

NAMI **NEWSLINE**

National Alliance on Mental Illness . Cook County North Suburban

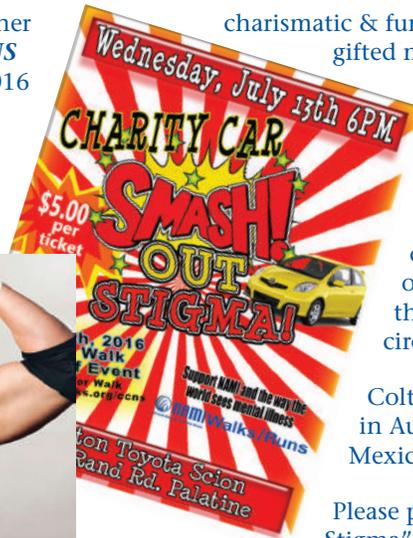
DEDICATED TO IMPROVING THE LIVES OF INDIVIDUALS AND FAMILIES AFFECTED BY MENTAL ILLNESS

NAMI CCNS 5K Walk/Run September 18, 2016

Form your team or sign up as a individual/team runner or walker, virtual walker, or sponsor for **NAMI CCNS 5K Run Walk 2016** to be held on September 18, 2016 in Park Ridge at Washington School, 1500 Stewart Ave. Check in at 7:00 a.m.; Run at 8:00 a.m.; Walk at 8:15 a.m. Register and donate Today! www.namiccns.org

Join us on July 13 at 6pm to “Smash Out Stigma” at the Arlington Toyota Scion Dealership, food, fun and for a chance (\$5) to **Smash a Car!**

We are happy to announce the participation of Colt Cabana, aka Scott Colton, pro wrestler (Currently ROH and GFW) and son of long time NAMI CCNS supporters, Steve and Marcia Colton.



charismatic & funny while at the same time a gifted mat technician, a combination that ultimately landed him a deal with the WWE.

Colt currently travels the world as a proud alternative & independent performer. His hybrid comedic style along with his cross-over appeal has made Colt one of the most in-demand wrestlers on the circuit.

Colt can consistently be seen wrestling in Australia, Canada, Europe, Japan, Mexico and all over the United States.

Please plan on attending “Smash out the Stigma” and join us and Colt Cabana as we make a difference in erasing the stigma of mental illness. Refreshments will be provided.

Colt Cabana has been entertaining crowds around the world as a professional wrestler going on 17 Years. Colt is

Volunteers are needed to be a part of the movement!! Call 847-716-2252 or email susanoekerlund.namiccns@gmail.com

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Honoring Judy Graff

Save the Date – New NAMIReads

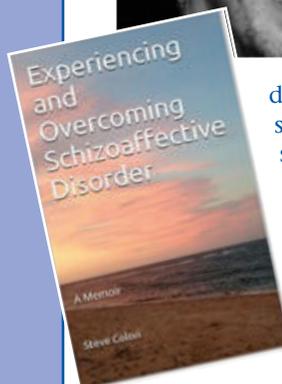


Meet Steve Colori, author of *Experiencing and Overcoming Schizoaffective Disorder*, a memoir of powerful and insightful recovery based information from Steve’s facing and overcoming schizo-affective disorder. Includes lucid

descriptions of hallucinations, paranoia, OCD, suicidal thoughts, bipolar disorder, and other symptoms. Steve has published eight articles with Oxford Medical Journals and lectures McLean Hospital’s Harvard resident doctors.

Thursday, October 27, 2016, 7:00 pm
Northbrook Public Library, 1201 Cedar Lane

For information, call NAMI 847-716-2252
Co-sponsored by NAMI CCNS and the Northbrook Public Library



Heroes Among Us



At our January community education meeting, Patrick Corrigan talked about erasing stigma through sharing our stories. What an important thing to do in order to get mental illness to be accepted just as we recognize cancer, diabetes, and heart problems. Why should a brain disorder be any different from other illnesses? We don't discriminate or hold in contempt a person who has breast cancer, Parkinson's, or needs a pacemaker.

My son, who has bipolar disorder, mentioned to me that he wants to see heroes who have a mental condition, someone who has turned his/her life around and is living well despite the mental illness. Instead when we hear about mental illness in the media, it is usually because the person who shot six people has schizophrenia or bipolar disorder, another black eye for mental illness and stigma.

