



# NAMI Southwestern IL

National Alliance on Mental Illness

Website: [namiswi.org](http://namiswi.org)  
E-mail: [info@namiswi.org](mailto: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



## October 2011

### EXECUTIVE DIRECTOR

Mark Rudolph

[mrudolph@namiswi.org](mailto: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 SWI Major Fundraiser—Walk/Run

October 29th will be here before you know it!! That's the date of our 8th Annual Walk for Mental Health and the First Race for Recovery. For our 2011 Walk/Run, we needed a larger park so this year it will be held at Russell Commons Park in Alton, IL which is located directly south of the Alton Amphitheatre and to the left of the Clark Bridge. Everyone knows where the beautiful Clark Bridge in Alton is located!!

Also, don't forget...this is Halloween weekend. Come dressed in your favorite, family-friendly Halloween costume. We will have best Halloween costume prizes for our kids as well as the adults. All costume participants will get a free goodie bag of treats.

Register early to insure that you receive a T-shirt. Individual registration form is on Page 12 of this newsletter and team registration form is on Page 11. Pull Pages 11/12 out and make copies so your family and friends can walk or run with you. For more information or to register online, go to [http://namiswi.org/5Krun\\_walkreg.htm](http://namiswi.org/5Krun_walkreg.htm).

The walk course is flat and shaded part of the way. We are happy to say that the Wier llamas will once again lead the walk and will go around once. Walkers are encouraged to ask family members, friends and employers for a donation or a "so much per 1/4 mile walked". Bring your donations the day of the walk when you either register or check in.

- Walk up registration begins at 8:00AM along with check-in for pre-registered walkers/runners
- 5K Run begins at 9:00AM
- Walk begins at 9:30AM
- Single Runner Fee: \$25.00
- Single Walker Fee: \$15.00
- Teams: Corporate or Family: **Minimum** six on team
- For more information see page 12 or call the NAMI SWI Office at 618-798-9788.
- If you have access to a computer, go to the Walk/Run at [http://namiswi.org/5Krun\\_walkreg.htm](http://namiswi.org/5Krun_walkreg.htm).

- \* Fun \* Prizes \* Balloonairies \*
- \* Music \* Costumes \* Contests \*
- \* Pictures w/Wier Llamas \*
- \* T-Shirts \* Local Coupons \*



**\* REGISTER TODAY \***

- This is NAMI SWI's major fund raiser. The money raised will help continue to pay for our FREE educational programs. We also are raising awareness of mental health to help whittle down the stigma that unfortunately still is present today.
- Be an active member. Support your organization and register today. Even if you are unable to walk for health reasons, please register and come anyway...you can socialize with other folks who are there.
- Hope to see you there!!!

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### WHAT IS NAMI SWI?

NAMI Southwestern IL (NAMI SWI) - [namiswi.org](http://namiswi.org) - is an affiliate of NAMI - the National Alliance on Mental Illness - [www.nami.org](http://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 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](mailto: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

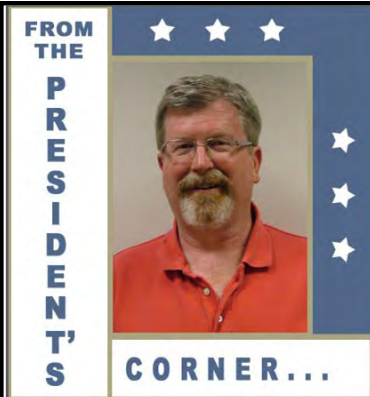
#### Call For Help

(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*

### *A True Story of Life and How Stigma Can Rob It.*

Many years ago I lived in the Oglesby dormitory on Florida Avenue at the U of I. There was a kid down the hall from my room by the name of Rusty, he had bright red hair, had been a star on his high school wrestling team and was studying Mechanical Engineering. He and his roommate did an awesome job of remodeling their dorm room with platforms, built-ins, etc. – it was the coolest room on our floor. Second semester of our freshman year, Rusty pledged one of the fraternities and we starting seeing less of him as he spent more time at the fraternity. Rusty made a few comments that he was having second thoughts about fraternity life and he didn't seem to be the same old Rusty.

