Mental Health Matters
By: Jenn Bartone, Executive Director

Miles for Mental Health & Wellness Walk and Symposium
September 9th, 2017    Berkshire High School, Burton, Ohio    9am-3pm

Please join us with your Support, Donations, and Participation!

NAMI Geauga will be hosting our 2nd Annual “Miles for Mental Health Walk” in order to raise funds for community programs helping Geauga County families. This year, we are expanding the event and incorporating a Wellness Symposium featuring local health/wellness experts, businesses, and agencies. You will hear from great speakers, have the opportunity to learn more about life changing tools and resources, and take action by walking out against stigma that mental health conditions bring about.

You won’t want to miss it!

Mark your calendar NOW!   Time is running out!

EARLY-BIRD Registration by July 28th to receive your FREE lunch with our Guest Speaker!

Visit our website at www.namigeauga.org to sign up today!

Interested in helping with this event:
Committee Meetings are held at our NAMI Geauga office.
   Monday July 31 5:30-7:00 pm
   Monday, August 14 5:30-7:00 pm
   Monday August 28 5:30-7:00 pm

SUPPORT GROUPS:

Family Support Group Meetings:
Every Monday 7pm
107 South Street
NAMI Annex
Chardon.

4th Wednesday of each month, 7pm
14999 South State Ave. At the United Methodist Church Middlefield.

Connection Recovery Peer Support Groups:
Every Tuesday, 7pm
107 South Street
NAMI Geauga Annex
Chardon.

Wellness Wednesdays:
Is on HOLD for now and RESTARTING THIS FALL: Every Wednesday
1pm: Empower Hour
2pm Drop-in Activities
107 South St
NAMI Annex
Chardon.
THANK YOU to Morning Star Friends Church for donating use of the land and partnering with us to make our “Planting for Change” Community Garden possible, as well as area businesses!
July 6th, the official ground-breaking ceremony!

Center photo: Kelly Bidlack, Billie Olsen, Dr. Phil Junglas, Jenn Bartone, Jamie Manning, Elizabeth Johnson

A quote by Audrey Hepburn perfectly sums up our mission, “To plant a garden is to believe in tomorrow.”

PLANTING FOR CHANGE:

Visit us at Morning Star Friends Church
12550 Ravenna Rd Chardon, Ohio
Open gardening times:
Tuesday – 8-11 am
Thursday – 5-8 pm
Saturday – 10:30-12:30 pm

Our goal is to bring the community together to end the stigma surrounding mental illness by offering a nurturing space to make lasting connections and learn gardening skills.

This garden is open to individuals living with mental illness/addiction & their loved ones in the community.

For more information on volunteer opportunities and donation inquiries, please contact Elizabeth Johnson at ejohnson@namigeauga.org
Or at 440-286-6264
A fun and Delicious Collaboration to help us promote area businesses along with our county-wide Miles for Mental Health and Wellness Walk and Symposium, local Geauga County businesses will create a special snack-type treat such as a frappe, latte, cupcakes, cookies, donuts, smoothies, etc, possibly colored NAMI blue.

The name of all the treats will be the NAM-NAM NAMI.

On August 1st, we will launch a poll on the NAMI Geauga website for people to vote for their favorite. Throughout the month of August we will be making stops at the various competing businesses to film a short video with them, take pictures of the treat and then, upload to our social media pages. We will encourage our followers to stop into each business and buy the drink or treat, then they will vote online. The winner will be revealed September 9th.

Look for the NAM NAM NAMI treats and be sure to cast your vote online! - Anthony Pero, Volunteer

We are excited to announce that we have received grant funding from United Way’s Youth Fund Distribution Committee! This youth-led committee chooses organizations to receive money each year that will impact the youth in Geauga County. This funding will support NAMI Ending the Silence - an in-school presentation for middle school and high school students to educate them on the warning signs of mental health conditions and help eliminate the stigma. Thank you YFDC and United Way Geauga for your support!
During the summer months, we will **NOT** be having our Wellness Wednesdays. Please watch for start-up date for this program later this fall.

---

**NAMI Crafters group will continue meeting the 1st and 3rd Wednesdays of each month at 2pm. Join us and create beautiful items to be sold as fundraising and at craft shows and various NAMI Events.**
From the Desk of Elizabeth Johnson, Program Coordinator

Upcoming Training Opportunities
July 8 in Chardon: Ending the Silence Leader Training
July 22-23 in Chardon: Connection Recovery Support Group (Peer) Teacher Training

STRIVE
Support-Trust-Remember-Invest-Venture-Encourage

Live it, feel it, experience it! Come to life with S.T.R.I.V.E.

An activity-based program designed for anyone ages 18-28 that is affected by or diagnosed with a mental health condition.

LET’S GO... BOATING!!
Friday, July 28 at 6:30 pm

Headwaters Park: Boathouse
13365 Old State Road, Huntsburg, OH 44021

Come join us for a water adventure with FREE kayak and canoe rentals. No experience necessary! We will be there to show you all the basics. Situated on the East Branch Reservoir, expect to see local wildlife and even the resident bald eagle. Make sure to bring water and sunscreen!

RSVP: ejohnson@namigeauga.org

Volunteer Spotlight

Jack Sherman became involved with NAMI in 2007. After 5 years of denial, he reluctantly agreed to take a "Family to Family" class along with his wife, Anne, who had seen an advertisement for enrollment in a local newspaper.

