



National Alliance on Mental Illness

NAMI Southwestern IL

* SUPPORT * EDUCATION * ADVOCACY * RESEARCH *

November 2010

NAMISWI Website: namiswi.org
NAMISWI E-mail: info@namiswi.org
NAMISWI Phone: (618) 798-9788

EXECUTIVE DIRECTOR

Mark Rudolph



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NAMI Southwestern Illinois is proudly serving the 12 counties of:

- Bond
- Calhoun
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- St. Clair
- Washington.

NAMI SOUTHWESTERN ILLINOIS 7th ANNUAL WALK FOR MENTAL HEALTH by Rita Watters, Walk Chair

Saturday, October 2, 2010, the day of the 7th Annual Walk for Mental Health finally arrived. It was a cool crisp morning and you could see the clouds approaching. By 8:30AM it had started to rain but that did not deter the exhibitors. They came with their tables and informational items for our walkers. They set up inside the pavilion which was donated by Tri-Township Park.

Along with the exhibitors, NAMI Southwestern Illinois sold Kettle Corn and raffle tickets for a digital camera that was donated by the Highland Wal-Mart. Rusty Mathis came with his artistic talents and did face painting. Thanks Rusty!

We were honored to have State Representative Tom Holbrook from St Clair County, State Senator Kyle McCarter and Alan Dunstan, Chairman of the Madison County Board attend our walk this year. All three gentlemen graciously agreed to have their picture taken with a llama. All pictures were provided by NAMISWI Webmaster Mary Gauen.

Jack and Julie Wier once again agreed to bring their llamas and alpacas to lead our walk. These gentle animals ranged in size from small to large. Walkers were able to pet them, ask Julie questions about them and also have pictures taken with the animals. Thanks again to the Wier World of Llamas and Alpacas.

Joe and Lori Arterburn provided music inside the pavilion. Outside, WIL 92.3 had one of their Street Teams at our walk, providing music, games and prizes for the walkers. The radio station also promoted our walk live on their station for three weeks before the walk and was also posted on their website.

(Continued on Page 8)

CRISIS HOTLINE NUMBERS

Calhoun County
Jersey County
Northern Madison County
Community Counseling Center
Crisis Hotline **(618) 465-4388**

Eastern St. Clair County
Southern Madison County
Chestnut Health Systems
Crisis Hotline **(618) 877-0316**

Hotlines open 24 hours.

All St. Clair County
Call For Help
Crisis Hotline **(618) 397-0963**
Eastern St. Clair County
has two Crisis Hotlines:
Call For Help **(618) 397-0963**
Chestnut **(618) 877-0316**

Greene County
Locust Street Resource Center
(217) 854-3166

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THANKSGIVING

by Sandy Giger, Editor

Thanksgiving is a wonderful time to reflect on the people who have made a difference in our lives. At NAMI Southwestern Illinois:

- We are thankful for the courage and resiliency of the consumers who have changed the world with their stories.
- We are thankful for the friends and family that comfort and strengthen us.
- We are thankful for the advocates who work tirelessly to achieve victory over mental health stigma.
- We are thankful for the support you have shown the former NAMI Madison County over the past 25 years and your continued support of NAMI Southwestern Illinois.

Thanksgiving is just the start of a holiday season that emphasizes sharing, caring, and remembrance.

NAMI Southwestern Illinois will be hosting it's annual Christmas party on the second Tuesday of December as in the past. See more information elsewhere in the newsletter on the party then make your reservation!

From all of us at NAMI Southwestern Illinois to all of you, we wish you a Happy Thanksgiving and Happy Holiday Season.



October 19, 2010

...*Rob Roennigke*

We had a wonderful NAMI walk on October 2nd. Over 150 people joined us as well as six Alpacas and two Llamas [Julie Wier rocks!].

The hero of the day was Rita Watters; without her enthusiasm, creative ideas and hard work this walk would not have happened. Besides having fun and seeing old friends, we exceeded our \$15,000 fund-raising goal!

A special thanks to the following government officials who showed their support by attending our walk: Senator Kyle McCarter, Representative Tom Holbrook, and Madison County Board Chairman Alan Dunstan.

Hope to see you all again next year.

