Mental Health Matters
By: Jenn Bartone, Executive Director

Our BIG Announcement!

NAMI Geauga has been awarded a grant by the OhioMHAS to launch a 3-year Health and Wellness Initiative Program for Geauga and 6 other surrounding counties.

“NAMI, Your Passport to Wellness”

SAVE THE DATE: Saturday, September 9th
Berkshire High School

Miles for Mental Health & Wellness
**Walk and Symposium**

WE ARE IN NEED OF: vendors offering wellness expertise, community and county leaders to engage, speakers, registered walkers/teams, corporate sponsorships, donations and participation of our Geauga County people.

Your Passport will include visits to enhance your Physical, Social, Emotional, Spiritual, Financial, Intellectual, Nutritional, and Environmental destinations while on your NAMI Geauga Whole Health and Wellness Tour.

We couldn't have such victories without the support of people like you. Please contact me directly if you would like to participate in this very exciting, County-wide Health and Wellness Initiative. Together our great works will change the lives of many…. 
Greg Truhan: Crisis Intervention Prevention  Wednesday June 14th 2017 6:30 pm

Greg Truhan is a certified Crisis Intervention topics instructor for the Ohio Basic Police Academy and a police in-service Crisis Intervention Team (CIT) training instructor. He is also a consultant for the Alcohol, Drug Addiction and Mental Health Services (ADAMHS) Board of Cuyahoga County.

CIT programs are local initiatives designed to improve the way law enforcement and the community respond to people experiencing mental health crises. Greg will discuss recent history and development of the program and ways it benefits officers, families and individuals. Communication and de-escalation tools, the dos and don’ts when responding to a person in a mental health crisis, are keys to success. CIT skills are not only for law enforcement. Learning these techniques can empower family members to better interact with their loved one.

Please join us for this speaker meeting at
Notre Dame Education Center, 13000 Auburn Road, Chardon, Ohio
Please RSVP for light refreshments by June 7th 440-286-6264 or email kbidlack@namigeauga.org
Doors open 6:15pm. This event is free of charge.

Come and shop at our NAMI CRAFTERS table also!

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Monthly NAMI Hikes explore the Geauga Parks with easy, scenic strolls - perfect for the whole family. Whether you are new to NAMI or an old-timer, come out and spend the morning with us. Learn more about NAMI, make friends in the mental health community and get involved! A brief hike led by a NAMI board member will be followed by light refreshments and a presentation at the park pavilion.

First NAMI Hike of the Summer - Saturday, June 24!

When: Saturday, June 24 from 10:00am - Noon ● Hike at Your Own Pace - 10:00am to 11:00am ● Refreshments & Discussion - 11:00am to Noon Where: Big Creek Park - Maple Grove Shelter  9160 Robinson Rd, Chardon, OH 44024 The hike will leave from Maple Grove Shelter!

Please RSVP to Elizabeth at ejohnson@namigeauga.org Or call 440-286-6264.
Join us for **Wellness Wednesdays** EMPOWER HOUR for Stretching and Relaxation at 1pm followed by DROP-IN ACTITIES at 2pm at our NAMI Geauga Annex room, Chardon. Free of charge. Donations accepted.

**NAMI Crafters**
Join us and create beautiful items to be sold as fundraising and at craft shows and various NAMI Events.

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**Thank You**
A special THANK YOU to OhioMHAS for all your support to our organization! Your generous grant donation for Wellness is very much appreciated!
From the Desk of Elizabeth Johnson, Program Coordinator

Upcoming Training Opportunities

June 10 in Cleveland: Mental Health First Aid
June 10-11 in Akron: Family Support Group Facilitator Training
June 23-25 in Columbus: Family-to-Family Teacher Training
July 8 in Chardon: Ending the Silence Leader Training
July 22-23 in Chardon: Connections Peer Support Teacher Training

FACILITATORS NEEDED!

Have you been impacted by a NAMI program or support group?
Do you remember the help your facilitator provided during your time of need?

Now, we NEED your help.
As we are trying to offer more frequent support groups and educational courses, we need more facilitators. Please consider joining us as a volunteer facilitator; all training and mileage covered by NAMI Geauga. We know your time is precious, but think of the difference you can make.

Billie Olsen will be running our pilot program, “Planting for Change: NAMI Community Garden” as well as facilitating Family and Friends Support Group in Chardon and the upcoming Family-to-Family Course. She comes to us with years of experience in both the mental health field and gardening.

Billie first discovered NAMI 14 years ago when she took the Family to Family Class to help her two teenage daughters that were struggling with mental health issues. She found the class extremely helpful; when Billie saw it was offered at NAMI Geauga last Spring, she decided to re-educate herself and get involved. Regarding gardening, Billie previously owned two greenhouses and worked for several years as a personal landscaper. She shared that she enjoys the joy of watching things grow, along with using her harvest. Billie loves cooking with fresh herbs; they can make something plain taste phenomenal! In her free time, she enjoys hiking with her dog Daisy, reading and spending time with her family. Billie shared that she is excited to undertake this new project, explaining “Peer support during difficulties has helped me tremendously throughout my life. Service is the strongest tool I have, helping others helps me. I am looking forward utilize my gardening skills to benefit this important cause.”

An activity-based program designed for anyone ages 18-28 that is affected by or diagnosed with a mental health condition. For upcoming MONTHLY activities, contact Elizabeth: ejohnson@namigeauga.org
According to a January 2017 study by AARP, only 40% of Americans have any estate planning documents in place. This number does not surprise me at all. We tend to put off somewhat uncomfortable discussions until circumstances arise that make the discussion absolutely necessary. But estate planning can be simple, inexpensive, and satisfying—satisfying to know that when life happens, our loved ones will be legally empowered and educated to care for themselves and us with the least amount of stress.

When caring for a loved one with a mental illness, the future can seem uncertain and many family members wonder, “What will happen to my loved one when I am no longer able to care for them?” David Banas, attorney at Hickman and Lowder, specializes in advocating for clients whose lives are complicated due to special concerns, such as mental illness or developmental disabilities. He will explore and explain Wills, Trusts, Powers of Attorney, Living Wills and Guardianships, while dispelling common myths.

Family-to-Family is a 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.

REGISTRATIONS ARE NOW BEING ACCEPTED FOR FALL CLASSES

107 South Street, NAMI Annex, Chardon.

Call 440-286-6264 or email ejohnson@namigeauga.org to Register Today!
The National Board of Directors decided to add a Household membership option to NAMI's membership structure. In addition, the Board will increase dues for Regular and Open Door memberships. These changes take effect July 1, when the fees will be:

- **Household Membership**: $60 (currently not available)
- **Regular Membership**: $40 (currently $35)
- **Open Door Membership**: $5 (currently $3)

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

**Mental illness affects 1 in 4 families every year.**

**Speak up for the ones you love!**

Add your voice to the voice of NAMI. Become a member today!

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

NAMI Geauga County 107 South Street #5 Chardon, Ohio 44024
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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:**