



National Alliance on Mental Illness

Southwestern IL

NAMISWI Website: namiswi.org

NAMISWI E-mail: info@namiswi.org

NAMISWI Phone: (618) 798-9788

June 2011

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mrudolph@namiswi.org



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- Macoupin
- Madison
- Monroe
- Montgomery
- Randolph
- St. Clair
- Washington

HOTLINE INFO

State List of Providers of Crisis
Psychiatric Service & Phone Numbers
for these 12 counties are listed on page 2.

Here's How You Can Help Save NAMISWI Money

by Sandy Giger, Editor

We are hoping that more newsletter recipients who have a computer will be willing to try receiving their newsletters electronically. NAMI Southwestern IL is growing in numbers which is wonderful; the postage paid and labels are increasing also which isn't so wonderful. If your only internet access is at the library, this probably isn't for you; but if you have a computer at home with internet access, please keep reading.

You could be doing both yourself and NAMISWI a favor. OK, you just heard how changing to the electronic version will help NAMI save money, but you may be wondering what's in it for you? Well, let me count the ways...

1. Don't worry about the newsletter taking up too much of your hard drive space because only a notice containing a newsletter link will be sent to your e-mail. **It's easy...just click a link;**
2. You will receive the electronic version sooner which is great for time-sensitive information;
3. The electronic version is in color and more appealing than the black and white copy;
4. You can click on a link while you're reading an article and go directly to that source;
5. You can print your color copy and still have a hard copy of the newsletter if you want;
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7. You can share information by cutting & pasting rather than copying & mailing;
8. You can forward the newsletter link to others;
9. You'll always know where your newsletter's at; i.e., unless you misplace your computer!;
10. You can send a direct e-mail to someone from an article by clicking on that person's e-mail address within the article;
11. And, yes, you will be helping NAMISWI save money to continue our always FREE educational programs, etc.

I'm sure I've probably overlooked many other reasons why you should switch, but you get the idea. So if you are now receiving the hard copy version through the mail but are willing to try the electronic version, please call the NAMI Office at (618) 798-9788 or send an e-mail to info@namiswi.org and tell them that you're ready to **GO GREEN.**

Our executive director, Mark Rudolph, and office volunteers are updating the membership list, so now is the time to make the switch. Please call or e-mail TODAY!! You'll be glad you did.

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* HOTLINE INFO*

BOND COUNTY

Prairie Counseling Center

(618) 664-1455 (8:30AM - 4:00PM)

(618) 397-0963 (4:00PM - 8:30AM)

CALHOUN COUNTY

JERSEY COUNTY

WellSpring Resources

(formerly Community Counseling Center)

(618) 639-2016 (call 24 hrs.7 days/wk.)

CLINTON COUNTY

Community Resource Center

(618) 533-1391 (call 24 hrs.7 days/wk.)

GREENE COUNTY

MACOUPIN COUNTY

Locust Street Resource Center

(217) 854-3166 (weekdays only)

(217) 854-3135 (after hours and weekend calls go to
Police Department & PD will notify a crisis worker.)

NORTHERN MADISON COUNTY

WellSpring Resources

(formerly Community Counseling Center)

(618) 465-4388 (call 24 hrs.7 days/wk.)

SOUTHERN MADISON COUNTY

Chestnut Health Systems

(618) 877-0316 (call 24 hrs.7 days/wk.)

MONROE COUNTY

RANDOLPH COUNTY

WASHINGTON COUNTY

Call For Help

(618) 397-0963 (call 24 hrs.7 days/wk.)

MONTGOMERY COUNTY

County Health Dept. - Hillsboro

1-800-324-5052 (call 24 hrs.7 days/wk.)

ALL ST. CLAIR COUNTY

Call For Help

(618) 397-0963 (call 24 hrs.7 days/wk.)

EASTERN ST. CLAIR COUNTY

Chestnut Health Systems

(618) 877-0316 (call 24 hrs.7 days/wk.)

WHAT IS NAMISWI?

NAMI Southwestern IL (NAMISWI) is an affiliate of NAMI - the National Alliance on Mental Illness - www.nami.org.

