



National Alliance on Mental Illness

NAMI Southwestern IL

* SUPPORT * EDUCATION * ADVOCACY * RESEARCH *

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

NAMI Office Phone: 618-798-9788

October 2010

EXECUTIVE DIRECTOR

Mark Rudolph



BOARD OF DIRECTORS

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WALK FOR MENTAL HEALTH

Hopefully you will have received this newsletter prior to our 7th Annual Walk for Mental Health. So just as a reminder, the walk is on Saturday, October 2nd, at the Tri-Township Park in Troy, IL, under Pavilion #1—rain or shine! It will begin at 10:00AM with registration opening at 9:00AM. Don't forget to bring your donations to the walk along with the donation part of the registration form.

Once again those famous llamas and alpacas from the Wier World of Llamas will be leading the walk. Get there early to spend time with the llamas/alpacas and visit with Julie Wier and her son, Ben, along with their helpers.

There will also be display booths, kettle corn, face painting, picnic lunch, soft drinks, and much, much more!

If you have any questions regarding the walk, call the office at (618) 798-9788. Let's all pitch in to help make our biggest fundraiser of the year to be yet another successful walk.

With Mental Illness Awareness Week (MIAW) running from October 4 through October 9, the walk is our way of jump-starting MIAW. The walk is not only raising money for programs that NAMISWI offers but it's also our way of raising awareness about mental illness.

Look for more information on the walk in the November newsletter.



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**

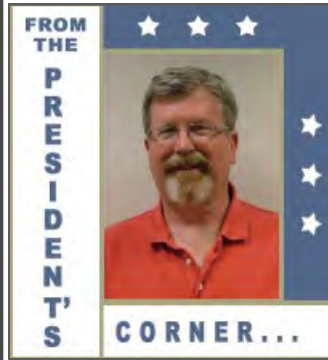
Greene County

Locust Street Resource Center

(217) 854-3166

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September 12, 2010

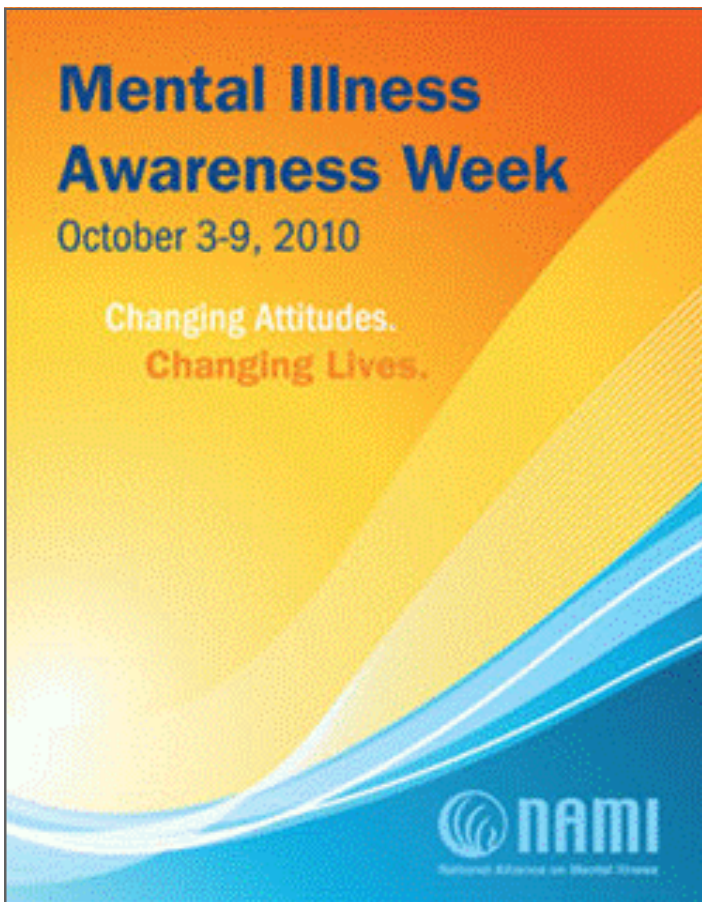
...Rob Roennigke

Your Board approved our new by-laws at the August business meeting; thanks for all the suggestions, especially the work of the by-laws committee (Vicky Vasileff – Chair; Cindy Hall; Tom Johnson; Steve Glauber). Please check our website to see the approved copy.

