



Northern Illinois

Changing Minds

The Newsletter of NAMI Northern Illinois

March and April 2009

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Boxes of Hope Story

Our "Boxes of Hope" project was a big holiday success! In December, NAMI Northern Illinois volunteers filled boxes -- actually beautiful gift bags -- with small gift items, such as blankets, magazines, socks, scarves, books, small amounts of candies, snacks, puzzle books, etc. The gift bags were then delivered to children, adolescents and adults or individuals receiving treatment at inpatient programs at Singer Mental Health Center, SwedishAmerican Center for Mental Health and Rockford Health System's Rockford Memorial Hospital's Psychiatric Services. They were very much appreciated!

One of our NAMI Northern Illinois members sent a generous donation after the project was completed along with a note. She said her 20 year-old son who is "in and out of the psychiatric ward" told her: "This was such a great idea, Mom -- to let those patients know they are not forgotten."

A COMMUNITY FORUM

Discuss the crisis in behavior health funding in Winnebago and Boone Counties

April 23, 2009 Thursday
6:00-8:00PM

Location: College of Medicine Auditorium
1601 Parkview Ave, Rockford, IL 61107

Sponsored by the League of Women Voters Health Committee

WRAP - Wellness Recovery Action Plan

WRAP is a self-designed plan for staying well, and for helping you to feel better when you are not feeling well, to increase personal responsibility and control over your own life, and help you make your life the way you want it to be.

The first part of WRAP is developing a personal Wellness Toolbox. This is a list of resources you can use to develop your WRAP. It includes things like contacting friends and supporters, peer counseling, focusing exercises, relaxation and stress reduction exercises, journaling, creative, fun and affirming activity, exercise, diet, light, and getting a good night's sleep.

Section 1 of WRAP is the **Daily Maintenance Plan**. It includes three parts: 1.) a description of yourself when you are well, 2.) those Wellness Tools you know you must use every day to maintain your wellness, and 3.) a list of things you might need on any day.

Section 2 is identifying those events or **Triggers** that, if they happened, might make you feel worse--like an argument with a friend or getting a big bill. Then, using Wellness Tools, you develop an action plan to use to get through this difficult time .

CONTACT US:

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Rockford, IL 61125
815-963-2470
www.nami.org*

**The NAMI Northern Illinois website is being updated; check out the national website in the meantime.*

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Cookie Dough Sale Fundraiser



HomeStyle Ready-to-Bake Cookie Dough comes ready to scoop & bake! Eleven delicious flavors to choose from, all made with high-quality, premium ingredients like Hershey's™ Chocolate Chunks and Reese's™ Peanut Butter. Each cube of cookie dough makes 4 dozen 1 oz. gourmet cookies.

Order forms will be distributed at the April 7th meeting. Please contact Vicky Braun at 815-963-2470 for more information.

Cookie dough distributed by www.savoryfoods.com



BECOME A MEMBER—SUPPORT NAMI NORTHERN ILLINOIS!

NAMI Northern Illinois is a non-profit organization affiliated with NAMI, The National Alliance on Mental Illness.

ANNUAL MEMBERSHIP DUES

Individual-\$30

Family-\$40
(please list family members below.)

Advocate-\$50
(for those who wish to make an additional donation.)

Open Door-\$5
(for those whose funds are limited at the present time.)

Membership brings you these publications:

NAMI *Advocate* (quarterly) • NAMI Illinois *Stateline* (quarterly) • NAMI NI *Changing Minds* (bi-monthly)

Please list your name(s) as you wish it to appear in our membership roll:

Name(s): _____

Address: _____

City: _____

State/Zip: _____

Phone: _____

Email: _____



Northern Illinois

Membership Level : _____ Additional Donation: _____ Total enclosed: _____

NEW!!!
Now you may join NAMI online. Just go to www.nami.org, click "Take Action", then "Register and Join."

Please mail this form with your check to:
NAMI Northern Illinois • P.O. Box 6971 • Rockford, Illinois 61125

Thank you for your membership!

"You are not alone."

WRAP - Wellness Recovery Action Plan *continued from page 1*

Section 3 is identifying **Early Warning Signs**, those subtle signs that let you know you are beginning to feel worse, like being unable to sleep or feelings of nervousness. [verywell.com](http://www.verywell.com)

Then, again, using your Wellness Toolbox, developing an action plan for responding to these signs you feel better quickly and prevent a possible difficult time.

Section 4 is **When Things are Breaking Down**. In this section, you list those signs that let you know you are feeling much worse, like you are feeling very sad all the time or are hearing voices. And again, using your Wellness Toolbox, develop a powerful action plan that you that will help you feel better as quickly as possible and prevent an even more difficult time.

Section 5 is a **Crisis Plan** or **Advance Directive**. In the crisis plan, you identify those signs that let others know they need to take over responsibility for your care and decision making, who you want to take over for you and support you through this time, health care information, a plan for staying at home through this time, things others can do that would help and things they might choose to do that would not be helpful. This kind of proactive advanced planning keeps you in control even when it seems like things are out of control.

