



National Alliance on Mental Illness

Northern Illinois

Changing Minds

The Official Newsletter of NAMI Northern Illinois

May & June 2008

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Mental Health Month - May 2008

As we all know mental health and awareness are very important in our lives as well as the lives of everyone around us. What are you going to do this May to show your support for mental health? Throughout this issue there are many activities listed that are being offered in our community.

5/7/08
6-7:30 PM

Childhood Depression and Suicide Prevention



This seminar will address the signs and symptoms of childhood depression and how to prevent suicide. Presented by Carol Craig, MD, MPH. Seating is limited. You must pre-register. Go to www.janetwattles.org click on calendar and click on training.

Mildred Berry Center

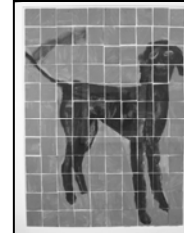
8616 Northern Ave
Rockford, IL 61107



5/10/08
1 to 3 PM

Opening Reception for 'Trauma Reflected in Art'

This children's art show will be on display from May 10th to the 30th. Please call the Mildred Berry Center at 815-332-8003 for specific viewing times.



Mildred Berry Center

8616 Northern Ave
Rockford, IL 61107

5/14/08

Mental Health Rally

A chance to speak to legislators and advocate for mental health in Illinois. Contact Bonnie Gilmore, Consumer Family Specialist at 815-391-6443 to reserve your seat on the charter bus.



Springfield, IL



5/17/08
1 PM

Stars of Light Performance

Contact Rufus Cadigan for details at 815-969-9065.

St. Chad's Episcopal Church
Loves Park, IL

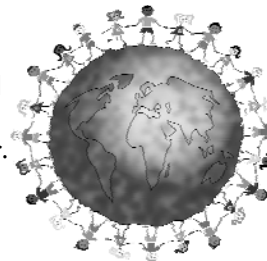
CONTACT US:

NAMI Northern Illinois
P.O. Box 6971
Rockford, IL 61125
815-963-2470
www.nami.org/northern-illinois

5/21/08
6-7:30 PM

Helping Children Feel Safe and Confident in an Insecure World

Presented by Richard Jaconette, MD. Seating is limited. You must pre-register. Go to www.janetwattles.org click on calendar and click on training.



Mildred Berry Center

8616 Northern Ave
Rockford, IL 61107

5/30/08
1 PM

Stars of Light Performance

Contact Kelli Wefenstelle for details at 847-386-3068

WillPower in Clarkson Center
Northfield, IL

“It's a common scenario - troubled patients stop taking their medicine, because of cost, side effects, the stigma, or delusions that they don't need it.”

Getting ‘off meds’ has consequences

Psychiatrists say it's a common scenario - troubled patients stop taking their medicine, because of cost, side effects, the stigma, or delusions that they don't need it. The consequences can be tragic, though rarely as horrific as the Valentine's Day suicide-slaughter at Northern Illinois University.... Still, stopping these



drugs can also lead to suicidal thoughts and behavior. And taking them may increase the risk for other violence if they're mistakenly prescribed as the only treatment for patients in a depressive phase of bipolar disorder, psychiatrists say. In that case, the drugs may trigger a manic

Continued on page 5

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.)
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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: _____



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.”

Illinois Division of Mental Health
Conference 2008

***“Changes in the Illinois Mental Health Code:
Understanding the Legal, Clinical, and Social Implications”***

Tuesday, May 20, 2008 (Chicago)

Thursday, May 22, 2008 (Springfield)

Who Should Attend:

Mental Health Clinicians

Attorneys

Law Enforcement

Judges

Persons Served and Families

Hospital Administrators

Psychiatrists and Physicians

Topics of Interest:

- **Involuntary Hospital Commitment: Clinical Issues**
- **Rights of Persons Served**
- **Legal Mandates Affecting Health Providers & Law Enforcement**
- **Civil Commitment: Procedures for Petitions**

To receive program brochure and registration information,
e-mail: Joyce B. Lane, Ph.D., Conference Chair
dhsmea@dhs.state.il.us

Board of Directors 2008-2009
Vicky Braun
John Burns
Beverly Capone
Mary Caruana
Jean Morrow
Bruce Parks
Eldon Wigget

**Board
of
Directors**

April 29th 6:00 PM	NAMI Northern Illinois Board of Directors Meeting
May 27th 6:00 PM	NAMI Northern Illinois Board of Directors Meeting

President's Letter

“It has truly been an honor to serve as an affiliate President for the past three years. I am thankful to have met so many wonderful people and learned so much about mental illness from all of you.”