“B1”

is the vitamin for NAMISWI advocates.



NAMI Southwestern IL

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

E-mail: info@namiswi.org Website: namiswi.org

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

Mark Rudolph, Exec Dir: mrudolph@namiswi.org



NAMI Southwestern IL Support Meetings

* ALTON * BELLEVILLE * EDWARDSVILLE *
* GRANITE CITY * LITCHFIELD * MARYVILLE *

Check the last page of this newsletter to find the NAMISWI meeting time and location that fits your schedule best.

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.

"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) 550-5178.

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.

The Belleville Group Family Voices is held on the first Tuesday of each month, 6:00-8:00PM at the CHASI Office, 120 East A Street, Belleville. Family Voices is a sub-group of the St. Clair County Youth Coalition and in collaboration with Family Voices Building Stronger Communities.

NOTE: The meeting on Nov 2 only will be held at Chestnut Health Systems, 12 N. 64th Street, Belleville.

R.E.S.T. (Resources, Education, Support, and Training) is held on the third Monday of each month, 6:00-8:00PM at Senior Services Plus, 2603 North Rodgers, Alton.



SPECIAL THANK YOU TO OUR ADVERTISERS!!

Tell them you've seen their ad in our newsletter.



337 E. Ferguson Ave.
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.

PICTURE YOUR AD RIGHT HERE!!

Place your business ad here for \$50.00 per year. Your ad will run each month in the newsletter which is received by approximately 350 people and emailed to almost 100 people. It is also put on website for the whole world to see!



2615 Edwards St.
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(618) 462-2331
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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.

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
Cindy Hall.....	Annual Awards Dinner Chair, Vice President and Executive Committee
Jim Isaac.....	Professional Outreach Chair and Director
Lynn Jarman.....	Grant Writing Chair and Director
Tom Johnson.....	CIT Chair
Carol Morrow.....	Newsletter Mailing
Anita Overturf.....	Consumer Program Co-Chair and Director
Lynn Piggot.....	Newsletter Mailing
Diane Pisko.....	Membership Records, Newsletter Labels, Advertisements, Immediate Past President, Executive Committee
Jane Roennigke.....	Basics Chair
Rob Roennigke.....	President and Executive Committee
Pat Rudloff.....	Support Groups Chair and Past President
Gail Shaw.....	Volunteer Chair and Director
Vicki Vasileff.....	Legislative Chair and Director
Bev Watkins.....	Policy & Procedure Chair and Director
Rita Watters.....	Walk Chair



NAMI Southwestern Illinois

Abbreviated name: "NAMISWI"

Website: namiswi.org

E-mail: info@namiswi.org

Mark Rudolph, Exec Dir: mrudolph@namiswi.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

DEADLINE for the December issue of NAMISWI newsletter is November 15, 2010. Please e-mail your article to Sandy at skgiger@hotmail.com on or before due date.



CALENDAR OF EVENTS

Family Voices, Belleville, 6-8:00PM (See Page 7).....	Nov 2
MI/Addictions Impact on Families, Belleville, 7-8:30PM (See Pages 9 & 11).....	Nov 4
NAMISWI Business Mtg.....	Nov 9
Madison County 708 Board Mtg, Edwardsville, 4:30PM.....	Nov 10
REST, Alton, 6:-8:00PM (See Page 7).....	Nov 15
Madison County Board Mtg, Edwardsville, 5:00PM.....	Nov 17
Continuum of Care Meeting, Woodriver.....	Nov 18
NAMISWI Christmas Party.....	Dec 14
PIAT, SIUE.....	Mar 4-5, 2011

Sympathy

Our sympathy goes to Lynn & Harold Piggott on the death of Lynn's Mother who passed away on October 8, 2010 in Olympia, WA.

We will keep you and your family in our thoughts and prayers.



October 12 , 2010

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

ALL ABOARD



WITH YOUR BOARD OF DIRECTORS!

Boards of Directors have many duties and responsibilities. Last month we covered the Boards role with the chief executive which in our case is an Executive Director. We also reviewed Mission, Planning, and Program Oversight. The initial article in August covered a general overview of how our Board is governed including a discussion on our Bylaws, how Board Members are appointed, how our committee structure works, and when we meet. This month we are going to focus on the remaining five responsibilities of all boards.

