



# NAMI

National Alliance on Mental Illness

# Northern Illinois

# Changing Minds

**The Newsletter of NAMI Northern Illinois**

**September & October 2009**

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### Bowling for Recovery

10/3/09 – 7- 9 PM

Don Carter Lanes

4007 E. State Street Rockford, IL

A FUN family event— everything's included:

2 hours of bowling! Shoe rental! Pizza! Pop! Games and Prizes!  
Just \$12 per person or \$50 for a team of five!

Stop in the Family Resource Center at Mildred Berry Center to purchase your tickets or for more information or call 815-332-6064

### Celebrate! Mental Illness Awareness

10/6/09 –Dusk

Winnebago County Justice Center  
650 W State St, Rockford, IL

Come see how mental illness adds light to the community at the Mental Illness Awareness Celebration.

## Mental Illness Awareness Week 2009

### Stars of Light

10/10/09 – 2 PM

Rockford Public Library

215 N. Wyman St. Rockford, IL

The Stars of Light Theatre troupe stages presentations about mental illness, stigma and recovery. The troupe is composed of persons with mental illness, family members, and volunteers. For more information please visit [www.janetwattles.org](http://www.janetwattles.org).

### MIAW Gear is now available!

T-shirts, Mugs, Bags and much more. Proceeds from items purchased will be donated to Mental Health Services in Rockford, IL. This is a great way to celebrate Mental Illness Awareness and help a cause that is so vital to the community.

Order your MIAW Gear at [www.zazzle.com/miaw\\_rockford](http://www.zazzle.com/miaw_rockford) or call

Erin at 815-720-4901 for more information.

### CONTACT US:

NAMI Northern Illinois  
P.O. Box 6971  
Rockford, IL 61125  
815-963-2470  
[www.nami.org/northern-illinois](http://www.nami.org/northern-illinois)

### Marc Elliot - Don't Judge a Book by Its Noises

10/7/09 – 7 PM

NIU Rockford

8500 E State St Rockford, IL

Marc Elliot knows the importance of understanding people's differences. He was born with a rare disease that left him with virtually no intestines, and at age nine he developed a neurological disorder called Tourette's Syndrome and Obsessive Compulsive Disorder (OCD). He conveys the value of tolerance and the basic attitudes and behaviors that allow it to flourish. For more information about the event please call NAMI Northern Illinois at 815-963-2470 or for more information about Marc Elliot you can visit his website [www.marcspeaks.com](http://www.marcspeaks.com).

## SEE the PERSON

## NOT the ILLNESS

Mental Illness Awareness Week  
Rockford, IL



“... discuss your child’s avoidance with their teacher(s).“

**School Refusal**

At the beginning of the new school year, many parents and teachers anticipate the return of school avoidance behavior in their children and students. Refusing to go to school is common and is sometimes blatant. Your child may act out and have a temper tantrum in the morning before school. Sometimes they might run off after getting out of the car or bus. Or they could sneak away, sometimes with other children seeking to avoid school. More often, however, children refuse school by masking their refusal in physical complaints or ailments. They may willingly go to school, but midway through the day, they will go to the nurse’s office complaining of illness and you receive a call from the school to pick him or her up.

School refusal can occur at any age. You may notice that your child is always sick during the school week, but rarely has physical complaints on weekends or during their summer break.

*Continued on page 7*

**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](http://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.”**

**“More than 10 million Americans have a close relative with mental illness who is in denial and refusing treatment.”**

Lack of insight is the most frequent reason for treatment failure in serious mental illness. It often results in homelessness and incarceration, and causes heartbreak and frustration for family members. Dr. Xavier Amador, keynote speaker at the NAMI Illinois Conference this year, challenges family members to think differently about their loved one’s untreated mental illness. Using his step-by-step methods, family members can learn to stop trying to control the illness and their loved one, and become a facilitator on the journey to Recovery.

Dr. Amador’s book, “I Am Not Sick, I Don’t Need Help,” is the most frequently recommended book among NAMI family members. Based upon his personal experiences with his brother with schizophrenia, as well as upon many years of experience as a psychiatrist treating people with serious mental illnesses, Dr. Amador offers a fresh perspective on “How to Help Someone with Mental Illness Accept Treatment”.

