



NAMI Southwestern IL

National Alliance on Mental Illness

Website: namiswi.org
E-mail: info@namiswi.org
Phone: (618) 798-9788
Fax: (866) 332-5338

NAMI SWI
Gateway Regional Medical Center
2100 Madison Avenue, 4th floor, Granite City, IL 62040



February - March 2012

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mrudolph@namiswi.org

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NAMI SWI serving these 12 counties:

- Bond
- Calhoun
- Clinton
- Greene
- Jersey
- Macoupin
- Madison
- Monroe
- Montgomery
- Randolph
- St. Clair
- Washington

HOTLINE phone numbers and names of state crisis psychiatric services for the twelve counties of NAMI SWI are listed on page 2.



NAMI Connection

by Sheila Kraft

If you are an individual living with mental illness and are struggling with it, then NAMI Connection is the key to your recovery. Whatever your condition may be, you'll find this support group meeting to be the missing ingredient to your wellness.

Our **priority** is that you feel **welcomed, loved, and treated in unconditional high regard.**

Your local NAMI Connection support group meeting is located at Chestnut Health Systems 12 N. 64th Street, Suite #5, in Belleville, IL. The **weekly** meeting is held **every** Wednesday evening from **5:00pm to 6:30pm during the month of February.**

As of Wednesday, March 7th, NAMI Connection will meet from **3:00 PM to 4:30 PM.** Please note that the location and the day of the week will remain the same with this time change.

The meeting is free of charge, has a flexible structure without an educational format, and does not recommend or endorse any medications or other medical therapies. The group is led by trained facilitators that are in recovery themselves. They understand your daily challenges and can offer you encouragement and support. All can say **"I've been there, I understand."**

Having a mental health condition can be an isolating experience, with profound anxiety. Isolation tends to make the condition worse. A recovery support group like NAMI Connection offers **respect, understanding, encouragement, and hope as well as an outlet where you can vent your frustrations in a loving supportive, confidential environment.**

We offer support and realistic solutions to traumatic events incorporating problem solving by using group discussion.

Facilitators for the meeting are Sheila at 618-578-9200 and Geri at 217-960-4536. For questions or for more information, please contact either Sheila or Geri.

We hope that you can join us.

NOTE:
New meeting
time starting
MARCH 7th.

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WHAT IS NAMI SWI?

NAMI Southwestern IL (NAMI SWI) - namiswi.org - is an affiliate of NAMI - the National Alliance on Mental Illness - www.nami.org.

NAMI has state organizations in all 50 states as well as in Puerto Rico and District of Columbia. This area encompasses more than 1,200 local affiliates. NAMI SWI is one of 41 affiliates in Illinois.

NAMI SWI is a 501(c)3 non-profit, self-help, volunteer organization dedicated to improving quality of life for people with mental illness and their families.



WHAT DO WE DO?

NAMI SWI provides education and support programs for persons with mental illnesses and their families. We provide a voice for people affected by mental illnesses by advocating for them with public and private policy makers for better legislation and more effective treatment options.

NAMI SWI is here to help. Please contact us by calling the office at 618-798-9788 or by e-mail at info@namiswi.org.

~ HOTLINE INFO ~

BOND COUNTY

Prairie Counseling Center

(618) 664-1455 (8:30AM - 4:00PM)

(618) 397-0963 (4:00PM - 8:30AM)

CALHOUN COUNTY

JERSEY COUNTY

WellSpring Resources

(formerly Community Counseling Center)

(618) 639-2016 (call 24 hrs.7 days/wk.)

CLINTON COUNTY

Community Resource Center

(618) 533-1391 (call 24 hrs.7 days/wk.)

GREENE COUNTY

MACOUPIN COUNTY

Locust Street Resource Center

(217) 854-3166 (weekdays only)

(217) 854-3135 (after hours and weekend calls go to Police Department & PD will notify a crisis worker.)

NORTHERN MADISON COUNTY

WellSpring Resources

(formerly Community Counseling Center)

(618) 465-4388 (call 24 hrs.7 days/wk.)

SOUTHERN MADISON COUNTY

Chestnut Health Systems

(618) 877-0316 (call 24 hrs.7 days/wk.)

MONROE COUNTY

RANDOLPH COUNTY

WASHINGTON COUNTY

Call For Help

(618) 397-0963 (call 24 hrs.7 days/wk.)

