



NAMI Southwestern IL

* SUPPORT * EDUCATION * ADVOCACY * RESEARCH *

National Alliance on Mental Illness

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

NAMI Office Phone: 618-798-9788

July 2010

EXECUTIVE DIRECTOR

Mark Rudolph



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- Cindy Hall, Vice President
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- Anisa Rucker
- Gail Shaw
- Vicki Vasileff
- Beverly Watkins



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Welcome New Board Members!

At the annual membership meeting, which was held on June 8th, the election of board members took place. Normally only board members get to vote on issues, but at the annual meeting all members in attendance were able to vote in the election. New board members are Sandy Crawford, Jim Isaac, Lynn Jarman, Anita Overturf, Anisa Rucker, and Gail Shaw.

Reelected for their 2nd term are Rob Roennigke, Lynn Glauber, Cindy Hall, and Diane Pisko. (See all Board Members in the left column.)

Thank you to all the board members for their dedication and support of people who have mental illness.

Also thank you to all the members who came to the meeting and exercised their right to vote.

We can not leave out thanking some other very important people...the project leaders listed on Page 6. Their volunteer efforts are much appreciated and do not go unnoticed.

Accomplishments of the last fiscal year and goals for the current fiscal year were discussed. Executive Director, Mark Rudolph, along with other board members were in attendance so all members had an opportunity to meet them.

The next board meeting will be held on July 13th, same location as membership meeting, in the conference room behind cafeteria at Gateway Regional Medical Center in Granite City. All advocates are welcome and encouraged to attend.

Local NAMI Advocate Passes

Bettie Mae Stokes, 81, of Belleville, IL, died Sunday, June 13, 2010 after a brief illness. Following her retirement from education, Bettie spent much of her time performing volunteer work. One of the ways she volunteered was spending countless hours as an advocate for the mentally ill. She also was the secretary for the local affiliate of National Alliance on Mental Illness in Belleville before they merged with NAMI Madison County forming NAMI Southwestern IL. Advocating for NAMI was one of Bettie's greatest passions



We extend our sympathy to her family. Our thoughts and prayers are with them.

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

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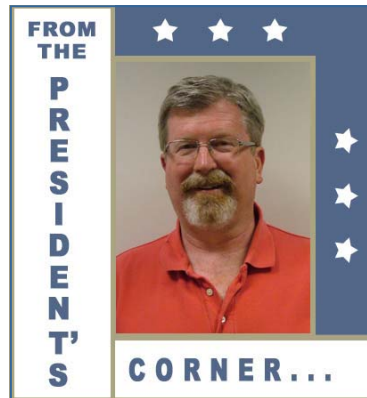
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June 12, 2010

...Rob Roennigke

Welcome to the six new board members elected at our annual meeting. In addition, our annual meeting summarized the past year’s accomplishments and thanked the many members who have volunteered their time to make a difference. While I tried my best to remember all our major accomplishments, I overlooked at least one; that being all the great work Lynn Glauber did in setting up our financial statements on QuickBooks and setting up electronic bill-pay. Thanks, Lynn, your hard work is appreciated! Her husband, Steve, is also greatly appreciated for his advice and counsel.

Now that we have expanded our service area from one county to eleven and must also feed and care for our full-time Executive Director, we need to raise some bucks!!!! Rita Watters [our NAMI Walk Chair] had a great idea – each board member coming up with five contacts that can be approached to contribute to the walk. How about the rest of us? If each of our over 200 members gave Rita three contacts, we could have a whale of a walk [or maybe a llama of a walk]. Come to our next business meeting, give Rita your contacts and volunteer to have fun with the finest group of people I’ve had the good fortune to know – Southwestern Illinois citizens with mental illnesses and their friends and family. Please join us!