In 2004, NAMI Northern Illinois’ Annual Community Education Event featured Suzanne Scabilia, M.D. who presented a program based upon Dr. Amador’s book. NAMI members will have a unique opportunity to learn more from Dr. Amador himself during the NAMI Illinois’ Annual Conference, October 16-18, 2009, at the Westin Chicago Northwest in Itasca, Illinois.

Dr. Amador will give a presentation on the empirical research on the prevalence, etiology and treatment of both poor insight and poor adherence. He will highlight misconceptions about the causes and treatment of poor insight and poor adherence. Dr. Amador will discuss how to build a collaborative relationship with a person who has a mental illness, and he will discuss Listen, Empathize, Agree, and Partner (L.E.A.P.), a four-step set of communication and interviewing skills. Dr. Amador will also review the evidence base that supports the L.E.A.P. technique.

Read what others have said about Dr. Amador’s work:

“How do you help those who are convinced they need no help, much less yours? This book takes you by the hand and the heart and leads you to an understanding that gives you the power to help. I know of no other book even in the same league.” Gerry Spence—Trial Lawyer and New York Times Best Selling Author of *How to Argue and Win Every Time*.

“Dr. Amador’s [book] gives practical advice and hope to those of us with a loved one who is battling a mental illness. It provides readers with an easy to understand blueprint that can change and save lives. My copy has never made it onto a bookshelf. I keep it on my nightstand.” Pete Earley, New Your Times Best Selling Author of *Crazy: A Father’s Search though America’s Mental Health Madness*.

Register online at the NAMI Illinois website, [www.il.nami.org](http://www.il.nami.org), or call 800.346.4572. A limited number of partial scholarships will be available through NAMI Northern Illinois. Please contact the office at 815.963.2470 or speak with a Board Member if you are interested in attending.

**Register Today  
for NAMI  
Illinois’ Annual  
Conference!**

**Oct 16-18, 2009  
Westin Chicago  
Northwest,  
Itasca, IL**

Other Conference Topics  
Include:

- Recovery: The Journey
- Brains Can Get Sick!
- The Emerging Role of Transcranial Magnetic Stimulation
- NAMI Smarts for Advocacy
- How to Make Lemonade When Life Gives You Lemons
- Individual Placement & Supportive Employment Program in Illinois...Nothing Says Recovery Like a Job
- Vietnam Veteran’s and the Iraq War...Is the Past Ever the Past
- What Does Self-Medicating Really Mean
- Ten Money Rules to Live By
- Direction: Moving from Hopelessness to Helpful Action
- Awakening the Creative Process Within
- Your Body, Your Mind, & Their Link to Better Health
- The ABC’s of BPD and DBT
- Mental Health Courts
- Awakenings Art Show

**President's Letter**

**“... we need to continue to encourage our representatives to stand up for adequate funding in regards to mental health services.”**

Even though we did not meet during July and August on the first Tuesdays many NAMI members have been busy attending committee meetings and making plans during the summer months. A good number of you also made calls to your legislators in regards to the Illinois state funding cuts. At this point it seems that some funds have been re-instated, but we need to continue to encourage our representatives to stand up for adequate funding in regards to mental health services. In Washington D.C. they are working on a National health care plan. It is vital that mental health services are included.

Again I encourage you to be a **committed advocate**. Check both state and national NAMI web sites to stay informed. Become a part of our legislative committee. **BE COMMITTED.**

Several of our members have joined the area's Mental Illness Awareness Week Committee, that have been meeting regularly this summer. Look elsewhere in this newsletter for the details of the four special activities going on that week, Oct. 3<sup>rd</sup> – 10. Mark them on your calendar and plan to participate in several of them.

The theme for the NAMI Illinois 2009 Conference is “Investing for the Future”. This will be held at the Oct 16-18, 2009 at Westin Chicago Northwest, Itasca, IL, The keynote speaker is Dr. Xavier Amador, Adjunct Professor in Clinical Psychology at Columbia University in New York City. Many of you have read his book “I'm Not Sick, I Don't Need Help”. Early bird registration deadline is Sept 15. After that an additional \$50 will be added to the registration rate. Look in your June 2009 NAMI / Illinois Stateline for more information or go to the state NAMI web site.

We want to thank the Kennedy 5 K committee and the Mental Health Association of Rock River Valley and all the participants for a successful Walk and Run, held in July. A generous part of the proceeds from this event will be used to help publish our 6<sup>th</sup> edition of the Family Resource Guide. We appreciate the Mental Health Association and the sponsors of this event to make this possible. Together we can make a difference.