We all need to tell our stories not only so legislators will put faces with our voices and pass legislation that will help those with mental illness and their families, but also so that our relatives, neighbors, and co-workers will understand and accept our loved one's mental disorder and treat them like they deserve to be treated. If we hide and are embarrassed, the stigma will continue to exist. Not talking about mental illness will not make it go away. It will be "the elephant in the room."

Education is the key to acceptance. By providing community education meetings and offering Basics and Family to Family classes and support groups, NAMI CCNS is trying to do this. Acceptance starts within the family through education and understanding. Once the family accepts the diagnosis, they can move forward by talking with their relatives, friends, and co-workers and not feel ashamed or embarrassed. Those with mental illness can attend our peer support groups to talk about the challenges that they face and better understand their diagnosis. They will then be more comfortable about sharing their stories with others.

The heroes of mental illness need to be people like Brian Rootberg, who is married and has a family, and works in our NAMI office as our Peer Program Coordinator. Brian has a mental disorder and epilepsy and shares his story with others to erase the stigma. Nathaniel Ekman, a member of our board who dealt with the challenges of bipolar disorder by himself, attended Harvard University, earned a Master's Degree at Northwestern, and now has a meaningful career. Nathaniel is a facilitator with Balance for Success and has shared his story through In Our Own Voice. Linda Logan, our former Newsline editor, Connections facilitator, and In Our Own Voice presenter, had her heart wrenching story published in the Sunday **NY Times**. Brian, Nathaniel, and Linda are heroes, along with Patty Duke, Katie Couric, Mike Wallace, and Brandon Marshall.

So tell your story and shine your light on mental illness. Come to the NAMI WALK/Run and let your voice be heard. Our blue and green colors should be as prevalent and recognized as the pink ribbons for breast cancer!

Pat Rodbro, Co-President, NAMI CCNS

NAMI CCNS

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www.namiccns.org
Email: admin@namiccns.org

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Web Management by compfriend.com

Thank you for Making Stigma Disappear



John Schladweiler and William Cope Moyers

NAMI Cook County North Suburban came together to Make Stigma Disappear on Saturday, April 16, 2016 at the Park Ridge Country Club, Park Ridge. Our keynote speaker was William Cope Moyers.

As Hazelden Betty Ford Foundation's Vice President of Public Affairs and Community Relations, Moyers leads the organization's policy and advocacy activities. From "carrying the message" about addiction, treatment and recovery, to public policy and philanthropy, Moyers brings a wealth of professional expertise and an intimate personal understanding to communities across the nation.

Funds from the evening will be used to support NAMI CCNS community education programs, advocacy, family education courses, parent support groups and our programs for the individual with a mental illness (all at no charge).

The evening also included live/silent auction, fund to cause auction, program, dinner and dancing. Over 200 supporters attended, raising over \$100,000.

For more information on how you can be involved or if you know someone that would benefit from our services, please call 847-716-2252 or go to www.namiccns.org.



WGN legend Orion Samuelson, Emcee; Pat Rodbro, Co-president (Lincolnshire); Dr. Steve Arkin, Dr. Karen Arkin (Kansas/Glenview)

Back row: Gala co-chairs Laura Cooper (Skokie) and Sandra Shovers (Glenview); Marlene & David Arkin, (Glenview)

Right Column From top to Bottom:
NAMI CCNS Gala Group: Co-president, John Schladweiler, Joyce Schladweiler (Wilmette); William Moyers, Hazelden Betty Ford; David Gibberman and Sandra Shovers, Gala co-chair (Glenview); WGN Legend Orion Samuelson, Gala Emcee; Pat Rodbro, Co-president (Lincolnshire); Laura Cooper, Gala Co-chair and Bruce Crane (Skokie)

Remke Industries (Wheeling): Thomas J. O'Gara (Evanston); Shawn O'Gara (Evanston); Mary Jo O'Gara (Wilmette); Thomas L. O'Gara (Wilmette); Sonja Sweeney (Libertyville); Mark Sweeney (Libertyville); Julie Savastio (Park Ridge); Ray Savastio (Park Ridge)

Gene Rudnik (Glenview); Chris Pawlowski (Northbrook); Sue Ockerlund (Glenview); Frank Vydra (Northbrook); Kathy Koupis (Skokie); Alex (Lake Forest); Dane Cleven (Glenview); Teddi Galanis, Gala auction chair (Glenview); Themis Galanis (Glenview); Front row: Carol Rudnik (Glenview); Kathleen Cleven (Glenview); Nancy Gibson Vydra (Northbrook)

Wilmette Police Tout Mental Health Training in Light of Sinead O'Connor Incident

Kathy Routliffe, Reporter, Pioneer Press Wilmette News

News on May 16 of singer Sinead O'Connor's Wilmette disappearance, and her eventual safe return, brought into focus how Wilmette's police department deals with missing person reports when the missing person might be a danger to themselves or others. Such calls come in "with some regularity," Wilmette Police Chief Brian King said, and can reflect more than one type of situation.