One beautiful spring evening, as I left the dorm cafeteria after dinner, I saw a crowd of kids outside Oglesby. I joined them and saw Rusty, lying across a hedge, unconscious but gasping for breath. Rusty had jumped out his 10<sup>th</sup> story room. Rusty died later that evening. We later learned that he had been involved in a minor traffic accident earlier that day. What a shame, what a waste, what a tragedy.

I wish I had been a better friend to Rusty. I wish Rusty would have asked for help. We must all fight stigma because stigma kills.

## Kudo's...

...to **Tom Johnson**, CIT Liaison, who is planning another one-day, eight hour CIT class to update officers who were trained prior to 2008;

...to **MaryAnn Miller's** gracious donation for NAMI SWI to become a member of the Troy-Maryville Chamber of Commerce;

...to **Knights of Columbus Council 1580** (Highland) for allowing NAMI SWI to act as their fiscal agent and for this, we receive a donation of \$500;

...to **Mark Rudolph** for holding an orientation for all new board members;

...to **AJ French** and **Patrick Norris** for the August 10<sup>th</sup> In Our Own Voice (IOOV) presentation to the Eden United Church of Christ;

...to **Jennifer Gerlach** and **Dan Crocket** for their August 29<sup>th</sup> IOOV presentation to JoAnn Richter-Hill's Counseling practice;

...to **Mike Meyer** who did volunteer work in the NAMI SWI Office;

...to **Jackie Grieve** and **Lynn Jarman** who are teaching a Family-to-Family (FTF) class for the second time this year.;

...to **Mary Gruneich** and her daughter, **Jessica**, who after taking a FTF class earlier this year, decided that they wanted to teach FTF classes and will be attending training this month in Itasca, IL;

...to **Irma Cummins** who will be taking the training for the Spanish FTF class this month in St. Louis, MO to prepare to teach our FTF programs to the Spanish- speaking community in our area.



**K**udo  
Korner

## We thank you!

## NAMI's New Brochure on PTSD

NAMI's newest brochure on mental illness, *Posttraumatic Stress Disorder*, is available. This publication covers the aspects of trauma, treatment options and coping strategies for individuals living with PTSD and their loved ones. Written by NAMI Medical Director Ken Duckworth, it can also be used as a tool to help returning service men and women and veterans. Read the brochure [online](#) or purchase copies in the [NAMI bookstore](#).

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### Allsup: Medicare Annual Open Enrollment Comes a Month Early With Many Changes

*Medicare beneficiaries should begin planning now as annual enrollment starts Oct. 15; changes to prescription drug, other plans anticipated*

Millions of seniors and others relying on Medicare may be caught off guard by the change in Medicare's annual open enrollment period this year, according to Allsup, a nationwide provider of Medicare plan selection services and Social Security disability representation.

Under a provision of the Affordable Care Act, the Medicare annual open enrollment period changes to Oct. 15 through Dec. 7, 2011. Last year, it was held Nov. 15 through Dec. 31. All Medicare beneficiaries are allowed this one time each year to make changes to their Medicare coverage for the coming year. This includes anyone using traditional Medicare, Medicare Advantage, prescription drug and Medigap supplemental coverage.

"It's important you prepare now for annual enrollment if your current plan doesn't meet your needs," said Adrienne Muralidharan, senior Medicare specialist for the *Allsup Medicare Advisor*<sup>®</sup>. The *Allsup Medicare Advisor* is an impartial Medicare plan selection service that helps people understand and choose the most affordable and appropriate Medicare coverage for their healthcare needs. (Allsup is not a Medicare plan provider and does not accept commissions from insurance providers.)

While the earlier Medicare open enrollment period may take people by surprise, it will help ensure they have their updated Medicare membership cards at the start of 2012.