Section 6 is the **Post Crisis Plan**. You may want to think about this part of the plan in advance and even write some things to do in that time. However, you may want to write most of it as you are beginning to recover from the crisis—when you have a clearer picture of what you need to do for yourself to get well. Review your plans every day, noting how you feel and doing what you need to do to help yourself get better or to keep yourself well. . As you become familiar with your plan, you will find that the review process takes less time and that you will know how to respond without even referring to the book. People who are using these plans regularly and updating them as necessary are finding that they have fewer difficult times, and that when they do have a hard time it is not as bad as it used to be and it doesn't last as long.

The WRAP approach empowers you to take control of your own health and wellness. Since its development, the system has been shared with thousands of people through the books *Wellness Recovery Action Plan*, *Winning Against Relapse*, the *Winning Against Relapse Audio Tape*, the *Creating Wellness Video series*, numerous support groups, workshops and seminars, and through the www.mentalhealthrecovery.com web site.

By Mary Ellen Copeland, PhD

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**“The WRAP
approach
empowers you
to take
control of
your own
health and
wellness.”**

President's Letter

“Keeping yourself healthy will help you deal with the stress and in turn you will be more capable in solving issues related to the illness.”

“Creating a Healthy Future for Us All” is the theme for the 2009 NAMI National Convention to be held in San Francisco in July. I am looking forward to how this theme will be expanded by the presenters at the convention.

Time and time again I am reminded how important it is for ALL family members to take care of their health both physically and mentally. There is often a lot of stress when caring for a loved one with a diagnosis of a major mental illness. Keeping yourself healthy will help you deal with the stress and in turn you will be more capable in solving issues related to the illness.

There are two events coming up that I would like to call to your attention. On April 23 the League of Women Voters of Greater Rockford's Health Care Committee is sponsoring a Community Forum to explore more local funding for behavior health services in Winnebago and Boone counties. We need to support this endeavor and plan to attend with our families and friends. Look for more details on time and location elsewhere in this newsletter.

May is Mental Health month and NAMI Northern Illinois and the Silver Lining Club is planning a Huge Sidewalk Sale at the club's location on 20th & Broadway. We are asking you to start saving items to bring to this sale and volunteer to help organize and work on that day. This event will take place on May 15, Friday and will benefit both the club and NAMI. Look elsewhere in this newsletter for more information.

I want to thank Beverly Capone for serving on our Board of Directors. This talented and dedicated person is still very active as our Membership Chair and serves on our Fundraising and Promotional committee. I also want to thank Eldon Wigget for serving as our Vice President for a number of years. Eldon is a very busy man and we appreciate that he will still stay on our board as one of our Directors.

We welcome Karen Platzbecker as our new Vice-president and thank Mary Caruana, our Secretary and John Burns, our Treasurer for continuing on in their positions.

Jean Morrow

Board of Directors
2008-2009

Vicky Braun

John Burns

Mary Caruana

Robin Garvey

Jean Morrow

Bruce Parks

Karen Platzbecker

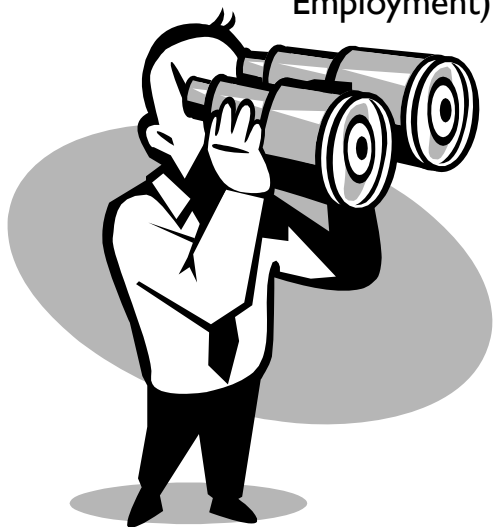
Eldon Wigget



Looking Ahead...

May

On our regular NAMI Tuesday meeting in May we will have Janet Wattles staff who are involved in the Individual Placement Service (Supported Employment) do a presentation on the benefits of employment in the recovery process for those who are diagnosed with a mental illness.



June

In June the topic will be Special Needs Trust presented by Brian Rubin, Attorney and member of the Board of Directors of Special Needs Alliance and Sherri Schneider of Family Benefit Solutions.

See page 8 for March and April events!



Friday, May 15, 2009
Silver Lining Clubhouse
1422 20th Street
Rockford, IL

(corner of 20th and Broadway)

Save your items and bring them to the clubhouse on May 13 or 14 between the hours of 2:30 - 5:00PM. We will need around 10 volunteers from NAMI and some of the club members & staff to help with the sale on the 15th.

The proceeds will benefit the club and NAMI Northern Illinois. All items that you want to move out of your house, even big appliances and furniture, will be accepted.



