



THE SUMMIT

Volume 6, Issue 2 August, 2011

May Dinner and Auction



NAMI Summit County celebrated its 25th Anniversary at the annual dinner and silent auction held on May 24th at the Fairlawn Hilton.

Over 140 were in attendance with guest speaker Drew Horn.

Margaret Clark Morgan Foundation was the major sponsor.

The following were recognized for their contribution to mental health awareness in the community:

- Judges Linda Tucci Teodosio, Elinor Marsh Stormer, Lisa Coates and Annalisa Williams re-

ceived the **Heroes Award** for their work in the Mental Health and Juvenile Courts.

- Kimberly Shontz, of Community Support Services received the **Professional of the Year** award.
- Paul Kuhn, of Choices received the **Journey of Hope** award.
- NAMI board member, Ron Rett, received the **Lifetime Achievement** award.

NAMI Walks 2011

Saturday, October 1 at Munroe Falls Metro Park—Event Held Rain or Shine at 10 AM

The Tri-County NAMI Walk is part of a nationwide fundraising and mental health awareness program that is being held in close to 100 communities around the country in 2011, including right here in Summit,

Portage, and Stark Counties. It is expected that these walks will raise over \$10 million to support the services that NAMI (The National Alliance on Mental Illness) provides to thousands of families across the country.

Continued on page 2...

2011 NAMI Walk At A Glance...

Munroe Falls Metro Park October 1, 2011

- Kickoff Event on August 18... Quaker Square
- Registration on October 1 at 8:30 AM
- Walk starts at 10 AM
- Sponsors Needed! Contact Helen Reedy at 330-659-4910 or hreedy@hotmail.com

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.
- Hand to Hand... next session begins September 12.
- Family to Family... next session begins September 7.

Inside this issue:

Family to Family **2**

Hand to Hand **3**

Thank You **3**

Speaker Series **3**

Membership **4**





Family To Family

The Fall class will start on September 7 at the VA Clinic on Waterloo Road in Akron. This informative 12 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 regis-

ter for the class, contact Ron Rett at 330-670-9880.

Classes are about 2-1/2 hours long and are held at 5:30 PM.

A recent student supplied the following testimonial:

"Living with a partner and trying to help them when you don't have the skills to get the job done was difficult. My skills were grief recovery facilitator, father, initiator, and prison minister: Not the right ones. I was becoming frustrated

and close to breaking down.

I shared this with my inter-circle prayer brothers and by chance, I was told about the Nami Summit County family to family group headed by Ron Rett. What a good man.

I started this 12 week program, and this saved me from falling apart. I learned patience like Job that I didn't have. I'm still a work in progress.

Depression is a brain thing, not a heart thing. I'm still working with her. It's hard, but it will work out because now I have hope."

NAMI Walks (continued)

There is no registration fee for the Walk. All walkers are encouraged to collect donations from family members, friends, co-workers and business associates in support of their participation.

Proceeds from the TRI-County NAMIWalk will be used to fund programs in our local communities. These programs include support, education and advocacy for families and their loved ones who suffer from severe and persistent brain disorders such as schizophrenia, bipolar disorder, major depression, OCD, severe anxiety, PTSD, and border-line personality disorders.

Companies, organizations, service providers, and families are encouraged to recruit teams of



walkers made up of employees, organization members, relatives, and friends. Walkers raising \$100 or more will be entered into a post-walk prize drawing. Various team awards will be given based on dollars raised, number of participants, team t-shirt design.....etc

Teambuilding and fundraising material will be given out to the team captains at the kickoff event on August 18th... But you can

always get ahead of the game – just use the contact information below on how to get started.

There is a wide-range of sponsorship opportunities for both businesses and individuals relating to the Walk. Anyone interested in information on these opportunities or who has questions regarding the event should contact:

namiwalks09@roadrunner.com,
Helen Reedy - 330-659-4910,

Executive Director

Executive Directory Michele Colopy resigned in June. Ron Rett and Leslie Stoyer, current board members will be

handling the office and day-to-day operations of NAMI. They can be reached at our office: 330-252-1188.

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

A Thank You from NAMI

In May we celebrated the 25th anniversary of the founding of NAMI Summit County. The theme for this year's event was "25 Years of Making a Difference". Over these years many individuals have made significant contributions to help NAMI Summit County either financially, in some way, or by helping with our housewarming project, running a support meeting or teaching a class. Some have helped families navigate the mental health system, volunteered at our walk or made contributions in other ways toward helping NAMI attain it's mission by making a difference in some fashion.

One family has turned a tragedy into a memorial event for a son who was lost to mental illness over Memorial Day several years ago, and raised mental health awareness, while benefiting our "housewarming" project.

On May 28, 2011 Joe, Chris and daughter Kathleen Campo held the seventh Memorial Golf Outing in memory of Nick Campo, beloved son and brother.

Over the last several years this

event has grown to include hundreds of family, friends, and supporters and raised thousands of dollars for NAMI's Housewarming Project. The money raised is donated to housewarming because that's what Nick would have wanted according to Joe and Chris. Nick was also an avid golfer whose pictures often included him wearing a golfers hat.

My wife and I have attended this event a few times and we have seen the memorial gathering after the golfing outgrow the Campo's backyard and this year they had to use the Silver Springs Park pavilion, in Stow to handle all the participants which was hundreds.

After 74 golfers enjoyed a round of golf at Fox Den, which included \$10,000 Hole-In-One contest paid for by a family friend, we joined the Campo's along with many other families and friends for food and refreshments, prizes, a drawing and a memorial service at Holy Family Parish. This year the event raised \$3,298.

So, you might ask, how you can "Make a Difference"? You can

follow the Campo's idea, and turn a tragedy into something positive.

NAMI would like to thank Joe, Chris & Kathleen Campo for helping promote awareness and destigmatizing mental illness and the donations they have raised to help NAMI provide housewarming items for others.

Mel Reedy, President

NAMI Summit County

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 .

For a limited time earn double fuel perks on gift card purchases

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

Visitors are Welcome

Fall Speaker Series

Meetings will be held at CSS in Akron at 7:00 PM. CSS is at 150 Cross Street, 44311.

- **Monday, September 12:** "Mind and Body" - Mental Health and Physical Health . Dr. Mino-rik will explain how stress relief promotes physical and mental health.

- **Monday, October 10:** Portage Path Behavioral Health and Psychiatric Emergency Services - The executive staff of Portage Path will explain services available and conduct a Q and A session.

- **Monday, December 12:** Follow up to October's Q and A session.

Hand to Hand

Hand to Hand is a 9 week series of discussions for parents and families of children with emotional, behavioral or neurological disorders.

This parent led class provides a better understanding of the issues facing parents who have a child with ADHD, Bipolar Disorder, OCD, Autism, Aspergers, Anxiety Disorders, etc.

Some of the topics covered include:

- Understanding the complex nature of diagnosis
- Understanding Medications
- Coping skills
- Counseling, Therapy and other resources
- Educational needs and advocacy
- Juvenile Justice
- Family Advocacy

Classes meet for 9 Mondays beginning September 12, 2011.

Classes are free and will be held at Johnson United Methodist Church in Norton from 6:30 to 8:30 PM

Call Leigh at 330-209-3492 to enroll. Her email is: lwilson9@neo.rr.com.



**NAMI
Summit
County**

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Address Service Requested

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