(1) Ensure adequate financial resources. One of the board's foremost responsibilities is to secure adequate resources for the organization to fulfill its mission. This means not just helping with fundraises and making a personal contribution but also being alert for other opportunities for the agency to generate revenue.

(2) Protect assets and provide proper financial oversight. The board must assist in developing the annual budget and ensuring that proper financial controls are in place. Since the Board approves the annual budget they are accountable for the resources as we saw in #1.

(3) Build a competent board. All boards have a responsibility to articulate prerequisites for candidates, orient new members, and periodically and comprehensively evaluate their own performance. One of my first tasks was to have our Board complete a grid that looked at member attributes and what we found was that although we have many talented individuals that understand the mission of NAMI we had some shortfalls in some areas like fundraising, business, and public relations. We also noted that our Board could be more diverse both in terms of ethnicity and ages. We have several openings on or board now. One last consideration. We are a constituent organization so the Board must be comprised of at least 51 % primary or secondary consumers.

(4) Ensure legal and ethical integrity. The board is ultimately responsible for adherence to legal standards and ethical norms. This happens through policies such as Conflict of Interest and others as well as what I like to call "good common sense". If it does not feel right – it probably isn't!

(5) Enhance the organization's public standing. The board should clearly articulate the organization's mission, accomplishments, and goals to the public and garner support from the community.

Remember, as a NAMI member you may attend the second Tuesday of the month Board Business Meeting held at Gateway Regional Medical Center. You are always welcome!

Please Correct Your Address Books

by Mark Rudolph, Exec. Dir.

As part of our re-branding on our name change from NAMI Madison County to NAMI Southwestern Illinois there are also new emails and a website. My email will now be mrudolph@namiswi.org. NAMISWI affiliate email is now info@namiswi.org. Our website is namiswi.org. NOTE: The website is "under construction" so please bear with us. The old site is still up.

Please correct your address books. Thank you!

Drug Switching: Tell Us Your Story

NAMI of Southwestern Illinois has been learning about the issue of drug switching, which is the practice of a pharmacy or doctor giving a patient either a generic alternative or a so-called therapeutic equivalent. However, these alternatives and equivalents are usually slightly different than the brand name and therefore can be harmful to the patient. Nationally, NAMI has endorsed proposals that would ban incentive-based drug switching. Since the switch to generics can save money, some doctors are under pressure to prescribe generics instead of the drug the patient needs. With mental health drugs, certain drugs are effective for certain people and alternatives with even a slight difference can produce unintended, negative results. We believe that the patient and the physician in partnership to be the primary determiners of care.

NAMI Southwestern Illinois is looking for stories of drug switching in our region because we are reviewing Illinois state legislation in advance of possible state legislation in 2011. The state legislation would be focused on protecting mental health patients by requiring a doctor to be notified or to approve drug switching.

Please send your confidential stories about drug switching to NAMI Southwestern Illinois, Attn: Mark Rudolph at 2100 Madison Ave, 4th Floor, Granite City, IL 62040 or call (618) 798-9788 or send to Mark by e-mail at mrudolph@namiswi.org.

B1
is the vitamin for NAMI advocates.
Please take one and be one.

FAMILY LEADERSHIP INITIATIVE

The Regional Family Leadership and Support Initiative is a strategic initiative of the Illinois Children's Mental Health Partnership (ICMHP). The vision of the Family Leadership Initiative (FLI) is a comprehensive, compassionate, family-driven system of mental health community education, resources, services, and support for all families. The FLI hopes to empower and engage families in all aspects of promoting their child's optimal social and emotional development and mental well-being.

ICMHP funds four regional sites. Community Counseling Center in Alton is the recipient of the ICMHP grant for Region V, Southern Illinois. Chris Hendrix is the Family Leadership Coordinator for Region V and covers the southern 33 counties of the state.

There are currently six parent - caregiver led coalitions throughout the southern region. The goals of the groups are to provide support, resources, education and training on topics decided by the members. The ultimate goal is to provide the tools for parents and caregivers to become empowered as family leaders in their homes, schools, and communities. The parent - caregiver coalitions are free of charge. Dinner, child care, speakers and trainings are provided for the coalition meetings.