NAMI Southwestern IL

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

E-mail: namimadisoncty@sbcglobal.net
 Website: <http://madisoncty.nami.org>
 Phone: 618-798-9788 - Fax: 866-332-5338

**Do You want Support Meetings to Continue?
 Volunteers Needed!**

by Pat Rudloff, Support Groups Coordinator

In order to continue NAMI Southwestern Illinois (formerly NAMI Madison County) mission of providing support throughout our service area we must have volunteers willing to take a weekend long training later this year. NAMI Southwestern IL’s (NAMI SWI) service area now includes not only Madison and St. Clair Counties but also Montgomery, Jersey and other adjoining counties. Hotel and meal costs for the training are covered by NAMI. A “lived experience” as either a family member or a consumer of mental health services plus a monthly commitment for one year is required for co-facilitators of Family

Support and a weekly commitment for one year for co-facilitators of NAMI Connection Recovery for consumers.

Support groups are currently offered in Litchfield and Granite City (combined family/consumer), Edwardsville (family/caregivers of adults with mental illnesses), Maryville (NAMI Connection Recovery) and Jerseyville (Care & Share for consumers and family members). Litchfield support will end after the December 2009 meeting unless volunteers come forward to take the training.

Individuals interested in becoming Family Support and NAMI Connection Recovery Support meeting facilitators or have questions can call either Pat Rudloff at 618-656-6781 or the NAMI SWI office at 618-798-9788 or email us at namimadisoncty@sbcglobal.net for more details.



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 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 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 kssf@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 kssf@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 kssf@karlasmithfoundation.org.

First Friday Social: for consumers on the first Friday of each month from 6:30PM-9:30PM at Sacred Creations, 129 Steiss Rd, Glen Carbon, IL 62034. For more information, contact Sacred Creations at 618-792-2049.



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

Legendary Singer Connie Francis Partners With Mental Health America On National Campaign on Trauma-Informed Care

Legendary singer Connie Francis and Mental Health America joined in launching a new national campaign on the importance of stress and trauma in the development of mental health problems and the need to appropriately treat them in order for people to get better.

Called S.T.A.R. of Mine (for Stress, Treatment, Awareness, Recovery), the campaign will raise awareness of the impact of trauma, help remove the stigma attached to it, and inform the public and health professionals on the importance of a new generation of treatments that puts control back in the hands of the traumatized person so that they can feel safe again and achieve recovery.

Mental Health America has established a website for the campaign at: <http://www.mentalhealthamerica.net/STAR>.

"This campaign will address itself to the millions of people in America who are currently suffering from the deleterious effects of depression and trauma of all kinds whether it be the trauma experienced by victims of violent crime, rape, domestic abuse, loss of a loved one, divorce, loss of finances or a job, and significantly in the largely-unattended area of the Post-Traumatic Stress Disorder (PTSD) experienced by our returning veterans of our two wars," Francis said. "You don't have to be in a war, however, to be victimized by PTSD; many people wage war everyday with their struggle to come to grips with emotional problems that often seem insurmountable.

"Having been involuntarily committed seventeen times in nine years to mental institutions it is now my intention to be a voice for those suffering from mental disorders and to make them aware that there is hope and light at the end of an often bleak and interminable tunnel."

"Toxic stress and trauma can ruin health and mental health," said David L. Shern, Ph.D., president and CEO of Mental Health America. "While we know what to do to help, people often don't get appropriate services. The science is clear. The time to act is now."

Trauma is an emotional response to a terrible event like an accident, rape or natural disaster. Shock and denial are typical responses immediately following the event. Longer term reactions include unpredictable emotions, flashbacks, strained relationships and even physical symptoms such as headaches or nausea.

If untreated, trauma can damage a person's physical and emotional health. It can lead to addiction, severe mental illness, and many other very harmful consequences. The earlier in life the traumatic event happens, the more harmful it is.

It is also important that appropriate care is provided or re-traumatization can occur. For example, although unintended, a situation could occur where a large male counselor is assigned to a woman who was attacked by a large male,

or a woman who was locked in a closet as a child is assigned to a small room.

A new generation of care called Trauma-Informed Care encourages people to talk about their trauma in their own time and in their own way. In a trauma-informed program, people respect survivors for what they have gone through and how they have coped, rather than assuming there is something wrong with them or blaming them for their problems.

