



# 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



## September 2011

### EXECUTIVE DIRECTOR

Mark Rudolph

[mrudolph@namiswi.org](mailto:mrudolph@namiswi.org)

### BOARD OF DIRECTORS

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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.

### Family Friendly Event at Walk/Run

October 29, 2011

Rain or Shine

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 - your kids too! Runners can run in costume as well. Hey, there was a 5K run in Chicago that had a Halloween run - let's show them that we can do one too! 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 and because of that, we are unsure at this writing exactly where the start, turnaround and end of the 5K event will be. Stay tuned to our NAMI Southwestern Illinois website for additional information as it unfolds. Prizes will be given to the top 3 male and female runners. The fee for the 5K Run will be \$25 but that fee will be waived with donations totaling \$125 or more. At the turnaround point, we will be handing out bottled water and an energy snack if needed. 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 from our website. Registration for runners will be at the Russell Commons Park which is located directly south of the Amphitheatre and to the left of the Clark Bridge. Other festivities will be taking place at the park too (see below).



- Music
- Costume Contests
- Picture with the llamas (\$5)
- Ask the Doctor/Therapist
- Display Booths
- BIG ticket item raffle - you won't believe what it is!!!!

*By registering for either the 5K Race for Recovery Or the Walk for Mental Health, you will receive a bag with a NAMI SWI t-shirt, numbered bib, wooden marker for either your time (runners) or mile (s) around course (walkers), money saving coupons, and information about NAMI.*

(Continued on Page 4, See Walk/Run)

## Table of Contents

- 1 Family Friendly Event at Walk/Run
- 2 Table of Contents
- 2 What is NAMI SWI and What Do We Do?
- 2 Hotline Info
- 3 NAMI SWI President's Article
- 3 Kudo Korner
- 4 Walk/Run (Continued)
- 5 NAMI SWI Meeting Locations
- 5 A Support Meeting in Your Town?
- 6 Other Support Meetings
- 6 Request from NAMI National's Office
- 7 Executive Director's Article
- 7 Do You Work for the Federal Government...?
- 8 Advertisers
- 9 NAMI SWI Project Leaders
- 9 Newsletter Deadline
- 9 2011 Calendar
- 9 Join NAMI SWI
- 9 Message from NAMI SWI Llama
- 10 Don't Miss Your Next Newsletter!
- 10 NAMI SWI FaceBook Launched
- 10 Don't Forget!

### 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 \*

Changes Highlighted

### 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

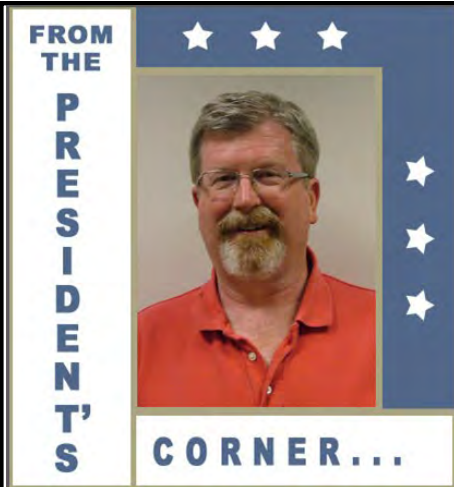
#### Call For Help

(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*

My great Aunt Ruby Russell was an imposing woman. She was six feet tall and a piercing gaze. Ruby grew up on West Fourth Street in Alton, in the home my mother was born in and where Jane and I lived for ten years.

During World War I, Ruby got a scholarship to Smith College in Massachusetts. She returned to become Illinois' first female licensed psychologist and spent her entire career with the Illinois Department of Mental Health. She did tours of duty at the State Hospitals at Anna, Alton and Rock Island.

Ruby never married but she more or less raised my mother, especially in the 20's and 30's when Mom spent her summers at Ruby's cottage on Campbell Island in the Mississippi. As a kid, Mom traveled with Aunt Ruby throughout Northern Illinois as she made follow-up house calls on patients' homes after they had been released from the State Hospital. My Mom learned a great deal about mental illness while on the road with Aunt Ruby. My Mom in turn was much more empathetic when Jane and I sought her advice after we became parents.

