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Newsletter—Fall 2015

NAMI-LORAIN COUNTY AFFILIATE

National Alliance on Mental Illness

Special points of interest:

- * Learn from an expert on "What Happens when Caregivers are Gone".
- * Author, Marilyn Parker-Jeffries
- * Meet a Board Member
- * Veterans and PTSD
- * NAMI-LC, Educators and Courses for this Fall.

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Janet Lowder, CELA - "What Happens When Caregivers are Gone?"

By Malcolm L. Peel, Ph.D.

Human mortality is a basic fact of life. All of us will die someday. Especially worrisome, however, is the matter of how caregivers will provide for loved ones. Of course, it's possible to leave assets to help with needs of those loved ones, but it must be done correctly so as not to lose lifelong help from Medicaid and Medicare. Also, what about the medical needs? Who will be left to provide direction for treatment of a mentally ill family member when a caregiver is no longer around to do this?

Such matters are of critical importance to caregivers

of the mentally ill and others who may be developmentally disabled. To address these issues, the National Alliance of Mental Illness is offering a free, Public Awareness Event at 7:00 P.M. on Wednesday, September 23, 2015. The Event is titled: "What Happens When Caregivers are Gone? Legal Needs of the Mentally Ill."

The keynote speaker is Attorney Janet Lowder from the Cleveland firm of Hickman and Lowders Co., LPA, one of Ohio's and the nation's leading authorities on Medicaid issues and estate planning for families with special needs.



The program will be held at the Visitor's Center in the Lorain County Metroparks Amherst Beaver Creek Reservation at 913 North Lake Street. To reach the Center take Oak Point Rd./N. Lake Street Exit off Rte 2. The third drive on the left.

Author Pastor Marilyn Parker—Jeffries publishes Important New Book

By Malcolm L. Peel, Ph.D.

Recovering from a 13-year struggle with mental illness, the Rev. Marilyn Parker-Jeffries, Pastor of the New Creation Baptist Church in Lorain, OH has published a significant book, titled, LESSONS LEARNED IN THE DARKNESS: A

MINISTERS JOURNEY THROUGH PANIC DISORDER AND DEPRESSION.

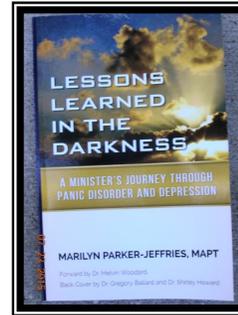
Very helpful are her insights into how typical African-American families deal with this disease and the stigma associated with it in our nation and, surprisingly, in the

church. Too often it is not understood to be a medical problem to be treated with professional mental health care, as well as through faith in a God who will not let us go. Weaving Biblical insights together with her own experiences, she recounts a powerful story

Story continues on next page...

Author Pastor Marilyn-Parker Jeffries (Continued...)

and dependence, followed by discoveries that strengthen and equip her for even greater service and a more complete life. Watch for her appearance in the NAMI—LC Public Awareness Event Series. Anyone interested in her book, may obtain it on-line at AMAZON.Com.



Meet the NAMI-LC Board Member...Our Colleen Harrison-Jorgensen

This quarter's featured Board Member is Colleen Harrison-Jorgensen!

Colleen explains her service on the board of trustees as follows: "as a family, we struggled through the consequences of caring for a person who was diagnosed with mental illness. The consequences affected both our immediate and extended family. One person was clinically ill, but we all needed to heal.

We tried to deal with the problems associated with mental illness by ourselves. We didn't want anyone to know. The stigma attached to the illness left us isolated and humiliated. Somehow my mother found out about NAMI-LC. Karen Matesick, our former Board President, took my call and led me to NAMI's Family-to-Family course and then on to the Hand-to-Hand classes. These were taught in an emotionally safe and confidential

environment. I was provided information I needed to know, information important to our family as we were making difficult life decisions.

Shortly after taking the NAMI classes I was asked to become a board member. I am amazed at the knowledge that our board members bring to the table.

I am so proud to be able to give back by serving on the NAMI-LC Board."

When you encounter someone who has had (or has) an ordeal to struggle through, ask, "How are you?"

When he or she says, "I am well", then you say: "No, really, how are you?" Be prepared to listen awhile. The weather can wait!

