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Tree of Life Headline

In July of 2013, NAMI Cook County North Suburban moved its offices to 8324 Skokie Blvd. in Skokie to be part of a comprehensive mental health center organized by Turning Point Behavioral Health Center. Our new office suite is spacious and affords the perfect setting for us to recognize our donors in a special way. To this end, we will be unveiling a sculpture, the Tree of Life, on January 20, 2014, at 6 p.m. as part of an open house and our annual meeting.

The Tree of Life will be a lasting and visible means of honoring and remembering those individuals and family members who have struggled and continue to struggle so courageously to live meaningful lives while battling mental illness. The Tree of Life is also a means of recognizing the many supporters of NAMI CCNS. It will grow as NAMI CCNS grows and will continue to provide a unique and thoughtful recognition opportunity. Leaves are priced as follows: Gold Leaf, $500; Silver Leaf, $250 and Copper Leaf, $125. In addition donors who are interested in making a larger donation can purchase boulders that will be placed near the tree. Boulders are priced as follows: Large Boulder, $5,000; Medium Boulder, $2,500 and Small Boulder $1,000. Leaf inscriptions are limited to 3 lines, 23 characters/spaces per line. Boulder inscriptions are limited to 5 lines, 23 characters/spaces per line. Please contact Sue Ockerlund at (847) 716-2252 or susanockerlund.namiccns@gmail.com with any questions or to purchase a leaf or boulder.

Save the Date! Gala 2014

Please join us on May 10 to hear the inspirational journey of Brandon and Michi Marshall of the Chicago Bears. Gala 2014 will be jointly given by the Brandon Marshall Foundation and NAMI CCNS.

New Family Support Groups

We are pleased to announce that our newest Family Support group will meet in Des Plaines at Holy Family Hospital in the Mt. Prospect Room in the cafeteria on the fourth Monday evening of each month from 7:00 to 8:30 pm. See Calendar.

The Evanston group at St. Francis Hospital is adding an additional day per month and will meet the second and fourth Saturday mornings in the Glass House Room in the cafeteria 9:00–10:30 am.

These free and confidential groups are for family members and friends of adults coping with mental illness. No registration needed. Share problems and hear ideas that can help you take care of yourself and your family.
Co-President’s Letter — John Schladweiler

John Schladweiler Joins NAMI Illinois Board

In October 2013 I was elected to the Board of Directors of NAMI Illinois, the State organization to which the affiliates like NAMI Cook County North Suburban report and from which they receive support. NAMI Illinois provides training of Family to Family teachers, runs the State Conference, assists in various ways with the administration of affiliates, especially smaller ones, and is NAMI’s face to the State of Illinois government.

In my roles on the NAMI CCNS board I have seen firsthand how support from NAMI Illinois can be helpful to affiliates, and I am interested in helping to strengthen this support. To strengthen NAMI Illinois and NAMI affiliates requires getting better at fund raising, leveraging existing resources to best advantage and working as a team. Lots of creative ideas are flowing to accomplish these goals, and I anticipate we will find ways to significantly increase our support to the people of this State. I am excited to be part of this process.

NAMI National Welcomes New Executive Director, Mary Giliberti

Mary Giliberti will serve as the next Executive Director, succeeding Mike Fitzpatrick. Mary has served as a section chief of the Office of Civil Rights at the U.S. Department of Health & Human Services. Before that she served as NAMI’s Director of Public Policy and Advocacy from 2006 to 2009, working closely with NAMI State Organizations and NAMI Affiliates.

In addition to her role as Disability Counsel to the Senate Committee on Health, Education, Labor and Pensions, Mary also was a senior attorney for the Bazelon Center on Mental Health Law in Washington. Her focus has always been on the needs of individuals with disabilities, particularly those living with mental illness.

Mary strongly believes in NAMI’s mission, including education, support and advocacy. Throughout her career she’s been guided by a belief in the worth and dignity of every person. She knows NAMI and sees the passion and strength of NAMI members, NAMI State Organization and NAMI Affiliate leaders as our greatest resource.

