



NAMI LAKE LINE

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

February 2007

Tools for Recovery!

Wednesday, February 7th, 2007 at 7:00 PM

NAMI of Lake County's Tools for Recovery discussion will focus on the various things that people need in order to manage mental illness and get on with living life to its fullest. Lori Lewis will lead this discussion and is NAMI of Lake County's Vice-President and an Advanced Practice Nurse, Psychiatric Clinical Nurse Specialist. She has 17 years experience working in community settings with adults that have mental illness.

We are looking forward to seeing you on February 7th. Please consider bringing a friend (or two or three) with you to the meeting and help spread the word about NAMI of Lake County.

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 and open to the public. Refreshments will be provided.

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

Did you know about this Lake County resource?

The Lake County Health Department's Crisis Care Program offers a 24-hour telephone crisis intervention center, case management, and respite services to deflect psychiatric hospitalizations. Services include counseling, linkage with other agencies, and a respite care program for stabilization of the chronically mentally ill. Services are available to Lake County residents, at least 18 years of age. Crisis intervention services are available 24 hours a day, 7 days a week. The Crisis Care Program can be reached at **847-377-8088**.

2007 Meeting Plans

NAMI of Lake County has the following topics planned for the 2007 monthly meetings. If you have a suggestion for a future meeting, please contact us with your ideas.

- **March 7, 2007:** Meeting information coming soon!
- **April 4, 2007:** Crisis management and how to prepare for and handle a mental health crisis.
- **May 2, 2007:** Trends in medications and treatment.
- **June 6, 2007:** Brain Gym and how to keep our minds strong.
- **July & August 2007:** No meetings
- **September 5, 2007:** Consumer panel about mental health and recovery issues.
- **October 3, 2007:** Emotional wellness and how to bring it into our lives.
- **November 7, 2007:** How to bring humor into our stressful lives and its therapeutic value.
- **December 5, 2007:** Holiday celebration

Volunteers Needed!

NAMI of Lake County has many volunteer opportunities. We have openings in fundraising, program planning, and publications. If you are interested in volunteering for these areas or would be interested in helping in some other way, please contact us at namisupport@hotmail.com or at 847-249-1515.

Thank You Volunteers!

We wanted to take a few minutes to recognize our wonderful phone support volunteers, Arlene Palmer, Eileen Kluga, Lisa Johnson, and Susie Krasnow, for the time they took to answer people's calls during 2006. Thank you so much!

