



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



January 2012

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Mark Rudolph

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.



Challenge Unlimited, Inc. is a local Community Rehabilitation Agency that has offices in St. Clair and Madison Counties. Incorporated over 50 years ago, Challenge Unlimited's mission is to provide opportunities for people with disabilities to live, work and participate in the community. Services provided by Challenge Unlimited employment services, developmental training services and residential services. Work related services are provided to persons motivated to work with documented diagnoses.

For more than 50 years, Challenge Unlimited, Inc., formerly known as Specialized Services, has been committed to the inclusion of individuals with disabilities into mainstream society by assisting them to obtain their highest level of independence.

As a CARF-accredited Community Rehabilitation Program (CRP) provider, the organization serves hundreds of individuals through its community rehabilitation programs, community-integrated living options, and contract services.

Headquartered in Alton IL, Challenge Unlimited, Inc. and affiliate companies Residential Options, Inc., and Alpha Industries have become a multi-tiered organization. Known for quality care, Challenge Unlimited has earned a respected reputation for providing a full range of support services and has achieved excellence as a social entrepreneurial organization. Challenge Unlimited is a partner of choice for individuals with disabilities and businesses throughout Illinois, Missouri, and Wisconsin.

CEO Tom Moehn's vision: Challenge Unlimited, Inc. is a community rehabilitation company that is mission- and business-focused, where person's (receiving services) and customer's needs, wants, and expectations, drive employees to attain positive outcomes.

A wide range of services, supports, and opportunities are provided by the Community Rehabilitation Department. Individuals with a documented disability and the desire to work in the community bring specific skills to be matched with an employer's needs.

Dedicated Community Rehabilitation staff work to ensure the success of each individual receiving services through a customized approach to supports and services. Employers have confidence in

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~ 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.)



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.

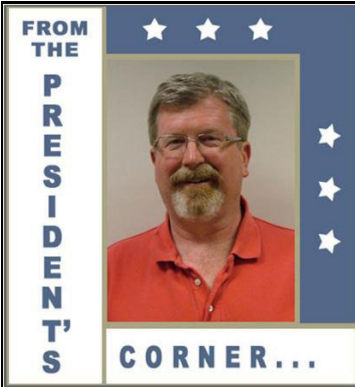
NAMI SWI is a 501(c)3 non-profit, self-help, volunteer organization dedicated to improving quality of life for people with mental illness and their families.



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.



...Rob Roennigke, President

The Holiday party was a hoot! It's hard to beat the combination of good friends and good food.

NAMI SWI is now an official member of Illinois' Mental Health Summit, a state-wide legislative advocacy group headed up by a University of Chicago law professor, Mark Heyrman. NAMI Illinois and several NAMI Chicago-area affiliates are also members. Mark Rudolph represents us on regularly scheduled conference calls. Please let Mark know if you have a legislative issue that needs to be addressed.

We had a special board meeting on Monday, December 12th to discuss plans to make up for the unexpected \$15,000 reduction in United Way funding. We plan to devote much of our January board meeting discussing and deciding on those plans – don't miss this meeting on January 10th. It will be the start of a crucial year for NAMI SWI.

Another item for our January Board meeting will be a presentation from Peter Dodge, a semi-retired attorney, US Army veteran (SE Asia, 1968-71) and member of the Ann Arbor Michigan NAMI affiliate. Mark and I recently had lunch with Peter to discuss the need for a mental health outreach program directed to veterans and family members in the vicinity of Scott Air Force base. Peter will discuss the concept of veteran and veteran family outreach activities with the Board and will seek Board input and authorization before taking next steps.



(Challenge Unlimited, Continued from Page 1)

knowing that they are provided with quality candidates. Services and supports include: * Intake / Recruitment * Transition Services * Placement Services * Supported Employment * Employment Enhancement * Ticket-to-Work.

Since 1978, Challenge Unlimited has provided award-winning facility maintenance and base operation contract services to federal, state, and commercial sites. The Contract Services Division is an integral part of the organization's fiscal stability. The division helps support Challenge's mission while providing work-related opportunities to individuals with disabilities.

As a proud member of the NISH AbilityOne Network, Challenge Unlimited has become a recognized leader in the following industries: * Custodial Services * Recycling * Food Service * Mailroom Services * Grounds Maintenance.

Challenge Unlimited has sought employment opportunities to provide more accessible employment opportunities in the community. Locally, job sites and jobs we provide are: mail room services at SIU-Edwardsville and Conoco Phillips; Service contracts at Scott Air Force Base; Assembly/packing contracts in Alton and Swansea; Warehouse work at U.S.D.A; Custodial work at General Services Administration in Alton, Springfield and St. Louis.