NAMI has state organizations in all 50 states as well as in Puerto Rico and District of Columbia. This area encompasses more than 1,200 local affiliates. NAMISWI is one of 41 affiliates in Illinois.

NAMISWI 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?

NAMISWI 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.

We're here to help. Please contact us by calling the NAMI Office at 618-798-9788 or by email at info@namiswi.org.



NAMISWI Advocates

There is an urgent need for NAMI to offer more support meetings throughout the twelve counties we are attempting to serve.

No matter which of the 12 counties you live in...WE NEED YOU! It takes volunteers to do this.

Please call the NAMI Office at (618)798-9788 for information about how you can become a support group facilitator.

Kudo's to...

- ◆ Tom Johnson for coordinating another Crisis Intervention Team Training Class in Fairview Heights;
- ◆ Diane Pisko for years of working from her home managing the postal and e-mail distribution of the newsletter and also handling all new and renewing memberships. Likewise for her assistance in working with Mark Rudolph as they continue to convert the new database.—big job!
- ◆ Linda Hayes, Mike Meyers, and Vicki Meyers for their volunteer hours in the office;
- ◆ Cardinal Care for sponsoring the NAMI Llama program in the Children's Behavioral Health Unit at Gateway;
- ◆ Matt Gauen for building a bean bag toss game board complete with a painted NAMI Llama for the Family Fun Night at SWIC;
- ◆ Webmaster Mary Gauen and her son, Matt Gauen, for creating the new tags for the stuffed NAMI Llamas;
- ◆ Gail Shaw for reviewing the Volunteer Manual; and to
- ◆ Mark Rudolph on his first year anniversary with NAMISWI as Executive Director.



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

Kudo
orner



*..Rob
Roennigke*

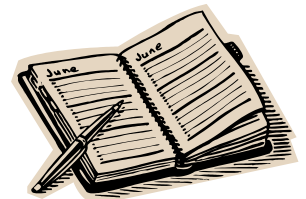
Good News and Bad News

Good News – NAMISWI has never been in better shape. We have had Mark Rudolph as our executive director for one year and he has made a huge difference for the positive. Mark is making great connections with several of our new counties and we are getting very close to becoming a United Way funded organization.

Bad News – We as an organization have so much to do and to accomplish. One person can't do it all and neither can 20. It takes a lot of us being committed and pulling together towards the goal of helping those who live with mental illnesses and their family members. Do you have a little time to devote to our local NAMI? Or if no time, can you donate money to help this organization move forward. Mark is terrific but he can't do it alone. Come and be a part of this great organization.

Thanks!

MARK YOUR CALENDAR July 12, 2011



The annual membership meeting was changed at the May board meeting to be held in July rather than June. Potential nominees are still being contacted to fill vacant board positions.

So mark your calendar to attend the annual membership meeting on Tuesday, July 12, 2011 from 7:00PM to 8:30PM. This is your chance to meet the current board members and the candidates, to hear the accomplishments of the previous year and the goals of the coming year.

The July newsletter will have more information along with the biographies of the candidates.

If you're not on the board, this is your only opportunity to vote so it's important to exercise that right. Be an active member and come to the meeting on July 12th.



NAMI Southwestern IL Support Meetings

Check the last page of this newsletter for the times and contact information for NAMISWI Meetings. Pick a meeting time and location that best fits your schedule.

* BELLEVILLE * EDWARDSVILLE * GRANITE CITY * LITCHFIELD * TROY *

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

OTHER LOCAL SUPPORT MEETINGS

(The support group meetings listed below are not affiliated with NAMISWI.)

- ◆ **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: Stephen Dayringer (618) 406-9989.
- ◆ **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 Higgerson (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: 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 ksf@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 ksf@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.
- ◆ **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 ksf@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.
- ◆ **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).
- ◆ **R.E.S.T. (Resources, Education, Support, & Training) Parent Coalition** meets the 2nd Thursday of each month, 6:00-8:00PM at WellSpring Resources (formerly Community Counseling Center), 2615 Edwards St, Alton, IL. Contact: Patricia Williams (618) 462-2331, X-2234 or pwilliams@wellspringresources.co.
- ◆ **Mental Health Awareness Support Group** meets at the Jerseyville Public Library, 105 North Liberty, Jerseyville, IL 62052, 6:30-7:30PM. For more info contact Shelly Holmes at (618) 498-5476. The 2011 meeting dates are:

June 14 th and 28 th	Oct 11 th and 27 th
July 14 th and 28 th	Nov 10 th and 29 th
Aug 9 th and 23 rd	Dec 1 st , 12 th and 29 th
Sept 13 th and 29 th	



...Mark Rudolph, Executive Director

“In Time is On Time”

...or How St. Louis Cardinals Care is Helping Families!