In 2015, the department responded to 63 calls where someone was identified as having mental health issues, he said: "We responded to 355 incidents where we were asked to check someone's well-being, and six occasions where someone was attempting to commit or committed suicide."

Each type of call benefits from trained officers, and a department with a full-time social worker, he said. The training his officers get plays into and helps them deal with situations such as the Sinead O'Connor case, he added.

O'Connor, who was diagnosed with bipolar disorder more than a decade ago, has spoken of her mental health problems. She told Oprah Winfrey in 2007 that before her diagnosis she had struggled with thoughts of suicide and overwhelming fear. She said at the time that medication had helped her find more balance, but "it's a work in progress."

Television news trucks parked outside the Wilmette police station during the Sinead O'Connor missing person case in May. Wilmette Chief Brian King says the department's officers and social worker are trained to help people in emotional and mental crisis. (Matt Marton/EPA)

Wilmette's department members, including its 44 sworn officers, are trained in mental health issues, King said. "It's one of our core competencies, and we continually get and provide training," he said.

Recently, that included a presentation to the department by members of the National Alliance on Mental Illness, who provided their audience with firsthand descriptions of dealing with mental illness, he said.

NAMI makes its "In Our Own Voice" program available to any organization interested in hearing the presentation, and it gives police "a very, very important perspective about mental illness," NAMI Program Director Nancy Sussman said. "The more you know (about mental illness) the better you will treat a situation," she said.

Wilmette Police Sgt. Roger Ockrim took an even more intensive week-long crisis intervention course provided by NAMI that culminated in role-playing exercises so participants could practice the communication skills they learned.

Ockrim said that what he learned through interactive exercises – such as trying to complete tasks while wearing headphones through which he heard noise or voices, to ap-

proximate what some mentally ill people might experience daily – helped provide "a more well-rounded understanding of people in our population who experience this."

"I think every police officer should be trained in crisis intervention," Ockrim said.

Officers respond to all calls that come in to the department reporting missing people, but are aware that each call has its own context, King said. "Sometimes they're people that are intentionally missing. Sometimes there's an impairment issue, and sometimes it's a mental health issue," he said.

In a small community like Wilmette, officers' personal knowledge of their beats can prove important, he said: "Some people go missing repetitively, so knowing the person, knowing their cycles and patterns of behavior become important to the way we approach situations."

Officers often try to contact missing people in ways they couldn't have decades ago, such as by calling their mobile phones, or even via a person's online social media presence, King said. Once officers find the person for whom they've been looking, they need to make decisions based on the situation, he said.

"If they appear to be in danger of hurting themselves or other people, then the officers sign a petition to have them admitted for observation and an evaluation of their mental health. If they're not a danger to themselves, but it appears that hospitalization might help them, we'll ask them if they want to be voluntarily admitted for observation," King said.

If officers decide that the person they've located isn't in an immediate crisis, they can still offer him or her access to the department's social worker, who will work with people in need and their families, he said.

The skills police use when finding and dealing with missing people are necessary in other situations, King said, because police can run into people dealing with mental or emotional crises at any time, not just when they're responding to missing person calls. For instance, an officer dispatched to investigate something initially categorized as a simple disturbance may realize once they get to that location that the man or woman causing the disturbance is in the throes of a mental or emotional crisis, King said.

At other times, officers out on patrol may run across people who appear to be in some sort of distress, he said. Often officers realize that the distress is rooted in mental or emotional difficulties. "They could be inappropriately dressed for the weather, or out at a time of night when they reasonably shouldn't be, or otherwise visibly upset. Officers are trained to respond to determine what might be bothering them," King said.

Village residents don't have to be involved with missing person calls or patrol incidents to benefit from the department's

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Vitamin D Safeguards Against Drug's Diabetes Risk

Atypical antipsychotics, though effective for treating disorders like schizophrenia, bipolar disorder, and depression, give patients a heightened risk of developing new-onset diabetes. A new data mining study, however, has found a way to relieve this side effect. The study, published in *Scientific Reports*, shows that taking vitamin D ameliorates the risk of developing new-onset diabetes from atypical antipsychotics like quetiapine (Seroquel).