Although Trauma-Informed Care has been recognized as critical to providing appropriate care to individuals, it has not been widely adopted. The campaign will work to achieve greater acceptance and implementation across the United States through a multi-pronged campaign.

(Source: Mental Health America)

Family Foundations Program

by Sandy Kelley, Family Foundations Director

I am very sorry to tell you that Family Foundations Program, a program of Riverbend Head Start & Family Services, will suspend operations June 30th. This is because the state of Illinois has not been able to pay for FY10 services and we will be unable to begin a new program year July 1st.

Family Foundations staff has received notice of lay off and will not see families after June 17th. If the state of Illinois brings payments current in the next few months, the Agency will consider continuing the Family Foundations services into another program year. We are currently completing Early Head Start applications on any of our families who are interested and eligible.

Please note that the other programs of Riverbend Head Start and Family Services: Early Head Start, Head Start and Transitions Counseling remain open and serving clients.

Jerseyville Notice

by Shelly Holmes

We will be temporarily canceling NAMI Connections in Jerseyville; however, we will be still holding our NAMI Special Night 5pm-7pm on the 2nd Saturday night of each month at the Jerseyville Church of the Nazarene at 285 Maple Summit Road in Jerseyville.

We will also still have Caring & Sharing the 2nd & 4th Wednesday night of each month at the Jerseyville Public Library, Jerseyville.

We'll be looking forward to seeing you there

If you have any questions please contact Shelly Holmes at 618-498-5476.



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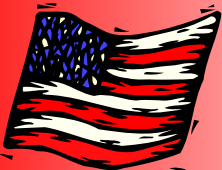
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 Thank you
 To Chestnut Health Systems in Granite City and Community Counseling Center in Alton who each month alternate printing this newsletter as a service to NAMI.

CALENDAR OF EVENTS



| | |
|---|--------------|
| NAMI SWI Business Mtg..... | Jul 13 |
| Madison County 708 Board Mtg, Edwardsville, 4:30PM..... | Jul 14 |
| Continuum of Care Meeting, Woodriver..... | Jul 15 |
| Madison County Board Mtg, Edwardsville, 5:00PM..... | Jul 21 |
| MI National Conference, Washington, D.C..... | Jun 30-Jul 3 |
| Consumer Conference | Aug 6 |
| Walk to Washington DC for Depression Rally..... | Aug 14 |
| “A 2nd Mile in My Shoe”..... | Sep 10 |
| NAMI Walk for Mental Health..... | Oct 2 |
| Mental Illness Awareness Week (MIAW)..... | Oct 3-8 |

MADISON COUNTY EMPLOYMENT & TRAINING, ALTON OFFICE, RELOCATES TO EAST ALTON PLAZA

Job seekers and employers seeking the Alton area Madison County Employment and Training Department for business and job seeking services will need to visit them at their new location in the East Alton Plaza at 612 W. St. Louis Avenue.

On June 28, the department will move from their old location at 88-90 North Port Drive in Alton, where they had been located for the past 14 years, to the new site. The relocation not only affects this department but also includes other agencies housed within the Southwestern Illinois WorkNet Center, including the Illinois Department of Employment Security.

“We are very happy to join the other businesses and agencies at the East Alton Plaza. Our new location will offer all of the same familiar services to the community. Our goal is to continue to provide leadership in meeting the workforce needs of the area”, said David Stoecklin, the Executive Director for the Madison County Employment and Training Department.

Stoecklin also remarked, “We hope to continue our friendly and personal service to the community. It has always been our goal to reach out and assist with the labor needs of business, and while doing so, help those looking for new or better employment opportunity.”

The Madison County Employment and Training Department has offered services to both businesses and job seekers in the Madison-Bond County area for more than 39 years. They are federally funded through the Workforce Investment Act and various other grants. They provide quality assistance in job search, career counseling, job training, resume writing, and offer a diversity of workshops to the unemployed, those who desire career advancement or those needing help in making career choices. A self-service resource center lab is open to the public during regular business hours and staff is always available to help.