"With this change, people will have an easier time seeking healthcare when January arrives, since Medicare will have more time to confirm coverage for 2012," Muralidharan said. "In the past, some people with Medicare had to pay out-of-pocket for care at the start of the year because enrollment went through Dec. 31. With earlier enrollment, from Oct. 15 through Dec. 7, the transition to the new year should happen more smoothly."

#### Other Changes for Medicare Coverage 2012

Several additional changes are coming to Medicare in 2012. Muralidharan provides additional detail on these in an audio interview at <http://www.allsup.com/portals/4/ama-podcast.wav>. These changes include:

- **Prescription drug (Part D) costs will change.** Costs overall will increase slightly, according to the Centers for Medicare & Medicaid Services (CMS) Standard Benefit Plan, which outlines the minimum allowable plan coverage. However, detailed cost information on individual plans will not be available until later this year. Estimates show that initial Part D deductibles will increase to \$320.
- **Medicare recipients reaching the donut hole will benefit from higher prescription drug discounts.** The gap in prescription drug coverage (the donut hole) starts when someone reaches the initial coverage limit, which is estimated at \$2,930 for 2012, and ends when they have spent \$4,700. During the donut hole, all costs are covered by the individual out-of-pocket. In 2012, people who reach the coverage gap will receive a 14 percent discount on generic drugs (up from 7 percent in 2011) and a 50 percent discount on brand name drugs (unchanged from 2011).
- **Cost for Medicare Part B premiums likely to increase.** Increases to existing Medicare Part B (medical insurance) premiums are tied to the annual cost-of-living adjustment (COLA), which is announced in October. For two years, there has been no COLA increase. Preliminary forecasts indicate there will be an increase in COLA for 2012, meaning all Medicare beneficiaries are likely to experience an increase in Part B premiums.
- **Medicare Advantage plans see changes.** While healthcare reform is reducing rebates paid to Medicare Advantage plans, these plans continue to be popular. Nearly one in four, or 24 percent, of Medicare recipients enrolled in a Medicare Advantage plan in 2010. Most people will continue to have dozens of Medicare Advantage plans as well as Part D plans available to them. However, these providers can change the coverage options they offer from year to year.

According to Muralidharan, most Medicare beneficiaries should receive their Annual Notice of Change (ANOC) and Evidence of Coverage (EOC) from their existing Medicare Advantage and Medicare Part D plan providers by Sept. 30. CMS is expected to make information available to the public on Medicare.gov in October.

"It's important to carefully review the information sent to you by your plan provider, since this will cover any possible changes. For example, increasing co-pays, changes to drug formularies or changes to treatment coverage," Muralidharan said.

"For some people, however, this can be overwhelming," Muralidharan added. "If you need help sorting through the information to make a decision, it's important to know organizations like Allsup can help take the guesswork out of reviewing and choosing your plan."



## NAMI Southwestern Illinois

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

### SUPPORT MEETINGS:

#### ◆ 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.

#### ◆ 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 MaryAnn Miller at 618-977-6542.

### BUSINESS MEETING:

#### ◆ GRANITE CITY

**Second Tuesday of each month** for all **NAMI SWI Members and Advocates** at Gateway Regional Medical Center in the Pascal Hall Conference Room at 7:00PM.

**PLEASE NOTE:** For questions about any of the meetings listed or inclement weather, call the contact person for that particular meeting or call NAMI SWI Office at 618-798-9788.




### How About Holding a Support Meeting in Your Hometown?

Would you like to have a NAMI SWI Support Meeting closer to where you live? If the answer is "Yes" then we can help. We can train you to become a facilitator for a Family Support Group or NAMI Connection facilitator for Consumer Support Groups. We will even help you find a location for your meeting. **If you need NAMI, meetings can only become a reality in your town if you volunteer and...NAMI needs you too!**

If you think you may be interested or just to find out more information, then please call the NAMI Office at (618) 798-9788 or Pat Rudloff, Support Group Project Leader, at (618) 656-6781. You'll be glad you did!

