



NAMI Southwestern IL

* SUPPORT * EDUCATION * ADVOCACY * RESEARCH *

National Alliance on Mental Illness

Website: <http://madisoncty.nami.org>

June 2010

NAMI Office Phone: 618-798-9788

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Mark Rudolph

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INTRODUCING...

...NAMI SWI Executive Director,
MARK RUDOLPH!



I am so pleased to have been selected as NAMI Southwestern IL's (formerly NAMI Madison County) first Executive Director! It is a wonderful opportunity to help with an organization that truly exemplifies what it means to be a "Grassroots" organization through dependence on the faithfulness and dedication of our many, many volunteers.

My first priority is to schedule a sit-and-chat with each member of the Board of Directors and each Project Leader, so please expect a call or feel free to call me. I have a lot to learn! My role is to support and not supplant each of you in the vital work that you already are doing and to begin addressing the goals identified in our new Strategic Plan. The plan is our roadmap to the future. I very much subscribe to the proverb "that they who do not know where they are going are sure to end up there". With our Strategic Plan we know where we want to go and together we will!

Personal background: I live in St. Charles, Missouri with my wife Lorri and a goofy chocolate lab named Joy. Lorri is a Case Manager for the Missouri Department of Mental Health. Our combined family includes my son, Sheldon, and Lorri's three children, Mannie, Mariel, and Max. Sheldon has developmental disabilities and lives in a Supported Living Arrangement with a roommate. Mannie is in heating and cooling school and Max and Mariel live in Texas. Our two beautiful grandchildren are Darren and Lacey. Lorri and I enjoy traveling whenever we can. I like to read but confess to sticking to mystery and suspense books – nothing too highbrow! I volunteer on a library foundation, the board of a credit union, and am active in my church. I am also a rabid Cardinal fan and will talk baseball anytime.

Professional Background: I was in the insurance business for 10 years prior to entering the developmental disabilities arena first as a volunteer on an agency's board of directors before becoming a non-profit manager in 1992. I have a Bachelors degree from Lindenwood University in Valuation Science and a Masters from UMSL in Public Policy Administration with a graduate certificate in Non-Profit Management.

I look forward to getting to know everyone and becoming a contributing member of the NAMI team!

Mark Rudolph

CRISIS HOTLINE NUMBERS

Northern Madison County

Community Counseling Center
 Crisis Hotline **(618) 465-4388**

Southern Madison County

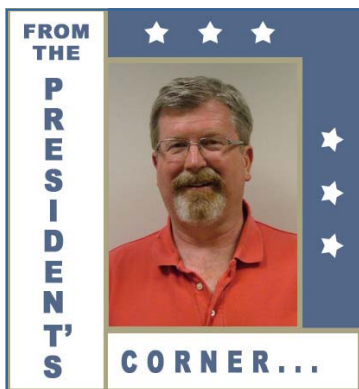
Chestnut Health Systems
 Crisis Hotline **(618) 877-0316**

Jersey County Greene County Calhoun County

Tri-County Counseling Center
 Crisis Hotline **(618) 498-6881**

St. Clair County

Call For Help
 Crisis Hotline **(618) 397-0963**



...Rob Roennigke

NAMI SWI Executive Director, Mark Rudolph, and I got a tour of a Gateway Regional Behavioral Health Unit this week when we attended the NAMI/Gateway Open house. The Open House was great: good food, good networking and a big thank you to Rita Watters and Jim Isaac for a great time.

During our tour of the unit, Mark and I asked why it was empty. It had been recently remodeled and looked great but no one was there. The RN said that this unit was used for people that had no money and weren't signed up with Medicaid. But now that funding had been cut, they could no longer offer services. Now these individuals have nowhere to go. Oh yeah, I forget, they can always live on the streets and eat out of dumpsters. The RN said that sooner or later all these people will cause trouble in the community and as a result, funding will get restored. I agreed but I neglected to make the point that until then, most of these people will become victims themselves. They won't cause problems in the community; they will just suffer unattended and alone. And what can NAMI do about this?

NAMI members that are reading this need can show up at our next business meeting; 2nd Tuesday of each month at the Gateway Regional meeting room next to the cafeteria (7:00PM). Show up, participate and volunteer. You are doing okay if you are reading this newsletter. However there are many out there that aren't doing okay that need our help. They need **your** help.

Support & Programs

Learn more about the full spectrum of programs and services that NAMI provides across the country for people whose lives have been affected by serious mental illness.