More important than our new by-laws are the new initiatives started by both the board and active members; here is a partial listing of new NAMISWI projects:

- Cindy Hall – Annual Awards Banquet (Christmas Party)
- Lynn Glauber – Supervision of our first CPAudit
- Sandy Crawford – School Liaison
- Steve Glauber – Fundraising
- Diane Pisko – Membership
- Vickie Vasileff – Legislative Advocacy
- Bev Watkins – Policy and Procedure
- Alice Adcock – Family to Family
- Jim Isaac - Professional Outreach
- Anita Overturf and Jim Giger – Consumer Programs
- Lynn Jarman – Grants
- Gail Shaw – Volunteers
- Rita Watters – NAMI Walk
- Pat Rudloff – Support Groups
- Mary Gauen – Website
- Sandy Giger - Newsletter
- Tom Johnson – CIT
- Jane Roennigke – Basics
- Tom Giger – Resource Guide

These fine individuals will accomplish a lot over the coming year. However they could accomplish much more if all our 300+ NAMI members pitched in to help. Leave a message at the NAMISWI Office [618-798-9788] if you see a project that interests you and your talents. Don't be shy, we are all part of the same NAMI family. One of the best benefits of NAMI membership are the wonderful people you meet that become your friends.



B1

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



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.

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!

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www.gatewayregional.net



2615 Edwards St.
Alton, IL 62002
(618) 462-2331
24 hr. Crisis Line:
(618) 465-4388
www.cccnmc.org

Outpatient group counseling for adults and children; case management; residential and housing options; 24-hour crisis services for adults and children; Methadone maintenance treatment; psychosocial rehabilitation services; psychiatric and medical services; senior/caregiver services.



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Mary Jo Swengrosh
Owner

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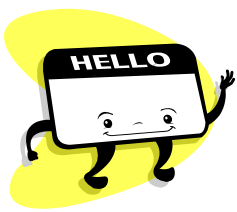
RITA WATTERS
CONSULTANT #586080
418 PLUM ST
EDWARDSVILLE, IL 62025
618-692-6358

KAMPERZ@SBCGLOBAL.NET
WWW.PAMPEREDCHEF.BIZ/RITAW

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




Our new name is
“NAMI Southwestern Illinois”
and our new abbreviated name is
“NAMISWI”.

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



CALENDAR OF EVENTS

Madison County 708 Board Mtg, Edwardsville, 4:30PM.....	Oct 13
NAMISWI Business Mtg.....	Oct 12
NAMI IL Conference, Peoria.....	Oct 15-17
Madison County Board Mtg, Edwardsville, 5:00PM.....	Oct 20
Continuum of Care Meeting, Woodriver.....	Oct 21
MI/Addictions Impact on Families, Belleville.....	Nov 4
PIAT, SIUE.....	Mar 4-5, 2011





September 7, 2010

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



**ALL ABOARD
WITH YOUR BOARD OF DIRECTORS!**

Last month I gave 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 more on specific responsibilities of all boards, including ours!

1. Mission and Purpose - It is the board's responsibility to create and review a statement of mission and purpose that articulates the organization's goals, means, and primary constituents served. This means who we are going to serve, why, and how! Mission statements should be brief and to the point. Our is: NAMI Southwestern Illinois is dedicated to providing support, education and advocacy for persons with mental illnesses, their families and others whose lives are affected by these diseases.

2. Select the Chief Executive – The Board has one employee and that is the Executive Director. Other staff, if any, works for the Executive Director. Boards must reach consensus on the chief executive's responsibilities and undertake a careful search to find the most qualified individual for the position.

3. Support and Evaluate the Chief Executive - The Board should ensure that the chief executive has the moral and professional support he or she needs to further the goals of the organization. This might include introducing the ED to key community leaders. One way our Board works is that I have weekly meetings with the Board President.

4. Planning - Boards must actively participate in an overall planning process and assist in implementing and monitoring the plan's goals. We have a Strategic Plan that was developed through an extensive process with many stakeholders. Have you seen it? Would you like to? Give me a call and we can send you one!

5. Programs – The Board should monitor, and strengthen programs and services. The board's responsibility is to determine which programs are consistent with the organization's mission and monitor their effectiveness. As a NAMI affiliate we strive to deliver the NAMI signature programs such as Family to Family, Basics, In Our

Own Voice, Peer to Peer, and Support Groups but we also have a resource guide and a HelpLine. All our programs are done by trained volunteers. Want to help? Please contact me and I'll get you started.

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!

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, Granite City, IL 62040 or call 619-798-9788.

Green Diamond Emporium
by Vicki Vasileff

Chestnut Health Systems lost its thrift shop to a fire earlier this summer. The thrift shop is an important part of Chestnut's psychosocial rehabilitation program both as a fund raiser and as a place of employment for persons with mental illnesses. After a lot of work a new and greatly improved thrift shop will be opening. The new shop is called the Green Diamond Emporium. It is located at 732 S. Illinois or Rt. 159 in Belleville, IL. The shop is in the old train station and is named for a long running train that stopped at the station for many years. The shop will be open Monday through Saturday from 9 to 5. Donations are being accepted Monday through Friday from 9 to 5. Please support this important venture with your donations and purchases. Please call Chris Norton at 397-0900 with questions.