The Belleville group Family Voices is held on the first Tuesday of each month, 6:00 p.m. to 8:00 p.m., at the CHASI office, 120 East A Street. Family Voices is a sub-group of the St. Clair County Youth Coalition and in collaboration with Family Voices Building Stronger Communities. The meeting on November 2nd will be held at Chestnut Health Systems, 12 N. 64th St., Belleville. The guest speakers will be attorneys Thomas E. Kennedy III and Anne M. Hillyer, who will speak on School Law, Social Security, and Guardianship.

The Alton group R.E.S.T. (Rest = Resources, Education, Support, and Training) is held on the third Monday of each month, 6:00 p.m. to 8:00 p.m., at Senior Services Plus, 2603 North Rodgers. The topic of the meeting on November 15th will be Giving Thanks!

Please contact Chris Hendrix, Region V Family Leadership Coordinator, 618-830-9031 or chendrix@ccnmc.org for more information.

(Editor's Note: These two meetings are now listed on Page 3 under "Other Support Meetings).

NAMISWI Holiday Party and Awards Banquet by Cindy Hall, Committee Chairperson

Tuesday, December 14, 2010 @ 6:00PM
Collinsville Senior Citizen Center
420 E. Main St.
Collinsville, IL 62234

As in the past, consumers who are current NAMISWI members will have their meal free courtesy of NAMISWI. Non-member consumers can join NAMISWI the night of the banquet for \$3 and still get their meal free!

The cost for other members, guests and non-members will be \$10.00 per person payable that night although you **must** make a reservation beforehand.

Cygan and Delaney, of Highland IL will be the caterers for this event. The menu includes:

Beef with gravy
Ham with pineapple sauce
Mostoccioli
Tossed Salad
Mashed potatoes with gravy
Green Beans
Bread
Coffee, Tea and Condiments

Desserts will be provided by the NAMISWI Board of Directors. **Reservations are required.**

Please call NAMISWI at (618) 789-9788 or call Exec. Dir. Mark Rudolph at (636) 219-6109 or by e-mail at mrudolph@namiswi.org. If you leave a message, please include your name, phone number, how many are consumers, family members, guests and non-members that will be attending.

There will be fun, music and gifts. Bring your holiday spirit and hearty appetite.

Call NOW with your reservation!!



Julie Wier from Wier World of Llamas & Alpacas brought llamas & alpacas to be part of our Walk for Mental Health. Thank you, Julie!!!



State Senator Kyle McCarter, MC Board Chairman Al Dunstan, and State Representative Tom Holbrook with NAMISWI mascot.

Walk for Mental Health, Continued from Page 1

At 10:00AM the rain stopped, the walkers put on their new t-shirts (color light purple and dark purple lettering designed by "Mint Green") and the walk started. It was cut a little short due to the rain. I spoke with Matt Gauzen, "Mint Green", at the walk and he is already thinking about another new design for next year's walk.

We had about 150 dedicated walkers. After the walk, they were served hot dogs (grilled by Bill Watters), chips and Little Debbie cakes donated by Highland TruBuy, Korte Meats, Troy Foods, Wal-Mart from Collinsville, Glen Carbon and Granite City and Schnucks. DBSA donated the water for the walk this year.

Thank you to our 2010 Walk Sponsors:

- Allsup
- Alton Telegraph
- TheBank of Edwardsville
- Chestnut Health Systems
- Country Financial - Lea Sommers
- Eden United Church of Christ
- Gateway Regional Medical Center
- Madison County Mental Health Board
- Metro Document Center of Illinois
- "Mint Green"
- Pfizer
- Residential Options
- Vantage Credit Union

The goal for this years walk was to raise \$15,000.00. We were able to reach this goal due to all the hard work of the Walk Committee Members (Vicki Vasileff, Diane Pisko, Beverley Watkins, and Mark Rudolph), Board Members and most of all YOU that either came to the walk or sent a donation that made our walk a HUGE SUCCESS

Hope to see ALL of our NAMISWI members next year!!!!!!!!!!!!!!