MONTGOMERY COUNTY

County Health Dept. - Hillsboro

1-888-324-5052 (call 24 hrs.7 days/wk.)

ALL ST. CLAIR COUNTY

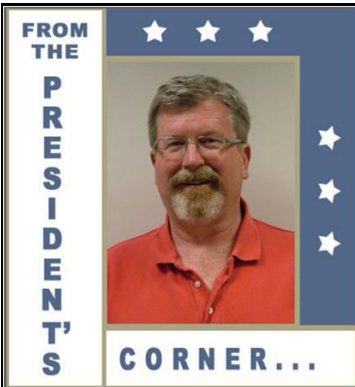
Call For Help

(618) 397-0963 (call 24 hrs.7 days/wk.)

EASTERN ST. CLAIR COUNTY

Chestnut Health Systems

(618) 877-0316 (call 24 hrs.7 days/wk.)



...Rob Roennigke, President

We had a good board meeting during January, discussing at length how we are going to raise funds this year... a walk/run this summer, murder/mystery dinner, trivia night, fun bowl and street corner collecting. Something for everyone, so pick your event to help out and call Mark at the NAMI SWI Office at 618-978-9788 or email him at mrudolph@namiswi.org to sign-up.

Our newest member, Peter Dodge, made an interesting proposal on starting up an out-reach program for PTSD (Post Traumatic Stress Disorder) for veterans and their families living near Scott Air Force base. If you or a loved one is interested in helping Peter with this program, please call Mark Rudolph at the NAMI SWI Office at 618-798-9788.

Thanks to the Madison County 708 Board for approving our program funding request. Next year we plan to ask the 708 Board to be approved as a fully-funded agency.

All members are invited to the next board meeting on Tuesday, February 14, 2012. Meeting time is 7:00PM to 8:30PM and is held in the Paschal Hall located on the Ground Floor in Gateway Regional Medical Center.

Kudo Korner

Kudos to...

... Jim Isaac and Tom Giger for implementing a Recovery Connection project with the Behavioral Health Department at Gateway Regional Medical Center;
... the 708 Board for approving funding request;
... all Office Volunteers;
... Amy Parent for taking on NAMI Membership;
... Pat Rudloff and Alice Adcock for covering HelpLine; and
... Amber Osborne for chairing the Walk.



Your services are very much appreciated!!!!

What Are the Benefits of NAMI Membership?

All NAMI members receive the benefits of membership at all three levels of the organization, including:

- Membership at a NAMI State Organization, a NAMI Affiliate and the NAMI national organization;
- Eligibility to vote in all NAMI elections;
- A subscription to *The Advocate*, NAMI's flagship magazine, as well as access to optional subscriptions to specialty newsletters and information at the national, state and local levels;
- Member discounts on brochures, videos, promotional items and registration at NAMI's Annual Convention and many state and local conferences;
- Access to exclusive members-only material on www.nami.org;
- Access to NAMI SWI library.

Not a NAMI SWI member yet? What are you waiting for? Either call the NAMI SWI Office at 618-798-9788 or click <http://namiswi.org/namiswiMembershipAPP.pdf> to register today.



SUPPORT GROUP

NAMI Southwestern Illinois



You are not alone...attend a support meeting!

SUPPORT MEETING LOCATIONS, TIMES, & CONTACT INFORMATION

new location

◆ BELLEVILLE

Third Tuesday of each month, a support group for **Family Members and Individuals Living with Mental Illness**, SWIC/PSOP Building, 201 N. Church St., Room 204, Belleville, IL 62220, 7:00PM - 8:30PM. Contact Pat Rudloff at (618) 656-6781.

time change

◆ BELLEVILLE

Every Wednesday, a NAMI Connections Recovery Support Group for **Individuals Living with Mental Illness**, Chestnut Health Systems, 12 N. 64th Street in Belleville, IL 62223, **from 5:00PM-6:30PM during the month of February. Starting with the March 7th meeting, the time will be from 3:00PM — 4:30PM.** For more information call Geri at (618) 641-1962 or Sheila at (618) 578-9200.

◆ EDWARDSVILLE

Fourth Tuesday of each month, a support meeting for **Family Members**, First Baptist Church, 534 St. Louis St., Edwardsville, IL 62025; use church parking lot entrance, 7:00 - 8:30PM. Contact Pat Rudloff (618) 656-6781.