Employers may utilize the department to find, test, and interview prospective employees at no cost. The Department also provides employee customer service training to local businesses as a fee for service. Area businesses may benefit from labor market facts and tax incentive information readily available through the Department.

The East Alton field office of the Madison County Employment and Training Department is open from 8:30am-4:30pm Monday thru Friday. In addition to the East Alton location, the Department is housed in the Southwestern Illinois WorkNet Centers in Granite City at 544 Niedringhaus Avenue, Building 102; at the Glen Carbon Southwestern Illinois WorkNet Center at 50 Kriege Farm Road and at the Bond County/Greenville Southwestern Illinois WorkNet Center at 209 North Third Street.

For more information about Madison County Employment and Training Department and its services, please visit www.mcetd.org or call (618) 466-8891.

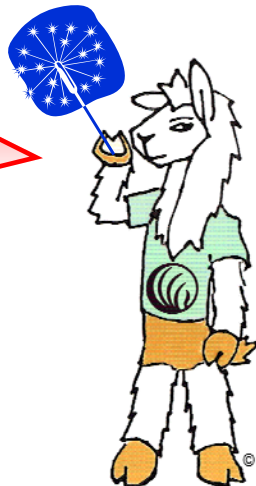


DEADLINE for the August 2010 issue of newsletter is July 15, 2010.
Please email your article to Sandy at skgiger@hotmail.com on or before due date.

NAMI Southwestern IL Project Leaders

| | |
|-----------------------------------|-----------------------------------|
| 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 Pisko | Membership Coordinator |
| Diane Pisko..... | Newsletter Labels & Advertising |
| Pat Rudloff..... | Support Groups Coordinator |

Have a happy
and safe 4th
of July!!



NOTICE
*** July 22nd ***
Meeting Location Change

NAMI CONNECTION

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.

Did you know...?

Many people do not realize they have paid for disability benefits through FICA taxes; Allsup explains the differences

Can't work because of a serious disability? Chances are you may qualify for Social Security Disability Insurance (SSDI), which provides regular monthly income to people who can no longer work because of a serious illness or injury. Nearly every working person pays for these benefits through FICA tax deductions, and Allsup, the nation's leading Social Security disability representation company, encourages all wage earners to plan for disability during Disability Insurance Awareness Month.

According to the 2010 Injury Facts of the National Safety Council, 490 Americans become disabled every 10 minutes.

"Experiencing disability can place you in a financial crisis. One of the most important steps you can make is to apply for SSDI as soon as possible," explained Paul Gada, personal finance director for the Allsup Disability Life Planning Center. "This can be a complicated process because it involves documenting your work history and your medical condition. You can make it less stressful by hiring a representative, such as Allsup, to handle those complicated aspects."

Even if someone has a long-term disability (LTD) insurance plan, there are a number of benefits to applying for SSDI. These include regular monthly income, medical benefits through Medicare after 24 months of entitlement to SSDI, prescription drug coverage and benefits for dependents age 18 and under.

SSDI is a payroll tax-funded, federal insurance program. A portion of the FICA taxes you pay are set aside for SSDI (as well as Social Security retirement and Medicare). The Social Security Administration's (SSA) definition of disability may be different from other programs, such as your employer's or a private insurance carrier. Social Security disability benefits are designed to provide you income if you have a severe disability, or terminal illness, that keeps you from working for 12 months or longer. Income will continue unless your condition improves to the point that you can return to work. Once you reach full retirement age – 65 or older – you move from SSDI to Social Security retirement income.

Eligibility for SSDI is based on your inability to work. There are a number of requirements for eligibility, and the SSDI application process can be cumbersome, but it's an option that should not be overlooked.

Choosing an experienced representative such as Allsup to assist with your SSDI application will help you get through the SSDI process with less stress. The SSA denies two out of three applications at the initial level, while Allsup is successful 56 percent of the time at the initial application. Allsup successfully secures SSDI benefits for 98 percent of our customers who complete the SSDI process with us. Our experienced professionals have obtained benefits for more than 130,000 deserving customers since we began business in 1984.

