various others to improve police training and procedures in response to mental illness.

The Memphis CIT program has achieved remarkable success. Today, the so-called "Memphis Model" has been adopted by hundreds of communities in more than 35 states. CIT addresses this need by providing officers with specialized training to respond safely and quickly to people with serious mental illness in crisis. Officers learn to recognize the signs of psychiatric distress and how to deescalate a crisis. CIT officers also learn how to link people with appropriate treatment.

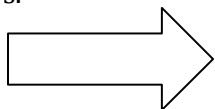
Public Education Program Addresses Housing Choices



Press for Housing

The NAMI NNCS Public Education program continues its popular speaker series with "ASK THE EXPERTS ... about HOUSING for Persons with Mental Illness." This free, public program will be held on Monday, November 7, 2011, 7 p. m. – 9 p. m. at the Glenview Township Police Department Building, 2500 East Lake Ave. at Shermer Rd., Glenview. Go to the First floor Community Meeting Room.

GUEST SPEAKERS will be a team of experts, who will share their knowledge about housing facilities for mentally disabled consumers.



Friendships in Bloom

Held July 31 in Kenilworth, our annual Friend Raiser brought together NAMI CCNS volunteers and program alumni for an afternoon mixer.



Co-president Sandra Shovers with Executive Director Nancy Carstedt



Board member Brenda Jordan chats with Tina Nelson



Freida Ankin, Ann George and Linda Logan



Co-President's Letter - *(continued)*

We are now ready to move to the next level with the help of all of you. Please help us be the best that we can be. Help us to reach more people who need our help and can experience the wonderful educational and supportive opportunities that we have available to them. Many of you have taken Family- to -Family or Basics or have attended our support groups or educational programs and know how beneficial they are. Now it is time to spread our wings and let others experience what we already know: that NAMI CCNS and its classes, programs and supportive groups are invaluable to families and individuals dealing with mental illness.

You are invited to come out and ...

- * LEARN ABOUT all types of housing
- * LEARN ABOUT legislative housing issues
- * LEARN ABOUT housing needs for mentally ill individuals (*children, youth, young adults and seniors*)
- * and LOTS MORE!

LET'S GET TOGETHER...

Recovery in Action: CLR

Drop-In Center *By Gary D. Smith,*

President, The Josselyn Center

The Josselyn Center, located in Northfield, is committed to providing excellent mental health services including dedication to the concept of client-centered and client-driven recovery. One of its most exciting offerings is the CLR Drop-In Center.

The CLR Drop-In Center is designed as a place where adults (18 years of age and older) at any stage in the mental health recovery process can engage in loosely-structured social and recreational activities with other adults who aren't their family members, therapists, or caretakers. For many, this type of social experience is virtually non-existent outside of a highly-structured therapeutic environment. As more evidence emerges, it is becoming clear that, for many people, achieving a lasting and meaningful recovery necessarily entails creating a treatment plan that strives to support all aspects of a client's life, including the social and recreation aspects.

The CLR Drop-In Center is a place where adults with mental illness or emotional difficulties can simply come to relax and enjoy themselves with other adults. This opportunity for social engagement will help participants feel less isolated, more confident, and more ready to take on increasingly active role in society.

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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! Join us for a fun activity, lively discussion and refreshments. For info., call Chris at 847-220-0199.

A WIN-WIN OPPORTUNITY!

By Nancy Sussman

There is truly no better feeling one will obtain than from using his/her own life experience, to help others. This opportunity is the profound sense of accomplishment from participating in a NAMI CCNS "Ending the Silence" (ETS) high school program.

As the NAMI CCNS School Outreach Coordinator, I hope to get "Ending the Silence" into as many local public and private high schools as possible this year. First, however, I am in need of parents and consumers (post high school age), willing to tell their stories.

"Ending the Silence" is a power point/speaker presentation, geared towards freshman and sophomore students. It focuses on the symptoms and indicators of mental illnesses, such as bipolar disorder, depression, schizophrenia, etc. Our goal is to reach students, friends or family members in need of support.

Consumers will be paid for their time, while the parent speakers are volunteers. Again, all are rewarded with the great sense of accomplishment. Last April, NAMI CCNS presented a full day of nine "Ending the Silence" programs at Evanston High School. We reached almost 500 students that day! The excellent questions and evaluation comments from the students are proof that "Ending the Silence" will make a difference.