## OTHER LOCAL SUPPORT MEETINGS

(The support group meetings listed below are 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](mailto: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 Belleville:** Every Saturday, 12:00PM, St. Elizabeth Hospital, 211 S. 3rd St., Belleville, IL, 7th Floor, Room 722. Contact: Tod Jurke (618) 567-0986 or Susy Higginson (618) 719-5950.
- ◆ **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: 1<sup>st</sup> & 3<sup>rd</sup> 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 send e-mail to [kssf@karlasmithfoundation.org](mailto:kssf@karlasmithfoundation.org).
- ◆ **Belleville Location—Karla Smith Foundation Suicide Survivor Support Group:** 2<sup>nd</sup> & 4<sup>th</sup> 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 send e-mail to [kssf@karlasmithfoundation.org](mailto:kssf@karlasmithfoundation.org).
- ◆ **Maryville Location—Karla Smith Foundation Suicide Survivor Support Group:** for family and friends of people who have died by suicide: 2<sup>nd</sup> and 4<sup>th</sup> 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 [kssf@karlasmithfoundation.org](mailto:kssf@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](mailto:sacred.creations@thebridge.to) or 618-792-2049.
- ◆ **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 (1-888-KSF-HOPE or [Chris.Hendrix@karlasmithfoundation.org](mailto:Chris.Hendrix@karlasmithfoundation.org)). 
- ◆ **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](mailto:pwilliams@wellspringresources.co).



## Our Deepest Sympathy

NAMI SWI regretfully lost two of their members during the month of September.

Tanya A. Brown of Belleville died Saturday, September 3, 2011. Tanya volunteered at the NAMI SWI Office and was President of the Local Chapter of DBSA. Memorials can be made to the Crisis Intervention Team (CIT). Checks should be made payable to NAMI SWI who is acting as the CIT fiscal agent. Include a notation on the memo line "Tonya Brown CIT Memorial".

Sonia Schultz of Edwardsville passed away on September 9, 2011. She was a member of NAMI SWI and DBSA. Sonia leaves behind a dear friend, NAMI and DBSA Member Robert Rudloff, with whom she had a commitment ceremony on December 14, 2007. Memorials for Sonia can be mailed to Hospice of Southern IL, 305 S. Illinois St., Belleville, IL 62220-2159.

NAMI SWI extends our deepest sympathy and prayers to the families of Tanya and Sonia.



**...Mark Rudolph, Executive Director**

## **The Season of Giving – Support Your United Way!**



Know what season it is? Let's see – the days are getting shorter, leaves are turning, my grass is toast, and the children are back in school - so it MUST be Fall.

One nice feature of living in the Midwest is that we truly get to experience all four seasons. Each season has its high and lows with the beautiful blooms of Spring tempered by the runny noses, sneezing and itching eyes of allergies. Summer brings stirring fireworks that remind us just how dearly freedom is won. Fall asks us to count the blessings of a bountiful harvest and then smacks us with the back aching pain of raking leaves (and in my case those horrid Sweet Gum balls). Last is Winter - and our old friend Jack Frost who turns windows into art and then, just in case we become too enraptured with his skill, gives us the shoveling of snow and the fear of icy sidewalks. Nature chooses what happens – not us.

Each season is punctuated by holidays that give us so many, many memories that enrich our lives. As I move through my 6<sup>th</sup> decade they become ever more cherished.

But that's NOT the type of season this article is about. This article is about a season that nurture and not nature determines and that is the season of giving through the United Way Campaign. You probably know that NAMI Southwestern Illinois will be admitted as a Member Agency in January 2012. We are honored to be one of the approximately 175 other quality St. Louis regional organizations that receive support through the United Way so I wanted to use this article to talk about the campaign.

The United Way member agencies are truly the threads that weave the fabric of our human service system. Threads that include basic and emergency needs, children and youth, community resources, disaster relief, domestic violence, legal services, health, mental health, senior services and more. Simply amazing! Volunteers, just like you, help decide where your funds are allocated and member agencies are held accountable for outcomes. United Way even offers information and referral through their 2-1-1 service.