Good news! NAMI Northern Illinois presented a full slate of Directors at last month's meeting. Officers will be elected at our next Board meeting from among the Directors, listed on page 3. **Jean Morrow**, Janet Wattles Center's Advocate of the Year for 2007 and past President of NAMI Northern Illinois will be the new Board member. **Imogene Rowland** will move off as Ex-Officio (but stay on as Programs and Education Chair) and I will move into Imogene's former position. Jean has stated that her mission during her tenure will be to grow and strengthen the Board. Welcome back, Jean!

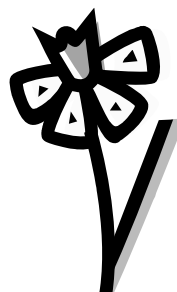
We hope that everyone has enjoyed the variety of locations and topics at our recent monthly meetings. Attendance has been better than ever, with many new faces in the audience! The last two meetings before our summer break also will cover interesting new topics—check them out on page 8 and plan to attend.

Please take a minute to read the flyer in this newsletter from the Illinois Department of Mental Health (DMH) about the free conference on May 20 that will address the changes to the Involuntary Commitment Law in Illinois taking effect on June 1 (SB234). It is vitally important that many NAMI family members and consumers attend this presentation. If you are interested in driving in with other NAMI members, please give the office a call.

Darius Perry, Tammy Lewis, Imogene Rowland, and John Burns will be attending the NAMI Illinois Leadership Training in Springfield on April 26. They have registered for a variety of training topics and we look forward to hearing about what they have learned.

It has truly been an honor to serve as an affiliate President for the past three years. I am thankful to have met so many wonderful people and learned so much about mental illness from all of you. I plan to continue my active involvement in NAMI at the local and state levels and look forward to working with Jean to recruit “new blood” to our organization. Thank you for giving me the opportunity to serve.

Robin Garvey



Getting 'off meds' has consequences

Continued from page 2

phase that could include aggressive behavior toward others.... "Can stopping medications be an important contributory factor to deterioration of behavior ... where violence ends up being committed? Yes, absolutely," said Dr. Paul Ragan, an associate professor of psychiatry at Vanderbilt University. Ragan said he has had patients attempt suicide after stopping antidepressants because their insurance ran out, although violence against others is rare in depression.

On or off medication, the vast majority of people with schizophrenia, depression and bipolar disorder "do not engage in violent behavior," said Dr. David Fassler, a University of Vermont psychiatry professor. Still, compliance with medication is a significant problem, he said.

Elizabeth, a 26-year-old graduate student in social work at the University of Chicago who asked that her last name not be used to protect her privacy, said she stopped and restarted antidepressants many times since being diagnosed with depression at age 16.

"Stigma does play a big part of it," she said. "That's why I was so eager to consider myself well and to go off of it."

When she left college and was no longer covered by her parents' insurance, cost also became an issue - \$60 to \$70 a month for a generic antidepressant. She declined to identify the drug. But each time she stopped, debilitating depression including suicidal thoughts would return, she said.

"If I've learned anything from this journey, it's that medication really works for me," she said.

Greg Coughlin, 53, ... said several years ago he repeatedly stopped taking drugs for a type of schizophrenia because he was "in denial" about suffering from mental illness. Coughlin said the last time he stopped, in the 1990s, he became extremely obnoxious and agitated, and ended up in a mental hospital. Now he's on three mood stabilizers that zap his energy and cause weight gain, but make him feel "more solid, more relaxed, more satisfied in life." Coughlin, ... said he finally accepts that to function, he'll need to be on drugs for life.

