



# NAMI LAKE LINE

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

April 2007

## NAMI of Lake County Monthly Meeting

**Wednesday, April 4<sup>th</sup>, 2007 at 7:00 PM**

### **Subject: Crisis management and how to prepare for and handle a mental health crisis.**

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 April 4<sup>th</sup>, 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 over ten 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 April 4<sup>th</sup> 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 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: 2<sup>nd</sup> Thursday, 6:30 PM

Facilitators: Caroline Lyczko

#### Support for families and consumers.

Where: St. Lawrence Episcopal Church  
125 W. Church St. Libertyville, IL

When: 4<sup>th</sup> 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 DeKruijff & Vickie Kukulski

### **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.

- **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:** Taking care of caregivers.
- **December 5, 2007:** Holiday celebration

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### **Mental Health Website for Teens**

[www.copecaredeal.org](http://www.copecaredeal.org) - This website is a resource for teens to learn about mental health disorders and ways to care, cope and deal with mental health issues for themselves and others.

## Donations: Thank You!

NAMI of Lake County received the following donations, memorials and tributes since our last issue was published. Please accept our deep appreciation for choosing to support our mission.

|                          |                   |  |
|--------------------------|-------------------|--|
| TAP                      | Wanda Wiebke      | Jay Forman                               |
| Verizon Foundation       | Eileen McBride    | Larry & Marlene Guthrie                  |
| Abbott Laboratories      | Shane M. Ward     | Patricia Grosvenor & John Idstein        |
| AllState Giving Campaign | Christine Ballard | Caroline Lyczko                          |
| Sandra Siefken           | Michael Foley     | Stephen Meanor                           |
| Dean Stanley             | Brian Rubin       | Frank & Rosalie Mlinar                   |
| Anita Stohl              | Michael Smith     | Mary Anne Nesslar                        |
| Eliza Davies             | Timothy Dembinski | Jeffrey & Kimberly Nesslar               |
| Hal & Noel D'Orazio      | Kari Palbicke     | Nancy Orbison - In honor of Bill Bradley |

## **\*\* 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](mailto: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.
- 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.



## **New Local Resource Available**

A new support group is being organized by Lake County Center for Independent Living, for children with physical brain injury (and/or their parents). Meetings are on the 1st Tuesday of each month (first meeting is from 6:30pm to 7:30pm). Contact Diana Nelson at 847-949-4440 x23 for more information.



### **Did You Know About These Resources?**

The purpose of Schizophrenics Anonymous is: To help restore dignity and sense of purpose for persons who are working for recovery from schizophrenia or related disorder; To offer fellowship, positive support, and companionship in order to achieve good mental health; To improve our own attitudes about our lives and our illness; To provide members with the latest information regarding schizophrenia; and To encourage members to take positive steps toward recovery from the illness. If you or someone you know is interested in learning more about Schizophrenics Anonymous, please contact the National Schizophrenia Foundation at 800-482-9534 or find them online at [www.NSFoundation.org](http://www.NSFoundation.org)

The BPD Resource Center was developed out of the need for individuals and families affected to gain access to reliable information on BPD and its treatment. Contact the BPD Resource Center at 888-694-2273 or find them online at [www.bpdresourcecenter.org](http://www.bpdresourcecenter.org)



### Equipment Donations Needed

NAMI of Lake County is in need of a laptop, LCD projector, and a screen. This equipment will greatly help us in our mission of educating, advocating and supporting those whose lives have been touched by mental illness. Often, guest speakers ask if we have this

equipment to use during their presentations at our general meetings.

Additionally, with this equipment we can provide a more interactive experience as we spread NAMI's message through meetings, classes, and presentations to the public.

If you, someone you know, or a company you work for or know of can donate this type of equipment, please let us know. This is a great way for a company that has recently upgraded their equipment to help a local non-profit organization.

### Important Phone Numbers:

Lake County Crisis Care Program (24-hour telephone crisis intervention): 847-377-8088

Lake County Child and Adolescent Services: 847-360-3160

Lake County Adult Behavioral Health Services: 847-377-8180

Vista Psychiatry Department: 847-625-6030

Vista Psychiatry Department Hotline: 847-360-2000

Suicide intervention: 1-800-273-TALK

Lake County State's Attorney: 847-377-3000



### NAMI of Lake County Board of Directors

Susan Snow-Linda, *President*

Lori Lewis, *Vice-President*

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Bob Tschannen

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### \*\*Support Group Facilitators\*\*

Donna De Kruijff

Caroline Lyczko

Janet Scherer

### \*\*Phone Support\*\*

Lisa Johnson

Ken & Judy Seip

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.

### Legislative Alert – Take Action Today!

Good news! A group of US Senators, both Republicans and Democrats including Senator Pete Domenici (R-NM) and Ted Kennedy (D-MA) have introduced a bill into the Senate which would go a long way toward providing better health care for those with mental illnesses. The bill, the Mental Health Parity Act (S-558), would require employer offered health plans to cover mental illnesses pretty much on the same basis they cover any other illnesses.

We urge everyone to contact Senators Durbin and Obama and urge them to become co-sponsors of this important bill. The national NAMI website makes it very easy to send our Senators such an e-mail. Just go to the NAMI National website at [www.nami.org](http://www.nami.org) and click on the “Take Action – Legislative Action Center” link. Then click on the “Support the Mental Health Parity Act of 2007 (S 588)” link. It is time for the Congress to do something to remedy the shameful way in which many health insurance plans discriminate against those with mental illness. Log on today!

### Book Review (from [www.nami.org](http://www.nami.org))

*A Mind Apart: Travels in a Neurodiverse World* by Susanne Antonetta. Winston Churchill had a mental illness—as did William Blake, Vincent van Gogh, Virginia Woolf, Georgia O'Keefe, Sylvia Plath, and many other creative, inventive people throughout our history. A new book argues that without such neurodiverse people, our world would be a less vibrant place and that the human species would find it more difficult to survive and adapt. *A Mind Apart* examines how neuroatypicals—people with disassociative disorder, autism, bipolar disorder, schizophrenia, and other neurological disorders—see the world and how the world sees them. Part memoir, part scientific investigation, Antonetta addresses the potential consequences of genetically eradicating these conditions. She argues that just as biodiversity is essential for the survival of the human race, so too we must remain neurodiverse in order to adapt and survive. The book's approach is very personal; Antonetta uses her own experiences living with bipolar disorder—as well as her relationships with a friend, Dawn, who has Asperger's syndrome and a relative, N'Lili, who has disassociative disorder—to examine the ways in which neurological disorders influence the way in which people think and view the world.