◆ GRANITE CITY

First Tuesday of each month, **Family Members and Individuals Living with Mental Illness** Support Group, the Pascal Hall Meeting Room (use ground floor entrance across from Doctor's building parking lot and to the right of Emergency Room entrance) at Gateway Regional Medical Center, Granite City, IL 62040, 7:00 - 8:30 PM. Contact Pat Rudloff at (618) 656-6781.

◆ LITCHFIELD

Third Tuesday of each month, a support meeting for **Family Members and Individuals Living with Mental Illness**, The Christian Church of Litchfield, 131 Yaeger Lake Trail, Litchfield, IL 62056, 7:00-8:30PM. Contact Shirley Ragland at (217) 313-0165.

◆ TROY

First Tuesday of each month, a support meeting for Family Members from 7:00 to 8:30PM, Saint Paul's Lutheran Church, 106 North Border Street, Troy, Illinois 62294. Use rear entrance off Clay Street. Contact Mary Ann Miller at (618) 977-6542.

For questions about any of the meetings listed, call the contact person for that particular meeting or call NAMI SWI Office at (618) 798-9788.

Note

Inclement weather: When Southwestern Ill College (SWIC) classes are cancelled because of bad weather NAMI support meetings are also cancelled. SWIC cancellation notices will be broadcast on all major TV and radio stations in the St. Louis area.



8th Annual Piecing It All Together Conference

How Children's Mental Health/Mental Illness Affects Home, School & Community

**March 9
Southern Illinois University
Edwardsville**

See Pages 5 & 9 for more Info on PIAT Conference.

**For more information go to:
<http://il.nami.org/piat.htm>**

OTHER LOCAL SUPPORT MEETINGS

- ◆ **NAMI Cupful:** 4th Saturday of each month, 2:00-4:00PM, 1505 Market Ave., East St. Louis. Call Pamela Perry, Central Comprehensive Mental Health, at (618) 274-0881 (work) or (314) 868-8031 (home) for more information.
- ◆ **St. Louis Obsessive Compulsive Disorder (OCD) Support Group:** 3rd Saturday of each month, 10:00AM–Noon at Missouri Baptist Hospital Auditorium #1, 3015 N. New Ballas Road, Creve Coeur, MO 63141. Contact: Donna Pesek at (314) 291-7556.
- ◆ **DBSA (Depression and Bipolar Support Alliance) of Madison County Meeting:** Every Monday 7:00PM, Anderson Hospital, Maryville, IL, next to the cafeteria on Lower Level B, Classroom B. Contact: Diane Pisko at (618) 667-8781 or by e-mail at dbsamc@yahoo.com for more information.
- ◆ **DBSA of Southern IL:** Every Tuesday, 7:00PM, St. Elizabeth Hospital, 211 S. 3rd St., Belleville, IL, 7th Floor, Room 722. Contact: Tod Jurke (618) 567-0936.
- ◆ **DBSA of Hope - Belleville:** Every Saturday, 12:00PM and every Tuesday at 7:00PM, St. Elizabeth Hospital, 211 S. 3rd St., Belleville, IL, 7th Floor, Room 722. For more information contact: Tod Jurke at (618) 567-0986 or by e-mail at boeingme@yahoo.com or Lisa Wojick at (618) 409-7895.
- ◆ **DBSA of St. Clair County-Woman to Woman Support Group:** Every Thursday, 1:00PM, LINC Inc., #1 Emerald Terrace, Suite 200, Swansea, IL. Contact: Sheila Kraft at (618) 578-9200
- ◆ **“With Hope in Mind” Support Group:** for family members or caregivers; meets the 4th Tuesday of each month from 7:00-8:30PM at Christian Hospital Northeast (CNE), 11133 Dunn Road, St. Louis, MO, Room 2100. For more information contact Larry Daniels at (314) 830-4642 or (314) 660-9093.
- ◆ **GROW** meeting for individuals living with mental illness, every Wednesday, 7:00PM at St. Bartholomew’s Episcopal Church, 2167 Grand Ave, Granite City, IL 62040. Contact Sharon at (618) 977-1133.
- ◆ **GROW** meeting for individuals living with mental illness, every Thursday, 7:00PM at St. Elizabeth’s Hospital, 211 S. Third St., Room 729, Belleville, IL 62221. Contact Sharon at (618) 977-1133.
- ◆ **Karla Smith Foundation Support Group** for family and friends of anyone with mental illness: 1st & 3rd Thursday of each month, 7:00–8:30PM, Peace Chapel, 10101 W. Main St., Belleville. For more information call Tom or Fran Smith at (618) 624-5771 or send e-mail to kssf@karlasmithfoundation.org.
- ◆ **Belleville Location—Karla Smith Foundation Suicide Survivor Support Group:** 2nd & 4th Thursday of each month, 7:00 – 8:30PM, Peace Chapel, 10101 W. Main St., Belleville. For more information call Tom or Fran Smith at (618) 624-5771 or send e-mail to kssf@karlasmithfoundation.org.
- ◆ **Maryville Location—Karla Smith Foundation Suicide Survivor Support Group:** for family and friends of people who have died by suicide: 2nd and 4th Monday of each month, 7:00-8:30PM, Copper Creek Christian Church, 2184 Vadalabene Drive, Maryville. For more information, call Tom or Fran Smith at (618) 624-5771 or email them at kssf@karlasmithfoundation.org or Mary Rottman at (618) 410-4650.
- ◆ **Family Voices Parent Coalition:** for parents and caregivers is held on the first Tuesday of each month, 6:00-8:00PM at the Hope Church, 200 Dapron Drive, Belleville. Contact: Chris Hendrix at (618) 624-5771 or by e-mail Chris.Hendrix@karlasmithfoundation.org.
- ◆ **Friday Night Social:** for persons living with mental health conditions on the first Friday of each month from 6:30-9:30PM, May Building, 1701 Bryant Ave. Edwardsville, IL 62225. For more information contact Sacred Creations at sacred.creations@thebridge.to or (618) 792-2049.
- ◆ **R.E.S.T. (Resources, Education, Support, & Training) Parent Coalition** meets the 2nd Thursday of each month, 6:00-8:00PM at WellSpring Resources, 2615 Edwards St, Alton, IL. Contact: Patricia Williams (618) 462-2331, X-2234 or pwilliams@wellspringresources.co.