“In Time is On Time” was first coined in the Japanese auto manufacturing industry and referred to the practice of having the components of a car present and ready for assembly *only* when needed. Previously and traditionally manufacturers would stockpile large amounts of parts and maintain a huge inventory based on the number of cars they expected to produce. What this led to was over production of some items, inefficient use of capital, and a decrease in the potential to minimize problems that were only discovered on the production floor once the part was in use. If a part proved over time to be defective or if a minor change were discovered that could substantially improve how it worked neither would occur because there was already an inventory built up. Not very efficient nor did it help quality to be continuously improved. The world learned and what quickly became the new norm was to only produce parts to meet the immediate need which revolutionized the supply chain. Today “In Time is On Time” is the standard in all manufacturing and cars have never been better!

By now you are probably asking “What the heck does that esoteric history lesson have to do with NAMI and the St. Louis Cardinals?”

The answer is that our friends at the St. Louis Cardinal’s Care Foundation have granted funds to re-start our Llama program at Gateway Regional Medical Center for children admitted to their Behavioral Health Unit. The way this works is that when a child is ready for discharge the staff will give the child a NAMI Llama that has a tag on it informing families that NAMI can help and how to contact us. The hope is that the child will have at least one warm memory of their visit and if you have held one of our plush Llamas you will understand AND that the parents will be prompted to come to us immediately for help like enrolling in one of our BASICS classes or attending a support group. (See picture below of NAMI Llamas with the new tags that display the Cardinal Care logo created by Matt & Mary Gauen.)

Look at it like this – We don’t look for a gas station until the gauge nudges towards the “E” and we don’t look for a water fountain until we are thirsty. Likewise we don’t look for information until we are in critical need. When a family is in crisis, when they are truly parched and running on empty that is the time that they most need NAMI’s help so that is exactly the time that we need to get information in their hands.

You may know that the NAMI office is just a few feet away from the Children’s Behavioral Health Unit. There are some days that the sounds of frustrated, upset, and raging children that are just beginning treatment echo in the halls. Once Gateway has the child and family stabilized and ready for release then that is the time that NAMI can help those families - but only if they know we are here. That’s the purpose of the Llama.

Why Llamas? Traditionally llamas are used to carry burdens and are very compassionate animals. They understand when you’re sad and they comfort you. Using that concept the llama became the mascot for NAMI Southwestern IL. The NAMI Llama is here to remind you that when you reach out to others for support, NAMI is here to provide it. The original llama idea and artwork were created by NAMI Southwestern IL member Matt Gauen.

“In Time is On Time” for the children at Gateway Regional Medical Center thanks to the Cardinals Care foundation!



A handwritten signature in blue ink that reads "Mark Rudolph".

Mark Rudolph, Executive Director
NAMI Southwestern Illinois

THANK YOU, ADVERTISERS!!

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



337 E. Ferguson Ave.
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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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Such a deal!



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24 hr. Crisis Line: (618) 465-4388 www.wellspringresources.com

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Thank you...Chestnut Health Systems in Granite City and WellSpring Resources in Alton who each month alternate printing this

Springtime Splash!

On Thursday, May 5, 2011, WellSpring Resources (formerly Community Counseling Center) held their annual Springtime Splash Fundraiser Event honoring two Mental Health Heroes.

The 2011 honorees were Pat Rudloff from NAMI Southwestern IL and Madison County Community Development. A large crowd attended this event that took place at the Temple Banquet Center in Alton, IL. Many NAMISWI people came in support of Pat.

There were fabulous baskets donated by individuals and businesses that were auctioned off. Delicious, tempting foods were also donated by various area restaurants.

