



nami

Newsletter—Spring 2015

NAMI-LORAIN COUNTY AFFILIATE

National Alliance on Mental Illness

Special points of interest:

- * This issue features the launch of our new NAMI-LC website!
- * Meet some of our Board Members and support group facilitators
- * May is National Mental Health Awareness Month
- * Learn how YOU can become engaged in your local NAMI-LC Chapter!

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Log On and Check Out Our New Website for NAMI-Lorain County!

This month, we are pleased to announce the launch of our new NAMI-Lorain County website! We would like to invite you to log on to www.nami-lc.org and check out our new site!

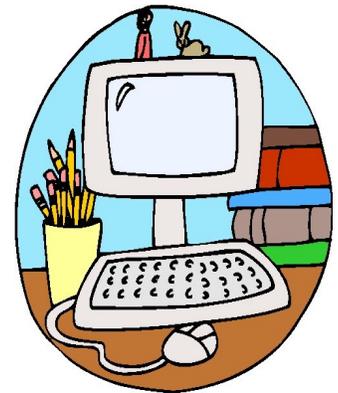
Here are some key features that we think you'll find beneficial:

- ◆ **Education:** Click on our Education link to discover what courses are being offered in educating YOU, the consumer, on mental health through our multiple programs and services.
- ◆ **Support:** Choosing this link will direct you to our available

Support and Connections groups, introducing you to each open group's details on meeting your and your loved ones' mental health needs.

- ◆ **Advocacy:** Click to find out how your involvement can help us be a voice for those with mental illness.
- ◆ **Public Awareness Series:** Find out how to join us at one or all of our free Public Awareness Series events this year!

Please note that our website is best viewed with Firefox or Google Chrome browsers. See you online!



Join us online at www.nami-lc.org and discover new ways to get involved with your local Lorain County NAMI Chapter by donating, joining, or volunteering, and much more!

May is National Mental Health Awareness Month

By Christine Anderson

As we recognize May as the National Mental Health Awareness Month, we would like to introduce you to this month's Health Connection.

Health encompasses both physical and

mental health. Mental illness is defined as a physical illness affecting the brain. The brain is responsible for regulating activities in the body. Chemicals in the brain can move too fast or too slow, and affect such important functions as mood or behav-

ior. Brain scans show a distinct change in the physical brain of patients with mood disorders like depression, anxiety, bipolar disorder, and schizoaffective disorder.

Mental illness is an alteration in thinking or mood. It may affect one's ability

Story continues on next page...

National Mental Health Awareness Month (Continued...)

to relate to others or to function on a daily basis. Anything which limits or controls this chemical imbalance and change in mood is considered unhealthy.

An April 2015 report from PsychCentral.com tells us that eating healthy and exercising can help change the mood and improve the overall quality of life. Exercise releases good chemicals in the brain that can energize the body and lift the mood.

Further, unhealthy mental habits such as worry or dwelling on negative thoughts may be a distinct character-

istic of mental illness. CBT, or cognitive behavioral therapy, is a proven method to help relieve the negative thinking behind some mental illnesses.

If you or a loved one are suffering with mental illness, you may consider some of the following options:

- * Eat healthy, organic food whenever possible.
- * Exercise most days of the week. Even a short walk is a good place to start.
- * Get regular health check-ups.
- * Focus on the positive things

about your life, and surround yourself with positive, affirming people.

- * Talk to a trained, licensed counselor about other healthy patterns.



Always talk to your health-care provider if you are struggling with negative thoughts or mood, and be sure to keep him or her posted about any changes in your mood or behavior. Happy health!!

**May is National
Mental Health
Awareness Month.
Encourage someone
who may be
struggling with a
mental illness to talk
to a professional.**

Meet the NAMI-LC Board Member...Our New Secretary Christine Anderson!

This quarter's featured Board Member is Christine "Chris" Anderson!

Chris has served on the NAMI-Lorain County Board of Directors since 2008. She began as Chairperson of the Education committee until elected Secretary of the Board, where she served until 2014. In the fiscal year 2015-2016, Chris will again serve as the Executive Secretary of the Board.

Currently, Chris is a NAMI-Ohio certified mentor/teacher for the Peer-to-Peer course, a ten-week course for individuals with mental illness interested in establishing and maintaining wellness.

Additionally, Chris is a certified NAMI-Ohio facilitator for The Connection Recovery Support Group, a free, 90-minute support group for

those with a mental illness, beginning June 4th at 7:00 p.m.



Christine Anderson, Secretary

What Can You Expect from a NAMI Support Group?