(The following DHS//DMH article was received in the NAMISWI Office on Friday August 13, 2010)

Consumer Access in Jersey, Calhoun & Greene Counties

On August 12, 2010 the Division of Mental Health received written notification from Tri-County Counseling Center of its intent to cease crisis, casework, counseling and psychiatry operations effective Friday, August 13 at 4:30pm.

The following arrangements have been put into place to ensure that consumers served by Tri-County Counseling Center have continuous access to services and that crisis services remain viable in Jersey, Calhoun and Greene counties:

1. Crisis Services: Effective at 4:30pm today, crisis coverage for Greene County will be assumed by Locust St. Resource Center of Macoupin County. Crisis coverage for Calhoun and Jersey counties will be assumed by Community Counseling Centers of North Madison County. See contact information below.

2. Psychiatry: Consumers formerly receiving psychiatry services at Tri-County Counseling can continue to see their same psychiatrist through September 30th at Community Counseling Centers, Alton Office. Medical record access between Tri-County Counseling and Community Counseling Centers has been negotiated between the two agencies. Consumers who prefer to access services through Locust St. Resource Center are free to do so and cooperative medical record document exchange will occur with proper releases of information.

3. Counseling, Casework, and Community Support Services: Locust St. Resource Center will be establishing a permanent presence in Carrolton (Greene County) and are staffed to provide all services to former Tri-County consumers effective immediately. Community Counseling Centers of North Madison County intends to establish a presence in Jersey County, once it receives authorization by its Board of Directors.

In all instances, primary consideration will be given to consumer preference in terms of where they wish to access services. Mental Health Centers of Central Illinois' Jacksonville office, already serves Green county residents as well, and stands ready to do so per consumer request.

4. Substance Abuse Services: The Division of Alcohol and Substance Abuse (DASA) is conducting an administrative review of services and will be in consultation with area providers. DASA is interested in expediting continuous service as soon as is feasible.

5. Comprehensive Community-Based Youth Services (CCBYS): The CCBYS Information and Referral Line, 888-816-3264, will be available 24/7 to route crisis calls to the appropriate youth service provider for the counties formerly served by Tri-County Counseling Center. Please see attachment for more details.

6. Final closure of Tri-County Counseling: Tri-County Counseling Center has indicated its' intent in writing to maintain a staffing presence to address administrative matters through September 17, 2010. It also plans to operate their residential facility until a smooth transition can be negotiated with a suitable provider.

7. Contact Numbers: Please see information below for relevant contact information:

Community Counseling Center - North Madison County
2615 Edwards Street
Alton, IL 62002
(Main Number) 618-462-2331 (Crisis Line) 618-465-4388

Locust Street Resource Center
320 South Locust Street
Carlinville, IL 62626
(Day-Time Office Number) 217-854-3166
FAX Number: 217-854-3778
(After Hours Crisis Number) 217-854-3135

Mental Health Centers of Central Illinois
340 West State Street, P.O. Box 370
Jacksonville, IL 61651
(Main and Crisis Number) 217-245-6126

Walk to Washington D.C. in 50 days to Raise Depression Awareness? by Tod Jurke DBSA Facilitator, Belleville

As music played and the crowd cheered, Steve Curran with his walk team followed the police escort through the park in Troy, Illinois. The Tri Township Park was the location for the first Walk to Washington rally. The event was planned and coordinated with the combined effort of four DBSA (Depression Bipolar Support Alliance) Support Groups. Madison and Saint Clair County DBSA Groups came together as a team to produce the rally which included food, music, balloons, face painting, kid's games and just plain family fun.

The event was held to support the efforts of three people leaving from St. Louis, Aug 14, who will walk all the way to Washington D.C. in 50 days to Raise Depression Awareness. With each mile walked, the walkers will raise awareness for three crucial principles: 1) Ensure equitable and adequate mental health treatment coverage in all public and private health care plans; 2) Support policies that promote individual and family recovery from mental illnesses as integral to overall health; and 3) Commit to investing in America's prevention, early intervention, treatment, and research related to depression.

The Walk to Washington for Depression concludes on Thursday October 7th, 2010 with a rally in Washington, DC
(Continued on Page 8, See Walk to Washington)

Allsup Commemorates Social Security's 75th Anniversary
Historical data illustrate changes in Social Security retirement, disability programs

Belleville, Ill – Aug. 11, 2010 – When the Social Security Act was signed into law 75 years ago, it introduced a form of economic security that didn't exist for the elderly. Nineteen years later, the disability division was created. The Great Depression was a triggering event for the original legislation, and now, during the current economic crisis, individuals and their families are realizing the crucial support provided by Social Security's programs, according to Allsup, a nationwide provider of Social Security disability representation and Medicare plan selection services.