Ben Wier, on left, son of Jack & Julie Wier, leading llama, alpaca and NAMI walkers across the bridge at Tri-Township Park.



A Lasting Gift That Helps Others

A NAMISWI Memorial or Tribute is a perfect remembrance for a loved one. MEMORIALS honor a person recently deceased or on the anniversary of their death. TRIBUTES honor an individual or family on birthdays, anniversaries, or other special occasions. Request a MEMORIAL or TRIBUTE by sending a donation in any amount to the NAMISWI Office. We send the person or family you name an acknowledgement. You receive a thank you from us to assure you that the Memorial or Tribute has been received. Names of those memorialized or honored are listed in our next newsletter.

Mental Illnesses' and Addictions' Impact on Families: Where to Turn For Help

NAMI Southwestern IL is hosting a presentation on the topic "Mental Illnesses' and Addictions' Impact on Families: Where to Turn for Help". The NAMISWI committee of Lynn Jarman and Pat Rudloff arranged for guest speaker, Mike Conley, CSADC, to present information and answer questions on this subject topic.

Mike Conley has worked in the mental health and addictions field for over 30 years. He actually started the Addiction Treatment Program at St. Elizabeth's Hospital in Belleville 25 years ago. Conley assisted in the formation and development of St. Elizabeth's Behavioral Healthcare Services which provides inpatient and intensive outpatient services for individuals with mental illnesses and addictions and he currently serves as the Director.

The presentation will be held on Thursday, November 4, 2010, 7:00-8:30PM, at Hope Church, 200 Dapron Drive, Belleville, IL 62226 (across the street from Memorial Hospital near intersection of Dapron Drive and Frank Scott Parkway).

Program is free to the public and refreshments will be served.

New Parity Implementation Toolkit Available

NAMI and our coalition partners working on implementation of the 2008 Wellstone-Domenici Mental Health Parity and Addiction Equity Act have developed a new toolkit to assist people living with mental illness and their families in making sure their group health plan is in compliance with the new law. The toolkit provides resources on how to file a complaint and report noncompliance to appropriate regulatory authorities. [View the toolkit online.](#)

Visit the New and Redesigned SAMHSA.gov



SAMHSA (Substance Abuse and Mental Health Services Administration) has redesigned its home page to correspond to the Agency's eight Strategic Initiatives and has launched a new publications store that increases users' ability to access the behavioral health resources they need.

Designed from the user's perspective, SAMHSA.gov now features topic-based information and an easy-to-use [online store](#). Other new features include a simplified search process, lots of new content, and an improved ordering process.

[Explore the New SAMHSA.gov](http://SAMHSA.gov)

ALTON SUPPORT GROUP

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



**CANCELLED DUE TO
LACK OF VOLUNTEERS**

Contact Pat Rudloff at 618-656-6781 to learn about facilitating meetings. Please be an active member--we need your help.



NOVEMBER 25, 2010

A New Prospective on Mental Health Issues

by Patrick Norris

"I got a new perspective on mental health issues", says Jeremy Lincicum of Lebanon, Illinois, describing the Stepping Up! Celebration of transformation and growth held September 26, in Chicago.

The key to success is a single voice speaking for us in policy decisions that affect mental health consumers, we were told by Andrea Gerson, President of the Board of Directors of Next Steps nfp, which put on the event. Next Steps is a fresh new concept in the mental health field, a peer-run advocacy organization dedicated to speaking out on behalf of those with mental illnesses concerning the issues that face us today, especially in policy making-hence their motto: *No decisions about us, without us.*

A large number of this organization's founding members were bussed to Chicago from the Metro East and Springfield areas, through the ACFFC (Abidaias Christian Faith Fellowship Center) of Belleville, whose director is Gene Connors, who gave us a great rate on the bus service. In Chicago, the maze of freeways was navigated expertly by our driver Tracy, using a Garmin GPS, which found our destination on the west side and guided us unerringly to there. The hours spent going to and coming from the big city were spent in relative comfort, and Sarita Little of East Saint Louis was glad that the trip "was so synchronized and organized."