NOTE: The support group meetings listed above are not affiliated with NAMI SWI.

For questions about any of these meetings, please call or email the contact person for that particular meeting.



**Piecing It All Together
Conference**

Keynote: Ross Greene, Ph.D.

Kids Do Well If They Can: Collaborative Problem Solving (CPS)

Dr. Greene is an Associate Clinical Professor in the Department of Psychiatry at Harvard Medical School and the originator of Collaborative Problem Solving (CPS), an approach for helping children with social, emotional, and behavioral challenges. The model was first described in Dr. Greene’s book *The Explosive Child*. The CPS approach is best understood as behavioral issues being the by-product of lagging cognitive skills rather than the result of passive, permissive, or inconsistent parenting. An explosive child’s behavior is characterized by noncompliance, temper outbursts and verbal or physical aggression - which often leaves parents feeling frustrated, guilt-ridden, and overwhelmed.





... MARK RUDLOPH

What Kind of Baggage Comes With a Label?



People are people – they are not labels. Yet for years we have seen how people are referred to reflect the attitude of society. Read the “*Adventures of Tom Sawyer*” and you will know what I mean. Sometimes the word used is accurate but not appropriate in the context of time.

Consider individuals that happen to have Down Syndrome. This chromosomal disorder was also once called Mongolism, a term now considered pejorative. Most people today are comfortable with the term Down syndrome but did you know that it has its roots in racism? Let’s look at the back story. Down Syndrome was named after an English physician J. Langdon Down who described the condition in 1866. Dr. Down, in great error, attributed the condition to a "reversion" to the "mongoloid race." He held that evolution had been reversed and there had been a sort of backslide from the superior Caucasian to the inferior Oriental race. Hence, the name Down syndrome just smacks of racism. Dr. Down was a racist and was certainly not alone at that time in history. The word Down Syndrome it is in common use.

There is another word that is used often, especially in the world of mental health, and that word is “consumer”. The word is often used interchangeably with someone who happens to have a mental illness and has its roots in someone who uses or “consumes” mental health services. It implies a special relationship between the user and the provider. The implication is that one cannot exist without the other. In fact, it is a relationship of dependency.