In the long term, she looks forward to building on NAMI’s successes with greater visibility for NAMI, new ideas and new partnerships. As health care and mental health care systems continue to rapidly change, NAMI needs to be at the forefront, leading the fight for accountable, effective services and supports for people affected by mental illness.

Thresholds Opens Peer-Run Drop-In Center in Skokie

The center is open Wednesdays, Fridays, and Saturdays, 9 am–4 pm, at 8050 N Monticello Ave, Skokie, a block north of Oakton and between Crawford and McCormick Blvd. Call 773-537-3341 for more information.
Congratulations to all members, supporters, sponsors and walkers! This year we were bigger and better than ever before! Funds raised to further the NAMI Cook County North Suburban mission were an estimated $90,000. With over 500 walkers participating and many more virtually donating online, we made a difference!

A special thanks goes to NAMI CCNS staff, volunteers and board… Stan Rothbardt, Steve Colton for sponsorships, goody bag items and walk day snacks. Kip Russell, whose social media knowledge has taken us further and expanded our outreach to those who need our services. Also thanks to Kip for all video and still photos of the day! Thank you to the girls at Regina High School and Dr. Patricia Caine for stuffing the goody bags! And another thank you to Kip for finding us the delightful children’s author Erica Weisz for our new children’s corner, complete with moonwalk! Thank you, Kip, whose DJ Alissa Saccomanno made the morning rock! Thank you to Robert Sklar, whose technical assistance is always so valued! Thank you to all the day-of volunteers who registered, passed out t-shirts, signs, food and goody bags!

Also thank you to our special guests, Illinois Representative Elaine Nekritz 57th, Illinois State Senator Julie Morrison, 29th, Nami Illinois President Hugh Brady, Professional wrestler Colt Cabana (board member Steve Colton’s son) and Mrs. Michi Marshall, (Brandon Marshall Foundation). Your support is greatly appreciated and so valued.

Thank you to all donors and sponsors, your contributions help spread awareness of all that NAMI offers to all who need our services.

Above: Illinois Representative Elaine Nekritz 57th District, Michi Marshall and Illinois State Senator Julie Morrison, 29th District, kick off the event.

Below: Brandon Marshall Foundation supporters ready to walk for NAMI CCNS.

At Right: Colt Cabana, pro wrestler with mother, Marcia Colton.

Far Right: Sandra Shovers and Judy Graff.
Mental Health Parity Rule Clarifies Standards For Treatment Limits, Coverage Of Intermediate Care

By Michelle Andrews

Dec 03, 2013

The Mental Health Parity and Addiction Equity Act of 2008 required health plans that offer mental health and substance use disorder benefits to cover them to the same extent that they cover medical/surgical benefits. Among other things, it prohibits having treatment limits or financial coverage requirements such as copayments or deductibles that are more restrictive than a plan’s medical coverage. Interim regulations issued in 2010 clarified some issues about implementing the law.

The final rules, issued last month by federal officials, spell out more specifics. I spoke with Jennifer Mathis, director of programs at the Judge David L. Bazelon Center for Mental Health Law in Washington, about the parity law and the new regulations. This transcript was condensed and edited for clarity.

Q: What issues does this final mental health parity rule address that will be important to consumers?

A: The rule offers a number of clarifications about the parity law. Some of these clarifications concern how parity requirements relate to the Affordable Care Act, and others relate to issues that were not addressed in the interim rule.

Plans don’t have to cover mental health benefits, but if they do, they generally have to cover inpatient and outpatient services, emergency care and prescription drugs. This final rule says that within a category, such as outpatient care, plans can treat preferred providers differently than non-preferred providers. So it might mean higher copays for non-preferred providers in an insurer’s network for mental health outpatient services than for preferred providers, for example.

The regulation also said that services some would label as intermediate-level mental health services, including residential treatment and intensive outpatient services, are within the scope of the parity law. The regulations say they should be covered at parity. That hadn’t been clear in the interim rules.

Q: What types of health plans are covered by the rule?

A: It generally applies to both fully insured and self-funded large group plans as well as individual and small group plans sold on and off the health insurance exchanges.