Renie Brooksieker, a very special NAMI Family Support Group facilitator, would like to share with us "What to Expect" when caregivers attend her group meetings.

She says NAMI Support Groups:

- Meet twice a month for 90-minutes, free of charge
- Are designed for loved ones (18 and over) of individuals living

with mental illness in the family, even if not formally diagnosed

- Are facilitated by a trained team of family members of individuals living with mental illness
- Require all participants keep information shared in confidence to build trust and encourage sharing
- Do not recommend or endorse

any medications or other medical therapies for your family member

- Are guided by NAMI Principles of Support

Renie teaches our NAMI-Lorain County Family Support Group on the 2nd and 4th Tuesdays of each month from 6:30—8:00 p.m. at the Nord Center.

Renie, a registered nurse (RN) and

Support Groups (Continued...)

certified hypnotherapist, facilitates this group for caregivers (family and friends) who do not have a mental health diagnosis, but do have a loved one with or without a diagnosis of mental illness.

Ms. Brooksieker believes her experience as an RN has led her to other forms of therapy, including hypnotherapy, kinesiology, therapeutic touch, Reiki, flower essences, gem elixirs, sound, sacred geometry, and the labyrinth.

Renie has the communication skills of

listening, developed from her experience as a hotline counselor, child abuse counselor, hospice and Red Cross volunteer, and speaker.

Other support groups include:

- Basics Support Group from May 21st to June 25th facilitated by Donna Williams on Thursdays from 6:30–8:30 p.m. at the Nord Center
- Family Support Group facilitated by Bob & Lorraine Izold (see information below)
- Connections Support Group facilitated by Christine Anderson at Grace Lutheran Church in

Oberlin on the 1st and 3rd Thursdays of each month from 7:00–8:30 p.m.

For more information on these groups, please contact us at (440) 204-4391.



Renie Brooksieker, group leader

Meet the Izold Family

This past year, NAMI-LC welcomed newcomers Bob and Lorraine Izold to the NAMI family as group facilitators.

Robert, or Bob as we know him, worked as a heavy equipment mechanic for over 30 years before retiring.

His lovely wife, Lorraine, is a graduate of Bowling Green State University with a Bachelor of Science in Nursing.

The Izolds have been married for 43 years and have two adult children. They are NAMI-trained facilitators for the Oberlin Family Support Group and for the Oberlin Family to Family course offered in the fall and spring.

Bob and Lorraine host and facilitate our NAMI-LC Family Support Group at Grace Lutheran Church at 310 W. Lorain Street in Oberlin, Ohio on the

1st and 3rd Thursdays of each month from 7:00–8:30 p.m. For more information, please contact (440) 315-2118.



Lorraine and Bob Izold, facilitators

Did You Know?



NAMI-LC is full of information on mental health and mental health awareness! In our NAMI-LC office located in The Nord Center, we have a plethora

of literature for all your mental health needs. More literature is found just outside the Behavioral Health Unit at Mercy Hospital. We have information printed in Spanish, as well as English.

Stop at one of these locations and pick up some free information on:

- Depression
- Bipolar Disorder
- Schizophrenia/Schizoaffective Disorder

- Support Groups and Courses
- Understanding Mental Illness

If you have any questions or need help with mental health literature, please contact our main NAMI-LC Office during normal business hours, Monday through Friday from 10:00 a.m. to 2:00 p.m., or call us at (440) 204-3491.

OUR NEXT F-2-F CLASS WILL RUN SEPT. 24TH-NOV.12TH, 2015 IN AVON LAKE. WATCH FOR DETAILS ON OUR WEBSITE!

Look for all of our events and educational & support groups online at: www.loraincounty.com/calendar/



National Alliance on Mental Illness

NAMI-LC

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Lorain OH 44053

Phone: 440-233-7231

Or: 440-233-4390

Email: office@nami-lc.org

You are NOT alone. We are here to help! Contact us today for mental health support!

We are located at the Nord Center in Lorain, Ohio

NAMI is the National Alliance on Mental Illness, the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI advocates for access to services, treatment, supports and research and is steadfast in its commitment to raise awareness and build a community for hope for all of those in need.

NAMI is the foundation for hundreds of NAMI State Organizations, NAMI Affiliates and volunteer leaders who work in local communities across the country to raise awareness and provide essential and free education, advocacy and support group programs. The NAMI-Lorain County Chapter is here to help...please contact our offices during business hours to connect with the support you and your family need!

Become a Member of NAMI-Lorain County TODAY! Contact us for more info!



**Don't forget that we are now online at:
www.nami-lc.org!
See you online!**