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NAMI Support Groups

Belvidere

This group is for family members of persons with mental illness. Meetings are held at Grandma's Restaurant, 329 Chrysler Drive in Belvidere. Meetings are held at 8:00 a.m. on the 3rd Monday of the month. Call Jean Morrow at 815-332-4744.

Family to Family

This family member support group meets at 7:00 pm on the 3rd Tuesday of each month at Our Savior's Lutheran Church, at 3300 Rural St., Rockford. Contact Mary Ann Holmes at 815-877-0670.

Park

This family member support group meets at 11:00 am on the 2nd Saturday of every month at North Towne Mall Swedish Pancake House. Contact Bev Peterson at 815-633-0582.

Bright Futures

A support group for family members of children and adolescents with emotional disorders. Meeting in the SwedishAmerican Conference Center at Mildred Berry Center, 8616 Northern Ave., Rockford, IL. Contact Robin Garvey at 815-332-6064, for dates and times.



Other Local Support/Education Groups

Group Hope

A Depression and Bipolar Support Alliance (DBSA) support groups for consumers, their families and friends.

BELVIDERE: Second & fourth Tuesday, 5:45 pm, Immanuel Lutheran Church,

ROCKFORD: Sundays: 3:30 pm, ABC Collision, 4141 Morsay Drive;
Mondays: 6:30 pm, Bethesda Covenant Church, 2101 E. State St.;
Wednesdays: 7 pm, Crash Collision, 4141 Morsay Drive;
Thursdays: 10:00 am, Carpenter's Place on Railroad Ave.;
Thursdays: 6:15 pm, Camelot Tower, 1415 E. State St., 9th floor.

ROCHELLE: Mondays 6:30 pm, Rochelle Hospital, Private Dining Room Downstairs

OREGON: Second & fourth Thursday, 6:30 pm, First Presbyterian Church, 200 S. 5th St.; one block south from 4th St. (Route 2)

FREEPORT: First & third Tuesday, 7:00 pm, Grace Episcopal Church 10 S. Cherry St. (Call 815-235-6171)

For information call Dr. Charles Smith
815-398-9628 .

INDIVIDUAL PLACEMENT SUPPORT (IPS)

Individual Placement support is really Supported Employment for those with a diagnosis of a severe mental illness. In Illinois it is called IPS. This program is client driven and is competitive employment, not sheltered workshops. Read on for the evidence-based principles of IPS.

- **ELIGIBILITY IS BASED ON CONSUMER CHOICE.** No one is excluded because of prior work history, hospitalization history, substance use, symptoms, or other characteristics. No one is excluded who wants to participate.
- **SUPPORTED EMPLOYMENT IS CLOSELY INTEGRATED WITH MENTAL HEALTH TREATMENT.** Employment specialists meet frequently with the mental health treatment team to coordinate plans.
- **COMPETITIVE EMPLOYMENT IS THE GOAL.** The focus is community jobs anyone can apply for that pay at least minimum wage, including part-time and full-time jobs.
- **JOB SEARCH STARTS SOON AFTER A CONSUMER EXPRESSES AN INTEREST IN WORKING.** There are no requirements for completing extensive pre-employment assessment and training, or intermediate work experiences (like pre-vocational work units, transitional employment, or sheltered workshops.)
- **FOLLOW-ALONG SUPPORTS ARE CONTINUOUS.** Individualized supports to maintain employment continue as long as the consumer wants assistance.
- **CONSUMER PREFERENCES ARE IMPORTANT.** Choices and decisions about work and support are individualized based on the person's preferences, strengths and experiences.
- **BENEFITS COUNSELING IS PART OF THE EMPLOYMENT DECISION-MAKING PROCESS.** Personalized benefits planning and guidance help consumers to make informed decisions about job starts and changes.

“Choices and decisions about work and support are individualized based on the person's preferences, strengths and experiences.”

WILLY WONKA'S

Saturday, April 25, 2009

Giovanni's Restaurant & Convention Center

Call Janet Wattles Center at 815-720-4914 for more information on how you can reserve your seat at this wonka-licious event.

BERRY BALL 2009



PO Box 6971
Rockford, IL 61125
Return Service Requested

Planning to move?
Please let us know your new address, so
Changing Minds can follow you to your new home!
Call 815-963-2470 or email
joebevrox@comcast.net

Non-Profit Organization
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March 2009			
3rd 6:30 p.m.	Therapeutic Intervention Program (TIP) Presented by Andie Johnson, Family Specialist and TIP graduate	Regular NAMI Meeting at Stepping Stones 706 N. Main St. Rockford, IL 61103	
31st 6:00 p.m.	Board of Directors Meeting	Stepping Stones 706 N. Main St. Rockford, IL 61103	
April 2009			
7th 6:30 p.m.	RAMP Advocacy Services for People with Disabilities	Regular NAMI Meeting at Stepping Stones 706 N. Main St. Rockford, IL 61103	
28th 6:00 p.m.	Board of Directors Meeting	Stepping Stones 706 N. Main St.	