The United Way Campaign is only for a few short weeks in September and October and will gather funds that will help 1 in 3 people. You, or someone you know, will benefit. The goal this year is the highest ever set due to the growing needs in our community. These are dire times. Work place giving is the focus of the Campaign; if you currently participate at your place of employment, thank you for your support. Please consider adding a little bit so that goal of \$71 million becomes a reality. If you don't now participate please take a few minutes to consider starting.

This is the season for the United Way campaign. What a great way to lend a hand to our community!

*Mark Rudolph*

**Thank you...Chestnut Health Systems in Granite City and WellSpring Resources in Alton who each month alternate printing this newsletter as a service to NAMISWI.**

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## The Metro East Consumer Leadership Council's 15<sup>th</sup> Annual Conference October 28, 2011



We hope everyone will join us again for our 15<sup>th</sup> Annual Metro East Consumer Conference on October 28, 2011 at the National Shrine of Our Lady of the Snows (better known as “The Shrine”) in Belleville, Illinois. Our recovery theme this year is “Raise Your Sights – Soar to New Heights”. This is a free conference made possible through the financial support of the Madison County and St Clair County Mental Health Boards. And it takes the hard work and dedication of a committed group of consumer leaders to make this great event happen.

Nanette Larson, our own Director of Recovery Support Services for the State of Illinois, will be our keynote speaker. We will also have a panel of individuals in recovery who will share in the morning some of their own wellness strategies and community supports that enhanced their recovery journey.

In the afternoon you will have the opportunity to choose workshops you want to attend. You can visit information booths and learn about opportunities for support, education, and services. The art show is a key feature of the conference each year giving you the opportunity to view local talent in the mental health community, talk to the artisans, and even purchase items if you desire. Contact Cindy Mayhew for the registration brochure by phone at 618-474-3813 or send her an e-mail to [cindy.mayhew@illinois.gov](mailto:cindy.mayhew@illinois.gov).

### New Mobile App Helps Manage Bipolar Disorder

A unique mobile app has been developed for bipolar disorder sufferers called Bipolar Mood Monitor.

With up to 254 million people worldwide affected by bipolar disorder and annual social and financial costs in the U.S. alone of \$45 billion, it is becoming more important for health providers to be able to track bipolar sufferers’ mood changes accurately and in a real time situation

Bipolar Mood Monitor helps track mood changes as they happen and records them in an easy-to-read chart format. The app also includes comment and alert



functions and one-step email so charts and comments can be sent to nominated email addresses.

The user interface incorporates a graphic display which is simple and intuitive. Users can make entries with three easy steps in a matter of seconds and review details at any stage.

Currently anyone suffering from illnesses like bipolar disorder usually visits their doctor on a weekly or monthly basis. This can create problems when they are asked the inevitable question: “How have you been feeling over the last month?”

At this point patients can usually only generalize on how they fared over that time

Add to this the fact that busy doctors have less than 10 minutes, on average, to spend with a patient, with up to one-third of their patients visiting due to mood disorders. Assessing how a patient was actually doing on a day-to-day basis becomes difficult in this situation.

Bipolar Mood Monitor allows accurate information to be emailed to a doctor (or the mobile device can be taken to an appointment for the doctor to access directly), graphically illustrating the mood status of the patient over specific time frames with accompanying comments, and also gives the bipolar sufferer some meaningful buy-in to help manage their condition.

Some doctors may also see advantages in using Bipolar Mood Monitor as a facility for tracking other depressive disorders as well.

Bipolar Mood Monitor is designed for iPhone and iPod Touch and can be purchased at the iTunes App Store.

*(Source: Balance Newsletter, August 20, 2011)*

### Pathways to Recovery Class

Depression and Bipolar Support Alliance (DBSA) is holding a “Pathways to Recovery” class. Consumers are invited to participate in this free nine-week course which is designed to aid in your recovery; set life goals; realize your dreams; and assess where you are on your path to recovery.