Stopping at McDonalds restaurants up and down the state to pick up and drop off participants, and to get lunch, central and southern Illinois members enjoyed "the camaraderie and sincerity" according to Janie Edwards of Edwardsville. Sam Manzy said he "made friends and everyone was so sociable." One special moment occurred in Bloomington, where a woman was on the street with a sign declaring her homelessness. AJ French, organizer for central and southern Illinois, left the bus and invited her to join the rally. Melody Corbin, of New Baden, though that this "was a good example of advocacy, empowering a woman experiencing homelessness."

Once at the meeting site, we were privileged to meet Fred Friedman, the founder of Next Steps, who greeted us and welcomed some help in setting up the program area. Friedman, in his remarks to the group, spoke of the great strides being made in bringing about a single voice to speak for those with mental illnesses in the state of Illinois. Angela Botz of Impact CIL said this was a great meeting "because everyone is coming together to speak with one voice."

The keynote address was given by Illinois State Senator Heather Steans who was responsible for successful legislation to improve nursing home operations, and help people with mental health conditions who are placed in nursing homes. She told us of her struggle with getting the legislation passed in spite of the opposition of the powerful nursing home lobby, and further, of how happy she is to

see Friedman and his group assembled to speak for those with mental illnesses.

I asked the senator afterwards if it wasn't possible that those with mental health conditions were being hidden in the nursing homes so that they wouldn't be publicly visible. She pointed out that they were taking people with mental illnesses into the nursing homes in order to use their monthly checks, and weren't taking care of their needs. She did allow that maybe hiding them in nursing homes might be going on. I likened it to being put away in an attic, and we want out of the attic!

In order to recognize achievements in the mental health arena, two awards were given out. The Carol Vollendorf Award, for a person in recovery who is changing the mental health system, went to Gilbert Parham of Chicago, who is involved in giving testimony in the Williams Lawsuit, filed by Equip for Equality, against the State of Illinois, as a class action suit to bring about compliance with the Americans with Disabilities Act. Mr. Parham was in a nursing home and wanted to live in the community and was not allowed

to do so, and by testifying before the court, he courageously brought attention to the many people who couldn't speak for themselves. Diane Pisko of Madison County DBSA said she was proud of Parham for speaking out.

The Les Brown Award was given to Lonnie Fulton (posthumously) by Pete Dellos, organizer for the northern region, on behalf of his unceasing efforts in changing the homeless system. His niece and nephew spoke to us about Fulton, who had just passed away, and reminded us that we need to help people find places of their own. This impressed Linda Feher of Fairview Heights, who said "We need more places for people to go because people with mental illnesses need housing."

A video of consumers and survivors of the mental health system-which is "disgusting and outrageous" according to Jerry Parker of Oak Park-brought a message of hope to us by showing people who have overcome the trauma of being 'exiled' to return to the community and lead productive lives. This included Parham and others who 'are in recovery, and especially Jessica Patrick who spent 17 years in an IMD (Institution for the Mentally Disabled) and was told that she would never be able to leave, which caused her to give up hope. She met Friedman at Thresholds where he is on the Board, and began to compose her new life of recovery .. Today she is on the Board of Next Steps, and is also a certified volunteer at Thresholds, where she is president of Thresholds Peer Success, serving over 50 members. She also serves as secretary for the All Agencies Council at their monthly meetings. Patrick is living by herself in the community now, and is a big advocate of mental health services, even to raising taxes to pay for them. She is also a big proponent of WRAP (Wellness Recovery Action Plan) and hopes to become a facilitator at an upcoming training. To all those with mental illnesses she says, "Never give up hope, because things could always get better."

PRESENTING...

Mental Illnesses' and Addictions' Impact On Families: Where to Turn For Help

Presenter: Mike Conley, CSADC,
Director St. Elizabeth's Behavioral Healthcare Services
Thursday, November 4, 2010
7:00PM-8:30PM
Hope Church, 200 Dapron Dr,
Belleville, IL 62226
(across the street from Memorial Hospital,
near intersection of Dapron Dr and Frank Scott Parkway)

FOR MORE INFORMATION
OR TO REGISTER CALL (618) 798-9788

Mike Conley, CSADC, has worked in the mental health and addictions field for over 30 years. He started the Addiction Treatment Program at St. Elizabeth's Hospital, Belleville, 25 years ago. Conley assisted in the formation and development of St. Elizabeth's Behavioral Healthcare Services which provides inpatient and intensive outpatient services for individuals with mental illnesses and addictions and currently serves as the Director.