Find the support you need:

- State and Local NAMIs
NAMI's 1,200 affiliate organizations provide local services, support and other opportunities for consumers and their families.
- Education, Training and Peer Support Center
NAMI offers an array of education and training programs and services for consumers, family members, providers and the general public. These include Family-to-Family, Peer-to-Peer, NAMI Support

Group, In Our Own Voice and more.

- Consumer Support
NAMI empowers and educates mental health consumers to address their issues around care, treatment, services, mutual support and consumer rights.
- Child and Adolescent Action Center
Families know all too well that the system is failing children and adolescents with mental illnesses. NAMI created the Child & Adolescent Action Center in response to this crisis, to focus attention on systems reform and to help and support families.

Continued on Page 9, See Support & Programs



NAMI Southwestern IL Office

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

E-mail: namimadisoncty@sbcglobal.net

Phone: 618-798-9788
Fax: 866-332-5338

Website: <http://madisoncty.nami.org>

NAMI Experience the Revolution

★ ★ ★ ★ ★ **JOIN TODAY!**

Call the NAMI Office at 618-798-9788 to have a membership form sent to you or download one from our website by clicking here:

http://madisoncty.nami.org/nami_membership_form12d.pdf



NAMI Southwestern IL Support Meetings:
See various locations and times to fit your schedule on the back page of this newsletter.



OTHER LOCAL SUPPORT MEETINGS

The meetings listed below are support group meetings not affiliated with NAMI SWI.

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 Support Group: 3rd Saturday of each month, 10:00AM, St. John's Mercy Medical Center, McAuley Room South, 615 S. New Ballas Rd., Von Gontard Conference Center. Speakers start at 10:00AM and support groups meet from 11:00AM till noon. For more information, call 314-842-7228, ext. 3.

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: Lori Arterburn (618) 531-0917.

DBSA of Belleville: Every Saturday, 12:00PM, St. Elizabeth Hospital, 211 S. 3rd St., Belleville, IL, 7th Floor, Room 722. Contact: Tod Jurke (618)567-0986.

DBSA of St. Clair County-Woman to Woman Support Group: Every Thursday, 1:00PM, LINC Inc., #1 Emerald Terrace, Suite 200, Swansea, IL. Contact: Kristina Stevenson (618) 567-0986

"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.

Karla Smith Foundation Support Group for family and friends of persons 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 888-KSF-HOPE or kfsf@karlasmithfoundation.org.

Karla Smith Foundation Suicide Survivor Support Group: 2nd & 4th Thursday of each month, 7:00 – 8:30 p.m., Peace Chapel, 10101 W. Main St., Belleville. For more information call Tom or Fran Smith at 888-KSF-HOPE or kfsf@karlasmithfoundation.org.

Southwestern Tourette Syndrome Support Group of TSA Illinois: 2nd Monday of each month, 6:30 – 8:00 p.m., Copper Creek Christian Church, 2184 Vadalabene, Maryville. Child care available. For more information contact Amy Shirley at 618-656-2135 or amyshirley72@hotmail.com.

"It's About Us", Community Counseling Center, 2615 Edwards Street, Alton, Wednesday 3-4PM, for consumers only, must be 18. Call Katie at 618-550-4231 or Dan at 618-550-2671.

Caring and Sharing for Consumers, 2nd and 4th Wednesdays, 6:45PM – 8:00PM, Jerseyville Public Library, 105 N. Liberty, Jerseyville, IL, contact Shelly Holmes at 618-498-5476.

Special Night (social gathering) for Consumers and Friends, 2nd Saturday, 5:00-7:00PM, Church of the Nazarene, 285 Maple Summit Road, Jerseyville, IL. For more information contact Shelly Holmes at 618-498-5476.

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 888-KSF-HOPE or kfsf@karlasmithfoundation.org.

First Friday Social: for consumers on the first Friday of each month from 6:30PM-9:30PM at Sacred Creations, 6610 Center Grove Rd, Edwardsville. For more information, contact Sacred Creations at 618-792-2049.

**WE KNOW "TREATMENT WORKS"!!
A SUPPORT SYSTEM IS PART OF TREATMENT!!**

by Alice Adcock

Classes are being held for those who have loved ones who have been diagnosed with a major mental illness, such as:

- Major Depression
- Bipolar Disorder
- Schizophrenia and/or Schizoaffective Disorder
- Panic Disorder and/or Obsessive Compulsive Disorder.

NAMI Southwestern Illinois is again offering the Family-to-Family course for the summer. This is a series of 12 weekly classes structured to help family members understand and support their ill relative while maintaining their own well being. The course is taught by a team of trained volunteer family members who know what it's like to have a loved one with a serious mental illness in the family. There is **NO COST** to participate in this program.