WellSpring Resources Executive Director Karen Sopronyi-Tompkins emceed the event. She spoke of Pat Rudloff's passion for helping people with mental illness and listed accomplishments while admirably serving as a very active member of NAMISWI. She then presented the Mental Health Hero Award to Pat.

Recognition was then given to the second 2011 Mental Health Hero which was Madison County Community Development. Their accomplishments were also described before they were presented their award.

Congratulations to Pat Rudloff and Madison County Community Development.



Dr. George Dirkers, Pat Rudloff, and Karen Sopronyi-Tompkins



Madison County Community Development Staff after receiving their award

Zeta-Jones May Help Dispel Stigma

Oscar-winning actress Catherine Zeta-Jones suffers from bipolar disorder, and checked herself into a mental health facility earlier this month, her publicist has confirmed.

The news may be shocking to fans who associate the actress and wife of Michael Douglas with her image of polished glamour. But bipolar disorder – which used to be called manic depression – can take many different forms, psychiatrist Gail Saltz told TODAY.

"It can look like a very high-functioning person who is just super 'up,'" Saltz said.

Zeta-Jones is diagnosed with bipolar II disorder, which is less severe than bipolar I. People with her condition swing between major depression and what's called hypomania, which can include intense irritability, sleeplessness, relentless optimism or grandiose elation.

Zeta-Jones's publicist, CeCe Yorke, blamed stress for the actress's recent hospital stay. In the past year, her husband was diagnosed with advanced throat cancer; he's also been battling a lawsuit from his ex-wife seeking half of his recent movie earnings. Zeta-Jones and Douglas have two children, ages 7 and 10.

Stress can indeed be a trigger for bipolar episodes, Dr. Nancy Snyderman, NBC's chief medical editor, told TODAY. And a brief stay in a hospital would not be uncommon, either to bring a manic episode under control or to tune-up medications for more effective treatment, Snyderman and Saltz noted. Bipolar disorder can usually be controlled with a combination of medication and therapy. Lithium is one of the most common treatments.

Researchers aren't quite sure what causes bipolar disorder -- a combination of genetic and environmental factors seem to come into play. They do know the disorder is associated with an imbalance in the brain chemicals called neurotransmitters.

Bipolar disorder affects about 2.5 percent of the U.S. population, around 6 million people. Mental-health advocates hope Zeta-Jones's public struggle will help dispel some of the myths and fears about mental illness.

"There is a ridiculous stigma in this country about this," Snyderman said. "We have to get over it. People get sick; our job as doctors is to get them well."

Saltz applauded Zeta-Jones for announcing that she has bipolar disorder after the National Enquirer reported that she had checked in to a psychiatric hospital.

"I think it's tremendously brave of her to come forward and I'm delighted that she's doing that," Saltz said. "There are many people getting a new diagnosis, and we want them to know they have every hope, if they get treatment, of having wonderfully productive lives.

"Yorke, Zeta-Jones's publicist, said the 41-year-old actress is "feeling great and looking forward to starting work this week on her two upcoming films."

Social Security Benefits Go Electronic May 1

Paper checks no longer an option for anyone applying for federal benefits

Anyone applying for federal benefits on or after May 1, 2011, will receive payments electronically, as the U.S. Department of Treasury phases out paper checks. As a result, it's important for people applying for Social Security Disability Insurance (SSDI) benefits, or other Social Security benefits, to plan accordingly, advises Allsup, which represents tens of thousands of people in the SSDI application process each year.

Effective May 1, paper checks no longer will be issued to individuals applying for benefits. Instead, applicants must choose either direct deposit into a traditional bank or credit union account or deposit onto a payment card, such as a debit card. The Treasury Department offers the Direct Express® Debit MasterCard®. The government estimates stopping paper benefit checks will save Social Security \$1 billion over the next decade.

"If you are seeking Social Security benefits, you need to have a plan in place for receiving your benefits," said Paul Gada, personal financial planning director for the Allsup Disability Life Planning Center. "The Treasury Department's rule means that all participants will need to have an existing account or create an account to receive electronic payments through direct deposit. If you don't, an account will be created for you."

