NAMI Tri-County Illinois Sponsors Movie Night

What: Critically acclaimed, 2012 film, Silver Linings Playbook

When: May 3, 2018, 6:45 p.m. (may enter at 6:30); this is our education meeting for May; short discussion will follow the 2-hour movie

Where: Landmark Cinemas, 3225 N Dries Ln, Peoria, IL

Cost: Free Admission

Silver Linings Playbook, starring Jennifer Lawrence and Bradley Cooper, is widely recognized for its accurate portrayal of bipolar disorder. We anticipate this event will educate attendees on the realities of mental health conditions. “Some films are dark depictions of mental illness while others such as this one portray the everyday life cycles of those with mental health conditions, the struggles, etc.;,” states Roger Mohn, treasurer for NAMI Tri-County Illinois.

Dr. Danny Wedding, former director of the Missouri Institute of Mental Health, said that directors and producers are now hiring psychologists as consultants to their films so mental illness has increasingly found accurate representation in more recent films.

Movie provided free of charge thanks to those who give tax deductible donations to NAMI Tri-County Illinois.


cancel your print subscription of this newsletter, please contact Lila at lgammon1@comcast.net.

New NAMI Dues Structure: Effective now:
- Household $60 (one vote)
- Individual $40
- Open Door $5 (available to those who could not join without a more modest fee)

Joining NAMI includes National, State, and Local organizations and all the publications and resources available from each.
**Educational Opportunities**

**NAMI Family to Family Class**

Please call to register for the next class; current class began February 26, 2018

Parents, spouses, friends, or adult children of people with mental illnesses are invited to participate in the next 12-week class beginning on Mondays February 26. There is no charge for this NAMI signature program. Participants will learn valuable information to help them understand and support an ill relative while maintaining their own wellbeing. The facilitators are Gay and Rachel. Please call 309 693-0541 for information or to register for this class. There is no charge for this NAMI signature program.

**NAMI Peer to Peer Class**

Please call to register for a 2018 Spring Class

The next class will be held when there are sufficient numbers to offer it. Please call 309 693-0541 to express interest, ask questions, or register. The plan is to have it on Saturdays starting in March or April. This class has been redesigned as a 6-week class rather than a 10-week class. You must be 18 or older, have a psychiatric diagnosis, and have someone with whom you can talk about any issues/problems the classes unearth. The classes teach information about the various mental illnesses, tell how different medications function, help you create a relapse prevention plan, and start you toward creating an advance medical directive. The class will be facilitated by Dean and Larry. There is no charge for this NAMI signature program.

**NAMI Basics Education Program**

Please call to register for the next class; current class began February 20, 2018

This course is for parents and caregivers of children and adolescents with mental illness. Basics is taught by parents who have lived similar experiences with their own kids and have received training to teach the course. The class covers the biology of mental illness, treatment, school interventions, and the latest research as well as the trauma of brain disorders for the child and the family. If you are interested in this class, please call Beth at 251-5830. There is no charge for this NAMI signature program but registration is required.

Also, check out www.NAMI.org "Basics" video on You Tube for further description of the course.

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**NAMI Members Speak Out...**

12/9/17—Sonya Bolden spoke at a program called, “There’s Hope in New Knowledge (T.H.I.N.K.) at the Peoria Downtown Library.

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**Lincoln Prairie Behavioral Health Center**

**2018 Lunch & Learn Workshop Series**

Lunch will start at 11 a.m.; workshop will start at 11:30 and end at 1 p.m. Registration is REQUIRED.

**March 16—Engaging Parents in the Early Childhood Setting**

(Carol Tiggeelaar /CHAIL)

Location: Tazewell Woodford Head Start—233 Leadley Ave, East Peoria, IL 61611

**May 18—Social Emotional Skills**

(Kevin McClure/ISU – Center for Education Initiatives)

Location: Tazewell County Justice Center – 101 S. Capitol, Pekin, IL 61554

**July 20—QPR Gatekeeper Training/Suicide Prevention**

(Hult Center for Healthy Living)

Location: Hult Center for Healthy Living – 5215 N. Knoxville Ave., Peoria, IL 61614

**Sept. 21—Effects of Parental Substance Addiction on Young Children**

(Julie Eaton /CHAIL)

Location: Tazewell County Justice Center – 101 S. Capitol, Pekin IL 61554

**Nov. 16, 2018 – TBD**

For questions or to register, contact jherzog@tchd.net or (309) 925-5511 ext. 266. CEU’s are available – please request at registration.
Letter from the President

Dear Members and Friends,

Who’s doing what on the NAMI Tri-County Illinois board? Always remembering where we came from, while living in the present and looking ahead, I’m reminded of the shoes we fill. With the recent loss of Mary Rose Kelly, who along with her husband John were founding members of our organization, I looked around at our February board meeting and decided to let you know what our current board members are doing.