Classes will be held once a week for 2 ½ hours on Thursday evenings beginning June 3rd and ending on Thursday, August 19, 2010. These classes are for family members only. Registration is required. Please call soon to register as class size is limited to 25 persons.

For more information, call the NAMI Southwestern Illinois Office at (618) 798 9788 or Alice Adcock at (618) 307 5132.



Depression and Bipolar Support Alliance

The mission of DBSA is to improve the lives of people living with mood disorders such as bipolar (manic depression) and depression. The goal is to enhance their employment opportunities, improve recreation, relationship skills, and significantly reduce the recurrence of symptoms through self-help techniques.

Bipolar disorder is two sided in its symptoms. The mania part of the illness is having supercharged energy, little need for sleep, super-organization, loud and rapid speech, poor judgment, over involvement in politics or religion, every argumentative and impulsive traveling.

The depression side of the illness is having a small or big appetite, lack of energy, getting no pleasure from life, self-criticism, feeling hopeless or worthless, sleep disturbance, difficulty concentrating or remembering, unable to make decisions, anxiety, guilt, low self-esteem, and suicidal thoughts or feelings.

DBSA support groups provide an opportunity to hear and talk to others about mood disorders, to begin new friendships and be updated on the latest research information and new therapy treatments. Our meetings focus on the daily

coping skills necessary to manage the disability and to live a full, productive and quality life.

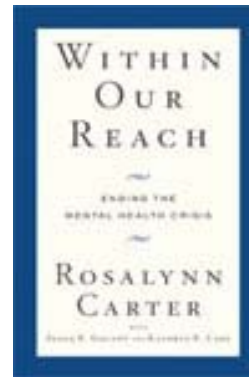
For support meetings in your area, please check the "Other Local Meetings" on Page 3.

NAMI Bookshelf



Keeping the Feast: One Couple's Story of Love, Food and Healing in Italy by Paula Butturini (Riverhead Books 2010)

Paula Butturini, a foreign correspondent, met her husband John Tagliabue, a reporter for The New York Times, in Rome in 1985. Less than a month after they were married, John was shot and nearly killed by a sniper—and for several years one tragedy or upheaval after another seemed to befall them. John slid into depression at the same time that Paula's mother, who had lived with depression when Paula was a child, relapsed and died from suicide. Together, they found healing through simple rituals, including the sustaining power of food. The book reconsiders some assumptions about the healing process (i.e., patience sometimes can be a vice, anger a virtue and making demands on people who are sick may indeed be critical to recovery).



Within Our Reach: Ending the Mental Health Crisis by Rosalynn Carter with Susan K. Golant and Kathryn E. Cade (Rodale 2010)

Former First Lady Rosalynn Carter has been deeply involved in mental health issues ever since her husband Jimmy Carter's campaign for governor of Georgia in 1970, before his election to the Presidency, when she first saw the horrific, dehumanizing treatment on many people living with mental illness. Now, decades later, drawing on personal experiences as an advocate, she provides an insightful assessment of the state of mental health care today. She describes a system that continues to fail those in need, even as scientific advancements provide a potential for enormous strides toward recovery. It is an optimistic discussion of how far we have come since the 1970s and how far we still have to go.

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EQUAL HOUSING OPPORTUNITY

Applications are being accepted for HUD rent-assisted apartments at Community Court, Hempel House and Yakubian Apartments in Alton. To qualify, you must be between the ages of 18-62 with a maximum income of \$23,050 and have a chronic mental illness. Please call (618) 465-0120 for more information.




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Thank you
To Chestnut Health Systems in Granite City and Community Counseling Center in Alton who each month alternate printing this newsletter as a service to NAMI.




CALENDAR OF EVENTS



Annual Membership Meeting (See Page 10).....	Jun 8
Madison County 708 Board Mtg, Edwardsville, 4:30PM.....	None
Madison County Board Mtg, Edwardsville, 5:00PM.....	Jun 16
Continuum of Care Meeting, Woodriver.....	June 17
NAMI National Conference, Washington, D.C.....	Jun 30-Jul 3
Consumer Conference (See article on page 9).....	Aug 6
Walk to Washington DC for Depression Rally.....	Aug 16
A Mile in My Shoe.....	Sep 10
NAMI Walk for Mental Health.....	Oct 2
Mental Illness Awareness Week (MIAW).....	Oct 4-8

Famous People With Mental Illness

Abraham Lincoln * Virginia Woolf * Lionel Aldridge * Eugene O'Neill * Beethoven * Leo Tolstoy * John Keats * Percy Bysshe Shelley * Vincent Van Gogh * Isaac Newton * Ernest Hemingway * Sylvia Plath * Michelangelo * Winston Churchill * Vivien Leigh * Patty Duke * Charles Dickens * Margot Kidder * Mike Wallace * Barbara Bush * Boris Yeltsin * Buzz Aldrin * Carrie Fisher * Charles Dickens * Courtney Love * Edgar Allen Poe * Elton John * Harrison Ford * Janet Jackson * Jim Carrey * Jimmy Piersall * John Nash * Margot Kidder * Mark Twain * Marlon Brando * Monica Seles * Robert Schumann * Sylvia Plath * Vaslav Nijinsky *

DEADLINE for the July 2010 issue of newsletter is June 15, 2010.

Please email your article to Sandy at skgiger@hotmail.com on or before due date.



NAMI Southwestern IL Project Leaders

Pam Conley.....Consumer Council Member
 Mary Gauen..... Webmaster
 Matt Gauen.....NAMI Southwestern IL Llama Artist
 Sandy Giger..... Newsletter Editor
 Tom Johnson.....CIT Coordinator
 Carol Morrow and Lynn Piggot.....Newsletter Mailing
 Diane PiskoMembership Coordinator
 Diane Pisko.....Newsletter Labels & Advertising
 Pat Rudloff.....Support Groups Coordinator

History of the Iris

by Rita Watters

The National Alliance for the Mentally IL (NAMI) and the National Alliance for Research on Schizophrenia and Depression (NARSAD) chose the flower following the historic sale of Les Irises, a painting by Vincent van Gogh, for more than \$50 million in 1987. The English mental health organization, Schizophrenia--A National Emergency (SANE), also adopted the flower for its emblem in 1993.



Les Irises was painted in the garden of the asylum at St. Remy, in the south of France, in May 1889 when van Gogh was having his most desperate battle with a mental illness, now believed to have been schizophrenia. From the asylum he wrote numerous letters to his brother, Theo. In one of these letters, Vincent wrote a haunting account of his illness:

“As for me, you must know I shouldn't precisely have chosen madness if there had been any choice? What consoles me is that I am beginning to consider madness as an illness like any other, and that I accept as such.”

During this period of his life, van Gogh reportedly painted at a frantic pace. He was discharged from the asylum, but the illness reoccurred and the following year he committed suicide. His paintings, from this period, are regarded by experts as his greatest works.

Throughout folklore, the iris has been regarded as the symbol of faith, hope, and courage: one for each of its three sets of petals and was given as encouragement to anyone who was suffering.



Hope you ladies had a wonderful Mother's Day last month and that you Dad's have a great Father's Day! this month!!



HEAR YE, HEAR YE! CALLING ALL NAMI MEMBERS!!

Our Annual Membership Meeting will be held on June 8, 2010. The membership meeting will be held in the large conference room behind the Cafeteria on the lower level in Gateway Regional Medical Center. The meeting will begin at 7:00PM.

This is an important meeting where all members will be able to vote for their board members. Members will have the opportunity to meet the candidates for election, the existing Board, our new Executive Director and also hear about the accomplishments of 2009-2010 fiscal year and goals of 2010-2011 fiscal year

Be an active member...Come vote at this meeting then socialize with other members. Refreshments will be served.



LOCATION CHANGE FOR NAMI CONNECTION ON JULY 22nd ONLY

The Thursday night NAMI Connections Meeting which is normally held at the First Baptist Church in Maryville at 6:30PM will have a different location on Thursday, July 22, 2010. Because the church will be holding their annual Vacation Bible School that week, we will be moving our NAMI Connection Meeting for **that night only** (Thursday, July 22nd) to Oliver C. Anderson Hospital which is just west of the Church. The meeting will be held on Level B in a room that is located behind the vending area. Walk past the vending machines and turn the corner. The door will be on your left. A sign will be posted on the door.

The following and subsequent meetings will return to the regular location at the First Baptist Church in Maryville. For more information, contact Diane Pisko at 618-667-8781.

NAMI Pioneer Dies at Age 92

Angered by the practice in the late 1970s of placing parental blame as a cause for mental illness, Harriet Shetler turned her personal experience and outrage into an effort that, along with the contributions of Bev Young, transformed an entire nation's views on mental illness. The two pioneers helped found NAMI more than 30 years ago.

Fueled by public stigma, a woefully inadequate mental health care system and scientific ignorance about mental illness, these courageous women set into motion a national movement that thrives today. NAMI has more than 1,100 affiliates in all 50 states as well as more than 70 national staff members working in the areas of education, public policy, legal affairs, multicultural outreach, communications and development.