Following the course, Jack helped form the NAMI-Geauga affiliate. Elected the founding president, he spent the next three years travelling the state to attend as many NAMI meetings/functions as possible. This enabled the implementation of NAMI programs, helped put NAMI-Geauga "on the map" while providing much needed personal therapy.

"We have, within our hands, the tools to fashion our own destiny. These issues are not going to go away or simply disappear. It is important to find a "new normal". But, it doesn't come easily. You have to keep your head in the game, walk the track, know your lines and change your riding style."

Besides his passion for mental health awareness, Jack is an avid motorcycle and snowmobile enthusiast. He is the owner of "Sherman Insurance Agency", established in 1947, and enjoys the flexibility of self-employment. Jack also serves on the NAMI Ohio Board of Directors as Vice-President and is looking forward to taking on the role of President the next term.

He shares, "NAMI is a way of life, it opens your eyes to the fact that these are real issues that affect our community. By moving from darkness to light, it made me a better man and increased my empathy for others dealing with these issues."
NAMI CAN HELP
Visit A Support Group!

FREE for family and friends of individuals with mental health conditions. Open Door policy.

MEETING LOCATIONS:
EVERY MONDAY at 7pm
107 South Street, NAMI Annex, Chardon

EVERY 4TH WEDNESDAY at 7 pm
14999 South State Ave, Middlefield
Middlefield United Methodist Church

FREE for individuals with mental health conditions. Open Door policy.

MEETING LOCATIONS:
EVERY TUESDAY at 7 pm
107 South Street, NAMI Annex, Chardon

EVERY WEDNESDAY at 7 pm
14999 South State Ave, Middlefield
Middlefield United Methodist Church

Do you have questions about mental illness? Do you want to learn more about coping skills and how to manage the day-to-day process of this journey? You are not alone. Find answers to your questions and gain knowledge by taking one of NAMI’s signature classes:

Family-to-Family
Are you a family member, friend or caregiver with a loved one that has a mental health condition and want to gain a better understanding of what you both are experiencing? Family-to-Family is a FREE 12-week course for families and friends of individuals with mental illness. The course discusses the clinical treatments of the major illnesses and teaches knowledge and skills that family members need to cope more effectively. It will touch on the personal realm of emotional understanding and healing as well as the social realm of empowerment and action. Topics covered: understanding the diagnosis; medications and self-care; empathy and advocacy. Course facilitators are NAMI trained family members of persons with Mental Illness.

Peer-to-Peer
Peer-to-Peer is an Education Program focused on mental health, wellness and recovery for anyone experiencing a mental health challenge. This is a FREE 10-week class offers information, resources and a community of support to aid you in developing your own recovery plan. Lead by trained peers who have experienced similar challenges, this course provides the opportunity to get new ideas and information to overcome stigma, manage rough family relationships and balance changing medical needs.

REGISTRATIONS ARE NOW BEING ACCEPTED FOR FALL CLASSES
Call 440-286-6264 or email ejohnson@namigeauga.org to Register Today
Bipolar Disorder affects 3 percent of the population with dramatic shifts in mood, energy and ability to think clearly. Families often ride this emotional roller coaster alongside their loved one; facing the stigma, negativity and uncertainty on a daily basis. Yet, is there an upside to bipolar disorder?

Dr. Patricia Firem, PHD will discuss the creative element that sometimes (not always) occurs with Bipolar Disorder. Additionally, Dr. Firem will educate participants on the basics of this mental health condition, while comparing and contrasting it with other diagnoses. Attendees will have the opportunity to ask questions and engage in a discussion on this topic. Remember, YOU ARE NOT ALONE!

What:  NAMI Family and Friends Support Group Speaker  
When:  Monday, July 17, 7:00-8:30 pm  
Where:  107 South Street, NAMI Annex Room, Chardon OH

***Please RSVP to Elizabeth at 440-286-6264 or ejohnson@namigeauga.org to attend due to limited seating***

---

**NAMI HIKE FOR HEALTH**

Join us for fellowship, fresh air and fun!

A low-stress outing like a Hike is a great way to combat depression and other ailments.

Saturday  August 12th 10:00-Noon

at the Geauga Park District’s West Woods 9465 Kinsman Rd (Rt 87) Novelty, Ohio

RSVP to Elizabeth at ejohnson@namigeauga.org
NAMI MEMBERSHIP

The National Board of Directors decided to add a Household membership option to NAMI's membership structure. In addition, the Board increased dues for Regular and Open Door memberships. New Membership Rates effective July 1st:

- Household Membership (family) $60
- Regular Membership (individual) $40
- Open Door Membership (financial need) $5

Mail Checks Payable to: NAMI Geauga County
107 South Street, #5 Chardon, Ohio 44024
Please include your full name, address, telephone and email address.

Need More Information?
For more information about Membership, Programs and other Opportunities
Call: 440-286-6264
Visit our Website: www.namigeauga.org

NAMI Geauga County 107 South Street #5 Chardon, Ohio 44024
Jenn Bartone, Executive Director jbartone@namigeauga.org
Elizabeth Johnson, Program Coordinator ejohnson@namigeauga.org

Follow NAMI Geauga County on Facebook and Twitter!

To Receive this Newsletter and other updates by email or regular mail, Send your Full Name, Email Address and/or Mailing Address to:
Kelly Bidlack, Administrative Assistant: kbidlack@namigeauga.org
NAMI Geauga respects your privacy and will never sell or distribute your contact information.

THANK YOU TO OUR PROUD SUPPORTERS: