



NAMI LAKE LINE

NAMI of Lake County · P.O. Box 6356 · Libertyville, IL 60085 · (847) 249-1515 · Web: www.namilake-il.org

September 2006

**Join NAMI of Lake County on
Wednesday, September 6th, 2006 at 7:00 PM
for an open discussion on mental health.**

NAMI of Lake County is hosting an open discussion on mental health related issues. We will either have a local mental health professional or experienced NAMI members lead the discussion. We will talk about mental illness and its impact on consumers and families, treatment options, and steps to recovery. We will have lots of time for questions and answers as well. Local nursing students often join us for our September meeting to learn about mental health related issues. This is a great opportunity for NAMI members to talk about their experiences and help future health care professionals know more about mental health.

Please consider bringing a friend or family member to this meeting. We're looking forward to seeing you on September 6th! 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.

NAMIWALKS for the Mind of America

NAMI of Greater Chicago will be hosting a NAMIWALKS on September 24, 2006 in Grant Park. This is a 5 Kilometer walk that starts at 10AM rain or shine. There is no walker registration fee for the event. All participants are encouraged to collect donations in support of their participation in the walk. Proceeds from the walk will be used to fund NAMI's programs in Chicago. All walkers raising over \$100 or more will receive an event t-shirt. For more information or to register, call 312-563-0445 or visit www.NAMICG.org

National Suicide Hotline Scheduled to Close (*NAMI StigmaBusters Alert, August 11, 2006*)

The nation's largest suicide hotline, 1-800-SUICIDE, is scheduled to go out of service near the end of August. Negotiations are still in progress that may prevent the number from going out of service. However, NAMI is still urging the public to be aware that the alternative number for those in crisis is 1-800-273-TALK.

1-800-273-TALK will put callers in touch with the federally funded National Suicide Prevention Lifeline, a service that has been in operation since January 2005. It functions as a central switchboard to immediately connect callers to virtually the same network of certified, local crisis centers accessed by 1-800-SUICIDE. So callers can receive counseling or emergency services, if needed, close to home. All calls to the 1-800-273-TALK Lifeline are private and confidential. Confidentiality of personal information and of personal disclosures during calls is a high priority for the parties involved in operating the Lifeline.

Family-to-Family Education Class Beginning: Register Now!

The NAMI Family-to-Family Education Program is a free 12-week course for family caregivers of individuals with severe brain disorders (mental illnesses). Trained family members teach the course. All instruction and course materials are free for class participants. The next Family-to-Family Education Courses will be held in Barrington, IL. Classes will be starting on September 17, 2006 from 6-9 pm and on September 21, 2006 from 6-9 pm. For more information about the workshops or to register, contact Maryrose at 847-382-6623 or email at maryrosepeters@hotmail.com

Support Group Schedule

A NAMI support group is a place to confront fears, to be validated, and to learn and practice skills related to dealing with real life issues which impact families. People learn that they are not alone. Support groups are FREE and open to anyone in need.

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

Support for families and consumers.

Where: St. Lawrence Episcopal Church
125 W. Church St. Libertyville, IL
When: 4th Tuesdays, 7:00 PM
Facilitators: Janet Scherer

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

A Quick Note from the President

I hope that everyone enjoyed the summer and is ready for the cooler days of fall. Due to multiple family health issues this spring and summer, I am ready for not only cooler weather but also less stress and more relaxation. We'll see if that happens! This spring I was in an accident that took me out of the loop with NAMI of Lake County activities. I'd like to thank Susan Snow-Linda for jumping in and taking over my responsibilities. She is a dynamo and I'm grateful for her support and dedication! I would also like to thank the many other NAMI of Lake County members for their well wishes and support. Your kindness is appreciated. Due to ongoing medical issues, however, I've come to realize that I will not be able to juggle my NAMI of Lake County responsibilities with getting my family and myself healthy. Therefore, I need to step down as President. The Board of Directors have discussed our options and are able to juggle responsibilities for the upcoming few months. We have a huge need, however, for more volunteers to help continue the NAMI of Lake County vision and to help our organization grow. Please look over our volunteer needs and see where you can help! Sincerely, Leanne.

**** Volunteers Needed ****

In addition to needing members on our Board of Directors, NAMI of Lake County is seeking volunteers to fill committee positions, some of which have been vacant for quite some time. These positions need to be filled if we are to have a viable organization that can attend to the needs of our membership. Most of these positions do not require a great deal of time and we are happy to train interested individuals. Please consider volunteering for one of the open positions listed below. The more volunteers we get, the easier the job will be! If you have other talents you would like to share with us, please let us know. Anyone interested in volunteering should contact us at PO Box 6356, Libertyville, IL 60048 or via email at namisupport@hotmail.com or by phone at 847-249-1515.

- Fundraising – organizing tag days.
- Fundraising – organizing other fundraising opportunities.
- Public relations – alerting media to our events.
- Community outreach – replenishing pamphlets in your area.
- Community outreach – sitting at a booth to provide the public with information.
- Community outreach – willing to give speeches to community organizations.
- Community outreach – answering phone calls.
- Program planning – organizing speakers for general meetings.
- Newsletter researcher – finding/writing articles for the newsletter.
- Resource Guide researcher – research organizations and information for our updated guide.
- Resource Guide editor – edit updates to our guide.
- Affiliate mailings – help prepare newsletter or other items to be mailed.
- Become a support group co-leader.
- Become trained to teach a Family-to-Family, Visions for Tomorrow, or Peer-to-Peer class.

Thank You!

To our Board of Directors and all who have furthered our cause by contributing time, talents, and financial donations during 2006. Without your help and commitment, this affiliate would not exist.

Since our last publication, the following donations have been received.

Anita Stohl	Thomas Mattola
Piyusha Tandon	Dave Schanding
Barry & Barbara Carroll	Barbara Hunt
Marilyn & Robert Schnitz	Christine Ballard
Michael Foley	Brian Rubin
Michael Smith	AllState
TAP	Abbott Laboratories
Jane Wood in memory of Marilyn Stanley	

Future Meeting Plans

NAMI of Lake County Board members are busy at work lining up speakers for our fall/winter 2006 meetings. We will publish upcoming meeting plans in our future newsletters and on our website. Please take a few minutes to put the dates for our upcoming meetings on your calendar.

- **October 4th** – We will have a presentation on achieving wellness by adding alternative therapies to your current treatment plan.
- **November 1st** – We will have a discussion on housing.
- **December 6th** – We will be celebrating the holiday season.

NAMI of Lake County Board of Directors

Leanne Walker, *President/Treasurer*
Susan Snow-Linda, *Vice-President*
Jeanne Houle, *Secretary*
Susie Krasnow
Bob Tschannen
Lori Lewis
Lisa Johnson
Clara Raupp

Support Group Facilitators	**Phone Support**
Donna De Kruif	Lisa Johnson
Caroline Lyczko	Arlene Palmer
Janet Scherer	Eileen Kluga

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

IF YOU ARE MOVING...

...or are receiving duplicate copies of the newsletter – please let us know so that we can update our mailing list.

NEW RESOURCE: Updated Edition of Classic Work Now Available

E. Fuller Torrey, MD, has fully revised and completely updated his classic book, *Surviving Schizophrenia: A Manual for Families, Patients, and Providers*. This indispensable guide, first published in 1983, examines the nature, causes, symptoms, and history of schizophrenia. The fifth edition of this definitive work includes the latest research findings on schizophrenia as well as the newest treatments available. New sections added in this edition include, "The Recovery Model," "Herbal Treatments," and "The Influence of the Pharmaceutical Industry on Prescribing Patterns".

Visions for Tomorrow Class Beginning: Register Now!

NAMI will sponsor the Visions for Tomorrow Education Course specifically for caregivers of children diagnosed with brain disorders. The education class will begin in October 2006. Registration is required. The course will present information about brain biology; ADD/ADHD, PDD/Autism, Tourette's Disorder, Conduct Disorder; Bipolar Disorder, Depressive Disorder, Eating Disorders; Anxiety Disorders: Obsessive-Compulsive, Post-Traumatic Stress, Separation Anxiety, Panic, Phobia, and Generalized Anxiety; Childhood Schizophrenia/Schizoaffective; Empathy; Organization of Data and Record Keeping; Communication Skills: Caregiver, System and Sibling Support; Coping; Self-Care; Problem Management; Rehabilitation, Recovery, Transition, Advocacy, Judicial and Stigma. Visions For Tomorrow teachers are trained family members who have experienced firsthand the rewards and challenges of raising children with brain disorders.

The Visions for Tomorrow Education Course is **FREE**. For more information about the workshops or to register, contact Maryrose at 847-382-6623 or email at maryrosepeters@hotmail.com