The consequences of developing diabetes from taking antipsychotics are dire, as they occasionally cause life-threatening conditions and sometimes even death.

Members of Shuji Kaneko's lab at Kyoto University looked for potential antidotes on the US FDA's Adverse Event Reporting (FAERS) system, which is the largest database of self-reported adverse side effects. "We found that patients who had coincidentally been prescribed vitamin D with quetiapine were less likely to have hyperglycemia," says Kaneko. "It's unusual for vitamin D to be prescribed with quetiapine because it is typically prescribed to treat osteoporosis; in fact, there were only 1232 cases in the world where vitamin D was prescribed with quetiapine. Data mining proved helpful in locating these cases."

The team confirmed this finding with further tests on mice; the group of mice that was fed vitamin D along with quetiapine

had significantly lower levels of blood sugar than those that took only quetiapine.

"Interestingly, vitamin D on its own doesn't lower diabetes risk, but it certainly defends against the insulin-lowering effects of quetiapine," elaborates lead author Takuya Nagashima. "We clarified the molecular mechanisms of how quetiapine causes hyperglycemia using datasets in a genomics data repository. Through this we found that quetiapine reduces the amount of a key enzyme called PI3K that gets produced. Vitamin D stops quetiapine from lowering PI3K production."

"Databases like FAERS aren't just for making drug regulations; they have so much potential for side-effect relief using pre-existing drugs," says Kaneko. "There's a lot we can hope for from reverse translational research like this."

Journal Reference:

Takuya Nagashima, Hisashi Shirakawa, Takayuki Nakagawa, Shuji Kaneko. Prevention of antipsychotic-induced hyperglycaemia by vitamin D: a data mining prediction followed by experimental exploration of the molecular mechanism. *Scientific Reports*, 2016; 6: 26375 DOI: 10.1038/srep26375

Kyoto University. "Unusual combo reduces health risk from atypical antipsychotic: Vitamin D safeguards against drug's diabetes risk." *ScienceDaily*. ScienceDaily, 2 June 2016. <www.sciencedaily.com/releases/2016/06/160602094838.htm>.

Welcome New Board Members



Cook



Hull

NAMI CCNS is happy to welcome two new members to our Board of Directors.

Margaret Hull and Dr. Margaret Winker Cook have been appointed to

serve until January, when their names will be on the ballot to be elected to a two year term.

Jennifer Hull, who has her MS, MAT, and MBA, is a resident of Winnetka. She is currently a doctoral candidate in Disability and Equity in Education at National Louis University. She

has a profound interest in infrastructures of care, reducing the stigma associated with mental health issues, and working to improve health and systems of support for families, institutions, and communities. She looks forward to working with the Outreach Committee to continue our affiliate's positive reach into the community we serve.

Margaret Winker Cook, MD, is an internist geriatrician who lives in Winnetka. She worked as an editor (primarily Deputy Online Editor) for *JAMA* for 20 years and Senior Research Editor for *PLOS Medicine* for 2 years. She recently retired from full time work but continues to volunteer with the World Assn. of Medical Editors, currently as Secretary. She is married to Brian, also a retired physician, and they have two grown sons, both in data science, as well as an elderly but spry cat. She and Brian enjoy hiking, biking, and kayaking.

Margaret began volunteering for NAMI CCNS after she was seeking a better care situation for her aging family member with chronic illness, including schizoaffective disorder. Having exhausted the limited options that appeared to be available, she decided to contact NAMI CCNS. The person who answered the phone was extremely understanding and helpful, and immediately emailed her a comprehensive list of options in the Chicago area. She found one that was a good fit. She hopes to help our affiliate deliver their excellent resources to an expanding pool of individuals and families, as well as disseminating factual information about mental illness.

Wilmette Police

continued from previous page

resources, including its social worker, Olivia Chui. King said her services are available on a confidential basis to individuals and families who need help. He urged anyone interested to contact Chui at 847-853-7566, or at chui@wilmette.com. kroutliffe@pioneerlocal.com

CLASSES: Family to Family & Basics for Parents

Family to Family is a twelve-week program designed to help family members and friends understand and support their adult loved ones living with mental illness. Learn about symptoms, medications, side effects, communication techniques, problem-solving, and community resources.

- **Wednesday evenings, September 27–December 13**, 7:00–9:30 p.m., Messiah Lutheran Church, Park Ridge. Teachers are Julie Savastio and Kendra Gallagher.