"Many workers do not realize that they have already paid for these benefits through their FICA taxes," Gada said. "It's important to know that applying for SSDI is one of your options for financial security in the event of a severe disability."

With an LTD insurance plan, the premiums are paid either by you or your employer. Sometimes both you and your employer contribute. LTD benefit eligibility usually is subject to review on a continuous basis. The duration of LTD benefits will vary depending on the type of disability.

LTD benefits typically involve two different definitions of disability. The policy will specify a period of time in which an "own occupation" definition of disability applies. You must be disabled and unable to perform your own occupation to qualify for the benefits. After the "own occupation" definition time period ends, an "any occupation" definition of disability applies. This means you must be disabled and unable to perform any occupation to continue to qualify for LTD benefits.

A diagnosis of a long-term disability generally means the end of someone's working days, but it's not the end of key decisions related to money and financial income, medical treatment or healthcare. For more information about how Allsup can help you access additional services that accommodate financial and healthcare needs while you are waiting to receive your SSDI benefits, visit <http://www.allsup.com/>.

(Source: Allsup Press Release, May 27, 2010)

Great Video: Tell Our Stories

The most effective means of busting stigma is by making a personal connection with people, such as through NAMI's In Our Own Voice.

Another opportunity is Storycorps, a project in which over 50,000 people to date have interviewed family and friends about their life experiences on a broad range of topics. Each conversation is recorded and preserved at the American Folklife Center at the Library of Congress and millions listen to its weekly broadcasts on NPR's Morning Edition.

Storycorps recently produced its first animated video with the soundtrack of a 12-year boy living with Asperger's Syndrome talking with his mother, who had experienced depression as a teenager.

Interviews are scheduled periodically in Atlanta, New York City and San Francisco and in various mobile tour locations around the country. Participants are asked to make a voluntary \$25 donation to cover costs. Local organizations can sponsor their own events, but they cost much more.

(Source: NAMI StigmaBuster Alert: May 28, 2010)

Eyes & Ears

Have you seen stigma in the news, entertainment or advertising media? You are our eyes and ears! Send a report to stigmabusters@nami.org. Because of the large number of messages received, they cannot all be answered individually; however, we appreciate every one and review and prioritize them for action. Please also contact the source directly—you have more power than you know! We also appreciate getting copies of responses you receive to evaluate. Your help makes a difference!

(Source: NAMI StigmaBuster Alert: May 28, 2010)

Depressed Mood Increases The Perception Of Pain

When it comes to pain, the two competing schools of thought are that it's either "all in your head" or "all in your body". A new study led by University of Oxford researchers indicates that, instead, pain is an amalgam of the two.

Depression and pain often co-occur, but the underlying mechanistic reasons for this have largely been unknown. To examine the interaction between depression and pain, Dr. Chantal Berna and colleagues used brain imaging to see how healthy volunteers responded to pain while feeling low.

Their findings revealed that inducing depressed mood disrupted a portion of the participants' neurocircuitry that regulates emotion, causing an enhanced perception of pain. In other words, as explained by Dr. Berna, "when the healthy people were made sad by negative thoughts and depressing music, we found that their brains processed pain

more emotionally, which lead to them finding the pain more unpleasant."

The authors speculate that being in a sad state of mind and feeling low disables one's ability to regulate the negative emotion associated with feeling pain. Pain, then, has a greater impact. Rather than merely being a consequence of having pain, depressed mood may drive pain and cause it to feel worse.

"Our research suggests depressed mood leads to maladaptive changes in brain function associated with pain, and that depressed mood itself could be a target for treatment by medicines or psychotherapy in this context," commented Dr. Berna. Thus, the next step in this line of research will be to examine this mechanism in individuals who suffer from chronic pain, as these individuals also commonly experience depression. The ultimate goal, of course, is to develop more effective treatments. This is good news for the millions of individuals around the world who suffer from chronic pain and depression.