Jean Morrow

**Board of Directors  
2008-2009**

Vicky Braun

John Burns

Mary Caruana

Robin Garvey

Jean Morrow

Bruce Parks

Karen Platzbecker

Eldon Wigget

***Annual Celebration of Mental Health***

Featuring Guest Speaker, Justice Kathryn Zenoff

Sept 23, 2009

6:00 PM

Giovanni's in Rockford, IL

Janet Wattles Foundation would like to invite you to help raise awareness and change perceptions at the Foundation's annual fundraiser. The evening will include dinner, community awards, and keynote address by Justice Kathryn Zenoff.

Tickets: \$60 per person or \$550 for a table of 10

Call Heather Shull Swanson at 815-720-4901 for more information.

**SAVE THE DATE**

**TUESDAY, MARCH 2, 2010**

**"GET TO KNOW NAMI"**

**NAMI Northern Illinois will host a community recruitment open house that informs individuals about NAMI activities and benefits of membership. Additionally a clinician and "Friend of NAMI" will be honored.**

More details to follow in NOV/DEC newsletter.

**obsessed**

Intense and highly personal, A&E's true-life docuseries *Obsessed* examines the lives of everyday people imprisoned by unmanageable, repetitive behaviors and sometimes debilitating fear. Whether it is Obsessive Compulsive Disorder, Panic Disorder, Social Anxiety Disorder, General Anxiety Disorder, Hoarding or a variety of phobias, the unscripted series gives viewers a chance to see first-hand how an obsession can radically affect a person's life. By using cognitive behavioral therapy, each subject is taught how to understand the thought process which contributes to his or her symptoms and is coached on how to change these thought patterns, manage their anxiety and avoid the resulting debilitating compulsions. The show explores the stories of sufferers as well as the adverse effects their disorders have on their friends and family.

According to the Anxiety Disorders Association of America, anxiety disorders are the most common mental illness in the U.S., affecting 40 million adults in the United States age 18 and older. Each one-hour episode of *Obsessed* follows two individual cases where the subjects face extreme anxiety disorders, their struggle and the process of rehabilitation. Capturing their radically affected home life, the dramatic one-on-one sessions with the doctor, and the patients' courageous attempts to defeat their debilitating condition, the show tracks the individuals' stories from start to finish, ending with a final visit several weeks after therapy is complete to see if they have conquered their disorder or if the obsession still lingers.

**"... the unscripted series (on A&E) gives viewers a chance to see first-hand how an obsession can radically affect a person's life."**

[www.aetv.com/obsessed](http://www.aetv.com/obsessed)


### **NAMI Northern Illinois FAMILY-TO-FAMILY Education Course**

This course is for family members of people with serious brain disorders such as Bipolar Disorder, Major Depression, Schizophrenia, Schizoaffective Disorder, and Anxiety Disorders. Classes will help family members understand and support an ill relative while maintaining their own well-being. A team of trained volunteers who have a loved one with a mental illness teach this **FREE** 12-week course.

Please register now for evening classes beginning Sept 9th, 2009 at Stepping Stones of Rockford.

Call NAMI Northern Illinois at 815-963-2470 for information and registration.

NAMI Northern Illinois is now on Facebook! NAMI Northern Illinois' page includes upcoming events, photos, and contact information. Join the 50 fans of the NAMI Northern Illinois' page and Facebook will post updates to your personal Facebook page.

**Do You**  **?**

### *Bergner's Community Days Coupon Books*

Coupon books are only \$5 but include 1-\$10 coupon, 1 30% Early Bird 6am-9am coupon, 4- 20% off coupons 5 bonus offers for you to use on November 14, 2009.

All proceeds from coupon book sales are donated to NAMI Northern Illinois. Call Jean Morrow at 815-332-4744 for more information on how you can purchase your Bergner's Community Days Coupon Book.

# 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 September 1st meeting. Please contact Vicky Braun at 815-963-2470 for more information.



Cookie dough distributed by [www.savoryfoods.com](http://www.savoryfoods.com)

Support Groups

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.



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 .

**School Refusal *continued from page 2***

This can cause unwanted stress in your family as this behavior requires much attention and causes a lot of frustration.