Clearly, this is a win-win opportunity for all, whether you are a presenter or a listener! We need speakers to allow for the growth and success of "Ending the Silence." If you are interested in a parent or consumer speaking position, please email me at: ngsussman@gmail.com.

Thank You.



Legislative Update: Budget Error, Correction Needed

By Hugh Brady, President,
NAMI Illinois

As the Illinois General Assembly was rushing to complete the state budget before its May 31 adjournment deadline this spring, somehow a big error in mental health funding was made:

A big chunk of money – \$30 million to be exact – that was supposed to be appropriated to community mental health programs was inadvertently given to another department.

Shortly before the legislature adjourned on May 31, the error was discovered and the House voted to fix the problem by adopting House Floor Amendment #2 to Senate Bill 2407, which allocated the money to community mental health services, where it was originally supposed to be.

The Amendment didn't add to the total amount of state spending; it merely moved the money from the wrong line to the correct line within the existing dollar amounts, and the vote to fix the error was an almost unanimous 109-6.

“The Error needs to be fixed ASAP.”

Unfortunately, the legislative session ended before the State Senate could act on the bill.

As a result, community mental health services still lack these much needed funds.

This is an important issue, because community mental health centers are already severely underfunded. Many are currently closing intake, rationing services, and laying off staff. Some have even closed their doors entirely. Consumers are being denied much needed services.

This error needs to be fixed ASAP.

So we are asking everyone to do two things:

1. Contact Senate President John Cullerton and urge him to take prompt action to have the Senate approve House Floor Amendment #2 to Senate Bill 2407. For his contact information, go to: www.ilga.gov/senate/senator.asp?ga=97&memberid=1639; and
2. Contact your own State Senator and urge him or her to do whatever they can to get the Senate to approve House Floor Amendment #2 to Senate Bill 2407. Go to: www.elections.il.gov/districtlocator/districtofficialssearchbyaddress.aspx, to find your elected official.

We have been told that there are more than enough votes in the State Senate to pass this measure, but that the Senators just need some nudging to overcome their inertia and actually *do* it, so this should be a friendly call or an easy letter to write.

The Senate can vote on this question during the Fall Veto Session this October and November, but, because it is a budget measure and the May deadline has passed, to do so will take a 3/5ths vote.

So some Senators are thinking they should just put it off until the new legislative session in January. This may be because they are procrastinating. Or some supporters may be uncertain that they have the 3/5ths votes to pass the measure and don't want it to fail. If they wait until January it will only take a simple majority. But, regardless of the reason for the delay, please urge your Senator to do whatever he or she can to make sure it passes as soon as possible. Delays, especially if they are unnecessary, place the strains of the \$30 million mistake on those who can afford it least.

NAMI Illinois is a member of the Mental Health Summit, an umbrella group of mental health service providers and advocacy and consumer groups. If you'd like to know more, go to their website to see the Summit's letter to Senate President Cullerton on this question: www.law.uchicago.edu/files/files/sb2407-cullerton.pdf

Thanks, in advance, for helping out.



THE LIVING ROOM *By Kirk Erickson*

Turning Point Behavioral Health Care Center (BHCC) in Skokie and The Josselyn Center in Northfield were recently chosen to receive new funding from the Illinois Department of Human Services (IDHS) for an innovative psychiatric respite care program that will result in decreased emergency room visits, lower costs associated with outpatient and preventive care, and the promotion of paraprofessionals who will act as peer counselors and advocates

The program will demonstrate major cost savings in mental health crisis service delivery while caring for clients in a compassionate, non-intrusive, safe environment.

The Living Room will be a comfortable, non-clinical space that provides an alternative to hospital emergency rooms for clients experiencing a psychiatric emergency. The setting is intended to provide a restful, calm environment to allow participants to feel comfortable and safe so they can resolve issues without more intensive intervention. There will be several conversation areas with soft seating, a separate quiet room for rest and a refreshment area with healthy food. This intermediary approach creates an opportunity to decompress and problem solve without seeking emergency room care.

Trained Peer Counselors with personal experience in managing the challenges of mental illness will provide crisis intervention, counseling and mentoring with support from a nurse, program staff and Turning Point's emergency team. They will work to evaluate level of need and to develop a recovery plan to assist in returning to a more optimal level of functioning.