(Source: Medical News Today, June 8, 2010)

Mental Illness Awareness Week 2010: October 3-9

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 week of October to celebrate.

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

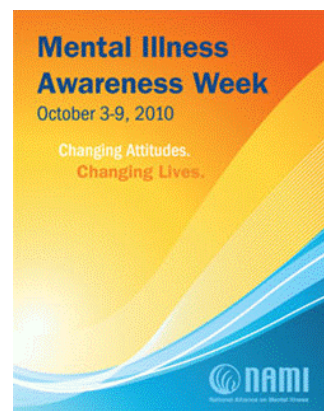
This year's MIAW coincides with election season, so be sure to check back in August when sample press releases, letters to the editor and "op-eds" will be available for important press outreach efforts.

For more information on MIAW, visit www.nami.org/miaw.

(Source: NAMI Friday Facts, June 11, 2010)

EDITOR'S NOTE: NAMI Southwestern IL has already started planning their MIAW activities! The 8th Annual Walk for Mental Health will be held on Saturday, October 2nd, to kick off MIAW.

We realize how folks need to map out their important events, so mark your calendars NOW for our WALK on October 2 so you too can be part of MIAW.



Losing a Hero
by: Shelly Holmes

Dedicated to My Uncle Kenneth Holmes

(June 2, 2010) A few days ago I lost a dear and close friend, my Uncle Ken. I lost him to heart failure. He was a veteran of the Korean and Vietnam War; he was my hero. I wasn't sure how to take his death. I wanted to cry and I did when they first told me. Then I was angry and I got mad cause I didn't get a chance to see him before he died. Then I was relieved that he was no longer suffering and he was in heaven with mom and dad. All these emotions had me really upset and anxious, a little depressed and very lonely. I turned to my coping skills of writing e-mails to friends, working on my school work, listening to music, and talking with my friends. I used every skill more than once or twice and I'm still using them.

His services aren't till next Tuesday and I can't go. My coping skills will help me get through the problems of right now, but I will have to deal with the ones that will follow me throughout life of missing him, not being able to talk with him, writing him letters and post cards: it's all over and I can't change that, I can't make him come back, but I can keep his memory alive in my heart where he will be with me forever. Ken was more than my uncle; he was my friend we made up losing nine years in this past year. This helped me get through troubled situation here with me and I was able to use my coping skills then. I talked on the phone, wrote letter, visited friends, listened to my music and read. I got through my problems okay.

Having mental illness is difficult cause you are already depressed alot or sad. So, when something bad happens it makes things worse so, remember to turn to your coping skills whatever them maybe. Work yourself out of that rut and start smiling again-living again and loving yourself.

Recovery and Wellness Toolbox: The Four Agreements
Submitted by Pat Rudloff

This regular feature presents books, CDs, websites, self-help practices, tools and products that can be used to enhance or continue recovery, mental health and wellness or help strengthen organizational effectiveness.

In the book *The Four Agreements*, author don Miguel Ruiz talks about four principles to put into practice for every day life. He states that applying these principles or "agreements" consistently can be very difficult and can be, more importantly, a way to dramatically change your life for the better.

How? *The Four Agreements* presents a view of how some particular thoughts can either cause us suffering or support our peace and well being. According to the author, developing a sense of personal awareness, connected to moment-by-moment application of these agreements, could enable us to experience greater

power in more consciously shaping ourselves and our reaction patterns with people and events.

The Four Agreements are:

1. Be Impeccable with your Word - Speak with integrity. Say only what you mean. Avoid using words to speak against yourself or to gossip about others. Use the power of your word in the direction of truth and love.

2. Don't Take Anything Personally - Nothing others do is because of you. What others say and do is a projection of their own reality, their own dream. (As is yours.) When you are immune to the opinions and actions of others, you won't be the victim of needless suffering.

3. Don't Make Assumptions - Find the courage to ask questions and to express what you really want. Communicate with others as clearly as you can to avoid misunderstandings, and unnecessary sadness and destructive drama. With just this one agreement, you can completely transform your life.