Most of my career was in the developmental disabilities field. I am the father of an adult son that is blind and has mental retardation. Consumer is a word that has been used to describe him as well as patient, client, customer, or person served. The preferred word has shifted over time. Like Mongolism.

The National Alliance on Mental Illness has taken a step toward changing the use of consumer in NAMI’s vocabulary. In all of our just revised program manuals the term “consumer” has been replaced with the term “individual living with mental illness” or in some cases just “individual” unless the term is part of a proper name or a quote. The difference? The new descriptor does not imply that there is a relationship of dependency and that it is about being a person or individual.

Am I making a real stretch here and equating the dependency issue with the racism behind Down Syndrome and mongolism - or simply trying to illuminate why change can be murky. Change will come slowly and for all of us that have used the term for so long the new term will feel funny in our mouth. Remember, even after learning about Dr. Down the term Down Syndrome is still used. Will this be the same with consumer, or is the movement towards seeing people as people and not as labels a true culture shift? Subtle, accurate, and perhaps about time.

Let me leave with a story that my wife shared with me. My better 3/4ths is a career case manager for the Missouri Department of Mental Health. She tells me that there is a poster on the wall in her office that says “What do you call someone with a developmental disability”. The answer? “Friend”.

It is how we see ourselves and others that matters...

Mark Rudolph, Executive Director
NAMI Southwestern Illinois

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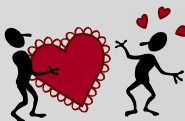
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Please support the advertisers in your newsletter and thank them for their continued support. Also special thanks to Chestnut Health System in Granite City and WellSpring Resources in Alton for printing this newsletter as a service to NAMI SWI.

Oops! No Post Cards with Bi-Monthly Newsletter

by Sandy Giger, Editor

Starting with this issue, the NAMI Southwestern IL newsletter will become a bi-monthly edition. Consequently, our next issue will be in April 2012.

In last month's newsletter I said that you would receive a postcard on the odd months when we do not have an actual newsletter. When my husband and I first joined NAMI in the mid 90s, this is how things were done then. You'd receive a newsletter one month and the next month a reminder post card. It worked very well back then but... we had only **one meeting at one location**. Last week I tried to figure out a good date to mail the post card and realized that there just **wasn't** a good date. Since we now have ten, and sometimes eleven, meetings each month in seven different locations, I realized the post card idea just wasn't feasible.

Here's what I decided to do instead. On the back page of each bi-monthly newsletter, I will have a calendar section with the dates of meetings/events for two months until the next newsletter. So you can either hang on to the entire newsletter after you finish reading it or just tear off the back page to keep with the reminder dates till you receive your next newsletter.

You're probably getting tired of hearing about the electronic newsletter...but for our snail mail readers who have computers, we're still hoping that you will just try the electronic newsletter. By receiving your newsletter via e-mail, you would be helping save postage for our affiliate. A few more advantages to the electronic newsletter is that whenever there's an email address or link within a link, you can just click either and go directly to that website or email. And it's in **COLOR** too!!!!

E-mail the office telling them you would like to try the electronic newsletter for a few months or so. If you don't like it, you can always go back to the mailed version.

Please continue to email your article(s) to me at skgiger@hotmail.com by the 15th of the month prior to the newsletter month. If you have any questions, you can just call me at (618) 644-5705.

Upon His Death, Reflections on Ricky Wyatt's Life

The man whose involuntary hospitalization as a teenager was an impetus for emptying America's state mental hospitals has died at the age of 57 in Alabama.

Ricky Wyatt was 15 years old and without a mental health diagnosis when he became the plaintiff in a federal lawsuit stemming from warehousing of patients at Bryce Hospital in Tuscaloosa, Alabama. An aunt had dropped Wyatt off at the hospital "because



he was troublesome in school," according to reports of his death ("**Tuscaloosa man whose case changed mental health care in US has died**," Tuscaloosa News, Nov. 3). Over the next 30 years, a class action lawsuit that grew from his complaint produced court-ordered agreements that reshaped mental illness treatment nationwide.

The tragic irony of the case that became **Wyatt v. Stickney** is that, in fighting the good fight against deplorable conditions, Ricky Weeks sparked a movement that led to a whole new set of them. Thankfully, no longer does our society support the warehousing of people with real or alleged mental illnesses in squalid hospitals where they receive no treatment. Tragically, we instead warehouse them in jails and prisons, leave them to forage for food and shelter on the streets, strand them in ERs because there no longer are hospital beds for them, and abandon them to the dark maze of their own untreated psychosis.

