



NAMI LAKELINE

NAMI of LAKE COUNTY • PO Box 6356 • Libertyville, IL 60048 • (847) 249-1515 • Web: www.namilake-il.org

March 2006

Join NAMI of Lake County on

Wednesday, March 1st, 2006 at 7:00 PM

**for a discussion on how to prepare for and handle a
crisis due to a severe mental illness.**

A crisis situation can occur when someone is incapacitated by a severe mental illness. Family members know that such a situation is full of worry and pressure. They must react minute-by-minute and often there is not time for efficient thought or strategizing about how to handle the crisis. That is why preparation is critical! Information is power. The more you know, the more efficiently you will be able to navigate through the system if a crisis occurs. The more you know, the more you can work to avoid a crisis situation.

On March 1st, Sam Johnson, MA, LCPC will speak to our members about how to prepare for and handle a crisis due to severe mental illness. Sam Johnson has been with the Lake County Health Department and Community Health Center for thirteen years. He is the Program Coordinator for the Crisis Care Program and the Psychosocial Rehabilitation Program.

During the meeting, we will discuss what a crisis situation is, how to handle a crisis when it occurs, and how to get treatment for a family member incapacitated by a severe mental illness. We will also discuss ways to prepare for a crisis before a crisis occurs and much more. Time will be left for answering your questions.

Please join us on March 1st for this important topic. And remember, friends or other family members are welcome to come and learn more. Meetings are free and open to the public.

Location: State Bank of the Lakes, 50 Commerce Drive, Grayslake. The bank is off Center St., which is the first stoplight north of Route 120, one mile west of Highway 45.

Meetings are FREE. All are welcome! Refreshments will be provided.

Our Thanks To You!

Thank you to all who have furthered our cause by contributing time, talents, and financial donations. Without your help and commitment, this affiliate would not exist. Since our last publication, the following donations have been received.

Nancy Orbison in honor of Bill Bradley & Ashley Spellman.

Jacquelyn Hassett in honor of Marilyn Stanley.

Darlene & James Shackelford in honor of Marilyn Stanley.

Sandra Siefken in honor of Rick Siefken.

Arlene Palmer in honor of Steven Palmer.

Leanne & Tim Walker in honor of Zac, Nikki, and Allie Walker.

Michael D. Hayward in memory of Christopher M. Hayward.

Patricia Grosvenor in memory of Dan Idstein.

Little Kokkinen in memory of Rudy Kokkinen.

AllState

Abbott Laboratories

Mary Beth Abascal

Christine Ballard

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David Baughman

Robert & Catherine Bosshart

Milly Daly

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Marlene & Larry Guthrie

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J.C. Klovens

Eileen Kluga

Kathleen Kostock

Susie Krasnow

Kathleen Kuehlhorn

Robert Lyons

Stephen Meanor

Frank & Rosalie Mlinar

Bernadette Novick

Cornelia Reynolds

Carol Trobe

Michael Foley

Brian Rubin

Adolfo Pizano

A Dear Friend

Last month, NAMI of Lake County lost a dear friend. Marilynn Stanley was one of our affiliate’s founding members and a tireless advocate for those suffering from a mental illness. Many kind words have been sent to NAMI of Lake County over the past few weeks regarding Marilynn and the many ways that she touched people’s lives. One tribute in particular was so kind and touched on so many of Marilynn’s contributions, that we are reprinting it here to honor Marilynn and her family. Out thoughts and prayers are with the Stanley family.

MARILYNN STANLEY

A dynamic, pro-active, tireless, accomplished volunteer of the ages.

A driving force with the goal of recovery for those suffering with mental illness.

Marilynn was a wife, mother and grandmother. Her focus was on mental health and community services. Her goal was to help consumers in their recovery by establishing social intervention and job training.

Knowing that job training and support was critical, she actively sought out volunteers to help her establish the Independence Center, a job training resource, and social intervention facility (a clubhouse model) for the mentally ill. She solicited grants and donations. She initiated fundraisers. She educated legislators and officials on both state and local levels. She was our ‘Voice’ for the mentally ill.

Marilynn would speak pro-actively about the needs of our people. She ‘held the toes of many to the fire’. She was tireless in this endeavor.

When Marilynn and her family moved to Lake County, she joined our affiliate and put NAMI of Lake County on ‘the map’. She appealed to, educated and recruited volunteers, comprised mainly of family members, to join her in this mission of hope and recovery.

Marilynn didn’t need to ‘sell’ anyone on her ideas. She had a special way of stating the facts and simply ‘expecting’ that we would assist in the process. We did! We were involved before we knew it.

After the Independence Center, her next major undertaking was to form Lake County Enterprises, which currently operates the Uptown Café, in Waukegan. A consumer run business.

Marilynn served as President of NAMI-Lake County. Following her presidency she chaired the NAMI-LC Community Services Committee for many years. She also served on the NAMI Illinois Board of Directors, as well as many other local and state committees advocating for mental health community services.

Marilynn has received numerous awards of dedication over the years. But most of us who knew her feel that she was never sufficiently recognized for all that she had steadfastly accomplished.

It is difficult to put this into words, but the very fact that so many of us were so extremely shocked at the news of her passing, indicates the fact that we thought of Marilynn as being too strong to die.

We will miss you, Dear Friend and Advocate.

- Eileen Kluga 02/01/06

Memorials

The following donations were made in tribute of Marilynn Stanley’s volunteerism, advocacy, dedication, persistence, energy, and vision. How fortunate we are to have had Marilynn in our lives and advocating for those with mental illness and their recovery.

Eileen Kluga
 Lawrence & Catherine Levin
 Robert Bosshart
 Kathleen Kuehlhorn
 Miles & Ruth Barnhart
 The Times, Ottawa Publishing Co.

Lauralee Souza
 Vi Orr, Advocates for Mental Illness Education
 Arlene Palmer
 Arlene Copenhaver
 Leanne Walker



Future Meeting Plans

NAMI of Lake County Board members are working to line up speakers for our 2006 meetings. Mark these dates on your calendar and we look forward to seeing you at a future meeting!

April 5th: We will be showing the documentary *Out of the Shadow*. This very personal documentary chronicles the filmmaker’s mother, Millie, and her family through Millie’s battle with schizophrenia, and her subsequent trials within the public health system. A story of madness and dignity, shame and love, this intimate film illuminates a national plight through one family’s struggle and helps dispel the stigmas and misconceptions surrounding this harrowing illness. Movie treats will of course be provided.

May 3rd: We hope to have a discussion on the mental health services available in Lake County. More information will be provided in upcoming newsletters.

June 7th: We will be discussing additional ways to keep ourselves healthy both physically and mentally besides therapy and medication. More information will be provided in upcoming newsletters.

***Out of the Shadow* Documentary Rescheduled**

No matter how well we plan our meetings, things do happen to throw us for a loop. And we were definitely thrown for a loop at our February 1st meeting! Imagine our surprise when we realized that the TV and VCR scheduled for us to use was no where to be found. Needless to say, it was impossible for us to show the documentary without the electronic equipment. Instead, NAMI members decided to take this opportunity to talk about our experiences with mental illness and let people ask us questions. A big thank you goes out to Dan Stultz-Blohm and Leanne Walker for offering to tell their stories. We had a great discussion with many questions asked. Thank you to the NAMI families in the audience who graciously helped to answer questions and share their stories of struggles, hope, and recovery.

We have rescheduled the showing of the documentary *Out of the Shadow* for April 5th. Please be sure to come and see this remarkable documentary (running time for the film is 1 hour and 15 minutes). We will make sure to have the electronic equipment there even if it means we have to bring ours from home! ☺

NAMI of Lake County Officers and Committee Heads

<i>President/Treasurer</i>	Leanne Walker
<i>Vice Pres./Membership</i>	Susan Snow-Linda
<i>Secretary</i>	Jeanne Houle
<i>Greeter</i>	Clara Raupp
<i>Special Projects</i>	Susie Krasnow
	Bob Tschannen
	Lori Lewis
	Lisa Johnson

**** Support Group Facilitators ****

Michele Birkey
Donna De Kruif
Caroline Lyczko
Janet Scherer

**** Phone Support ****

Lisa Johnson
Arlene Palmer
Eileen Kluga

**** VFT Instructors ****

Donna De Kruif
Susan Snow-Linda
Leanne Walker

Board Meetings are held monthly except during the summer.

If you have suggestions, comments or are interested in volunteering, please contact us at:

PO Box 6356, Libertyville, IL 60048
namisupport@hotmail.com
847-249-1515

Support Group Schedule

Support for families and friends.

Where: Lake County Health Dept. (LCHD)
3012 Grand Ave. Waukegan, IL
When: 2nd Thursday, 6:30 PM
Facilitators: Caroline Lyczko & Dr. Alfred Marx
Call: LCHD-Grand Ave., (847) 377-8180

Support for families and consumers.

Where: St. Lawrence Episcopal Church
125 W. Church St. Libertyville, IL
When: 4th Tuesdays, 7:00 PM
Facilitators: Michele Birkey & Janet Scherer
Call: LCHD-Libertyville, (847) 367-1020

*Support for parents of young, school age children. ***

Where: Calvary Church
1221 W. Maple Ave. Mundelein, IL
(Rte. 176 west of Midlothian)
When: Last Thursday of the month, 7:00 PM
Facilitators: Donna DeKruif & Vickie Kukulski
Call: NAMI of Lake County, (847) 249-1515





NAMI of Lake County

P.O. Box 6356

Libertyville, IL 60048

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NAMI of Lake County is a not-for-profit tax exempt organization dedicated to the welfare of persons with mental illness.



Please mail this form and check to:
NAMI of Lake County
P.O. Box 6356
Libertyville, IL 60048-6356
Attention: Membership

How did you hear about us? _____

Ethnicity (check one):
 Native American
 African American
 Hispanic
 Other
 Caucasian
 Rather Not Answer
 Asian

*NAMI of Lake County qualifies as a recipient for matching funds.

Dues \$ _____
Donation* \$ _____
Total Contribution \$ _____

NOTE – This membership includes your membership in NAMI National and NAMI Illinois. (Contributions are tax deductible to the extent provided by law.)

Type of Membership (check one):
 Consumer \$5.00
 General Member \$35.00
 Supporting \$100.00
Relationship To Consumer (check one):
 Self
 Friend
 Parent of Adult
 Parent of Child
 Spouse
 Sibling
 Adult Child
 Professional
 Other Relative

Name: _____
Spouse / Significant Other: _____
E-Mail Address: _____
Address: _____
City: _____
State: _____
Zip Code: _____
Telephone: (____) _____

NAMI of LAKE COUNTY MEMBERSHIP APPLICATION
Please enroll me as a member of NAMI of Lake County.