Federal jobs wages are based on the federal wage rates and all federal jobs have benefits including: medical/dental/vision insurance, paid vacation after 1 year, short term disability, paid holidays, uniforms etc. Full and part time openings are available. Many jobs require that applicant's criminal background check.

Current job openings with Challenge Unlimited are listed and updated weekly at www.cuinc.org. Current Job openings include: cashier, deli, food service workers, custodial workers, grounds/snow removal; Commissary shelf stockers.

How you can apply for services or jobs: complete online application at www.cuinc.org or contact Dale Sheets/ Director of Employment Services at (618) 465-0044 ext. 2001 or Darlene Ladd/ Intake Director at (618) 465 0044 ext. 2002.

If you would like more information about the services offered and/or job openings at Challenge Unlimited visit our web site.



SUPPORT GROUP

NAMI Southwestern Illinois



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

SUPPORT MEETING LOCATIONS, TIMES, & CONTACT INFORMATION

◆ **BELLEVILLE**

Third Tuesday of each month, a support group for **Family Members and Consumers** at Hope Church, 200 Dapron Drive, Belleville, IL 62226 (across the street from Memorial Hospital near intersection of Dapron Drive and Frank Scott Parkway), 7:00PM - 8:30PM. Contact Pat Rudloff at 618-656-6781.

New — see article below

◆ **BELLEVILLE**

Every Wednesday, a NAMI Connections Recovery Support Group for **consumers** at Chestnut Health Systems, 12 N. 64th Street in Belleville, IL 62223, from 5:00PM-6:30PM. 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** at First Baptist Church, 534 St. Louis St., Edwardsville, IL 62025; use church parking lot entrance, 7:00 - 8:30PM. Contact Pat Rudloff at 618-656-6781.

◆ **GRANITE CITY**

First Tuesday of each month, **Family Members and Consumer** Support Group in 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 Consumers** at 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 at 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.



New "Connections" Support Group Started in St. Clair County

NAMI SWI announces a new Connections Recovery Support Group program for individuals living with mental illness. This support group meets every Wednesday from 5:00PM-6:30PM at Chestnut Health Systems, 12 N. 64th Street in Belleville, IL 62223.

For more information call either facilitator, Geri at (618) 641-1962 or Sheila at (618) 578-9200.

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 consumers, 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 consumers,, 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 kfsf@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 kfsf@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 kfsf@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.

New contact & location

New # & contact

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.

SWAP

by Pat Rudloff

On Wednesday, November 29th, Sandy Bonfiglio, Holiday Shores, hosted a SWAP -- Socializing With A Purpose-- luncheon at her home to benefit NAMI SWI. SWAP members and guests pay \$10 to attend monthly events in each other's homes and the hostess chooses a charity to benefit. Pat Rudloff was invited to speak to the group about NAMI and at the conclusion of the meeting was given \$240 for NAMI SWI!

Sandy is the mother of NAMI member Sonia Schultz who passed away earlier this year. Sandy and Nancy Darnell founded SWAP three years ago. In December 2010 Sandy hosted a meeting at her home which benefitted Sacred Creations, another charity well-known to many NAMI members. Additionally, these monthly events have benefitted Smile Train, the Red Cross, Foundation for Autism Services and the Gardens at SIUE. For more information about SWAP, please call Sandy, 618-656-3297.

Thank you, Sandy for selecting NAMI SWI as the beneficiary of the November SWAP meeting.

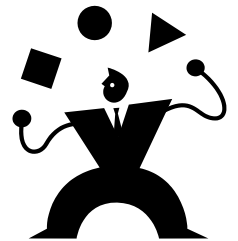


HAPPY NEW YEAR ... MARK RUDLOPH

Priorities and Resolutions

The word January comes from the Roman God Janus which in Latin means “doorway”. Very appropriate as January is a month where we make New Year’s resolutions and set priorities that frame the doorway for the coming year. Resolve means to decide, change, cause, or solve. Likewise prioritize means to set out the order of what should come next. Put the two words together and the doorway, January, is here so what should we do with it first?

We have choices to make on an individual level and as a mental health organization. On the individual level, I resolve that I WILL lose those pesky 10 pounds by March. On a NAMI Southwestern Illinois level, raising operating funds is a priority. We need to continue our efforts to raise money so we can grow programs. The two are irrevocably linked. Please join us in that effort.