Q: What if states have mandated mental health benefits of their own?

A: State parity laws that are more stringent than federal parity laws are not pre-empted. For example, some states’ parity laws require coverage of particular services or benefits on top of the federal requirements. Some states require autism coverage, for example.

Q: What about providers that don’t accept insurance. Does the parity law or this rule affect them?

A: No. That is an issue, certainly for psychiatric services. That’s becoming an increasing concern.

Aspirin May Reverse Sexual Dysfunction Due to Lithium Use

A 6-week study involved 30 men with stable bipolar disorder who expressed sexual problems after the initiation of lithium. Half took aspirin (80 mg three times daily) and half received a placebo. Patients in the aspirin group reported significantly greater improvement than the placebo group – 64% versus 14%.

Bipolar Disord 2013 Sep;15:650
Annual Meeting

The NAMI CCNS Annual Meeting of members will be held on Monday, Jan. 20 at 6:30 p.m. in our new office at 6324 Skokie, Blvd, Skokie (in the Turning Point Building). Visitors are welcome to attend. The meeting will include the election of directors, a vote on the revised bylaws, and a review of the programs and events presented by our affiliate this past year. All members have been emailed a ballot to be mailed to the office or brought that evening.

An open house will be held prior to the meeting from 5:30 p.m. to 6:30 p.m. You can see our new offices, enjoy refreshments and help us unveil our new Tree of Life, featuring leaves and boulders inscribed to honor or memorialize those who are important to our donors.

Following the meeting, at 7:30 we will present our popular Ask the Doctor Education Program, this year featuring Dr. Corey Goldstein, Asst. Professor of Psychiatry and Associate Clinical Director of the Treatment Research Center at Rush University Medical Center in Chicago. His expertise is in the diagnosis and pharmacological management of psychiatric disorders. In addition, Dr. Goldstein has a private psychiatry practice, teaches medical students and residents and lectures. His publications cover the topics of depression, anxiety disorders, and psychopharmacology. He is the 2005 recipient of “The Young Researcher’s Award” from the National Association for the Mentally Ill of Greater Chicago and is currently the Medical Advisor for the Depression and Bipolar Alliance of Greater Chicago.

Eye Test for Diagnosing Mental Illness

Researchers from the University of Aberdeen (Scotland) have developed an eye movement test to diagnose major mental illnesses, such as schizophrenia, bipolar disorder, and severe depression.

The test recognizes which individuals have schizophrenia or another type of severe mental illness with a better than 95% accuracy. The test takes minutes to conduct and produces a result within 30 minutes. By contrast, it can take psychiatrists years to properly diagnose whether an individual has a mental illness and, if so, what type of illness the individual has.

The test takes advantage of the observation (first made more than a hundred years ago) that individuals with a mental illness cannot smoothly track slowly moving objects with their eyes. Their gaze lags behind objects and then catches up by making rapid skips (referred to as “saccades”).

The test can distinguish between schizophrenia and other types of severe mental illnesses because the eye movements of individuals with each type of illness are distinct.

David St. Clair, Chair of Mental Health at the University of Aberdeen, said that the test will help people receive appropriate treatment more quickly. He believes the test potentially may be able to identify individuals at risk of developing a mental illness.

The test finished first in the 2013 Converge Challenge Awards, a prestigious contest recognizing Scotland’s entrepreneurial innovations. Developers of the test have formed a company, SACCADE Diagnostics, to take advantage of the recognition and prize money to help them commercialize the test.

Blood Test Can Predict Risk of Suicide

Researchers at the Indiana University School of Medicine have found that a blood test can predict when individuals with bipolar disorder are likely to attempt suicide.

Their finding is important because one in three individuals with bipolar disorder attempt suicide during their lifetime.

The researchers found that individuals who have suicidal thoughts and individuals who attempt or commit suicide have high levels of an RNA biomarker (SAT1) in their blood at the time that they have such thoughts or take such action.

Because the study looked at only Caucasian males, it is not clear whether elevated levels of the biomarker can predict when women and males of other ethnicities are likely to attempt suicide.