Family Refresher Workshop for Alumni of F2F

New 4-week class in Evanston, Saturday Mornings, October 1–October 22. Provides a refresher on useful information from your Family to Family class—dealing with crises, coping with anger and guilt, and improving your communication and problem solving skills with the support of your classmates. The class will review Empathy, Problem Solving, Communication, and more. Hear steps that worked for families and success stories.

Basics for Parents is a six week program for parents and 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. Gain support from other parents.

- **Monday evenings, October 10–November 21**, 7:00–9:30 p. m., at New Trier Northfield High School. Teachers are Sherry Murrens and Sally Thompson.

CALL 847-716-2252 TO REGISTER FOR ALL CLASSES
Commitment to attend the entire course is required..

Support Groups and Meetings: July, August, September 2016

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

- **Every 2nd Thursday**, 7:00–8:30 p.m. at Highland Park Hospital, (main entrance) Meeting Room 1B, basement, 777 Park Avenue West. Free parking in front of the hospital.
July 14 • August 11 • September 8

For Support Group in SPANISH, see next page

Balance for Success Support Group

To balance recovery from mental illness with life at college or work. For individuals from college age to any age who are seeking to balance, or 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.
July 5 & 19 • August 2 & 16 • September 6 & 20

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.

- **Every Monday, at Beth Emet Synagogue**, 4:00–5:30 p. m., 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.
July 11, 18, 25, **off July 4 Holiday**
August 2, 9, 16, 23,
September 12, 19, 26, **off Sept. 5 Labor Day**
- **Every Saturday, at Lutheran General Hospital**, 4:00–5:30 p. m., 1775 Dempster St., Park Ridge, 10th Floor, Room 1055, Special Functions Dining Room. Take the “B” elevators.
July 9, 16, 23, 30, , **off July 2, Holiday weekend**
August 6, 13, 20, 27
September 10*, 17, 24, **off Sept. 3 Holiday weekend**
**room change to Sasser Conference Room, southeast cafeteria.*
- **First and third Wednesdays at Trilogy**, 10:00–11:30 a.m., Beacon Drop-In Center, 1400 W. Greenleaf, Chicago.
July 6 & 20
August 3 & 17
September 7 & 21

Support Groups and Meetings, continued

Family Support Groups for family members and friends of adults coping with mental illness. Share problems you are facing and hear ideas that may help you take care of yourself and your family. Free, confidential, no registration.

- **Skokie Hospital, NEW ROOM — Abamson Conference Room** in Skokie Hospital, 9600 Gross Pt. Rd., East parking lot, main entrance, behind the Info Desk, **2nd and 4th Monday of each month, 7-8:30 p.m.**
July 11 & 25 • August 8 & 22 • September 12 & 26
- **NEW BUILDING — Lutheran General Hospital**, 1775 Dempster, Park Ridge, Sasser Conference Room, 10th floor, east side of cafeteria. Use either A or C elevators. Free parking in garage in front of hospital. **1st and 3rd Tuesday of each month, 7:00-8:30 pm**
July 5 & 19 • August 2 & 16 • September 6 & 20
- **Highland Park Hospital**, (main entrance) 777 Park Avenue West, Meeting Room 1A, Free parking in front of hospital. **2nd Thursday of each month, 7:00-8:30 p.m.**
July 14 • August 11 • September 8
- **St. Francis Hospital**, 355 Ridge Ave., Glass House room in the Cafeteria, Evanston, **2nd & 4th Saturday mornings of each month, 9:00-10:30 a.m.** Cafeteria doors are locked from 10-11 a.m. If you're late, find a security guard to let you in.
July 9 & 23 • August 13 & 27 • September 10 & 24
- **IN SPANISH — both Family & Parent Support**, 7020 Lawndale Ave, Lincolnwood, **1st & 3rd Tuesday evenings of each month, 7-8:30 p.m.**
July 5 & 19 • August 2 & 16 • September 6 & 20

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 a safe and positive environment. Basic expenses covered.

July 24 — Navy Pier
August 28 — Botanic Garden
September 25 — TBA

Call our office, 847-716-2252 for information and to RSVP.

MEETINGS & EVENTS:

Public Education Meetings

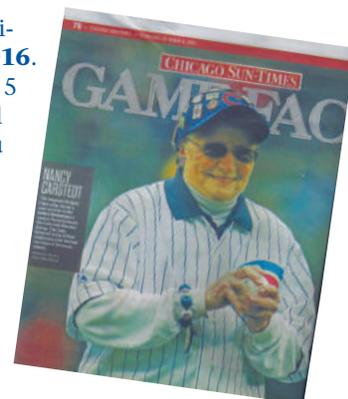
- **Suicide Prevention**, with **Anne Gulotta**, American Foundation for Suicide Prevention and **Scott Campbell**, Clinical Director of Samaritan Counseling Center. Among other topics, Anne and Scott will discuss *More Than Sad*, a program that teaches parents how to recognize signs of depression and other mental health problems and get help.



Monday, July 11, 7:00-9:00 pm, at Journey Care (formerly Midwest Care Center), Administration Building, 2050 Claire Ct, Glenview 60025. Please check our website for directions — www.namiccns.org

- **Smash Out Stigma Walk Kick-Off Event** Wednesday July 13, 6pm, at Arlington Toyota Scion, 2095 N Rand Rd, Palatine. Entry free, \$5.00 per ticket to Smash!

- **Let's Go Cubs! Event** Join us at the Cubs vs Pittsburgh Pirates **Wednesday August 31, 2016**. We will start the game activities at 5 p.m. in the Jack Daniels patio... all the ball park food and beer for you and your guests to enjoy! Then take your seats in the NAMI CCNS section at 7 p.m. and see if this is the year! 50/50 raffle for patrons in the Jack Daniel patio. Winners need to be present. Don't forget to visit our executive director, Nancy Cartstedt, Cub usher!



This is a first come first serve event! For your ticket purchase of \$150 for this fundraiser, call the office at 847-716-2252 or email Sue at susanockerlund.namiccns@gmail.com

- **Walk/Run, September 18**, see page 1.



TECHNY
TOWERS
CONFERENCE
&
RETREAT CENTER

NAMI Illinois Educational Conference

Friday & Saturday, October 14 & 15
Techny Towers Conference and Retreat Center
2001 Waukegan Road, Techny (Glenview) IL 60082

See the
NAMI Illinois
website for
programs
as they are
scheduled
—www.namiillinois.org

Recap of “What’s Faith Got to Do with It?”

On May 9, 2016, NAMI CCNS had its first educational program on faith and mental health. Three speakers each brought different perspectives.

Deacon Tom Lambert of the Archdiocese of Chicago talked about the strain the lack of funding and reduced services in the state of Illinois is putting on people with mental health challenges and their families. He also said churches can fill in some of the gaps in the continuity of care.

A supportive faith community can provide companionship and comfort during difficult periods of mental illness. It can educate people in the congregation to be advocates for those who are unable to speak for themselves. Members of churches can learn how to be compassionate with people impacted by mental illness where fear and stigma may have prevented their compassionate response before. Compassion is foundational to the Christian faith.

Rev. Dr. Karen Mosby, Executive Director of Programming at Good News Partners, spoke about the needs of the African-American population in south Evanston where homelessness and poverty oftentimes go hand in hand with mental illness. She talked about children who need services but whose family needs help accessing the mental health field.

She shared her experience when a woman with a mental illness came to her church over a long period of time. This

woman distanced herself from the other congregants. But she was calmed during worship and by being in the sanctuary.

She talked about the need for pastors to be educated and prepared to respond to individuals who come to the church because they are frightened or because they need comfort. Pastors are oftentimes the first ones to hear of a mental health crisis. Pastors also need to be equipped to educate their congregation.

Violet Ricker, a seminary student at McCormick Theological Seminary, shared why her mental health ministry is a social justice issue. She advocates for insurance parity and access to fair housing. She provides educational workshops in seminaries.

She explained that her generation is already bringing fresh energy to the challenge of overcoming stigma and discrimination. Her efforts at McCormick will educate all the seminary students in all three years of classes. They will then go to their first faith communities equipped with knowledge about mental health concerns and an awareness of resources.

Rev. Kathy Dale McNair, FaithNet coordinator for NAMI CCNS, said there is a FaithNet section in the NAMI.org national website. Go there for articles, prayers, sermons and other useful items. <https://www.nami.org/NAMIFaithnet>. Kathy fielded questions from the audience. Please contact her if you have any questions. She is available to speak at faith communities, provide resources, and help faith communities plan an education program around mental health issues. kdmcnair@comcast.net or 847-989-1989.

Key Take Aways:

Faith communities can fill in the gaps when the continuity of care plan fails by providing compassion and support, and by being advocates for those who need champions.

Pastors and Ministers will respond best to mental health crises if they know how to recognize mental illness and if they know where to direct people for support services. See the many NAMI CCNS programs for descriptions at namiccns.org. Call 847-716-2252 for more information.

