



NAMI of Summit County

THE SUMMIT

Volume 6, Issue 1 April, 2011

2011 May Dinner and Auction



25 YEARS OF MAKING A DIFFERENCE

WHEN: TUESDAY, MAY 24TH, 2011 – 5:45 P.M.

WHERE: THE HILTON AKRON/FAIRLAWN HOTEL, 3180 WEST MARKET STREET, FAIRLAWN.

This year The Margaret Clark Morgan Foundation will be sponsoring Drew Horn as a speaker. Drew is a well-known consumer speaker from the "Turn A Frown Around Foundation, Inc." You won't want to miss hearing Drew speak – he is extremely entertaining.

NAMI Summit County's mission is "To improve the quality of life, ensure dignity and respect for the citizens of Summit County who have a mental illness, and offer support to their families". Funds raised at this event will be used to finance our local programs which help us achieve this mission. Your support is needed now more than ever. Thrivent Financial "Cares Abound in the Community" will match a portion of the funds raised at this event. Invitations will be in the mail within the next few weeks. RSVP to davey.j@sbcglobal.net.

New Executive Director

NAMI of Summit County announces Michele Colopy as its new Executive Director. She holds a Master's Degree in nonprofit management from the University of Akron and eighteen years of experience in the field.

Previously, Ms. Colopy led a performing arts organization,

three housing and community development nonprofits, and was co-owner of The Wolf School of Music. In addition, she wrote and performed a play—"A Place to Feel Safe", about adult survivors of childhood abuse.

Michele will be located at 150 Cross St., Akron (330-252-1188 and namisummit@att.net).

2011 NAMI Walk At A Glance...

Munroe Falls Metro Park October 1, 2011

- Kickoff Event on August 18... Location TBA.
- Sponsors Needed! Contact Michele Colopy at 330-252-1188.



Important Dates:

- Weekly support meetings on Tuesdays at 7:00 PM. Meetings are held at CSS at 150 Cross Street in Akron.
- **Hudson** support meeting. Second Thursdays of the month at 7:00 PM. Held at 47 Aurora Street.
- **Montrose** support meeting. Fourth Tuesday at 7:00 PM, except December. AGMC Health and Wellness Center West.
- May Dinner and Auction... 5/24/2011.
- Family to Family... next session begins June 2 in Akron. See page 2 to enroll.

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Family To Family

The Spring class will start on June 2 at the CSS offices in Akron. This informative 11 week educational program for families and friends of individuals suffering from mental illness comes highly recommended by those who have attended. We have received comments such as, "I wish I had taken this when my son first became ill" and "Now I

understand why she does the things she does", and "It saved my life and my own sanity".

For more information or to register for the class, contact Helen Reedy at 330-659-4910, 330-322-3937, or hlreedy@hotmail.com.

Classes are about 2-1/2 hours long and are held in the evening.

Hand to Hand

This is a 9 week course for parents and family of children with emotional, behavioral or neurological disorders.

Call Leigh Wilson at 330-209-3492 or email:

lwilson9@neo.rr.com

Events



Fund Raiser

Do your shopping at Giant Eagle with gift cards purchased from NAMI Summit. For every \$50 you buy in gift cards, NAMI receives a percentage of the sales.

Call Ron Rett at 330-670-9880 and he will deliver cards to you .

A new program, **FoodPerks**, earns you a shopping discount when you buy gasoline. Simply scan your Giant Eagle Advantage Card whenever you pump fuel at GetGo. For every 10 gallons of fuel, you are awarded a 1% discount on a future food purchase. In April, earn double fuel perks on gift card purchases



NAMI Walks – Changing Minds...One Step at a Time

We're gearing up for this year's walk! Hold these dates:

- Kickoff – August 18th (location TBD)
- Walk – October 1st – Munroe Falls Metro Park

Remember, it is never too early to register your team or yourself as a walker online and begin your fundraising. Just go to nami.org and click on NAMI Walks and follow the step-by-step directions.

We are in need of a new "hotdog" queen & king (or a team of princesses and princes). We've worn Janet and Dick out but I am sure they will be available to provide pointers. If you are interested, contact Helen Reedy at 330-659-4910, 330-322-3937, or hlreedy@hotmail.com.

We are currently in "sponsorship season". If you know of any potential sponsors or would like to be a sponsor, contact Michele Colopy at namisummit@att.net or 330-252-1188.

Memorials

Memorials were given for Nick Campo and Sally Mong this year.

Memorial donations can be sent to NAMI at Box 462, Cuyahoga Falls, OH 44222.

A Note about this newsletter: To reduce mailing costs, we encourage electronic distribution. Please send your email address to: namiofsummit@roadrunner.com

BeST Center Education Programs

The Best Practices in Schizophrenia Treatment (BeST) Center at NEOUCOM is offering two educational events in May. Both events are free and open to the public. NAMI members are encouraged to attend.