Harriet Shetler passed away on Tuesday, March 30, 2010. She worked more than 30 years in print media in Pennsylvania, West Virginia and Wisconsin. She was a newspaper reporter, scientific and industrial magazine editor and instructor in editing for UW-Extension. She retired in 1982.

No Kidding Me Too (NKM2)



NKM2: Stomp the Stigma: Have you seen the terrific YouTube public service announcement (PSA) featuring actor [Harrison Ford](#)?

If you're reading this newsletter electronically, just click on the blue "Harrison Ford" name above and scroll down till you see the above picture of Harrison. Click the play button in the center of Harrison Ford's picture to hear his message on stigma.

(Source: NAMI StigmaBuster Alert, April 22, 2010)



Please Don't Go...

...without first contacting NAMI SWI if you're moving. Call NAMI SWI Office at 618-798-9788 or send an e-mail to namimadisoncty@sbcglobal.net with your new address and phone number.

Thank you.

Outdoor Exercise Improves Mental Health, Study Finds

Just five minutes of exercise a day in the great outdoors can improve mental health, according to a study released recently. And policymakers should encourage more people to spend time in parks and gardens.



Researchers from the University of Essex found that as little as five minutes of a “green activity,” such as walking, gardening, cycling, or farming can boost mood and self-esteem.

“We believe that there would be a large potential benefit to individuals, society, and to the costs of the health service if all groups of people were to self-medicate more with green exercise,” Barton said in a statement about the study, which was published in the journal *Environmental Science & Technology*.

Many studies have shown that outdoor exercise can reduce the risk of mental illness and improve a sense of well-being, but Jules Pretty and Jo Barton, who led the study, said that until now, no one knew how much time needed to be spent on green exercise for the benefits to show.

Barton and Pretty looked at data from 1,252 people of different ages, genders, and mental health status taken from 10 existing studies in Britain. They analyzed activities such as walking, gardening, cycling, fishing, boating, horse riding, and farming.

They found that the greatest health changes occurred in the young and the mentally ill, although people of all ages and social groups benefited. The largest positive effect on self-esteem came from a five-minute dose of “green exercise.”

(Source: Mental Wellness Today, May 7, 2010)

New Coping Skills in An Ever Changing World by Shelly Holmes

Several weeks ago I decided to go back to school and get a degree in Psychology with a minor in Christian Counseling. I want to start a women’s support group here in Jerseyville and to start counseling services at the church I attend. I know the road will be long and hard, the classes I probably won’t understand at the start, learning how to use the computer, and everything else associated with college life.

I have had to put my coping skills to use over the application process and to curb my fears of not being able to measure up. I finally realized that all I can do is my best. I have a mental illness and I am not going to allow that illness stop me from going to school and making something of my life.

I will however stand up and do whatever I need to do to graduate with my BA in Psychology and Christian Counseling, so that I can help others along the way down the road

of their recovery.

With budget cuts to mental health it will take everyone working together, to save those who are lost and alone, to give hope when there is no hope, to put a smile on a child’s face when they see their mom or dad in good health and able to do things with them. We will have to help our friends find new coping skills when the old ones don’t work like they use to, lend an ear when their in need of understanding of what they’re going through and the fear that’s running through their minds.

All these things will be happening around you when you are going to school and you will need to stay focused on your classes to have priorities in all that you do. Most of all is never quit, never give in and always fight for what you want in your life; don’t stand around in the background: get things together, walk up front, and take the lead in your life. Be whoever you want to be.

These things are possible if you believe in yourself. I feel learning to believe in yourself will start right there in school, bettering your knowledge of the outside world, and how you can make changes if you want to.

Coping skills will change throughout your life. The older you become, the more you learn about the ways of helping yourself get somewhere in life, thus the need for new coping skills.

Don’t be afraid of the unknown; stand up and be heard; learn new coping skills to keep you out of the hospitals; make new friends and look up old ones. Make a difference in someone’s life; give them a smile, hug them, love them as friends, believe in them and let them know how much you believe in them. Before you know it, school will be over and you’ll be looking for a good job and you’ll have the education needed to do that job. Changes happen everyday in your life so let them be good changes.



Sympathy

NAMI SWI would like to extend their heartfelt sympathies to Edward Warden, former NAMI Madison County board member and his wife, Sandra Becker-Warden on the untimely death of their son, Matthew E. Warden on March 11, 2010. Matt is also survived by his younger brother, Ryan Warden. A memorial service was held on April 9 at St. John’s United Methodist Church in Edwardsville. Matthew was a free spirit whose passions were his love of music, art, swimming, and boating. Matt was especially caring to those less fortunate and to animals. He will be missed. The family requested that memorials to Matt be made to NAMI Madison County and we appreciate their generosity. Our love and prayers are with them during this time.