Elizabeth said she can live with the side effects - extreme sweating and a hand tremor - and credits psychotherapy, a support group and exercise with helping her cope.

Article By LINDSEY TANNER, AP Medical Writer
National Alliance on Mental Illness
National Institute of Mental Health
Depression and Bipolar Support Alliance
<http://www.miamiherald.com/852/story/425198.html>

***"If I've
learned
anything
from this
journey, it's
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medication
really works
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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 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 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 633-0582.

Bright Futures

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

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, 1045 Belvidere Rd.
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 398-9628 .

NEW!

FOR YOUNG WAR VETERANS:

A Discussion & Help-Each-Other Support Group

A neutral and private place for you to come to meet, listen & talk with each other. Everyone understands and no one is alone.

Begins Tuesday February 26, 2008 every Tuesday, 6:30—8:00pm

The ABC Crash Collision Auto Repair, 4141 Morsay Drive

This mutual help service is offered and facilitated by volunteers from the Rockford community, the Mental Health Association, and Group Hope.

For Information: call 815 398-9628, 815-226-4770

CHADD

Support group for parents of children and adolescents with ADD/ADHD. Meeting the second Monday of each month from 7:30-9 pm. at Sylvan Learning Center, 6785 Weaver Rd Suite 2C, Rockford, IL. Please email rockford-area@chadd.net the Friday before the meeting if you are attending.

Letter from the Editor

Dear NAMI Northern Illinois Friends and Supporters,

I would like to take a moment to introduce myself and say what a privilege it is to be the new Editor for NAMI Northern Illinois.



A few fun facts about me are:

I have lived in Rockford all my life.

I am working on a couple different degrees,

one in Psychology and one in Graphic Design.

- I have a cat named Julian.
- I love to sing all types of music.
- My favorite food has got to be chocolate.



This is Julian

I would like to get to know all of you. So please feel free to drop me an email if there is something that you would like to read about in the NAMI Northern Illinois Newsletter, or something that you would like to share in it, or even just to say hi.

I look forward to talking to you soon.

Erin



Erin Harsevoort, Editor for NAMI Northern Illinois
eharsevoort@janetwattles.org

“Please feel free to drop me an email if there is something that you would like to read about in the NAMI Northern Illinois Newsletter”

20th ANNUAL BERRY BALL

“Berry’s In Paradise”

APRIL 26, 2008

AT GIOVANNI’S

Call 815-720-4914
for more information

Grab your friends and family, throw on your beach attire and reserve your spot at Berry Ball 2008 - “Berry’s in Paradise.” With Caribbean style dinner, live and silent auctions and live music from “Pirates Over 40” this year is sure to be a blast.

April 2008

<p>30th 6:00-7:30 p.m.</p>	<p>“Attachment Through Play” This seminar will demonstrate how children bond with their parents and other significant adults through play. You'll enjoy exploring the role of play and how it works to form the personality of a child. Presented by Diana Witt, BSW. CEUs available for social workers, counselors and IAODAPCA. CPDUs for teachers</p>	<p>Mildred Berry Center 8616 Northern Ave.</p>
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May 2008

<p>6th 6:30-8:00 PM</p>	<p>“Personality Disorders” Presented by Betty Bartos, MS, LCPC. This informative presentation will cover the basics of Paranoid, Schizoid, Schizotypal, Antisocial, Borderline, Histrionic, Narcissistic, Avoidant, Dependent, and Obsessive-compulsive Personality Disorders.</p>	<p>Regular NAMI Meeting at Stepping Stones 706 N. Main St. Rockford, IL 61103</p>
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June 2008

<p>3rd 6:30-8:00 PM.</p>	<p>“Dual Diagnosis: The Concurrent Treatment of Substance Abuse and Mental Illness” Presented by Janet Leahr, Senior Addictions Counselor, Rosecrance, Inc.</p>	<p>Regular NAMI Meeting at Stepping Stones 706 N. Main St. Rockford, IL 61103</p>
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NAMI takes off the months of July and August
No Regular Meetings
but Support Groups continue to meet as usual.



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 Beverly Capone at
joebevrox@insightbb.com