



nami

Newsletter—Winter 2015

NAMI LORAIN COUNTY AFFILIATE

National Alliance on Mental Illness

WITH FOND MEMORIES OF THE PAST AND HOPEFUL ANTICIPATION FOR THE FUTURE !

Special points of interest:

- * Learn where we have been and hope to be in the next few years..
- * Wellness—from Faye Warren!
- * Meet a Board Member
- * Coping with SAD
- * NAMI-LC, Public Awareness Event

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By Dr. Malcolm Peel

The choice of new leadership for an organization is always a time of excitement and promise, and such is the experience of NAMI Lorain County with the Board's choice of Clare Cygan Young to assume duties as Executive Director of the organization. In mid-September 2015, Clare succeeded Malcolm (Mack) Peel, Ph.D., who previously served as acting CEO and President of the Board of Trustees since December 2012. He will complete his term of office in March of 2016.

Clare brings a wealth of experience to her new role, including service as Director of Community Outreach/Internship Coordinator for the Leadership Lorain County Program for the past six years. Her recruitment of volunteer interns for work with Lorain County non-profit agencies, as well as assisting with Board Governance training and event planning will be

invaluable in recruiting new teachers for NAMI Educational Courses, Facilitators for NAMI Support Groups, and helping the NAMI Board of Trustees grow and thrive.

In addition, Clare brings to her new position firsthand work with ethnic and cultural minorities in establishing and managing Affiliate Funds for the Community Foundation of Lorain County for two years. Fundraising and proposal development are second nature to her.

Coupled with this experience are 18 years as the Director of Consumer Education and Support Services with the Sexual Assault Services of Lorain County, including the county Rape Crisis Center, Sexual Assault Care Unit and Kidz First Child Advocacy Center. This work took place at The Nord Center so, she is no stranger to the services it provides for the mentally ill of Lorain County.

The Board of NAMI of Lorain County welcomes Clare's coming

and pledges solid support of initiatives she will undertake. At the same time, we thank Dr. Peel for his faithful and diligent work during our period of transition. NAMI of LORAIN COUNTY is on the move, providing vital services to enhance the quality of life for those living with mental illness and their caregivers!



Pictured above are Executive Director, Clare Cygan Young and Board President, Dr. Malcolm Peel as they are preparing for a Board Meeting.

HAPPINESS IS HEALTHY!

By Faye Warren

Happiness not only feels good: it is also good for you!

A happy person has healthy cells, healthy tissues, healthier and happier genes. Dr. Amil Sood is a professor of medicine and head of the Mind-Body Medicine Initiative at the Mayo Clinic. He says hundreds of studies have established that people who are happier are also healthier in measurable ways.

The cells of people who are happier appear younger than their biological age which may be why people who are happier live longer.

Happier people have strong immune systems, thus lowering the risk of infection. Happiness affects DNA, reducing inflammatory genes. Happier people are more likely to be physically active, thus lowering the risk of a heart attack.

Happier people feel less pain after injury or illness, because happiness actually decreases activity in the brain's pain network.

Happier people have more vagal tone in their internal organs (think muscle tone). This refers to the Vagus nerve in the brainstem that unconsciously regulates the function of the

Heart, lungs, glands and the digestive track.

Happiness is not the natural human condition. We must work at it. Half of our potential for happiness is hard core in our genes and the other half is up to us.

So, boost your happiness: socialize and stay connected with friends and loved ones.

You do not need to chase after happiness. Get creative, use your imagination and it will improve your mood. The way the brain operates, the more grateful and compassionate you are the happier you will be! You don't have to chase after happiness!

**We are
made up of our
experiences,
memories and the
lessons we learn
(or don't) from
them.**

Meet the NAMI-LC Board Member... Holly Henderson

I have worked in the mental health field as an employee and volunteer since 2002. Having completed a B.S. degree in biology, I studied medical sciences at the graduate level. I also hold an Ohio Peer Supporter-Mental Health (PS-MH) certificate. In my work, I have promoted and inspired recovery from mental illness for clients by personal example and as an educator, support group facilitator, peer mentor, advocate, community outreach worker and telephone warm line responder. I have matched community volunteers with clients to foster mentoring and supportive friendships, engaging the volunteers and clients in regular face-to-face and telephone contact. For them, I schedule social and recreational events. These opportunities to serve give so much meaning and purpose to

my life!

In 2002, I joined NAMI, becoming more and more active as the years went by. Currently I'm a Board member where I serve on the Nominating Committee and as Chair of the Educational/Support Group Committee, as well as being actively engaged teaching Family-to-Family educational class for family members, loved ones and friends of those on journeys of recovery from mental illness. I received the Outstanding Board Member Service Award for "excellent teaching and educational leadership" from NAMI of Lorain County..

As someone who has traveled the road of recovery from mental illness herself, I have been blessed to benefit from meeting the many people along the way who have helped *me* and enabled me to help *still others* on their own journeys. My fervent prayer is that the



Holly Gae Henderson

impact of stigma and prejudice against the mentally ill encountered from so many (but not all!) in our society, will continue to lessen with education and legislation so that more people in need of help won't be ashamed or afraid to seek it, or be financially prohibited from doing so.

DOUBLE TROUBLE... DUAL DIAGNOSES ISSUES

A community awareness Event Presented by: **Dennis Michelson**, Executive Director of NAMI Geauga and Manager of Lake County Drug Court, March 16, 2016 at 7:00 PM at the Amy Levin Center, 1165 N. Ridge Rd. East, Lorain, OH 44055.

Dr. Michelson has worn many hats in his lengthy career. He has graduated from Furman University, Temple Seminary and completed the Walsh University Graduate School with a Master's Degree in Clinical Mental Health. He is a licensed Independent Chemical Dependency Counselor, a Licensed Professional Counselor as well as an Internationally Certified Clinical Supervisor. He was commissioned as an officer in the United

States Army Military Police.

Dennis is a Crisis Intervention Team (CIT) trainer for both Geauga and Lake Counties. As an adjunct professor, he teaches addiction and chemical dependency courses at Walsh University Graduate School. He is also the Pastor of Faith Baptist Church in Novelty, Ohio.

Dr. Michelson has been a speaker at numerous conferences and seminars nationally and internationally. He also was part of a heroin documentary in conjunction with WKYC to highlight the heroin epidemic in NE Ohio and the need for community involvement along all fronts to combat the heroin epidemic in NE Ohio and the need for



Dr. Dennis Michelson

community involvement along all fronts to combat this horrific addiction problem.

His presentation will give an historical overview; The Past, The Present and the Future of Dual Diagnosis and its General Cycle of All Addictions as well as The Individual Cycle of Specific Addictions. He will leave us with some Future Conclusions

SAD — SEASONAL AFFECTIVE DISORDER

By Christine Anderson

Seasonal Affective Disorder (SAD), a form of depression, is often associated with the fall and winter seasons, however SAD occurs during the spring or summer months for some. It is estimated 6 in 100 people; adults, teenagers, and children experience SAD. The symptoms including mood

changes, low energy, and changes in sleep begin mild and become severe as the season progresses. Treatment includes light therapy, medication and psychotherapy.

Here are 3 simple, but powerful ways to brighten your mood:

- **Sit by a window and soak up the sun.**
- **Eat healthy foods: for example seasonal fruits like apples and pears.**



- **Stay active, both socially and physically .**

Did You Know?



- **ANY MINDFULNESS PRACTICE WILL CREATE A RELAXING OASIS AMID CHAOS!**

Some classic techniques:

- Focusing on your breath.
- Rhythmically repeating a chosen word or phrase, either silently or aloud.
- Narrowing your attention to some particular aspect of your physical surroundings.
- Fully sensing and being present to the sensations arising from your body is a perfect way to trigger a more restful state.
- Just sit for 5 minutes and focus progressively on hearing, smelling, tasting and feeling.
- Deeply immersing into the pleasures of a sense gives you the restorative time that your brain and body need to be 'on'!

Support Groups -

"No matter how I felt before the meetings and no matter what was discussed during them, I always left feeling better".

-a family member.

NAMI Lorain County Affiliate
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Lorain OH 44053



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

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

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.

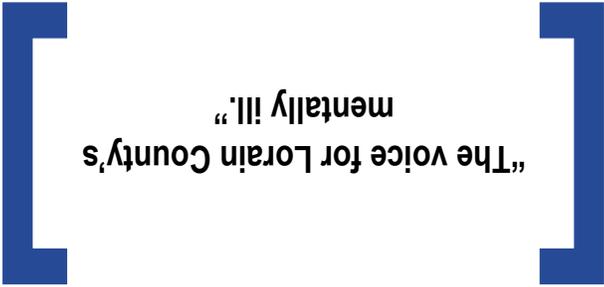
NAMI organizations exist in all 50 states. Its local Affiliates have volunteers who work in hundreds of communities to raise awareness about mental illness by providing free education, advocacy and support group programs. The NAMI of Lorain County Affiliate is here to help. Please contact our offices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

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



National Alliance on Mental Illness

Phone: 440-204-4391
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Website: www.nami-lc.org



"The voice for Lorain County's mentally ill."