The Social Security Administration and its nearly 65,000 workers continue to provide an invaluable service to Americans who retire or who can no longer work because of disability, said Jim Allsup, president and CEO of Allsup. We honor SSA workers' dedication to public service and thank them for making these programs possible. We especially recognize their commitment to improve Social Security's disability backlog crisis. We hope that government and industry can work together to ensure that all Americans with disabilities receive the benefits they have earned.

To help commemorate the anniversary that falls on Aug. 14, 2010, Allsup highlights some of the features of the program from then and now, and highlights lesser-known aspects of Social Security. One of those features is the "disability freeze" that protects retirement benefits when someone receives Social Security disability benefits. People receiving Social Security disability benefits eventually transition to retirement benefits when they reach full retirement age. Enacted in 1954, the freeze means that when someone has years of little or no earnings because of a disability, those years are not included in the calculation for retirement benefits. This protects someone's level of retirement benefits and insured status. More insights are provided below.

Social Security: Then and Now

Beneficiaries (receiving benefits)

1937:	53,236 total beneficiaries
2010:	58,541,000 total beneficiaries in the month of June

Benefits issued (dollars)

1937:	\$1,278,000 beneficiary payments for that year
2010:	\$57,092,000,000 beneficiary payments in the month of June

Workers' insured status

1940:	24.2 million workers insured for retirement benefits
1954:	70.2 million workers insured for retirement benefits
	31.9 million workers insured for disability benefits
2010:	206.5 million workers insured for retirement benefits
	152.4 million workers insured for disability benefits

Average monthly benefit, individual

1947:	\$25 per month, retirement
1960:	\$74.04 per month, retirement
	\$89.31 per month, disability
2010:	\$1,169.90 per month, retirement (June)
	\$1,065.40 per month, disability (June)

Walk to Washington, Continued from Page 7

complete with entertainment, speeches and politicians as special guests celebrating the recognition of the three integral petition principles that support individuals with depression.

The Walk needs your help! We are trying to obtain 1 million signatures on a petition, which will be presented to law makers to show how much public support there is. Please go to www.walktowashington.org and show your support by signing the petition today!

Thanks to Randy's Catering; Andy Feller and Tony Luther-CIT (Crisis Intervention Team) Police Officers; Marsha Wickenhauser-Executive Director, Madison County Mental Health Board; American Legion Post 365 for opening the ceremony; VFW (Veterans of Foreign Wars)-Post 5691 for use of tables and chairs; the Tri Township park for donating the pavilion; Gateway Regional Medical Center for bottled water; and Joe Arterburn for the music and PA system. I also want to thank my team, Diane Pisko, Lori Arterburn, Susy Higgerson, Kristina Stevens, Erin Jurke and Jeanine Haider. These are some of the best people I have had the opportunity to work with. Thanks to all others who helped and anyone I forgot.



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Did you know...?

...that postage is going up in January 2011? That means NAMISWI's expenses will be going up also...**BUT** there are a couple of ways you can help.

One is if you have a computer and are still receiving your newsletters by snail mail, please try the electronic version. It is in color and can be printed out if you'd like a hard copy. At least try it once because you can always go back to the mailed copy. We think once you see the newsletter in **full-blown color** you'll be glad you tried the e-newsletter. The color isn't the only selling point to the e-newsletter. Whenever there's an article with a web link, you can just **click on the blue link** and, voila, you're there. Another click and you're back to the article again. If you already are receiving the electronic newsletter, thank you so much.

The second way to help save NAMI postage expenses is if you are **going to move or already have moved**, please contact NAMISWI. Did you know that if the Post Office has to return any newsletters to us for incorrect address, no such number, etc, we must pay the returned postage due? This is in addition to the postage that was initially spent on the mailing. That's why it's so important to let us know if you're changing addresses.

In either situation, just call the office at (618) 798-9788 or send an e-mail to NAMISWI office at namimadisoncty@sbcglobal.net saying that you've moved and how you can be reached or that you would like to try the electronic newsletter.

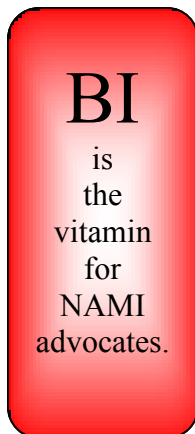
Thank you in advance for any help you can give NAMISWI on these matters!

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.



MEMORIALS



In Memory of Rev. Howard B. Johnson

- Alice Adcock
- Vicki Vasileff

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.

◆ **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**

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