4. Always Do Your Best - Your best is going to change from moment to moment. Your best could be different when you are healthy as opposed to when you might be sick or not feeling well. Under any circumstance, simply do your best and you will avoid self-judgment, self-abuse, and regret. Learning from previous experiences can build on strengths.

As you practice living these, your life will dramatically change. In the beginning these new habits will be challenging and you will lapse countless times. With practice these agreements become integrated into your being and every area of your life and become easy habits to keep.

(Source: www.toltecspirit.com)

[Excerpts from *Recovering Together*, a quarterly publication of The Star Center, (National Consumer/Consumer Support, Technical Assistance and Resource), a NAMI project funded by SAMHSA. Please visit the STAR Center website for online audio and written materials on recovery, self-determination and cultural wellness at www.consumerstar.org.]

**DON'T MISS
AN ISSUE
OF YOUR
NEWSLETTER...**



...Please contact NAMI SWI if you're moving. Call NAMI SWI Office at 618-798-9788 or send an e-mail with your new address and phone number to the office at namimadisoncty@sbcglobal.net.

You will receive your mailings on time and save NAMI return postage. Thank you!

Teens With Severe Depression Benefit From Switching Medications And Continuing Treatment

More than one-third of teenagers with treatment-resistant depression - many of whom had been depressed for more than two years - became symptom-free six months after their doctor switched their medication or combined a medicine switch with cognitive behavioral therapy during a multicenter study led by UT Southwestern Medical Center researchers.

The study findings, available online and in a future edition of the American Journal of Psychiatry, found that teenagers who showed an improvement of symptoms after just three months into their new regimen were much more likely to show lasting beneficial effects.

"This study provides hope for parents and teenagers that persistence in seeking treatment will lead to recovery in some patients, especially if early treatment is aggressive," said Dr. Graham Emslie, professor of psychiatry and pediatrics at UT Southwestern and a principal investigator of the study. "Even after six months of treatment, however, about two-third of teenagers were still suffering from at least some symptoms of depression."

The 334 study participants ranged from 12 to 18 years of age. They exhibited traits of moderate to severe major depressive disorder, including thoughts of suicide. Historically, these types of patients have the worst treatment outcomes.

In February 2008, Dr. Emslie and colleagues first published work about these teenagers, who had failed to respond to a class of antidepressant medications known as SSRIs, or selective serotonin reuptake inhibitors. SSRIs, are the most common drug treatment for depression, although about 40 percent of teenagers on the drugs don't respond to the first treatment.

After three months, nearly 55 percent of the teens in Dr. Emslie's study improved when they both switched to a different antidepressant and participated in cognitive behavioral therapy, which examines thinking patterns to modify behavior. That study also found that after three months, about 41 percent of participants showed improvement after just switching to either a different SSRI or to venlafaxine, a non-SSRI type of depression medication.

Dr. Emslie and colleagues have now examined the six-month data from that study, and found that nearly 39 percent of participants who completed six months of treatment no longer had symptoms of depression. Those participants were more likely to have had lower levels of depression, hopelessness and anxiety at the beginning of the study.

Those who responded to the new regimen during the first three months were more likely to achieve remission,

meaning minimal symptoms of depression or no symptoms at all. Many of those participants, who came from six sites across the country, responded during the first six weeks of treatment.

Current treatment guidelines suggest staying with a treatment for at least two to three months before trying another treatment.

"In light of our new findings, those guidelines may need to be revisited because these latest results suggest more aggressive treatment early on may improve outcomes," said Dr. Emslie, who also serves as chief of child and adolescent psychiatry at Children's Medical Center Dallas.

Dr. Emslie and his colleagues are continuing their studies on teenage depression and will use the new data to refine treatment guidelines.

(Source: LaKisha Ladson, UT Southwestern Medical Center, May 18, 2010)



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).