Today, we find it despicable and unforgiveable that a child could be thrown into a psychiatric hospital because he was "troublesome" and housed in sordid conditions where neither he nor diagnosed patients receive appropriate treatment and care.

Let's hope someday soon it's equally despicable and unforgiveable to abandon millions of people with treatable brain diseases to the equally inhumane "new warehousing" that replaced state hospitals in the wake of Wyatt's case.

That's the purpose of Treatment Advocacy Center (TAC). See TAC's **Results** to learn what else they have done to fight the effects of deinstitutionalization on those too ill to seek or receive treatment for severe mental illness.

(Source: TAC Website:

www.treatmentadvocacycenter.org)

Connect with NAMI SWI:



Website



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If you're reading the newsletter electronically, just click on any button & you'll be taken right there.

NAMI Southwestern Illinois Project Leaders

Alice Adcock.....	Family to Family Chair and Director
Sandy Crawford.....	School Liaison, Secretary and Executive Committee
Mary Gauen.....	Webmaster
Mint Green.....	NAMI Southwestern IL Llama Artist
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Gail Shaw.....	Holiday Chairperson, Volunteer Chair and Director
Bev Watkins.....	Policy & Procedure Chair and Director

If you have a passion for one of these projects, please contact the NAMI SWI Office at (618) 798-9788.

BUSINESS MEETING

Second Tuesday of each month at Gateway Regional Medical Center in the Pascal Hall Conference Room from 7:00PM to 8:30PM. All Members and Advocates are welcome & encouraged to attend. If you have questions or have an item to put on the agenda, please call the NAMI Office at 618-798-9788. **Next meetings ... February 14 and March 13.**



Call the NAMI Office to have a membership form sent to you or download one from our website:

<http://namiswi.org/namiswiMembershipAPP.pdf>

Bi-Monthly Newsletter Reminder

The next issue of the NAMI SWI bi-monthly newsletter will be in April 2012. Please e-mail your article to Sandy at skgiger@hotmail.com on or before, but not later than, March 15, 2012.

Don't throw this newsletter away after reading. The last page has calendar section for both February & March.



Piecing It All Together Conference

How Children's Mental Health/Mental Illness Affects Home, School & Community

March 9, 2012 at SIUE

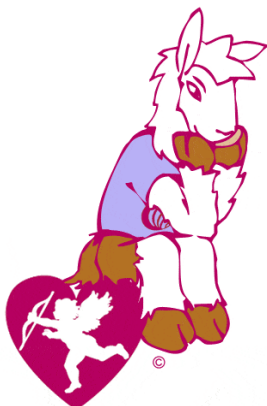
REGISTRATION will be on a first-come first-served basis. Your e-mail confirmation will include directions to SIUE Morris University Center and will serve as your admittance to the parking area. Avoid late fees by registering before 2/15/12. Lunch is provided. Fees are non-refundable.

FEE: Family of a child with a mental health or developmental concerns is \$50*per person.

FEE: Professional's Registration before 2/15/12 is \$100 per person; **after 2/15/12** fee is \$125 per person.

QUESTIONS? Send an e-mail to NAMI IL at namii@sbcglobal.net or call the NAMI IL Office at (217) 522-1403.

CLICK here to print a registration form: <http://il.nami.org/piat.htm>.



S.D. Professor Strives to Improve Rural Health

*Fellowship program works
to create leaders in rural America*



A South Dakota professor hopes to be a voice for South Dakota in addressing rural health care needs at a national level.

Jarod Giger, Assistant Professor and Interim Chair of the Social Work Department at the University of South Dakota, was one of 13 people selected across the nation for the National

Rural Health Association's (NRHA's) Rural Health Fellows Program of 2012. Received were about 40 applications for the 2012 fellowship. This is a year-long intensive program that aims to develop leaders for health care in rural America.

"What I hope to do is just have an impact on the discussion at a federal, state and local level in terms of health care needs of rural individuals in rural states," Giger said. "Issues that individuals in rural states and communities have are very unique, and I oftentimes don't think those voices are heard, so I hope to give a voice ... to make sure those needs are being met."