A huge challenge is helping children with mental illnesses when they have no advocates to help them navigate the state and school support systems. Churches can become advocates and a place of refuge for individuals and families who need help.

Educating seminary students is a fast way to infuse many faith communities at once with an awareness of mental health issues. When students in seminary are equipped with skills and knowledge around mental health issues, they will take that knowledge with them to their first churches.

Our local NAMI FaithNet coordinator, Rev. Kathy Dale McNair, is available to work with faith communities and individuals interested in addressing faith and mental health issues. kdmcnair@namiccns.org, 847-989-1989.

We Want You!

Are you under 40ish and looking to make a difference? Be part of the NAMI CCNS Associate Board.

Email Matt DeFano, matt@defano.com, or susanockerlund.namiccns@gmail.com



FDA Warns About Compulsive Behaviors Reportedly Linked to Aripiprazole (Abilify)

<http://alert.psychnews.org/2016/05/fda-warns-about-compulsive-behaviors.html>



The Food and Drug Administration (FDA) on May 3, 2016 issued a warning that the antipsychotic aripiprazole may increase compulsive or uncontrollable urges to gamble, binge eat, shop, and have sex.

The announcement comes after a search of the FDA Adverse Event Reporting System (FAERS) database and the medical literature in the 13 years since the approval of the first aripiprazole product (Abilify) in November 2002 revealed a total of 184 case reports (167 U.S. cases, which included adults and children) in which there was an association between aripiprazole use and impulse-control problems. The specific impulse-control problems reported include pathological gambling (n=164), compulsive sexual behavior (n=9), compulsive buying (n=4), compulsive eating (n=3), and multiple impulse-control problems (n=4).

All 167 FAERS cases reported that the patients experienced new urges leading to compulsive behavior only after starting aripiprazole treatment, and within days to weeks of reducing the dose or discontinuing aripiprazole treatment, all of the

patients reported that the intense urges resolved. None of the patients had a history of pathological gambling, compulsive sexual behavior, binge eating, or compulsive shopping prior to starting aripiprazole treatment, and none were reported to have concurrent substance abuse disorder or symptoms of mania at the time they developed the impulse-control problems.

“Although pathological gambling is listed as a reported side effect in the current aripiprazole drug labels, this description does not entirely reflect the nature of the impulse-control risk that we identified,” the FDA stated in the announcement. “As a result, we are adding new warnings about all of these compulsive behaviors to the drug labels and the patient Medication Guides for all aripiprazole products,” including Abilify, Abilify Maintena, Aristada, and generics.

The FDA advises health care professionals to make patients and caregivers aware of the risks associated with aripiprazole when prescribing, ask patients who are taking the medication specifically about any new or increasing urges, and closely monitor patients at higher risk for impulse-control problems, including patients with obsessive-compulsive disorder, bipolar disorder, substance use disorder, alcohol use disorder, or other addictive behaviors. Any side effects involving aripiprazole should be reported to the FDA MedWatch program.

With Deep Gratitude to Nancy Sussman, Program Director



Our beloved program director, Nancy Sussman, is retiring after six wonderful years with our affiliate. After struggling for years with a family member's mental illness, Nancy took NAMI Basics in May, 2010, followed by Family to Family a few months later. She was so positively affected by these classes that she volunteered to be our School Outreach Coordinator. She then trained and

became a Family Support Group facilitator in November, 2010. This was a perfect balance to her Human Resource Consultant Business.

In 2011 Nancy assumed the position of NAMI CCNS Program Director. Over the years Nancy developed the following programs: Family Support group in Spanish, Balance For Success Recovery Support group, Crisis Intervention Training education-

al seminars for police and other first responders, a new hospital outreach program providing resource tables, a Family to Family Refresher Workshop for F2F alumni, and she put in place NAMI FaithNet, a national signature program for faith in recovery.

Nancy also implemented having panels provide much needed information in a small amount of time. She organized panels to present the NAMI family perspective to corporations and mental health organizations. She also put together a panel at the NAMI National Convention in San Francisco last year, placing the importance on nationwide NAMI outreach to the Latino communities.

In addition to the above, Nancy has forged new relationships in our catchment area and has joined new groups and committees to extend our outreach. Nancy is now planning to spend more time with her family and is changing her focus, although her heart will always be with NAMI CCNS. Nancy has left a huge imprint on our affiliate, and we will never forget her and her accomplishments.