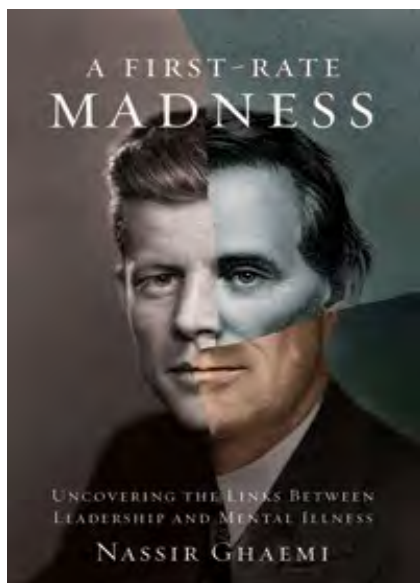


The Pathways to Recovery Class is held on Thursday evenings from 6:30PM to 8:30PM. Even though the Pathways Class started on September 22, it’s still not too late to register. The class runs each Thursday through November 17. The classes are held at Oliver Anderson Hospital, 6800 State Hwy, Maryville, IL on Level B, Classroom B which is by the cafeteria. There will be a sign taped to the door.

For registration or questions, call Diane Pisko, President of DBSA Madison County, at 618-667-8781 or by e-mail at [dbsamc@yahoo.com](mailto:dbsamc@yahoo.com)

## A First Rate Madness

Book Review by Bob Carolla,  
NAMI Director of Media Relations



One of the best books to document and discuss in detail the link between mental illness—specifically depression—and great leadership is Lincoln's Melancholy by Joshua Wolf Shenk. Dr. Ghaemi, the director of the Mood Disorders Program at Tufts University, now takes the discussion of mental illness and leaders further

by including bipolar disorder and expanding the scope to several other historical and contemporary leaders, including Civil War general William Sherman, Winston Churchill and Ted Turner. Also included are Mahatma Gandhi and Martin Luther King, whose names are new to "famous people" lists that provide inspiration to many people who live with mental illness.

The book makes the case that four elements are essential to leadership in times of crisis: realism, empathy, creativity and resilience. Living with depression can enhance the first two traits and mania can enrich the third. Both can help instill resiliency. At the same time, some conditions such as psychosis can prove disastrous.

Leadership can be exercised for good or evil— independent from mental illness. In other words, free will and moral values remain part of the equation. The book includes a chilling discussion of Adolf Hitler, who presided as the leader of Germany during World War II and the Holocaust; Ghaemi makes a case that Hitler lived with untreated bipolar disorder which gave him charisma, resilience and political creativity in his rise to power. On the other hand, by the time the war began, he was being treated with barbiturates and amphetamines (including meth) for insomnia and fatigue, a combination that only worsened his mental illness. Essentially, his mind spun out of control—possibly into some form of psychosis. In that respect, impairment of his leadership abilities because of heavy drug use was a stroke of good fortune for civilization. "In his final two years, Hitler probably never experienced a day of normal mood," Ghaemi writes. "His world was collapsing; his mind already had."

The book also includes discussion of other leaders such as John F. Kennedy, Richard Nixon and George W. Bush, arguing that "homoclitite" leaders who "want to be

liked" can be dangerous in times of crisis. "Normal" mental health may actually be a drawback. This section, as well a chapter on stigma and politics, are not the books strongest but they raise issues that are worth thinking about carefully. Would our country ever elect a president who acknowledges living with bipolar disorder—and perhaps even campaigns on it as a qualification suited for the times? In some cases, personal experience with mental illness may be a strength, providing vision and a foundation for brilliant leadership, but the stigma surrounding mental illness still prevents a completely open discussion.

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## **Family-to-Family Happenings**

by Alice Adcock, FTF Project Leader

On September 12, 2011, the fourth Family-to-Family course this year began with an initial registration of 24 participants. The course is led by Jackie Grieve and Lynn Jarman who are teaching for the second time this year, a truly generous and selfless act on their part. We are so fortunate to have such dedicated volunteers among us. Their class is being held at LINC in Swansea, IL. The course will end on November 28, 2011. We wish them and their group every success on their journey.