The first is a workshop, High-Yield Cognitive Behavioral Therapy for Psychosis (HYCBT-p) Techniques: An Overview for Families & Friends, which will take place on May 9, 2011, at 6:30 p.m. at Northeastern Ohio Universities Colleges of Medicine and Pharmacy (NEOUCOM), Intermediate Hall, Conference and Event Center, 4209 State Route 44, Rootstown, Ohio, 44272.

The mission of the BeST Center is to promote recovery and improve the lives of as many people with schizophrenia as possible by accelerating the adoption of evidence-based best practices. HYCBT-p is one of the four practices identified for initial implementation by the BeST Center.

HYCBT-p includes specific techniques to reduce symptoms and improve the overall functioning of

individuals who are affected by persistent psychotic symptoms despite taking their medication as prescribed. HYCBT-p techniques may be used by those without extensive training to bring about positive results in even brief encounters. A pilot study of HYCBT-p is currently underway in Summit County.

The BeST Center is collaborating with experts from the Insight CBT Partnership, located in the United Kingdom, to bring this practice to northeast Ohio. HYCBT-p has been used extensively and successfully throughout the United Kingdom to treat persistent psychotic symptoms. Mr. Jeremy Pelton a registered mental health nurse who has worked for 30 years in healthcare and specializes in cognitive behavioral therapy for psychosis will be working with the BeST Center and its clinical partners during the week of May 9. He will lead High-Yield Cognitive Behavioral Therapy for Psychosis (HYCBT-p) Techniques: An Overview for Families & Friends.

While the BeST Center encourages anyone to attend, we think

that this program would be of particular interest to NAMI's Family-to-Family graduates and instructors. We would appreciate your assistance in sharing information about this workshop with those who have participated in Family-to-Family programs in your county. For registration information and more details, please visit the BeST Center's Web site at: <http://www.neoucom.edu/bestcenter>.

We are also offering a conference, Stigma and Mental Illness, Monday, May 23 from 9 a.m. – 3 p.m. at NEOUCOM's Rootstown Campus. The conference will include presentations by three stigma researchers, a panel of mental health consumers and plenty of opportunities for questions and discussion.

Both the May 9 and May 23 events are free and open to the public. However, advance registration is required.

To register or to learn more about both events, please visit <http://www.neoucom.edu/bestcenter> or call 330-325-6695.

NAMI Board Meetings are held on the 4th Monday of each month at CSS
Visitors are Welcome

Contributor Thank You's

NAMI offers sincere thanks for generous support from:

- Margaret Clark Morgan Foundaiton
- Robert O. and Anna Mae Orr Foundation
- Leadership Akron
- Thrivent Financial
- Mr. & Mrs. Joseph Campo
- Mr. and Mrs. James Glass
- Alan Kurzweil, M.D.
- Springside Racquet Club
- The Welty Family Foundation

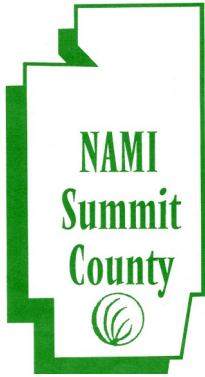
President's Message from Mel Reedy

This year NAMI Summit County will celebrate its 25th anniversary. The theme for our annual dinner (scheduled for May 24th, 2011) will be "25 Years of Making a Difference". During these years we have continued to serve the community by working toward our mission of improving the lives of those who suffer from mental illness and providing support for their families.

In the past year alone, we have spent \$55,000 on our house-

warming, hair care, and shoe programs that have helped hundreds of individual consumers. We have educated many families on mental illness with our Family To Family and Hand To Hand classes. In addition, we have helped many more families with our weekly and monthly Family Support Meetings and the consumer oriented Connections Meetings. You have made this possible through your generous donation of time and continued financial support.

As we enter our 25th year we have reached another milestone. With financial assistance from the Margaret Clark Morgan foundation, we recently chose Michele Colopy to serve as Executive Director of NAMI Summit County. Since its inception, our grassroots organization has been run entirely by a volunteer Working Board of Directors. This is a major step for us and we look forward to Michele's assistance in moving us forward into the next 25 years. Thank you.



NAMI of Summit County

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National Alliance on Mental Illness

The Nation's Voice on Mental Illness

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NAMI of Summit County Membership Form

Please complete the information below and mail your check or money order to:

NAMI of Summit County

P.O. Box 462

Cuyahoga Falls, OH 44222

Name: _____

Address: _____

City, State, Zip: _____

Email: _____

Phone: _____

_____ \$25 Individual or Family Membership

_____ \$25 Professional Membership

_____ \$1 "Open Door"

_____ \$ _____ Donation Only

Please renew your membership by sending in this form..

Memberships expire every 12 months.

Thank you