Those already receiving paper checks, including Social Security disability benefit recipients, will need to switch to an electronic payment option by March 1, 2013. Those who do not choose electronic payment at the time they apply (or by March 1, 2013, if already receiving benefits)—will receive benefits via the Direct Express card to avoid interruption of benefits, according to the Treasury Department. Current beneficiaries will receive information about making the switch with upcoming payments.

Anyone with questions about eligibility for Social Security disability benefits can contact the Allsup Disability Evaluation Center at (800) 279-4357 for a free disability evaluation.

Employment Tips and Workshop by Vicki Short, VES Employment Service

Obtaining employment in this job market is not easy, however, there are several things you can do to improve your chances of getting interviews and starting that job. First, keep in mind that most jobs are not advertised. Statistics show that actually 70% to 80% of jobs will never be advertised. It is very important

to use a variety of resources to identify employers that are hiring. It is almost as if you performing detective work to identify employers.

The following are a few ways to identify the hidden job market.

1. Cold Calling
2. Networking
3. Contact or Meet with Decision Makers

Once you obtain an interview you need to prepare as much as possible. Participate in mock interview with a friend or family member prior to attending your interview. The following questions are helpful to practice prior to your interview.

1. Tell me about yourself.
2. What are your strengths?
3. What are your weaknesses?
4. Why do you want to work for this company?
5. Can you describe what you did at your last job?
6. What did you like/dislike about your current/last job?
7. How would/did you deal with a disagreement with a co-worker?
8. Why should I hire you?
9. Do you have any questions?

Your resume should be kept to one page. Be sure and bring it to your interview even if you apply for a position online. You always want to have at least three references. Never use a reference without asking the person. Inform the individuals that you are using as a reference that they may be getting a telephone call from a specific employer. Follow up with a thank you note after your interview within twenty four hours.

The above are just a few tips to assist you as you seek employment. On Saturday, June 4, 2011 at 10:00am VES Employment Services will offer an Employment Workshop at the Holiday Inn located in Fairview Heights, IL. Lunch will be provided at the workshop. Please call Vicki E. Short at (618) 974.3232 for further questions and to make your reservation. To attend the workshop the fee it is \$25.00 for all individuals that mention NAMISWI. Attending the workshop also gives you the opportunity to meet one-on-one at a later date for more in depth development.

**PLEASE...contact
NAMISWI Office if
you are moving or
have already moved.**



Either send an e-mail to info@namiswi.org or call (618) 798-9788 with your home address, phone number and your e-mail address.

Primary Care Doctors are Critical to Detecting Mental illness in Children; NAMI Family Survey includes the "Top Five" Most Helpful Things a Doctor Can Say

The National Alliance on Mental Illness (NAMI) has released a survey on family experiences with primary care doctors in treating children and adolescents living with serious mental illness-exposing a broad gap between family needs and practitioner knowledge and resources.

"Most Americans rely on family doctors and pediatricians for early detection of mental illness and in many cases treatment," said NAMI executive director Michael Fitzpatrick. "We also know there is a critical shortage of more than 20,000 child and adolescent psychiatrists nationwide."

"Family dependence on primary care for mental health needs is especially great in smaller communities and rural regions. Primary care professionals need to be prepared to meet the challenge."

The 15-page survey report can be read at www.nami.org/primarycare, along with a brochure for doctors and staff on how to communicate and partner with families. Findings include:

- Sixty-three percent of families reported their child first exhibited behavioral or emotional problems at 7 years or younger.
- Only 34 percent of families said their primary care doctors were "knowledgeable" about mental illness; 17 percent said "somewhat."
- Fifty-nine percent said their primary care doctors were not knowledgeable about mental health treatment.
- Sixty-four percent said their primary care doctors were not knowledgeable about **local resources and supports** for families

The report also summarizes comments made by doctors that families have found most helpful in addressing concerns:

- There is hope
- You are not alone
- It's not your fault
- I understand
- Your child has many strengths

The report outlines "ideal action steps" for primary care professionals when mental health concerns are raised:

- Listen
- Ask questions
- Screen
- Evaluate
- Refer
- Follow-up
- Provide treatment
- Encourage

Follow-up should include a coordinated, collaborative care plan with other health care providers. Families also want handouts, fact sheets, and brochures, lists of books and websites, and lists of local support groups or education workshops.