The Josselyn Center Living Room opened September 12. Hours of operation for this site are Mon., Tues., and Sat. 3:00 p.m. to 8:00 p.m. (excluding holidays).

Turning Point BHCC Living Room opened September 14. Hours of operation for this site are Wed., Thurs., and Sun. 3:00 p.m. to 8:00 p.m. (excluding holidays).

Josselyn Center

Monday | Tuesday | Saturday
130 Waukegan Road
Deerfield, IL 60015
847-940-8400

Turning Point BHCC

Wednesday | Thursday | Sunday
8324 Skokie Blvd.
Skokie, IL 60077-2545
847-933-9202
Courtney Emery, Asst. Program Director

Recovery in Action *(continued)*

With renewed self-confidence and the social and emotional strength that the community of the CLR Drop-In Center provides, participants can begin to tackle some of life's challenges with new energy and optimism and hopefully begin and continue on the path to recovery.

The philosophy of the CLR Drop-In Center is consistent with the trend in mental health treatment to have consumers and their families take more responsibility for their own recovery. The idea is that no one knows better than the consumer how their own recovery should look and what motivates them. The way the CLR Drop-In addresses this philosophy is that it is an independent, consumer-driven place where people have an opportunity to learn about themselves and others and to work on their recovery without the direction of their therapist. This sense of ownership and responsibility for one's own treatment and activities is a key element in recovery.

While the center is staffed by clinicians, the unique social atmosphere facilitates personal emotional growth and development through non-clinical activities such as arts and crafts, story-telling, open-microphone nights, group meals, and more. Participants feel a sense of community and sharing that builds the self-confidence and self-esteem that can often be diminished due to the challenges adults with mental illness or emotional difficulties face on a daily basis. Likewise, as participants become more socially confident, the center can provide the opportunity for them to begin building the educational and vocational skills that will further help them feel less isolated from society.

The CLR Drop-In Center is located at 130 N. Waukegan Road, Suite 102 in Deerfield and is open Monday, Tuesday and Thursday from 5-9p.m., Friday from 3-7p.m. and Sunday 11a.m. – 3p.m. Please feel free to drop in or to call 847-441-5600 ext. 350 with questions.

Thank You to All of Our NAMI CCNS Donors for Your Ongoing Support!



**Donations
Received Since
June, 2011**

FOUNDATIONS & ORGANIZATIONS

Kenilworth United Fund - \$1,500
Walter & Karla Goldschmidt Foundation
in HONOR of Karen Uselmann - \$2,500
Zall Family Fund - \$2,500
Mt. Prospect Public Library - \$100

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IN MEMORY of Lillian Rootberg
Brian & Jennifer Rootberg

There are many ways to support the work of NAMI CCNS. Monetary donations, as well as donations of in-kind support, are greatly appreciated. To learn more about the numerous ways you can give or become involved with NAMI, call our office at 847-716-2252. If you prefer to make a donation now, we recommend using the donor form in this newsletter.

FALL CLASSES: Family to Family and Basics

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.

A recent study by the University of Maryland School of Medicine found that the class significantly improves coping with mental illness, offering concrete, practical benefits to help family members, partners and friends play a critical role in the treatment and recovery of loved ones.

"Before I took the course, I felt alone and overwhelmed dealing with my daughter's mental illness. By taking this course, I have met others who are going through the same things I am and have learned about many resources that I never knew existed."

For 2012, we will offer this course in Evanston in January,

Northfield in March, Skokie in June, Northfield and Park Ridge in September.

Basics: The Fundamentals of Caring for You, Your Family, and Your Child with Mental Illness, is a 6-week course for parents of children and teens. It 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.

This fall, our Basics class meets at New Trier Northfield High School, Tuesday evenings, October 11 through November 15. Call 847-716-2252. Classes fill quickly! Registration by telephone is required for **Family to Family** and **Basics**.

NAMI CCNS CALENDAR: October, November, December 2011

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

CLASSES:

Basics: The Fundamentals of Caring for You, Your Family, and Your Child with Mental Illness. A student said, "This is the best program for families with children. It answers so many questions for parents. It can change and improve so many lives."

--A new class begins **Tuesday, October 11**, meeting thru **November 15**, 6:30-9 pm, New Trier High School, Northfield, led by Helene Rhodes and Alma Ruiz. Sign up at 847-716-2252.