(Published by Molecular Psychiatry online at http://www.nature.com/mp/journal/v18/n12/full/mp201395a.html)

Balanced Mind Foundation Joins DBSA

The Balanced Mind Foundation, formerly the Child & Adolescent Bipolar Foundation (bpkids.org), has announced it is joining the Depression and Bipolar Support Alliance (DBSA) to improve the mental health of, and facilitate wellness for, individuals living with mood disorders from childhood throughout adulthood. The transition to one organization will take place in January, 2014.
**Family to Family** is a twelve week class designed to help family members and friends understand and support their adult loved ones with mental disorders. Learn about symptoms, medications, side effects, communication techniques, problem-solving, and community resources.

- **Thursday evenings**, Apr 10–Jun 26, 7-9:30 pm, Skokie Hospital Campus. Thelma Walker & Joy Blair, teachers.

Meet with other family members just like you and learn what you need to know about serious mental illnesses in a confidential setting, free of stigma.

- **Family to Family in Spanish** coming this Spring! In North Chicago. Call Nancy Sussman at 847-951-4168 for info.

**Basics for Parents** is a six week class for parents/caregivers of school age children, age 18 and under, with mental health issues. Learn about the biology of mental illness, getting an accurate diagnosis, treatment options, handling challenging behaviors, crisis preparation, dealing with schools and juvenile justice.

- **Tuesday evenings**, April 22–May 27, 6:30–9 pm at the NAMI CCNS office in Skokie, Judy Graff, teacher.

**CALL 847-716-2252 TO REGISTER FOR ALL CLASSES.**

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**Support Groups and Meetings: January, February, March 2014**

**Parent Support Groups** for parents of children and adolescents (1st grade through high school) with mental health issues. Free, no registration.

- **Every 2nd Thursday**, 7:00–8:30 p.m. at Highland Park Hospital, room 1B, 777 Park Avenue West. Free parking in front of the hospital.
  - Jan 9 • Feb 13 • March 13

- **Every 3rd Friday** 9:30–11 a.m. at the Wilmette Library, 1242 Wilmette Ave. Lower level, small conference room.
  - Jan 17 • Feb 21 • March 21

**Balance for Success Support Group**
To balance recovery from mental illness with life at college or work. For college age up to any age individual seeking to get back into school or career.

- **First and 3rd Tuesday** from 7:00–8:30 p.m. at the Winnetka Congregational Church, 725 Pine St. Park in church lot on Prospect and use that building entrance.
  - Jan 7 & 21 • Feb 4 & 18 • March 4 & 18

**Connection Recovery Support Groups** Weekly recovery support group for adults with mental illnesses, all diagnoses. Share experiences, coping strategies, encouragement, and support with one another. Free, confidential, no registration.

Two groups, both meet at 4–5:30 p.m.

- **Every Monday** at 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 Room 103, first floor, second room on the right.
  - Jan 6, 13, 27, **off Jan. 20 – Martin Luther King Day**
  - Feb 3, 10, 24, **off Feb 17 – Presidents’ Day**
  - March 3, 10, 17, 24, 31

- **Every Saturday** at Lutheran General Hospital, 1775 Dempster St., Park Ridge, 10th Floor, Room 1062. Take the East “B” elevators.
  - Jan 4, 11, 18, 25
  - Feb 1, 8, 15, 22
  - March 1, 8, 15, 22, 29
**Family Support Groups** for family members and friends of adults coping with mental illness. Share problems you are facing and hear ideas that can help you take care of yourself and your family. Free, confidential, no registration.