John Mayfield and Larry Fordham (along with Dean Harris) are the regular leaders of the Connections Support Group as well as supporters of other activities.

New to the board this fiscal year are Karen Rose and Deb Shaw. Karen is frequently the voice answering our information line (sometimes Dianne Geiss’ and mine, too). Karen has also hosted and participated in community informational displays, all our recent activities and, most recently, has explored grant possibilities. Deb readily accepted the position of secretary when she joined us, does so diligently and accurately and displays consistent quiet dependability.

Not only does our treasurer Roger Mohn pay our bills, he also brings us a positive mental attitude, financial reports, membership stats, empties our P.O. Box and manages our website. Did you see the loaded trailer he brought to the Pork Chop Fest? Grill, tables, meat and more! Roger’s newest and perhaps fondest role doesn’t have anything to do with our organization; it’s being Grandpa to his new granddaughter Ruby Jo.

Craig Stanford, as our vice president, has most recently applied his writing and organizational skills to designing two new brochures for us. You’ll see a new look to our NAMI brochure and a separate one to encourage membership. Craig has patiently worked through several revisions. Printing comes next, then a wide distribution.

Many of you know Kim Modglin who has resigned from the board as her family has plans to move away from the Peoria area. Kim served with her heart as she taught Family to Family classes, led our COGS and introduced the Pork Chop Fest.

Do you see yourself and your gifts in any of these areas? We need more board members! And I must mention that I value other dedicated members leading support groups, distributing our brochures and especially the wonderful job that Mary Kelly did. There will be a new brochure on the way. We’ve also added a new support group, called Boomerang.

Among the many events to which I’m looking forward are our NAMI Signature Classes. Family to Family is being taught by the mother-daughter team of Gay and Rachel Knapp. Carol Berger will join me in teaching Basics. We hope to soon hold Peer to Peer with its newly revised, soon-to-be-released curriculum.

While traveling recently, I was given the book Wonder by R. J. Palacio. It was a great airplane read and I’d like to share a quote used in the story as a motto of the month, “When given the choice of being right or being kind, choose kind.”

Beth Lawrence

Education Meetings

First Thursday of most months, 7:00—8:30 p.m.
Location: ICC North, Poplar Hall, Room 127

March 1, 2018
Topic: Understanding Schizophrenia
Speaker: Dr. Kyla Nighohossian
Resident Psychiatrist, University of Illinois College of Medicine at Peoria

April 5, 2018
Topic: Building Relationships with your Doctor and Therapist
Speaker: TBA

May 3, 2018
Topic: Movie—Silver Linings Playbook
Discussion following the movie
See details on p. 1

Report of Education Night with Pat Edwards
Submitted by Beth Lawrence

At our February education night, Pat Edwards delivered a thought-provoking message that she called Helicopters and Boomerangs. Definitions: Helicopter parent—one who hovers and feels responsible for protecting; Boomerang person—one who starts out in one place, leaves for a while; then returns; Helping—doing something for someone that he/she is not capable of doing him/herself; Enabling—doing for someone things that he/she should be doing for him/herself. Pat interspersed details of the life and struggles of her son Paul with their experience of loving him, yet enabling the choices he made, then working to break that cycle.

She included 5 questions to determine whether you are enabling:
• Are you too nice?
• Are you afraid to say no?
• Are you anxious that if he/she doesn’t need you, he/she won’t have a relationship with you?
• Do you pity him/her and believe he/she can’t do it without you?
• Are you willing to say no because that is in his/her best interest?

Pat does advise that in situations with mental health conditions, the distinction between helping and enabling may be blurred. Seek professional help concerning what your loved one can and cannot do for him/her self.

Recommended Books:
- Boundaries: When to Say Yes and When to Say No to Take control of Your Life by Henry Cloud and John Townsend
- The Emotionally Destructive Relationship: Seeing It, Stopping It, Surviving It by Leslie Veronica
- The Enabler by Angelyn Miller
With Sympathy

We extend sincere sympathy to the family and friends of the following people. They or their family members have been involved with or had an interest in NAMI.

Delores Wagoner passed away on December 4, 2017. She was the mother of active member Damara Mohn and the mother-in-law of Roger Mohn, NAMI Tri-County Illinois board member and treasurer. She was a mother of eight children, had 16 grandchildren, and 14 great grandchildren.

Janet Pople passed away on December 17, 2017, and was the sister of long-time member and support group facilitator Marjorie Schwebel. Janet was the wife of Ralph Pople and had three additional sisters.