Commercial over! Now let’s look at what that doorway question means to the mental health community. The NAMI state organization and the Mental Health Summit group set agendas for the year. Appropriately enough NAMI’s is focused on the critical work they do legislatively and based on recent decisions in Springfield their efforts made a real difference. The Mental Health Summit is a loosely organized and democratic group of interested persons and organizations that have a legislative agenda as well but also a broader focus to their “doorway”. Here are some of the items that lie on the other side. Some are paraphrased for space.

- ✓ Monitor Medicaid and managed care. This is especially important when it comes to access to psychotropic medications.
- ✓ Use lawsuits such as of Williams v Quinn and Colbert v. Quinn to insure adequate community mental health services.
- ✓ Watch that should the state realize any savings by closing any mental health facilities that those dollars remain in the mental health system and are not siphoned off to other state deficits.
- ✓ Reduce regulatory redundancies and enhance system efficiencies
- ✓ Advocate for all teachers to have some coursework or training in basic mental illness awareness.
- ✓ Increase supportive housing options and vocational opportunities.
- ✓ Explore care alternatives, like the “Living Room” model that are more effective and cost less than emergency rooms, jails, and in-patient options.
- ✓ Enhance outcome-informed recovery services.
- ✓ Better mental health care for all age specific segments (children, adolescents, young adults and seniors through improved early identification and treatment. and screening. Improve all age-specific care (young adults, seniors)
- ✓ Continue Stigma-busting efforts.

Lose those ten pounds and DO make a donation to NAMI Southwestern Illinois but don’t forget the important issues: **January, the door, is open. When you walk through it will you have resolved to have any of the items above as one of your priorities?**

Mark Rudolph

Mark Rudolph, Executive Director
NAMI Southwestern Illinois



Thank you...Chestnut Health Systems in Granite City and WellSpring Resources in Alton who alternate printing this newsletter as a service to NAMI SWI.

BHA
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Wellness Recovery Action Plan (WRAP)

WRAP® is a self-management and recovery system developed by a group of people who had mental health difficulties and who were struggling to incorporate wellness tools and strategies into their lives.

WRAP is designed to:

- Decrease and prevent intrusive or troubling feelings and behaviors
- Increase personal empowerment
- Improve quality of life
- Assist people in achieving their own life goals and dreams.

WRAP is a structured system to monitor uncomfortable and distressing feelings and behaviors and through planned responses, reducing modifying or eliminating them. It also includes plans for responses from others when you cannot make decisions, take care of yourself or keep yourself safe.

Who Is WRAP for?

- Anyone who wants to create positive change in the way they feel, or increase their enjoyment in life.
- Anything from deep sadness, arthritis, hearing voices, diabetes to “burn out.”

The next WRAP orientation date is Monday, January 9, 2012, from 6:00-7:00PM at 1901 Lebanon Ave. Belleville, IL 62221. For more information and to RSVP, please contact Melody Corbin at (314) 282-5137 or by email at mel.corbin1@gmail.com.



NAMI SWI Holiday Party

by Gail Shaw



Thank you to all who made it out to our annual holiday party/new membership drive. Everyone enjoyed themselves. It was great to see the attendees mingling and getting to know new people. Fifty attendees showed up for an evening filled with fun, food, and music at the Camelot Bowl in Collinsville, IL. We stuffed ourselves on fried chicken, rigatoni, and salad from the local Ravanelli's Restaurant. It appeared the cheese cake also went over well.

Bev Watkins led an ice breaker which helped us to get to know each other. There was a 50/50 drawing with one lucky winner, Christine Arnold, taking home \$34.00. Some other lucky attendees went home with the table's centerpiece, a poinsettia. Each attendee received a mug with the NAMI name and logo on it.



Wake Up With WellSpring Resources



Care to make a difference in our community? Join us for coffee – learn about the concept of mental health wellness, our work, how we change lives and help people grow, and how you can help. A light breakfast will be provided.

Alton Location: Tuesday, January 10, 2012, 8:00-9:00AM at 2615 Edwards Street in Alton, IL 62002.

Jerseyville Location: Wednesday, January 18, 2012, 8:00-9:00AM at 220 East County Road in Jerseyville, IL 62052.

Please call Kelly Medlin to RSVP at (618) 462-2331.



NAMI Basics is Coming in January!

NAMI (National Alliance on Mental Illness) Southwestern Illinois will sponsor the NAMI Basics Education Program, specifically for parents and other caregivers of children and adolescents with mental illness. The 6 week series of classes will begin in January on a Sunday from 1:30 pm to 4:00 pm. We will be running two classes - one in Madison County and for the first time ever, we will hold Basic classes in St. Clair County.