So why am I writing about my Mom and great Aunt Ruby? It's because we all like to learn from personal stories. Dan Brannan, editor of the Telegraph, is a strong supporter of NAMI and wants to help publicize our NAMI walk. Dan said our personal stories would be the best way to get more people to become interested in mental health issues. By telling our stories, we can offer comfort to others, break down stigma and encourage people to seek help. Do you have interesting personal stories about mental illnesses you would be willing to share? If so, send them to [info@namiswi.org](mailto:info@namiswi.org).

## Kudo's...

- ...to New Directors Percy Menzies and Larry Stevens;
- ...to Diane Pisko for her past services as Director and Former President ;
- ...to Office volunteers, Mike & Vicki Meyer, who folded hundreds of NAMI SWI pamphlets along with other jobs;
- ...to the officers and members who stayed for the walk meeting following the August business meeting.; and
- ...to AJ French for giving an "In Our Own Voice" presentation at Eden Church in Edwardsville.



**K**udo  
Korner

**Congratulations and thank you for your services to people living with mental illnesses.**

## Walk/Run (Continued from Page 1)

### WALK:

We encourage families to participate in our 8th annual Walk for Mental Health led by the "famous" Wier llamas. Llamas have been leading our Walk for more than 5 years now. To learn more about why our affiliate has the llama as our mascot, please go to the link: [http://namiswi.org/nami\\_llama.htm](http://namiswi.org/nami_llama.htm).



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. With a donation of \$100 or more, your \$15 Walk fee will be waived.

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!!!

**ALL WALKERS & RUNNERS:** GET YOUR REGISTRATION IN TODAY! JUST VISIT THE NAMI SWI WEBSITE AT [http://namiswi.org/5krun\\_walkreg.htm](http://namiswi.org/5krun_walkreg.htm) TO DOWNLOAD A REGISTRATION FORM/FLYER. WE HAVE PAY-PAL FOR YOUR CONVENIENCE.

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.

### BALLOONINARIES: In Honor of or In Memory of Someone:



We will have Ballooninaries for anyone who would like to honor someone who lives with a mental health condition or in memory of a loved who had a mental health condition or has died by suicide. Balloons can be purchased for \$5 each. Feel free to fill out the card with as much information as you feel comfortable with. It will be displayed with your balloon for those to see after the run/walk. You may take your balloon home at the end of the event.

### PICTURES:

We will have several photo opportunities available at our Run/Walk. Runners can pose at the finish line; Walkers can smile for the camera at the end of their Walk. Wier World has generously donated their llamas not only to walk but to pose for pictures. If you and/or your child would like their picture taken with the llamas there will be a station set up for that to happen. The cost of all pictures will be \$5. After the walk/run, you can locate your picture by your bib number and download it off our website.



### SPONSORSHIP:

Are you interested in becoming a sponsor for this event or your company would like to make a donation? Please call the NAMI Southwestern IL office at 618-798-9788 and or send an email to [walkrun@namiswi.org](mailto:walkrun@namiswi.org) and talk to Mark Rudolph, our Executive Director. You'll be glad you did!

Jane Roennigke/Tonya Tiffany  
2011 Walk Co-Chairs

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**5K Run/Walk**  
**October 29, 2011**  
**Russell**  
**Commons Park**  
**Alton, IL**



## 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.



### A SUPPORT MEETING IN YOUR TOWN?

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 [ksf@karlasmithfoundation.org](mailto:ksf@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 [ksf@karlasmithfoundation.org](mailto:ksf@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 [ksf@karlasmithfoundation.org](mailto:ksf@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 caregiver is held on the first Tuesday of each month, 6:00-8:00PM at the Children's Home & Aid Office 120 East A Street, 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).

### Request from NAMI National's Office

NAMI National has been working with *Bloomberg News* reporters to educate the public on problems with state and national mental health systems. Lora Thomas, Executive Directive of NAMI IL, says "I am hearing some pretty horrific stories in Illinois about people who have experienced hospitalizations that ended too soon, resulting in subsequent hospitalizations - or others, who have experienced inappropriate discharges. If you are a family member or if you, yourself have experienced this dilemma, or know of someone else who has, please follow up with Tom Moroney with the *Bloomberg News*."

Moroney is interested in hearing from individuals diagnosed with mental illnesses or their family members about instances where a person was discharged from a hospital too soon and soon afterwards experienced serious consequences--such as injury to themselves or others, suicide, or homelessness. If you are willing to share your personal story, please contact Tom Moroney of *Bloomberg News* directly at [tmorrone@bloomberg.net](mailto:tmorrone@bloomberg.net). Please include your city and state and telephone number and a short summary of details, including the length of hospital stay and how soon after the event occurred. Only a few stories may be used, but all will be considered.