Gaby Boscan, program services manager for the NRHA in Washington, D.C., said, "The program began in 2007 in hopes to get people more aware of what's available for them ... the biggest problem is we need to inform our leaders of what the issues are and we're hoping through this program we get people more involved and educate members of Congress on what issues are and how to better improve access to care".

Giger said the myriad issues regarding rural health care include: access to care, availability of practitioners and transportation issues related to getting to and from appointments in rural areas.

Patrick Cross, assistant professor of physical therapy at USD, graduated from the Rural Health Fellows program in 2011 and said it taught him how to be a leader within rural health and that he's able to pass the knowledge he gained onto his students regularly, both as a public speaker on campus and on an individual basis.

Michael Lawler, dean of the School of Health Sciences, University of South Dakota, said it's an honor to have two professors within the same school receive the fellowship. "It is pretty remarkable ... They work with each other and are good colleagues and their energy and experiences will contribute to each other's development," he said.

Lawler said scholars like Giger and Cross are able to teach and work with various communities, determine the needs of those communities and bring it back to USD to help educate hundreds of new professionals to work in rural areas.

Jarod is the son of NAMI SWI members Tom & Sandy Giger and brother to NAMI SWI Member, Grady Giger.

Jarod is a past member of NAMI Madison County, was on the Board of Directors of NAMI IL, and in 1998, along with his parents, was in the first Family-to-Family class offered to NAMI Madison County members. Presently he is a member of NAMI SD and NAMI Sioux Falls.

(Portions of this article were written by Sarah Reinecke, writer for the Argus Leader)

New Homeless Definition

On December 5, 2011, HUD published the **final rule** on the Definition of Homeless in the Federal Register. As this is the final rule, there is not a further comment period for the definition of homeless. The final rule on the Definition of Homeless went into effect on January 4, 2012.

Who Does This New Rule Apply To?

The rule applies to programs funded by HUD differently depending on the type of program (formula or competitive) and, for competitive programs, when your operating year begins. The final rule applies to:

1. All recipients of Emergency Solutions Grants (ESG) program funds.
2. All recipients of SHP and S+C funding awarded through the FY 2011 CoC Competition at the point that their renewal award takes effect. For example, a project with a start date of May 1 would be subject to the new definition regulation on May 1 when their 2011 renewal grant agreement takes effect.
3. This definition does not apply to HPRP programs or competitive projects that did not renew in the 2011 Continuum of Care competition.

How Does the Rule Define Homelessness?

The final rule on the Definition of Homeless establishes four categories under which an individual or family may qualify as homeless. The categories are:

1. Literally homeless – An individual or family who lacks a fixed, regular and adequate nighttime residence, meaning the individual or family has a primary nighttime residence that is a public or private place not meant for human habitation or is living in a publicly or privately operated shelter designed to provide temporary living arrangements. This category also includes individuals who are exiting an institution where he or she resided for 90 days or less who resided in an emergency shelter or place not meant for human habitation immediately prior to entry into the institution.
2. Imminent Risk of Homelessness – an individual or family who will imminently lose (within 14 days) their primary nighttime residence provided that no subsequent residence has been identified and the individual or family lacks the resources or support networks needed to obtain other permanent housing.

**(Continued on Page 11,
see "New Homeless Definition")**

Recovery Connections Outreach

by Tom Giger

While attending the NAMI National Convention in Chicago in July 2011, former NAMI SWI President Pat Rudloff attended a workshop conducted by NAMI DuPage in IL on their "DreamTeam," a program for family and persons living with mental illness to be actively involved with hospital behavioral health departments. She brought back from the convention a complete toolkit from NAMI DuPage showing how an affiliate can get this program going in their area. DuPage has this program in five hospitals out of six in their region. Shortly after returning from the convention Pat Rudloff met with NAMI SWI President Rob Roennigke, Executive Director Mark Rudolph, and Tom Giger to discuss and suggest the possibility of our collaborating with local hospitals to implement Recovery Connections". After much discussion an agreement was put together which directed Jim Isaac and Tom Giger to work with the management staff of the Behavioral Health Department at Gateway Regional Medical Center as a test pilot.

Rudloff says,

"I would love for every NAMI member to have a chance to study this. It is a wonderful program. I feel it is a must for us to follow up on.... starting with Gateway and going from there".

The Phase I objective was to start the process of implementing the President's New Freedom Commission Report. Transforming Mental Healthcare in America and laying the foundation that individuals living with mental illness, as well as family advocates, promote recovery and add an extra layer of care before, during, and after a psychiatric admission.