The 14th Annual Metro East Consumer Conference Will Host the Annual Consumer Art Show Along With a Full Day of Inspiration and Education



The Metro East Consumer Leadership Council is pleased to announce our 14th Annual Metro East Consumer Conference: Today's Challenges – Tomorrow's Triumphs. 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 will have a catered lunch and the conference is free. This is made possible from the generous funding of the Madison County Mental Health Board, the St Clair County Mental Health Board, and the Illinois Division of Mental Health.

Our keynote presenter, Antonio Lambert, has a powerful recovery story to share. At age 17, Antonio Lambert was carrying the scars of nine bullets and was sentenced to 22 years in prison. A life of severe depression and substance abuse had taken their toll. Now, he has emerged as a respected community leader and national speaker. "I once thought prison was where I was supposed to be," he says. "But I was wrong." Antonio, a Certified Peer Specialist in North Carolina, is a member of an ACT (Assertive Community Treatment) team for a mental health agency, Envisions Of Life, LLC. He is also an Advanced WRAP Facilitator as well as a Peer Instructor for the National Association of Peer Specialists (NAPS). Antonio will share his turning points, and how he has transformed his life bringing the reward of today.

During lunch we will be having an awards ceremony recognizing the recipient of the Susan Kniffel Award and other longstanding leaders in the mental health community. We are offering six different workshops in the morning before lunch and then 6 workshops after lunch. We have a great line up of workshops from creative expression to self-care to recovery stories. We will also be having a focus group where consumers and family members will have the opportunity to make recommendations to the Division of Mental Health on improving mental health services to individuals involved with the criminal justice system.

We also will be having our annual consumer art show. We would also like to open up the art show to family members of individuals living with mental illnesses who may use art for therapeutic expression. This is another way we are trying to outreach to

family members. Individuals will also have the opportunity to try to sell their artwork.

If you have not registered yet for the conference, contact Cindy Mayhew at 618-474-3813, or email her at cindy.mayhew@illinois.gov to receive a registration packet.



The earlier you register, the better chance you have of being assured you will get the workshops of your choice.

If you would like to submit artwork for the art show contact Kelly Jones, the Art Show Coordinator at 618-250-8807 or email him at kgjones@chestnut.org. Art show applications are due by July 16, 2010.

The Metro East Consumer Leadership Council hopes the reader will join us!

The Lifeline Network Honors Its 2 Millionth Call!

(Jun 02, 2010) The National Suicide Prevention Lifeline network of 147 crisis centers answered its two millionth call since its launch on January 1, 2005. "Relatively few people realize how pervasive suicide attempts and suicidal thoughts are in our society – SAMHSA studies show that 8.3 million American adults seriously contemplated suicide in the past year, with 1.1 million adults actually attempting it," said SAMHSA Administrator, Pamela S. Hyde, J.D. "Fortunately the Lifeline has made a remarkable difference in saving the lives of countless Americans by shining a light on this problem and providing a source of hope and help to those in crisis."

**National Suicide Prevention Lifeline
"With Help Comes Hope"**

- Are you in crisis? Please call 1-800-273-TALK
- Are you feeling desperate, alone or hopeless? Call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255), a free, 24-hour hotline available to anyone in suicidal crisis or emotional distress. Your call will be routed to the nearest crisis center to you.
- Call for yourself or someone you care about
- Free and confidential
- A network of more than 140 crisis centers nationwide
- Available 24/7
- For more information, go to <http://www.suicidepreventionlifeline.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

★ **FAMILY
SUPPORT
GROUP** ★

National Alliance on Mental Illness

NAMI Support Group Locations

GRANITE CITY

- ◆ **First Tuesday of each month, Family Members and Consumer Support Group** in the **New Location!** Pascal Hall Meeting Room (Ground floor between Lobby entrance & Gift Shop) 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 Connection

National Alliance on Mental Illness **RECOVERY SUPPORT GROUP**

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.



NAMI SWI Board Meeting

- ◆ **Second Tuesday of each month GRANITE CITY** at Gateway Regional Medical Center in the Conference Room through the Cafeteria on the Lower Level, 7:00PM.

The Board welcomes all members and advocates!!!

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

TO: