



NAMI LAKE LINE

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

May 2007

May Monthly Meeting

Wednesday, May 2nd, 2007 at 7:00 PM

Subject: An Open Discussion on Mental Health Issues and NAMI of Lake County

We would like to have an open discussion on the mental health issues concerning you. Tell us about your story, listen to ours, let us know what Lake County services you are thankful for and we can help promote, etc. We'd also like to hear about what you like and would like to see change with NAMI of Lake County.

Please join us on May 2nd and let us know what you think and get to know other members a bit better. And remember, friends or other family members are welcome to come and learn more.

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.***

June Monthly Meeting

Wednesday, June 6th, 2007 at 7:00 PM

Subject: Brain Gym[®] and how to keep our minds strong.

NAMI of Lake County is happy to have Barbara Bednarz, a certified Brain Gym[®] Instructor/Consultant, speak at our June 6th meeting. She will be leading a short Brain Gym[®] class for us all to learn from and enjoy. Brain Gym[®] is a program of fun and easy physical movements which facilitate learning, improve memory, decrease stress, and increase co-ordination. Anyone from age 2 to 122 can benefit from the Brain Gym[®] movements.

Don't miss this opportunity to try something new and say hello to old friends! Remember to dress comfortably. And remember, friends or other family members are welcome to come and learn more.

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.

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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

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.

- **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

New Autism Resource!

Alexian Brothers Behavioral Health in Hoffman Estates is conducting parenting sessions on Autism Spectrum Disorders. For more information, contact Patricia Koltun, Psy.D., at patricia.koltun@abbhh.net or 847-755-8536.

Did You Know About These Resources?



New Resource for Psychiatric Advance Directives

A psychiatric advance directive is a legal document that offers a way for people with mental illnesses to plan ahead for a mental health crisis. A newly launched online national resource center is now providing comprehensive information on psychiatric advance directives. The National Resource Center for Psychiatric Advance Directives (NRC-PAD), developed by psychiatric and legal experts at Duke University Medical Center and the Bazelon Center for Mental Health Law, went online in January. Its web address is <http://www.nrc-pad.org>.

Parent to Parent: Family Training on AD/HD

This course provides educational information and support for individuals and families dealing with AD/HD and learning to navigate the challenges of AD/HD across the lifespan. It also includes practical tips and ideas for behavior plans, front-end and back-end interventions, encouraging appropriate behavior, establishing routines, and much, much more! For more information, contact Wanda Wiebke-Chirnside at WLWIEBKE@hotmail.com or 847-438-6220

Transitional housing available in Rogers Park

Thresholds is scheduled to open a transitional housing program for young adults July 1, with scattered opening dates as apartments become available. The site includes studios and one-bedroom units for those ready for their own apartments, but who still need support. Support programs will include *Community Scholars* for members who wish to complete post-secondary education. Program head: Joe Karouac, a professor at National Louis. For information contact Bonnie Groner at 847-480-1554 or bgg101@aol.com



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.

Donations: Thank You!

NAMI of Lake County received the following donations, memorials and tributes since our last issue was published: Marcia Clark - In memory of Joanna Lynn Farcus, Mary & Paul Kaiser, Dr. & Mrs. Michael Hayward - In memory of Christopher M. Hayward, Alvah Wenner, Lauralee Souza, L. Jacqueline Victor, Dave Schanding, TAP Pharmaceuticals. Please accept our deep appreciation for choosing to support our mission.

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



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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.