The course will cover information about ADHD, Major Depression, Bipolar Disorder, Conduct Disorder, Oppositional Defiant Disorder, Anxiety Disorders, Obsessive Compulsive Disorders, Schizophrenia and Substance Abuse Disorders; coping skills such as handling crisis and relapse; basic information about medication use in the treatment of mental illness in children; listening and communication techniques; problem solving skills; and an overview of the mental health and school systems' roles in treating children with mental illness.

The curriculum was written by an experienced family member mental health professional. The course will be taught by two volunteers who are parents of individuals who developed mental illness as children. These volunteers have taken an extensive training as course instructors. The co-teachers for this class will be Mary Ann Miller and Jane Roennigke.

“This course is a wonderful experience!” says instructor, Mary Ann. “It balances basic psycho education and skill training with emotional support, self-care and empowerment. We hope parents and other caregivers of children and adolescents with mental illness will take advantage of this unique opportunity.”

For more information or to register for this class, please call the NAMI SWI office at (618) 798-9788.

NAMI Southwestern Illinois Project Leaders

Alice Adcock.....	Family to Family Chair and Director
Sandy Crawford.....	School Liaison, Secretary and Executive Committee
Mary Gauen.....	Webmaster Chair
Mint Green.....	NAMI Southwestern IL Llama Artist
Lynn Glauber.....	Treasurer and Executive Committee
Steve Glauber.....	Bylaws Committee, Fund Raising Chair and Executive Committee
Sandy Giger.....	Newsletter Editor/Chair
Tom Giger.....	Resource Guide Chair and Past President
Gail Shaw.....	Vice President and Executive Committee
Jim Isaac.....	Professional Outreach Chair and Director
Tom Johnson.....	CIT Liaison
Carol Morrow.....	Newsletter Mailing
Amy Parent.....	Membership Project Chair
Lynn Piggott.....	Newsletter Mailing
Jane Roennigke.....	Walk Chair & Basics Chair
Rob Roennigke.....	President and Executive Committee
Pat Rudloff.....	Support Groups Chair and Past President
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 at 7:00PM. 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 meeting ... January 10, 2012.**

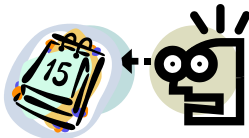


Call the NAMI Office to have a membership form sent to you or download one from our website:

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

DEADLINE ...

...for the **February 2012** issue of NAMI SWI newsletter is **January 15, 2012**. Please e-mail your article to Sandy at skgiger@hotmail.com on or before due date.



I'm just sitting here contemplating how I can be a more active member in 2012. Have you made your New Year's resolution yet?

NOTE

Bi-Monthly Newsletter Starting with the February Issue

Starting with the February 2012 issue, the NAMI Southwestern IL newsletter will become a bi-monthly edition. Consequently, our next issue after the February newsletter will be in April 2012. In the odd months, like March, we will be sending out post cards with meeting reminder dates and a calendar section with upcoming events to all who now receive their newsletter thru the mail. If you receive your newsletter electronically now, you will receive an e-mail with the same information that is on the post cards.

If you have internet but still receive the mailed version, we would like for you to try the **color** version by email. This would help with the expense of the postage for our affiliate. There are many advantages besides the newsletter being in color and saving postage. Whenever there's an email address or link, you can just click either and go directly to that website or email.

The deadline for newsletter articles will not change at this time. Continue to email your article(s) to Sandy Giger at skgiger@hotmail.com by the 15th of the month prior to the newsletter month. Any questions, call Sandy at (618) 644-5705.

Find More Information about NAMI SWI by Clicking:



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The newsletter editor and her team along with the webmaster would like to wish each of our readers a very prosperous 2012.



Kudos...

- ...to Gail Shaw and her committee of Jim Isaac, Bev Watkins, and Amy Parent who put together a wonderful and enjoyable Christmas Party;
- ...to Geri and Sheila who are facilitating a new NAMI Connections Meeting in Belleville;
- ...to all our volunteers who facilitate support meetings;
- ...to office volunteer Tom Giger & Jim Isaac who are working with Gateway and putting together a hospital kit for NAMI SWI; and
- ...to Mark Rudolph for all his visits to mental health providers/businesses within the 12 counties of NAMI SWI.



Kudo
Korner

Thanks for all you do!!

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Granite City, IL 62040

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