- **Skokie Hospital, Medical Office Bldg**, Room B719, 9669 Kenton Ave., Skokie. 1st Monday of each month, 7:00–8:30 p.m.
  - Jan 6 • Feb 3 • March 3
- **New Location – Holy Family Hospital**, 100 N. River Rd at Golf, Mt. Prospect Room in the Cafeteria, Des Plaines. 4th Monday of each month, 7–8:30 p.m.
  - Jan 27 • Feb 24 • March 24
- **Nesset Pavillion** (north of Lutheran General), 1775 Ballard Rd., Park Ridge.
  - 3rd Tuesday of each month, 7:00–8:30 p.m.
  - Jan 21 • Feb 18 • March 18
- **Highland Park Hospital**, 777 Park Avenue West, Room 1A,
  - 2nd Thursday of each month, 7:00–8:30 p.m.
  - Jan 9 • Feb 13 • March 13
- **Additional Day — St. Francis Hospital**, 355 Ridge Ave., Evanston, 2nd and 4th Saturday mornings of each month, 9:00–10:30 a.m. Glass House room in the Cafeteria.
  - Jan 11 & 25 • Feb 8 & 22 • March 8 & 22

**Sundays at One** is a social group for young adults and adults who are young at heart, who live with mental illness—to mingle in safe and positive environment. Basic expenses covered.

  Jan. 26 — Champs Restaurant, Old Orchard;
  Feb. — To be announced; March — To be announced.

**MEETINGS & EVENTS:**

**Public Education Meetings**

- “**Medication Strategies for Mental Illness**” by Dr. Corey Goldstein, from Rush University Medical Center, Associate Clinical Director of the Treatment Research Center, and an expert in the diagnosis and pharmacological management of psychiatric disorders in general.

  Dr. Goldstein’s clinical interests include depressive and bipolar disorders, anxiety disorders, obsessive compulsive disorder, psychotic disorders, ADHD, treatment resistance, and complex medical or psychiatric disorders.

  **Monday, January 20, 7:30 – 9:00 p.m.**, following our Annual Meeting at 6:30 p.m., NAMI CCNS office, 8324 Skokie Blvd, Skokie, in the Turning Point building. Turn west on Washington St, which is one block south of Main. Parking available in rear of building. Enter the door at south end of building.

  See announcement, page 5.

- “**Depression and Bipolar Awareness: From Diagnosis to Remission,**” with Anne Gulotta, American Foundation of Suicide Prevention in Illinois, and J. Scott Campbell, Clinical Director of Samaritan Counseling Center.

  **Monday, March 10, 7:00 – 8:30 p.m.**, Glenview Police Building, 2500 East Lake Ave at Shermer Rd, Glenview. Enter the parking lot from Shermer.

**NAMI CCNS Board Meetings**

Members and visitors are welcome.

- NAMI CCNS office, 8324 Skokie Blvd, Skokie
  - January 20, Monday, at 6:30 p.m. followed by Dr. Goldstein at 7:30 p.m.
  - February 5, Wednesday, at 7:00 p.m.
  - March 5, Wednesday, at 7:00 p.m.

**NEWSLine Book Corner**

**Read to lead!** Help us to provide our NEWSLine readers with the most inspiring and informative books on the market. Book recommendations can so often be the best medicine in “getting through.” NEWSLine has now given way to a valuable, new program for all. Share books that can really help. Now we have a place and space to let our readers know about your favorite titles.

**To Share Your Recommendations:**

- Contact the NAMI CCNS office with the following:
  - **(You can email, mail or drop off your review)**
  - **Content**: Title, author and brief review (mental health related subjects) including how the book may have inspired or helped, no more than 200 words. (including your name – optional)

**So many will benefit.**

Any questions? Call the NAMI CCNS office at 847-716-2252. If you would like to drop off or mail your review, our address is NAMI CCNS, 8324 Skokie Blvd., Skokie, IL 60077

namiccns.org
NAMI CCNS will now offer
Family to Family in SPANISH!

On December 6, we concluded our first NAMI CCNS Basics in Spanish class (sponsored by the City of Des Plaines). Truly a success! (NAMI Basics is a free six-week, invaluable class for parents of children and adolescents with mental illness).

We are now thrilled to announce that due to a generous grant received from NAMI Lake County, a NAMI CCNS Family to Family class will be offered in Spanish in February 2014. (Exact date and location to be determined.) Family to Family is another NAMI signature class for family members and/or friends that seek an understanding, care and support for an adult with mental illness. This is a free 12-week course known to empower and inspire in these challenging situations.