NAMI's **Child and Adolescent Action Center** conducted the survey between June 3 and July 1, 2009 using NAMI state and local networks and the assistance of several other child-oriented colleague organizations. The 554 respondents were parents whose children were diagnosed with mental illness before age 18. This is the first time results and analysis have been released.

Mental Health Awareness Group in Jerseyville by Shelly Holmes

We met on a Tuesday evening. It was a small group once again but we are determined to have this group succeed.

We talked of coping skills; we shared ideas on how we could help each other in a time of need. We talked about how certain medicines can help with depression, but also how they could interfere with other medicines you may be taking so it's important to discuss **all** medications with your doctor. We also learned how important it is to listen to our friends when they are in crisis or just need someone to share their problems with; maybe even shedding new light on how to solve one of those problems. Listening is the most important thing you can do for a friend or group member who needs support.

We hope the next group is filled with new people. We encourage everyone who needs someone or who wants to learn about mental health to please come to this support group. You will learn something new and maybe even find a new buddy.

Group meets at the Jerseyville Public Library. Dates vary so check the meeting dates listed on page 4 under Other Local Support Meetings. Any questions please call Shelly at (618) 498-5476 anytime.

Crisis Intervention Team or CIT - - What is it? by Tom Johnson, CIT Coordinator

A Crisis Intervention Team (CIT) program consists of one or more officers from an area law enforcement department who has received intensive specialized training on dealing with individuals in the community who have mental illnesses or other behavioral disability. A CIT officer, when dispatched for such crisis calls, provides an immediate response to calls involving a situation for which training will likely provide added resolution skills. The goal is for each participating law enforcement agency to have at least one CIT officer available on each shift, but these officers also perform their regular duty assignments. This is not envisioned as a call-out situation since immediacy of response significantly makes the program successful along with application of viable interaction techniques. The "team" concept involves law enforcement involvement with stakeholder agencies, with NAMI (National Alliance

CIT (Continued from Page 9)

on Mental Illness) chapters, and with interagency mutual assistance agreements. With mutual interagency aid agreements participating CIT departments agree to provide CIT coverage for one another as circumstances may dictate including where a CIT department may not have an available CIT officer on a shift at the time that a situation requiring such expertise is received. Community members can easily identify CIT officers by a standardized "CIT" pin worn on officers' uniforms. These officers are also expected to find opportunities to interact with individuals who have disabilities when they are not in a crisis situation in order to build relationships which may help when crises do occur at some other time. For example, CIT officers may attend community meetings at stakeholder agencies, may participate in NAMI meetings or special consumer-focused events, or may do "well-being" checks with individuals with whom they have become familiar. It is expected that CIT departments will build relationships and cultivate partnerships with area stakeholders and NAMI beginning during their CIT training, and continuing over time.

Officer Selection

Selecting the appropriate officers for the team is crucial to the effectiveness of the CIT program. All department officers should be given an opportunity to volunteer for the program after which command staff should choose those officers they feel will best fulfill the responsibilities expected of a CIT officer. Clearly some law enforcement agencies may choose to train their entire departments in which case it would be incumbent upon those departments to reinforce the need for commitment to CIT by all personnel.

CIT Training

CIT training consists of a one-week, 40-hour block of instruction. Topics include, but are not limited to, mental illness recognition, substance abuse/co-occurring disorders, child and adolescent disorders, psychotropic medications, geriatric issues, medical conditions that mimic mental illness, autism/developmental disabilities, compliant surrender, excited delirium, risk assessment and crisis intervention skills, and working with returning combat veterans. Locally-identified issues of concern may also be addressed. A curriculum of content which must be taught is approved by the Illinois Law Enforcement Training and Standards Board.

In addition to training presentations consisting primarily of lecture, officers participate in a variety of valuable exercises. In one such exercise, each officer is provided with a personal CD player with headphones. Officers then listen to a CD playing "voices" that simulate the auditory hallucinations that many individuals with a mental illness may experience. While listening to these voices, officers rotate through a series of workstations

where they are required to perform cognitive tasks which allows officers to gain insight into what an individual who is hearing voices might be experiencing. In addition, and whenever possible, Janssen Pharmaceutical provides "Virtual Hallucinations" via a laptop-based application whereby officers experience visual, auditory, and olfactory hallucinations simultaneously for about a fifteen-minute period with the opportunity for debriefing/discussion afterwards with the Janssen professional who has expertise in mental illness-related issues.