As part of this project in order to supplement our local brochures and booklets, it was agreed that we would purchase a quantity of "Hospital Recovery Connections" booklets which would be a guide for caregivers/individuals living with mental illness that outlines what to expect at admission, during the stay, and after discharge from the Behavioral Health Center at Gateway. This booklet, developed by NAMI DuPage County as part of their implementation plan, is being purchased by NAMI SWI through the NAMI IL website at \$1.05 each.

For Phase II, we are presently testing different days of the week/weekend during visiting hours, to see which day would be the most productive in interfacing with family and/or friends that come to visit a loved one who has been admitted to the Behavioral Health Center at Gateway.

We will update you as the project progresses.

What is Recovery?

The following definition of "Recovery" was found in the NAMI DuPage Toolkit for their Hospital Outreach Program and is a quote by William Anthony, Director of the Boston Center for Psychiatric Rehabilitation:

"A way of living a satisfying, hopeful, and contributing life even with limitations caused by the illness. Recovery involves the development of new meaning and purpose in one's life as one grows beyond the catastrophic effects of mental illness."

What Does "Recovery" Mean to You?

Does "Recovery" regarding mental illness have a special meaning to you? If you would like to submit your own interpretation of "Recovery", e-mail skgiger@hotmail.com with your definition **before March 15th**. All definitions and names will be included in the April newsletter.

New Homeless Definition (Continued from Page 10)

3. Homeless under other Federal Statutes – unaccompanied youth (under 25) or families with children and youth who do not otherwise qualify as homeless under this definition and are defined as homeless under another federal statute, have not had permanent housing during the past 60 days, have experience persistent instability, and can be expected to continue in such status for an extended period of time.
4. Fleeing/Attempting to Flee DV – any individual or family who is fleeing, or attempting to flee, domestic violence, dating violence, sexual assault, or stalking.

Any questions or for more information, please contact David Harrison, Madison County Continuum of Care (CoC) Coordinator, at 618-692-8940.





Keep This Calendar Until Next Newsletter Comes Out in April.

February 2012 — March 2012

- Granite City, Support Meeting, GRMC, Pascal Hall,Feb 7
Troy, Support Meeting, St. Paul's Lutheran Church, 106 N. Border St.....Feb 7
Connections, Chestnut Health Systems, 12 N. 64th St, Belleville.....Feb 8
Business Meeting at Gateway Regional Medical Center, Pascal Hall, Granite City.....Feb 14
Connections, Chestnut Health Systems, 12 N. 64th St, Belleville.....Feb 15
Belleville, Support Meeting, SWIC/PSOP Building, 201 N. Church St, Room 204.....Feb 21
Litchfield, Support Meeting, Family Members/Consumers, Christian Church 131 Yaeger Lake Trail.....Feb 21
Connections, Chestnut Health Systems, 12 N. 64th St, BellevilleFeb 22
Edwardsville, Support Meeting, 1st Baptist Church, 534 St. Louis St.Feb 28
Connections, Chestnut Health Systems, 12 N. 64th St, Belleville.....Feb 29
Granite City, Support Meeting, GRMC, Pascal Hall,Mar 6
Troy, Support Meeting, St. Paul's Lutheran Church, 106 N. Border St.....Mar 6
Connections, Chestnut Health Systems, 12 N. 64th St, Belleville.....Mar 7
Piecing It All Together Conference, SIU, Edwardsville.....Mar 9
Business Meeting at Gateway Regional Medical Center, Pascal Hall, Granite City.....Mar 13
Connections, Chestnut Health Systems, 12 N. 64th St, Belleville.....Mar 14
Belleville, Support Meeting, SWIC/PSOP Building 201 N. Church St, Room 204.....Mar 20
Litchfield, Support Meeting, Christian Church 131 Yaeger Lake Trail.....Mar 20
Connections, Chestnut Health Systems, 12 N. 64th St, BellevilleMar 21
Edwardsville, Support Meeting, 1st Baptist Church, 534 St. Louis St.Mar 27
Connections, Chestnut Health Systems, 12 N. 64th St, Belleville.....Mar 28

For more information, times and contact names & numbers for above meetings, see page 4.

NAMI Southwestern IL
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Granite City, IL 62040

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