Any questions, please contact the NAMI office at 847-716-2252.

FDA Approves New Type of Drug for Depression

The FDA approved Brintellix (vortioxetine) to treat adults with major depressive disorder (MDD.) MDD is characterized by mood changes and other symptoms that interfere with a person’s ability to work, sleep, study, eat and enjoy once-pleasurable activities. Episodes of depression often recur throughout a person’s lifetime, although some may experience a single occurrence.

Other symptoms may include loss of interest in usual activities, significant change in weight or appetite, insomnia or excessive sleeping, restlessness/pacing, increased fatigue, feelings of guilt or worthlessness, slowed thinking or impaired concentration, and suicide attempts or thoughts of suicide.

“Major depressive disorder can be disabling and can keep a person from functioning normally,” said Mitchell Mathis, M.D. “Since medications affect everyone differently, it is important to have a variety of treatment options available.”

Six clinical studies demonstrated that Brintellix is effective in treating depression. An additional study showed Brintellix decreased the likelihood of participants becoming depressed again after treatment of their MDD episode. Brintellix is an inhibitor of serotonin (5-HT) reuptake and also multiple other receptors and is considered to be the first and only compound with this combination of pharmacodynamics activity.

http://www.fda.gov/NewsEvents/Newsroom/PressAnnouncements/ucm370416.htm

No Psych Beds Found For Son Who Attacked Father, VA Senator

Less than a day after Gus Deeds, 24, was released from an emergency hold at a Virginia hospital — reportedly because no psychiatric beds were available — the young man stabbed his father, Senator Creigh Deeds, in the head and torso before fatally shooting himself. Deeds, a former gubernatorial and attorney general candidate, is recovering.

While it remains unclear whether Gus Deeds suffered from a diagnosed mental illness, this tragedy appears to be yet another incident related to our failure as a nation to provide adequate treatment options for those in psychiatric crisis. The continuous emptying of state psychiatric hospitals for the past half-century has reduced the number of public beds for acutely or chronically ill patients by more than 90% nationwide while the US population nearly doubled. Virginia only has 37% of the beds considered necessary to meet the needs of its population, according to our study, “No Room at the Inn: Trends and Consequences of Closing Public Psychiatric Hospitals.”

Even though most individuals with serious mental illness are not dangerous, there is a correlation between lack of treatment for mental illness and certain violent crimes, including 10% of all homicides and countless suicides.

“The elimination of hospital beds for people who need help in a psychiatric crisis is a driving force behind a long list of terrible consequences, including preventable violent acts,” said Doris A. Fuller, executive director. “We will keep seeing tragedies until we provide sufficient inpatient beds to meet the needs of people in psychiatric crisis. If a hospital bed had been found for Gus Deeds during the limited time of a psychiatric hold in Virginia, he might be alive today, and his father would not have been grievously wounded.”

www.treatmentadvocacycenter.org/home-page/71-featured-articles/2438
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Thanks to Our Donors, Continued

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**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.*

**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.

**Family Support Group** Family members and close friends of adults coping with mental illness. (See calendar for five locations and dates.)

**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.

**Parent Support Group** for parents of school-age children and adolescents with mental health issues. (See Calendar for dates.)

**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.

**Balance for Success Support Group** to balance recovery from mental illness with life at college or work. For college age up to any age individual seeking to get back into school or career. 1st and 3rd Tuesday, 7-8:30 pm. (See Calendar for location and 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**

**ADHD** — Chicago North Shore CHADD, Wilmette Library, 1st Wednesday, 7-8:45 pm, www.nsadhd.org

**Autism Society of America** North Suburban Illinois Chapter, Morton Grove, contact: Richard Fink, 847.583.5080


**Beyond OCD** For info and to find a support group for obsessive compulsive disorder, go to www.beyondocd.org or 773-661-9530.

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


**Turning Point Behavioral Health Care** Out-patient mental health center in Skokie, psychosocial services, drop-in center. For info call 847-933-0051 or go to Website www.tpoint.org.