14th Annual Metro East Consumer Conference Has New Venue

The Metro East Consumer Leadership Council is pleased to announce our 14th Annual Metro East Consumer Conference: Today's Challenges – Tomorrow's Triumphs. The consumer conference is being held at a new place and time this year. Instead of being held in October at the Gateway Center in Collinsville, the conference is going to be held at South Western Illinois College (SWIC) in Belleville on August 6, 2010. Registration is from 8:00 to 9:00AM and the conference begins promptly at 9:00AM. We normally have between 300 and 350 attendees and we welcome family members who also want to learn more about recovery from mental illnesses. Our registration brochure will be out at the end of May.

Antonio Lambert, a rising national speaker, will bring us his inspirational message of his turn around from his troubled beginnings and the years of incarceration while living with a mental illness. He has a reputation of wowing his audience with his triumph over adversity and you won't want to miss his message.

For the last two years we have been reaching out to families affected by mental illnesses. In our planning we have been looking for workshops that family members would also be interested in attending. Last year a workshop was offered "Making Healthy Families Happen" and the panel was all family members, several being from NAMI. This year we asked for proposals that addressed self-care as well as family well-being. We are happy to announce that Mike Connelly, CSADC, Director of Behavioral Health Services at St Elizabeth Hospital, will be conducting a workshop called "Family Systems: Mental Illness & Addictions Impact on Families."

Who makes this annual conference possible? This is a free conference because of the generous sponsorship from the Madison County Mental Health Board, the St Clair County Mental Health Board, and the Illinois Division of Mental Health. Our mental health agencies also assure that individuals have transportation needs met to get to the conference. And the conference would not be possible without the commitment of so many members of the leadership council who work on planning in January of every year right through to orchestrating the conference activities the day of. They do a great job year and year and the evaluations always speak to the success of their commitment to carrying the message of hope and recovery.

For the reader who does not know who the Metro East Consumer Leadership Council is - we are a group of committed individuals with lived experience in recovery from mental illnesses. Some of us may also be in recovery from challenges like addictions. We represent our fellow consumers from the mental health agencies and organizations serving Bond, Madison, Monroe, Randolph, and St Clair counties in Illinois. We welcome friends and family

members whose lives are touched by someone with mental illness to join us in carrying out our mission.

Our mission is to carry the message that Recovery is Possible! We ensure this by our membership being involved in:

- Sharing our stories of recovery and hope to help others see the possibilities of recovery for themselves,
- Providing current recovery based training and education,
- Ensuring our voices are heard at the local, regional, and state levels regarding issues that affect the lives of persons living with mental illness, and
- Mobilizing to erase the stigma of mental illness.

You can contact Cindy Mayhew, 618-474-3361, or by email at cindy.mayhew@illinois.gov for more information about meeting times and activities.

Support & Programs, Continued from Page 2

- NAMI on Campus
NAMI on Campus is a network of student-led mental health awareness, education, and advocacy groups tailored to the needs of individual college communities.
- Multicultural Action Center
The Multicultural Action Center focuses attention on system reform to eliminate disparities in mental health care for diverse communities and cultural competence in treatment and support for all who are affected by serious mental illness.
- NAMI Legal Center
The NAMI Legal Center provides lawyer referrals as a service to our members and the general public.
- Veterans Resource Center
NAMI is proud to provide the following resources for veterans and active duty military members, as well as their families, friends, and advocates.
- Missing Persons Support
Resources and support for locating missing persons with mental illness.
- For Providers
To help mental health professionals assist consumers and families further, NAMI has created this section of the NAMI Web site especially for you.
- Information Helpline
Trained volunteers provide information, referrals, and support to all who have questions about or are affected by serious mental illness. Call 1-800-950-NAMI.

(Source: NAMI National Website)

ANNUAL MEMBERSHIP MEETING

The annual membership meeting will be held in place of the regular board meeting on Tuesday, June 8, at 7:00PM. It will be held at Gateway Regional Medical Center on the lower level large conference room behind the Cafeteria. Come meet the current board members, vote for new members, hear about accomplishments & goals, socialize and enjoy refreshments.

Be an active member and come to the meeting on June 8th and exercise your right to vote for your leaders!!!

NOW MEET THE CANDIDATES...

(In alphabetical order)

TOM BATES is an O'Fallon CIT officer. When asked by his chief to serve on NAMI SWI Board, Tom indicated interest in serving on the NAMI SWI Board, presuming approval from his shift commander. He has been sent a draft copy of the NAMI SWI board description and we await his answer. Officer Bates has been a CIT officer since 2006.

SANDY CRAWFORD is currently the project director Safe Schools/Healthy Students in the Alton School System. Previously, she was a school social worker in the same school system for twenty-three years. She was the coordinator of school social workers and was as an elementary school social worker, worked in prevention, and was the social worker for special education students at various times during her years in that position.. She has worked on planning the Piecing It All Together Conference. Sandy has a Master's in Social Work from St Louis University and a Master's in Counselor Education from Southern Illinois University Edwardsville. She was a hospital social work director. Sandy is a licensed social worker and a certified school social worker.

JIM ISAAC is the community liaison for the Behavioral Health Division at Gateway Regional Medical Center in Granite City, IL. He has worked in a variety of roles at Gateway for about 18 years and is a resident of St. Clair County. Over the years, Jim has not only been a promoter of NAMI but is familiar with what to expect as a candidate by NAMI SWI. He also engineered the recent open house of NAMI SWI at Gateway Regional Medical Center.

TRAVIS NOTTMEIER is presently a social worker at Chester Mental Health. He lives in Redbud, Illinois. Travis is also the chairperson of the National Association of Social Workers, Southern Illinois District. He is serving his second term in that capacity. He received his Master of Social Work degree from Southern Illinois University Carbondale. Travis is a licensed clinical social worker and a certified addictions counselor. Early in

his career he worked as a correctional officer in a prison which led to his wanting to do something to make a difference by going into social work. He has been a social worker for fourteen years.

ANITA S. OVERTURE introduced mental health services to the Illinois Centers for Independent Living in 2004 at the LINC in St. Clair Co., where she worked as the Director of Outreach and Marketing until 2010. Anita is a state certified Recovery Support Specialist, certified Wellness-to-Recovery Action Plan Facilitator, Disability Legislative Advocate, and Peer Specialist Trainer for the DBSA. She is a board member of the DBSA of St. Clair County. Anita was the recipient of the Susan Kniffel Award in 2009 for her commitment and leadership in the mental health community.

ANISA RUCER has been a member of NAMI Belleville before they became part of NAMI SWI. She is on the St. Clair County DBSA Board of Directors and currently facilitates the support groups in the Belleville area. She has her LPN and her CNA training and currently works in the field as a personal assistant to individuals with both physical and mental disabilities. Anisa has been part of the Victorious Missionary "Seeds of Hope" at Our Lady of the Snow Shrine in Belleville. She is a former employee of LINC in Belleville and works as a family advocate both in and out of the court system. In the past she has manned telephone crises calls.

GAIL SHAW works for St. John's Home and Community Care in Collinsville IL where she resides. Gail has a Bachelor of Science degree with a double major in Psychology and Social Work and a master degree In Public Administration. The emphasis of her education was geared towards non-profit management. Gail was raised with encouragement to volunteer and reaching out to others. She has volunteered as a suicide crisis hot line worker and served on the advisory board for the Collinsville Police Dept. She has strong supervisory skills and has experience dealing with individuals who are challenged by mental illness.

What Is Hearts & Minds?

The NAMI Hearts & Minds program is an online, interactive, educational initiative promoting the idea of wellness in both mind and body. Wellness is an ongoing process of learning how to make choices that support a more successful, healthy life.

Engaging in a wellness effort can make a huge difference in the quality of your life. One study, published in the Journal of the American Medical Association, showed that taking the wellness approach can result in a 17 percent decline in total medical visits and a 35 percent decline in medical visits for minor illnesses.

Wellness is about the individual; you can decide what parts of your life you would like to change and you can determine your own success.

Increased Heart Disease Risk for People with Mental Illness

People living with mental illness are often at higher risk for heart disease and much of that risk is preventable.

People living with mental illness are more likely to have classic heart-risk factors, such as cigarette smoking, obesity, diabetes, elevated cholesterol and hypertension (high blood pressure), some of which can be compounded by some antipsychotic medications.

Metabolic Syndrome and Type 2 Diabetes

America is having an epidemic of diabetes according to the New England Journal of Medicine. Unfortunately, the risk is greater for people living with mental illness, especially those taking second-generation atypical antipsychotic medications (SGAs). Another issue to be aware of is metabolic syndrome, a condition that can be a precursor to diabetes.

FAQ About Wellness and Mental Illness

The more you know, the more you can increase your odds of living a long and full life. Knowledge is power and even small changes in your choices can help improve your life.

Have questions or concerns?