Family to Family is a **12-week course** for families or close friends of an adult individual coping with serious mental illness. The Family to Family course improves understanding of the major mental illnesses, treatment and medications. Learn how the illness affects your loved one, other family members and yourself, how to cope effectively, and the importance of self-care.

See the previous section for our 2012 Family to Family course offerings. Our ongoing Fall class in Northfield continues through Nov. 22. ■

SUPPORT GROUPS:

Connection Recovery Support Group, 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, 4:00-5:30 pm, Beth Emet Synagogue, 1224 Dempster, Evanston**, just west of Ridge at Asbury. Enter the Education building, next to the parking lot. Please ring the bell outside for entry. Meeting is in the Perlman Room, lower level. If you have trouble finding the room, ask at the front desk and tell them you are here for NAMI. Free, no registration.

October 3, 10, 17, 24, 31

November 7, 14, 21, 28

December 5, 12, 19, OFF Dec. 26 - Christmas Holiday

January OFF Jan 2-New Year's Holiday

NAMI CCNS Calendar continued:

Connection Recovery Support Group *(continued)*

--Every Saturday at Lutheran General Hospital, 1775 Dempster St., Park Ridge, 10th Floor, Room 1062. Use the East B elevators. Free, no registration.

October 1, 8, 15, 22, 29

November 5, 12, 19, OFF Nov 26-Thanksgiving weekend

December 3, 10, 17, OFF Dec 24-Christmas Eve,

OFF Dec 31, New Year's Eve

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

--Evanston Civic Center, 2100 Ridge Ave, room 1700, first floor. **2nd and 4th Saturday mornings** of most months, 9:00 – 10:30 am.

October 8, 22

November 12, OFF Nov 26-Thanksgiving weekend

December 10, OFF Dec 24-Christmas Eve

--Knox Center, west end of Skokie Hospital campus, 9701 N. Knox Ave, Skokie. **1st Monday of each month.**

October 3

November 7

December 5

January, OFF Jan 2-New Year's Holiday

--Nesset Center (north of Lutheran General), 1775 Ballard Rd, Park Ridge. Free parking. **3rd Tues. of each month.**

October 18

November 15

December 20

Sundays at One monthly social group for young adults, ages 20+ who live with mental illness. (see page 6)

-- **October 23, Bowling & Pizza** --**November 20, Bowling**, Wilmette Bowl. --**November 20, Holiday Party planning**, Northbrook Court --**December 18, Holiday Party**

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

--Every 2nd Thursday, 7:30 - 9 pm at Kenilworth Union Church, 211 Kenilworth Ave, Kenilworth.

October 13

November 10

December 8

--Every 3rd Friday 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.

October 21

November 18

December 16 ■

MEETINGS & EVENTS:

October 23, WALK-A-THON, Blue Star Woods, Glenview. (see page 4)

Public Education Program – "Ask a Team of Experts about Housing for People with Mental Illness,"

Monday, **November 7**, 7-9 pm, Community Room, Glenview Police Dept. Building, 2500 East Lake Ave. at Shermer, 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 **3rd Friday**.

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

NAMI CCNS Board Meetings, 7 p.m. Members and visitors are welcome. Wednesdays on: **October 5** at Turning Point, 8324 Skokie Blvd., Skokie

November 2 at New Foundation Center, 444 Frontage Rd., Northfield ■

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Please join or renew your membership today!

Mail in or call 7-716-2252 with your credit card#.

Thank you.

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Address _____ email _____

City, State and Zip _____ cell _____

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___ Membership for one year \$ _____

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Please make check or money order payable to NAMI CCNS

Mail to NAMI Cook Co. North Suburban,
420 W. Frontage Rd, Ste. #106, Northfield, IL 60093

___ I would like to volunteer

MC/Visa _____ Exp. _____ Signature _____

Household \$35

Individual \$35

Open Door \$5

Professional \$50



NAMI CCNS
420 W. Frontage Road #106
Northfield, IL 60093

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CURRENT RESIDENT OR

NAMI CCNS EDUCATION CLASSES, SUPPORT GROUPS AND OTHER SERVICES

NAMI educational classes and programs. All are free.
**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 Recovery Support Group 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 Topical 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. ■