A Family-to-Family Teacher Training will be held from October 14 to October 16, 2011 in Itasca, Illinois. NAMI Southwestern Illinois will be sending three people to participate in this training. They include Mary Gruneich and her daughter, Jessica who attended a Family-to-Family course earlier this year in Swansea. They plan to teach together. Also attending this training will be Angeline Early who was in the Edwardsville class earlier this year and was so moved by the experience wrote an article about it for our newsletter.

From October 13, 2011 to October 16, 2011 NAMI National will hold a National Training Event en Espanol at the Airport Hilton in St. Louis. We are pleased to send Irma Cummins from the Edwardsville Family-to-Family class to this training De Familia a Familia where she will prepare to teach our signature program in Spanish to the Spanish speaking community in our area. We had wanted to send a partner with her but were unable to find one in time for the application deadline. It is our intention to include Irma in one of the FTF classes that will start in early spring 2012 as a Resource Person. In the meantime, she and I and perhaps Mark will begin outreach in the Latino community.

Following the October trainings, the roster of active Family-to-Family teachers will include:

- Mary Gruneich
- Jessica Gruneich
- Angeline Early
- Rita Watters
- Alice Adcock
- Larry Stephens
- Phyllis Stephens
- Jackie Grieve
- Lynn Jarman
- Irma Cummins  
(Spanish speaking teacher)

8th Annual

Race

for

Recovery

**5K RUN/WALK  
 FOR  
 MENTAL  
 HEALTH**



October 29, 2011

Alton, Illinois

**REGISTRATION FORM**

**TEAM REGISTRATION FORM**

Team/Company Name \_\_\_\_\_

Circle One :      Run Team      Walk Team

Team Leader \_\_\_\_\_

Phone \_\_\_\_\_

Email Address \_\_\_\_\_

Participants' Signatures:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

T-Shirt Sizes (Quantities)    Small \_\_\_\_\_    Med \_\_\_\_\_    Large \_\_\_\_\_    XL \_\_\_\_\_    2XL \_\_\_\_\_

Participation Fee per Person    Walkers \$15    X \_\_\_\_\_    Runners \$25    X \_\_\_\_\_

Total \$ \_\_\_\_\_

**Individual registration is on the other side**

## INDIVIDUAL REGISTRATION FORM

Name \_\_\_\_\_ T-Shirt Size      Small      Med      Large      XL      2XL

Address \_\_\_\_\_ Circle One:

\_\_\_\_\_ Walker \$15.00      Runner \$25.00

Phone \_\_\_\_\_ Check \_\_\_\_\_ Cash \_\_\_\_\_ PayPal \_\_\_\_\_

Email \_\_\_\_\_ Team Name \_\_\_\_\_

Participant's Signature \_\_\_\_\_

***For 17 and younger, a parent's signature is required!***

### INFORMATION

Halloween is October 31 but we are celebrating it a little earlier this year at our Run/Walk. Yes, we are breaking out the pumpkins and the trick or treat candy. Come dressed in your favorite (family friendly) Halloween costume - kids too! Runners can run in costume as well. We will have best Halloween costume prizes for our kiddos as well as for the adults. All costume participants will get a free goodie bag of treats.

### RUN

Our inaugural 5K Race for Recovery will be a certified race. **Registration begins at 8:00 AM with the race starting at 9:00 AM.** Prizes will be given to the top 3 male and female runners. The fee for the 5K Run will be \$25. Donations are appreciated so if you can ask your friends, family members or coworkers or even your employer for sponsorship money that would be great. NAMI SWI will have photographers available to take a posed picture of a runner crossing the finish line for the cost of \$5 each. Pictures can be downloaded later to your email address. Registration will be at the Russell Commons Park which is located directly south of the Alton Amphitheatre and to the left of the Clark Bridge.

### WALK

We encourage families to participate in our 8th annual Walk for Mental Health lead by the "famous" Weir llamas.. ***The Walk's schedule has registration opening at 8:00 AM and the Walk at 9:30 AM.*** The course is flat and shaded part of the way. The llamas will go around once but walkers are encouraged to ask family members, friends and employers for a donation or a "so much per 1/4 mile walked". The walk fee is \$15.00.