During the week, each officer will have a unique opportunity to participate in discussions with individuals who have a mental illness and/or their family members (primary or secondary consumers). Those individuals typically share their personal experiences including any they may have had previously with law enforcement, and are able to explain to officers what their needs were/are in a crisis situation, what works and doesn't seem to work, and officers are also able to ask questions of those panel members. Typically the best time for this interaction is on Thursday during the time allocated for role-play, as both officers and consumers have noted the benefit in small group discussions – noted particularly are the opportunities for officers to ask questions they have developed over the prior four days of training coupled with the chance to discuss their actual role-play experiences that day. Consumers likewise routinely have noted they prefer a small group, informal setting to tell their stories and respond to questions.

An essential part of the CIT training is scenario-based skills training via role-play. Officers are given realistic scenarios portrayed by professional actors which may include suicide interventions, de-escalating a potentially violent situation, responding to a call involving an individual experiencing paranoia, or a person interacting with a peer in a manic episode behaving in an inappropriate manner, or other scenario tailored to the duty assignment of each officer in the class. All scenarios are facilitated by and evaluated by state-certified CIT officers, and successful passage of this portion of the training is required to complete the course, and receive subsequent CIT certification.

Calling Law Enforcement for Service

Consumers who recognize they need law enforcement to respond to a situation in a location should always ask the dispatcher or 9-1-1 operator to send a CIT officer if they believe that the situation will be best resolved by such officer. In the NAMISWI region there are enough CIT officers that the likelihood of having a CIT officer available is great in most communities and rural areas, and thus such a request should be made if needed.

Next month's newsletter will list the benefits of CIT and have a listing of the CIT-trained police departments in the NAMISWI 12 county area.

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
 Jim Giger.....Consumer Program Chair
 Sandy Giger..... Newsletter Editor/Chair
 Tom Giger.....Resource Guide Chair and Past President
OPEN..... **Vice President and Executive Committee**
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 Lynn Jarman.....Grant Writing Chair and Director
 Tom Johnson.....CIT Chair
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 Lynn Piggott.....Newsletter Mailing
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 Pat Rudloff.....Support Groups Chair and Past President
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 Bev Watkins.....Policy & Procedure Chair and Director
 Jane Roennigke.....Walk Chair



NAMI Southwestern IL

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E-mail: info@namiswi.org
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Phone: (618) 798-9788 / Fax: (866) 332-5338

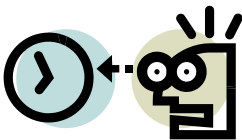
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Call the NAMI Office at (618)-798-9788 to have a membership form sent to you or download one from our website by clicking here:

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

DEADLINE for the July 2011 issue of NAMISWI newsletter is June 15, 2011. Please e-mail your article to Sandy at skgiger@hotmail.com on or before due date.



2011 CALENDAR

Board Meeting.....Jun 14
 NAMI Convention-Chicago.....Jul 6-9
 Annual Membership Meeting.....Jul 12
 "A 3rd Mile in My Shoes".....Sep 9
 CIT International 2011 Conference.....Sept. 12-14
 Consumer Leader Conference at Shrine in Belleville.....Oct 28
 Walk for Mental Health..... Oct 29

To all you Dads
 out there, have a
 great Father's
 Day!!!

- June 19, 2011 -



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.

NAMI CONNECTION:

◆ **MARYVILLE** *Suspended until further notice.*

BUSINESS MEETING:

◆ **GRANITE CITY**

Second Tuesday of each month for all **NAMISWI Members and Advocates** at Gateway Regional Medical Center in the Conference Room through the Cafeteria on the Lower Level, 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 NAMISWI Office at 618-798-9788.

Also there is an urgent need in these stressful times for NAMI to offer more support meetings throughout the 12 counties we are attempting to serve. **It takes volunteers to do this.** Please call NAMI (618) 798-9788 for information about how you can become a support group facilitator.

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