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

### **United Way Selects NAMI Southwestern Illinois for Membership**

NAMI Southwestern Illinois is proud to announce that we have been approved to become a full Member Agency of the Greater St. Louis United Way beginning January 2012. We will be joining over 170 local non-profits that touch the lives of 1 in 3 people living right here in Illinois and Missouri. Because of the support you give to the United Way your neighbors, friends, co-workers, family members live in a healthier, stronger and more secure community.

While the funding that we will begin to receive in 2012 will certainly make it possible for our NAMI affiliate to grow and touch more lives being a United Way member goes far beyond dollars. The United Way forms partnerships with their members to offer technical support with volunteers, program evaluation, board governance and so much more.

For example, when someone needs help and they do not know where to begin looking a call to United Way's 2-1-1 is the answer. Through a 2-1-1 call or on-line search resources can be located 24 hours a day, 7 days a week. The service is free and confidential.

With United Way Membership comes enhanced accountability and all member agencies are expected to comply with standards of quality that will help us become a better organization.

Are you a donor to United Way now? If not please consider becoming part of the annual campaign this year. The United Way is extremely cost efficient whose allocation process ensures that your dollars are used to improve our community in the most cost effective way possible. The support that you provide will help not just NAMI Southwestern Illinois but many, many organizations that work to make our community a better place to live.

Once again – Thank You United Way!

A handwritten signature in blue ink that reads "Mark Rudolph". The signature is written in a cursive style.



### **Do You Work for the Federal Government and Want to Donate to NAMI SWI?**

NAMI Southwestern Illinois has been approved to participate in the Combined Federal Campaign (CFC) which is an opportunity for federal employees, including those serving in the military or working for the Postal Service, to donate through their work place. Federal employees in the Gateway CFC pledged \$3,250,000 to more than 1,800 charities last year, and they aim to do it again this year!

The CFC campaign runs from October 3<sup>rd</sup> to November 30<sup>th</sup>. Employees are given a list of approved charities and can designate where their donation is to go. Our name is listed along with our CFC code of 81467. This is a convenient way to make a tax deductible donation to NAMI Southwestern Illinois. We receive no state funding and rely on the support of caring individuals just like you to continue to offer our always free programs and support groups.

**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.**

**BHA**  
**BEHAVIORAL HEALTH**  
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 Wood River, IL 62095  
 Phone (618) 251-4073

Behavioral Health Alternatives provides Mental Health Case Management Services, which includes but is not limited to: Individual Therapy; Group Therapy; Medication Monitoring and Training; and Representative Payee Services. Call (618) 251-4073 for more information.

  
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 \*RESULTS IN 20 MIN  
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**THANK YOU, ADVERTISERS!!**

**Let them know you've seen their ad in our newsletter.**

## NAMI Southwestern IL 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 Chair  
 Carol Morrow.....Newsletter Mailing  
 Lynn Piggott.....Newsletter Mailing  
 Jane Roennigke.....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  
 Jane Roennigke.....Walk Chair



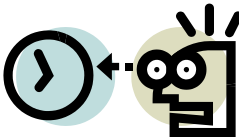
### More = Less

Yes, the more hands we have involved, the less work it is for all. If you have a passion for any of the above projects and would like to help on a committee/project, please call the NAMI SWI Office at 618-798-9788. All help is welcome and appreciated!  
 Be more than a member... be an **active** member.

**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://namiswi.org/namiswiMembershipAPP.pdf>

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



### 2011 CALENDAR

Business Meeting – all welcome.....Sep 13  
 CIT International 2011 Conference.....Sept. 12-14  
 Mental Illness Awareness Week (MIAW).....Oct. 2 - 8  
 Consumer Leader Conference at Shrine in Belleville.....Oct 28  
 8th Annual Walk for Mental Health/Run..... Oct 29

Hey Friends,  
 Get your tennis shoes ready. I just dug mine out for our 8th Annual Walk for Mental Health & the 5K Race for Recovery on Saturday, October 29.  
 Hope to see you then!





### Don't Miss Your Next Newsletter!

**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.

### 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!

Have your family and friends register for the 8th Annual Walk for Mental Health and 5K Race for Recovery on Saturday, October 29, 2011. New location for the Walk/Run is at Russell Commons Park in Alton, IL.



## Legislative Links

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