### WALK TEAMS

Try forming your very own Walk team (6 or more) this year. Team members will all get a colored t-shirt to wear showing your team spirit. Be it a business team, church team, family team or bowling team - have we got an event for you! Sign up NOW!!! The team captain can sign up online and pay for the whole team OR done separately, please send the team registration directly into the NAMI Southwestern Illinois office, 2100 Madison Ave., 4th floor, Granite City, IL 62040.

**ALL WALKERS & RUNNERS: REGISTER ONLINE AT OUR WEBSITE: <http://namiswi.org/walk2011.htm>**

We receive no state funding and rely on your financial support to help us spread the news through our education programs and support groups that there is hope for those who have mental health conditions and for their families who love and support them. Your donations are greatly appreciated AND are tax deductible. NAMI Southwestern Illinois is a 501(c)(3) non-profit organization. Please give generously.

**NAMI Southwestern Illinois is a 501(c)(3) Not for Profit Organization.**


**Donations are tax deductible to the full extent allowed by law.**

**NAMI SWI, affiliates, volunteers and employees are not responsible for any injuries incurred during the walk/run.**

**We recommend seeing a physician before starting or participating in any physical activity.**

# 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  
 Matt Gauen.....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  
**OPE N**.....**Grant Writing Chair**  
 Tom Johnson.....CIT Liaison  
 Carol Morrow .....Newsletter Mailing  
 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.....Volunteer Chair and Director  
**OPEN**.....**Legislative Chair**  
 Bev Watkins.....Policy & Procedure Chair and Director



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://namiswi.org/namiswiMembershipAPP.pdf>

**DEADLINE ...**

...for the **November 2011** issue of NAMI SWI newsletter is **October 15, 2011**. Please e-mail your article to **Sandy at [skgiger@hotmail.com](mailto:skgiger@hotmail.com)** **on or before** due date.




**YIKES!!!!**

**2011 CALENDAR**

Mental Illness Awareness Week (MIAW).....	Oct. 2 - 8
Business Meeting – all welcome.....	Oct 11
Consumer Leader Conference at Shrine in Belleville.....	Oct 28
8th Annual Walk for Mental Health/5K Run.....	Oct 29

Pull out Pages 11/12 to register for our Walk/Run at Russell Commons Park located in Alton. The Wiers from Fairview Heights, will bring my friends, their llamas and alpacas, to lead the walk again. Don't miss out - **register today!!!!**



**Mental Illness Awareness Week 2011: Oct. 2-8, 2011**

In 1990, the U.S. Congress established the first week of October as Mental Illness Awareness Week (MIAW) in recognition of NAMI's efforts to raise mental illness awareness. Since 1990, mental health advocates across the country have joined together during the first full week of October in sponsoring many kinds of activities.

MIAW has become a NAMI tradition. It presents an opportunity to all NAMI state organizations and affiliates across the country to work together in communities to achieve the NAMI mission through outreach, education and advocacy.

NAMI Southwestern IL is doing their part for MIAW. With holding the Walk/Run, we are not only raising funds for our affiliate to continue the free educational programs, we are raising awareness to mental illness. More awareness and education amongst people will help rid the stigma that is still prevalent today with mental illnesses. Come out to the walk and show your support.

**CHANGING ATTITUDES...CHANGINE LIVES!**

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**MOVING??**

**Contact NAMI Office**

**Did you know that NAMI SWI must pay postage for every newsletter that is returned for incorrect addresses?**

If you have moved or in the process of moving, either send an e-mail to [info@namiswi.org](mailto:info@namiswi.org) or call the office at (618)798-9788 with your new **home address, phone number and your e-mail address is you have one.** If no one is in the office at the time of your call, leave your name and phone number and someone will call you back within 24 hours.

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**NAMI SWI FaceBook Launched**

NAMI Southwestern IL is now on **FaceBook** so "like" us at **NAMI Southwestern Illinois** and spread the word to your FB friends! NAMI SWI always welcomes more FaceBook friends!

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**NAMI Southwestern IL  
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