If your child is refusing school and they are complaining about physical symptoms, always consult with your pediatrician or primary care physician. Even though you suspect that this behavior is avoidance of school, it is important to be sure that your child is not suffering from a medical condition.

Outside of medical conditions, children will refuse school for a variety of reasons. Oftentimes, a childhood mental health condition is causing this behavior. Anxiety disorders are most commonly associated with school avoidance. Sometimes childhood depression or trauma (such as being bullied or divorce) may be the culprit. And finally, some children that refuse school may have a behavior disorder.

Your first intervention regarding this problem should be to discuss your child's avoidance with their teacher (s). They have spent the most time with your child at school and can give you a lot of insight regarding why this behavior may be happening. They also can help to devise strategies in conjunction with your approaches at home, to eliminate school refusal.

Consult with your school's psychologist and let them know that you suspect that your child's school refusal may be caused by a mental health condition. Also, you may want to consult with a mental health professional that specializes in school refusal to work with you and your child.

When working to eliminate school refusal behavior in your child, it is important to understand what is motivating them to avoid school. Some children feel rewarded for school refusal. They may get extra time with a parent, watch more television, stay up later than other children, play more video games, or stay home unsupervised. Others are avoiding school because they fear what may happen to them or their parents if they go to school. Even though these fears may seem exaggerated, they are often linked to experienced events in the child's life that caused them a great deal of distress. Such traumatic experiences include death of a parent/guardian, separation/divorce, frequent fighting at home, teasing, bullying, and witnessing or being the victim of violence. These issues must be addressed and worked through as part of the solution to school refusal behavior.

There are a variety of treatment approaches for school refusal and its underlying causes. Work with the school's psychologist, counseling, and/or social work staff to draw up a comprehensive intervention plan. You may want to consult with your child's doctor about medication options as well. Remember that a good plan addresses the motives for the child's school avoidance and cannot be rectified with medication alone. You may also find it beneficial to have your child see a mental health professional in the community that specializes in treating childhood anxiety, depression, and behavior disorders. Be sure that the professional you are working with addresses parenting techniques and family issues as well as treating your individual child. Most techniques used to treat school refusal are cognitive-behavioral and are family focused. Your child may learn particular techniques for reducing anxiety, how their thinking affects their emotional state and practice changing destructive thoughts.

Finally, even though your child's school avoidance behavior can be very frustrating for your family, you should make every effort to avoid using harsh punishments for this behavior. Whether your child is refusing school because they are struggling with anxiety, depression, or a behavior disorder, excessive penalties will increase their symptoms. Be calm when performing a parenting intervention, validate your child's feelings without giving in to their avoidance behavior, avoid arguing, and clearly state the consequences of their choices. And, of course, always follow through!


By Jason Peckels, LCPC  
Along The Path Counseling Services PC of Rockford



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**  
**U.S. Postage**  
**PAID**  
**Rockford, IL**  
**Permit NO. 757**

		<b>Meeting Schedule</b>		<b>Page 8</b>
<b>September 2009</b>				
1st 6:30 p.m.	<b>Coping with Anxiety &amp; Panic</b>		Mildred Berry Center 8616 Northern Ave Rockford, IL	
23rd 6:00 p.m.	<b>Annual Celebration of Mental Health Guest Speaker, Justice Kathryn Zenoff</b>		Giovanni's 610 Bell School Rd Rockford, IL	
29th 6:00 p.m.	<b>Board of Directors Meeting</b>		Stepping Stones 706 N. Main St, Rockford, IL	
<b>October 2009</b>				
3rd 7:00 p.m.	<b>Bowling for Recovery</b>		Don Carter Lanes 4007 E. State St, Rockford, IL	
6th Dusk	<b>Celebrate! Mental Health Awareness</b>		Winnebago County Justice Center 650 W State St, Rockford, IL	
7th 7:00 p.m.	<b>Marc Elliot - Don't Judge a Book by Its Noises</b>		NIU Rockford 8500 E State St, Rockford, IL	
10th 2 p.m.	<b>Stars of Light Theatre Troupe</b>		Rockford Public Library 215 N. Wyman St, Rockford, IL	
27th 6:00 p.m.	<b>Board of Directors Meeting</b>		Stepping Stones 706 N. Main St, Rockford, IL	

**Mental Illness  
 Awareness  
 Week Events**