VETERANS and POST-TRAUMATIC STRESS DISORDER

By Christine Anderson

The "fight or flight" response describes a mechanism in the body that enables humans and animals to mobilize and expand energy to cope with threats to survival. Researchers have seen distinct changes in function and structure of the brain when the "fight or flight response is changed or damaged. This over reaction is known as Post Traumatic Stress Disorder (PTSD). PTSD first brought public attention in relation to war veterans and has been observable in veterans for centuries, however, not until 1980 was PTSD defined as a mental illness.

Military service members in active combat during war are ex-

posed to physical harm to self, others or witness to casualties. In 2013, the number of active military diagnosed with PTSD jumped (50%) fifty percent. The National Alliance on Mental Illness (NAMI) offers resources for veterans, active military members, as well as their families, friends and advocates. Their website: nami.org/veterans has a multitude of materials including information regarding NAMI HOME-FRONT. This is a free 6 session education program for families, caregivers and friends of military service members and veterans with mental health conditions. The course is taught by trained family of service member or veteran. Presently, this course is offered by NAMI-Greater Cleveland.

(<http://namigreatercleveland.org>).

Locally the resource center of NAMI-LC has brochures, flyers and fact-sheets on PTSD. To request materials call the NAMI-LC office at (440) 204-4391.

If PTSD is a major concern, join us for NAMI-LC's Public Awareness Event: "Our Vets & PTSD—Scars of War." — a panel discussion narrated by Rick Gundlach of Huron County NAMI.

Wednesday, November 11, 2015 at 7:00 PM at the Amy Levin Learning and Conference Center, 1165 N. Ridge Road, East, Lorain 44055.

Family-to-Family in Avon Lake & at The Nord Center

The NAMI Signature course “Family-to-Family” will be offered twice this Fall:

- AT THE NORD CENTER (6140 S. Broadway / Lorain): Taught by Jill Fehr and Holly Henderson in the Bass Conference Room, Thursdays from 6:30 – 8:30 PM for 8-weeks.
- AT AVON LAKE PRESBYTERIAN CHURCH (32340 Electric Blvd. / Avon Lake): Taught by: Dr. Malcolm Peel and Charles Mason. On Thursdays from 6:30–9:00 PM, starting Sept. 24 for 8-weeks.

- Please call our office (440-204-4391) to enroll no later than September 10, 2015.
- This course is free. It is designed for family and other caregivers of those living with serious mental illness in Lorain County. It provides opportunity to learn from NAMI-trained instructors about the nature and challenges of mental illness, how it is diagnosed and treated, effective communication, and help in finding community resources.



Charles Mason & Malcolm Peel

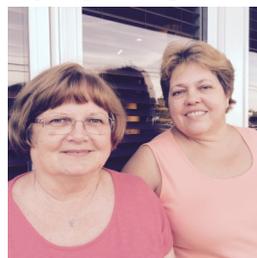
BASICS Education Course at the Nord Center

- Donna Williams and Jenise Reynolds will offer the BASICS Course again this Fall.
- BASICS is a free 6 session educational course for caregivers of children and adolescents diagnosed with serious mental illness.
- BASICS will begin September 17, 2015 and continue every Thurs-

day from 6:30–8:30 PM for 6-weeks at the Nord Center—Administrative Conference Room. Please call our office (440-204-4391) no later than Sept. 10, 2015 to enroll.

- It provides opportunity to learn from a NAMI-trained instructor the nature and challenges of mental illness, ways of effective

communication, identification of community resources, and regaining the caregiver’s life!



Donna Williams & Jenise Reynolds

When the world says “Give up”, Hope whispers, “Try it one more time”.

Did You Know?



- More Children die from depression than from any other childhood disorder.
- Depression is a brain disorder attributed to a chemical imbalance in the brain.
- While depression can occur anytime across the lifespan, it has a higher occurrence during adolescence.
- Untreated depression may disappear after 7–9 months, but it is more likely to return in more severe episodes.
- Children with untreated depression are at high risk for substance abuse.
- Treatment for depression has an 80% success rate, higher than heart disease or diabetes.
- Early intervention is key to effective treatment and the prevention of long term problems.



National Alliance on Mental Illness

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

**“The voice for
Lorain County’s
mentally ill.”**

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

NAMI organizations exist in all 50 states. Its local Affiliates have volunteers who work in hundreds of communities to raise awareness about mental illness by providing free education, advocacy and support group programs. The NAMI-Lorain County Affiliate is here to help. Please contact our offices during business hours (M-F 10:00 AM–2:00 PM) if we may help you or a loved one!

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!**