Good News! The Helping Families in Mental Health Crisis Act Passes the House

ARLINGTON, Va., June 15, 2016

NAMI applauds the passage of H.R. 2646, the Helping Families in Mental Health Crisis Act, in the House Energy & Commerce Committee. The bill will improve mental health care for Americans.

Today, 1 in 5 Americans have a mental health condition. With the right help, people can live well and thrive, but at least half of people with mental illness do not get the care they need,» said NAMI Chief Executive Officer Mary Giliberti.

“It takes leadership on all levels to improve the nation’s mental health care system. We applaud the House Energy & Commerce Committee’s passage of the Helping Families in Mental Health Crisis Act as a step in the right direction as we begin to address the many gaps in America’s mental health system.”

The bill will enhance crisis response services, provide grants to track inpatient and residential beds, promote early intervention and support integration of mental health, substance

Judy Graff Named Super Senior



Judy Graff has been recognized as a Super Senior by the North Shore Senior Center. The award is given annually to recognize seniors who have made outstanding contributions to their organizations.

Fueled by the need to understand and care for her own young daughter with a serious mental illness, Judy Graff has devoted years to helping educate and support others faced with a similar challenge. Judy oversees our NAMI Basics program, which is a six week educational program that helps parents of children and adolescents with serious mental health conditions learn about mental illness.

This course not only provides families with the most current information and community resources available but also instructs class members how best to work with the school system to advocate for their loved one. Families learn the importance of taking care of themselves in what is often a chaotic situation. The value of lived experience in guiding others is indeed priceless.

Currently, Judy serves as the Chair of the Program Committee at NAMI CCNS. Judy is also a member of the Housing Task Force, which is at the forefront of providing permanent supportive housing for individuals with a mental health condition. As a direct result of Judy’s involvement, Myers Place provides 39 disability neutral apartments in Mount Prospect and PhilHaven, with 50 apartments is currently under construction in Wheeling. During the past year Judy started NAMIReads, a book club for those interested in mental illness.

use and primary care. Mental health conditions begin early with 75 percent beginning by age 24. The quicker children and young adults get help, the better the outcomes.

“We congratulate the House Energy & Commerce Committee members, Chairman Rep. Fred Upton (R-Mich.), and Ranking Member Rep. Frank Pallone (D-NJ) for their significant efforts to craft a bipartisan bill that will improve mental health care in our country by refocusing programs, improving grants and removing federal barriers to care,” Giliberti said.

New Foundation Center and Thresholds Merge

On May 1, 2016, New Foundation Center and Thresholds officially merged to preserve and expand critical community mental health services in northern suburban Chicagoland. This move united two strong, locally-recognized leaders in providing wraparound services for individuals struggling with serious mental illnesses. Together, the agencies will be able to serve even more clients in suburban Cook and Lake Counties in Illinois, ensuring that more of our most vulnerable citizens receive the life-saving supports they need to recover and live independently.

New Foundation Center is merging with Thresholds



“We are proud to join this great agency and excited to deliver even better and more services to people who need them. We’re stronger together,” says Sue Shimon, Executive Director of New Foundation Center. Shimon is now Thresholds’ Vice President of Clinical Operations, overseeing the former New Foundation Center programs as well as several existing Thresholds programs.

All services currently provided by New Foundation Center have continued and clients have experienced no service disruptions. New Foundation Center now operates under the name of Thresholds and is organized into two programs, Thresholds North Suburbs and Thresholds Lake County.

Because of the merger, community-based services for persons with mental illnesses will expand and become more efficient and effective in northern Cook County and Lake County.

“This is a great example of the kind of win-win that can come from organizational combinations - greater efficiency of operations and greater service opportunities for people in need across the region,” says James Lewis, Senior Program Officer and Director of Research and Evaluation at the Chicago Community Trust.

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NAMI CCNS
8324 Skokie Blvd
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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 Brian at NAMI CCNS 847-716-2252.

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, See website for meeting info. www.nsadhd.org. www.nsadhd.org

Balanced Mind Foundation (children with mood disorders) is now part of the Depression & Bipolar Support Alliance. See below.

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

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.

Faith, Hope, & Recovery Group, a support group that uses spiritual practices to build hope and deepen faith. All affected by mental health issues are welcome, those with lived experience, family, and friends, people with faith and people with no faith. Meets third Tuesdays from 7–8:30 pm at Winnetka Presbyterian Church, 1255 Willow Rd, Winnetka. Questions? Call Rev. Kathy Dale McNair, 847-989-1989.

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

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.