Psychiatry Practice Incentive Act

On July 30, 2010, Governor Quinn signed HB 5053 into law, PA 96-1411. IPS was pleased to support this important bill that was introduced by a rural health organization. This Law creates the Psychiatry Practice Incentive Act.

The purpose of the Act is to establish a program in the Illinois Department of Public Health (IDPH) to ensure access to psychiatric health care services by establishing programs of grants, loans, and loan forgiveness to recruit and retain psychiatric service providers in designated areas of the State for physicians who will agree to establish and maintain psychiatric practice in areas of the State demonstrating the greatest need for more psychiatric care. The program is intended to encourage licensed psychiatrists to locate in areas where shortages exist and to increase the total number of psychiatrists in the State. Shortage areas are determined by the U.S. Department of Health and Human Services. The program applies to general psychiatric residencies and child and adolescent fellowships.

Residency, and child and adolescent fellowship, programs seeking funds under this Act must submit an application to the IDPH. The application must include evidence of local support for the program, either in the form of funds, services, or other resources. The ratio of State support to local support shall be determined by the IDPH as set forth in the Act. In establishing this ration, the IDPH may vary the amount of the required local support depending upon the criticality of the need for more professional health care services, the geographic location, and the location of the economic base of the designated shortage.

For more information on the requirements of the law, please go to: <http://ilga.gov/legislation/publicacts/fulltext.asp?Name=096-1411>. The effective date for this law is January 1, 2011.

No COLA for 2011 Worsens Economic Outlook for People with Disabilities

Allsup outlines key financial concerns and options with no cost-of-living increase for millions relying on Social Security Disability Insurance benefits

Nearly 10 million people with disabilities and their dependents who rely on Social Security Disability Insurance (SSDI) benefits won't be seeing a cost-of-living adjustment (COLA) for a second year in a row. The Social Security Administration's announcement of no COLA is distressing news for people with disabilities and their families, according to Allsup, a nationwide provider of SSDI representation and Medicare plan selection services.

"Healthcare costs and living expenses may increase for some people next year, which could be devastating," said Paul Gada, personal financial planning director for the Allsup Disability Life Planning Center.

This is the second consecutive year there will not be a COLA, which is based on the Bureau of Labor Statistics' Consumer Price Index (CPI) and takes into account the rate of inflation for goods and services that people buy.

"People who experience a life-changing disability and can no longer work already face daunting economic challenges," Gada said. "Social Security disability benefits provide an important safety net for individuals and their families. When those benefits are limited, it becomes crucial to examine all their financial options and choices for the coming year."

SSDI is a mandatory, tax-funded, federal insurance program designed to provide individuals with income if they are unable to work for 12 months or longer because of a severe disability, or if they have a terminal condition. Individuals must have paid FICA taxes to be eligible.

Careful planning is critical for Social Security beneficiaries as they enter a second year without a COLA increase. "When you are on a fixed income, it's possible to lose hope that your circumstances will ever improve," Gada said.

More information on SSDI, financial resources and healthcare options can be found on Allsup.com. If you have questions about eligibility or applying for Social Security disability benefits, contact the Allsup Disability Evaluation Center at (800) 279-4357 for a free evaluation of your situation.

If you are Medicare eligible and have questions about reducing your healthcare costs, you may contact the Allsup Medicare Advisor® at (888) 271-1173 and speak to a specialist about your situation.

◆ **ALTON**

First Tuesday of each month, 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

◆ **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.

◆ **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 (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.

◆ **JERSEYVILLE**

Due to Illinois budget cuts forcing the closing of Tri-County Counseling, Jerseyville, all NAMI sponsored meetings in Jerseyville are suspended until further notice. Tri-County had been providing transportation for the facilitators and attendees of these meetings. Jerseyville does not have public transit.

◆ **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.

◆ **MARYVILLE**

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



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.

NAMISWI Board 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.

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

TO:

RETURN SERVICE REQUESTED