Take a look at frequently asked questions answered by NAMI Medical Director Ken Duckworth, M.D.

Questions?

If you need more information on any of the wellness topics here at the Hearts & Minds Web site or have any questions, please send an e-mail to heartsandminds@nami.org.



Aug. 14, 2010 marks the beginning of a 50-day cross-country trek 835-miles-long to raise awareness for depression. Walkers start in St. Louis, Mo. and finish in

Washington D.C. where they will hand over a petition—one million signatures strong—proving that government and health care organizations need to support individuals with depression.

With each mile walked, the walkers will raise awareness for three crucial principles: Ensure equitable and adequate mental health treatment coverage in all public and private health care plans; Support policies that promote individual and family recovery from mental illnesses as integral to overall health; Commit to investing in America's prevention, early intervention, treatment, and research related to depression.

The Walk to Washington begins Saturday, Aug. 14, 2010 and concludes Wednesday, Oct. 6, 2010 with a culmination rally in Washington, D.C. complete with entertainment, speeches and politicians as special guests celebrating the recognition of the three integral petition principles that support individuals with depression.

We believe the Walk to Washington will be the largest event ever held to raise awareness for depression. You can sign the petition and learn more about the Walk at <http://walktowashington.org/>.

(Source: DBSA Website)

(Editor's Note: Former NAMI SWI President and current President of DBSA of Madison County, Diane Pisko, is coordinating a stop for the walkers at the Tri-Township Park in Troy, IL. More details in coming newsletters).

"Mile in My Shoes"

by AJ French

The second "MILE IN MY SHOES" mental health conference is scheduled for Friday, September 10th at LeClaire Christian Church in Edwardsville, IL. This conference is for individuals and families living with mental health conditions, professionals in the human service field and leaders of faith communities. Our Keynote Speaker is Bill MacPhee, who serves as the CEO and Founder of Magpie Publishing/Media Inc which publishes SZ Digest & Anchor Magazine. Bill will share his personal account of how he, as a young man with a promising future, nearly lost his life due to Schizophrenia and then reclaimed it to become the successful businessman, husband and father he is today.

Additional conference speakers include Nanette Larson from the Illinois Department of Human Services/Division of Mental Health, Dr. Peter Alahi from the University of Illinois College of Medicine Anxiety & Mood Disorder, Jane Roennigke from NAMI Illinois and many, many more. The conference which begins at 9:00am and ends at 4:30pm is being offered free of charge to attendees, including lunch and CEU's from the Illinois Certification Board pending approval. This conference is offered as a FREE resource to our community by Gateway Regional Medical Center & Sacred Creations with financial support from the Madison County Mental Health (708) Board. To receive a conference registration brochure, please email sacred.creations@thebridge.to or call 618-792-2049.



NAMI Support Group Locations

GRANITE CITY

- ◆ **First Tuesday of each month, Family Members and Consumer** Support Group in the NAMI Office, 4th floor at Gateway Regional Medical Center, Granite City, IL 62040, 7:00 - 8:30 PM. Contact Pat Rudloff at 618-656-6781.

ALTON

- ◆ **First Tuesday of each month, NAMI Family Support** Group at Saint Clare's Hospital, 915 East 5th Street in the Heritage Room, Alton, IL 62002, 7:00 - 8:30PM. 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 Pat Rudloff at 618-656-6781.

EDWARDSVILLE

- ◆ **Fourth Tuesday of each month, NAMI Family Members** Support Group 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.

BELLEVILLE

- ◆ **Third Thursday of each month, a support group for Family Members and Consumers** at the PSOP Bldg, 204 N. Church St, Belleville, IL, 7:00PM - 8:30PM. Contact Ron Szewczuk at 618-476-1771

NAMI Southwestern IL
Gateway Regional Medical Center
2100 Madison Ave, 4th Floor
Granite City, IL 62040

RETURN SERVICE REQUESTED

TO:




NAMI Connection Locations for Consumers

MARYVILLE

- ◆ **Every Thursday, NAMI Connection Group** at First Baptist Church, 7110 State Route 162, 2nd Fl., Room 244, Maryville, IL 62062, 6:30 - 8:00PM. Contact Diane Pisko at 618-667-8781 for more information..

JERSEYVILLE

- ◆ NAMI Connection Group at Tri-County Counseling Center in  Jerseyville has been suspended until further notice. Please see other meetings located in Jerseyville under "Other Local Support Meetings" on Page 3.

PLEASE REMEMBER...For questions about any of the above meetings or inclement weather, call the contact person for that particular meeting or call the NAMI Office at 618-798-9788.



ANNUAL MEMBERSHIP MEETING

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