Mary Rose Kelly passed away at the age of 98 on December 17, 2017. Mary Rose and her husband John Kelly were founding members of NAMI Tri-County Illinois in 1981 and became the first co-treasurers of the organization. Mary Rose was dedicated to NAMI and faithfully attended meetings well into her 80s. Marjorie Schwebel remembers her fondly and says, “With Mary Rose, I felt like we had an earthly angel supporting us in NAMI! She was a dear soul!” Her husband preceded her in death; she leaves one son, 2 grandsons and 4 great grandchildren.

Alan J. Campbell passed away on December 23, 2017. Alan and his wife Judy Campbell have been long-time members and supporters of our organization. He leaves behind his wife, 3 children, and 7 grandchildren.

James K. White passed away on January 1, 2018. Jim has contributed articles to this Family Forum newsletter and has been a supporter of our organization for years. We extend sympathy to his wife Harriet, two daughters and one grandson.

Douglas S. Brown passed away on January 9, 2018. He is survived by his father Robert N. Brown (Nancy), mother Jacqueline Bow- en, a brother, 2 sisters, and 13 nieces and nephews. Thanks to the family for choosing NAMI Tri-County Illinois for memorial contributions for Douglas. Doug was a charismatic, charming and kind person. We sympathize with the family in your loss.

Thank You!

Monetary Donations
- Anthony Boudreau
- Lori Mayo
- In Memory of Douglas Brown
  - Robert & Nancy Brown
- In Memory of Alan Campbell
  - Marjorie Schwebel
- In Memory of Mary Rose Kelly
  - Marjorie Schwebel
- In Memory of Janet Pople
  - Marjorie Schwebel

Note of Appreciation

Thanks to Illinois Central College for allowing our organization to use rooms on the North Campus for both our education meetings and support group meetings. We sincerely appreciate the use of these fine facilities.

Text for help with Depression or Suicidal Thoughts

Text 741741 when feeling depressed, suicidal, or needing someone to talk to; a crisis counselor will respond.

For people who feel more comfortable texting than talking. It’s a FREE service.

#TellSomeone     #savingLivesMatters

Resource on Teen Mental Health


According to the National Institute of Mental Health, approximately 20 percent of all teens between the ages of 13 and 18 have or will have a serious mental illness.

With this in mind, we’d like to provide guidance for relatives, friends or partners to help the individual suffering with mental health issues as well as raise awareness of helplines and organizations that are out there. This is why we published this web page because all too often we see teens facing mental health issues turn to drug abuse as a coping mechanism and we want to help put an end to this.

Additional Resources

- www.nami.org/—National Alliance on Mental Illness
- www.illinoismentalhealthcollaborative.com—Access and Choice websites; Dept. of Human Services information
- www.choicesinrecovery.com—guides for recovery strategies
- nimh.nih.gov/—National Institute on Mental Health
- mentalhealthtreatment.net—Mental Health Treatment articles
- samhsa.gov—substance abuse & mental health services administration
- psychcentral.com—getting help for a variety of mental illnesses
- http://mentalhealthchannel.tv/
Bolden Family Expresses Appreciation

Active member Sonya Bolden and her family won the raffle at the Pork Chop Fest for tickets to see the Spirit of Christmas play in Branson, MO. They reported that it was an amazing play and they were appreciative of their opportunity to see it. They hope everyone else had a good Christmas.

Getting to Know Sonya Bolden

First of all, Sonya is the person who sends out the NAMI information blasts by email. Her email comes in your Inbox as So Bro; please don’t delete those until you have read about the activities of NAMI Tri-County Illinois. (NTCI) We appreciate that Sonya has taken on that responsibility.

Sonya designed a Mental Health Jeopardy game. She has also participated in programs with mental health components at Ward Chapel AME Church and Redeemer Lutheran Church, presented the Mental health Jeopardy games to educate teens at Jack and Jill, PCCEO Head Start, and Pekin High School’s Wellness Day. Sonya is a member of Jack and Jill of America (Learn more about Jack and Jill of America) as well as Alpha Kappa Alpha Sorority, Inc.

Sonya said, “With Jack and Jill, we do so much with the kids, and I think the organization as a whole is now realizing the importance of mental health and has made that a national initiative. Tiffany Mack from The Antioch Group spoke to our youth just last month on stress management. After a survey tool, we found that kids today are stressed about so many things and the parents aren’t even aware.”

Thanks, Sonya, for your positive impact on our community with your generous involvement, especially in educating about mental health, and by sharing your gifts with NTCI.

Documentary—Suicide, the Ripple Effect

Shown at Willow Knolls 14. April 24, 7:30 p.m.

The film chronicles the story of Kevin Hines, who at age 19 attempted to take his life by jumping from the Golden Gate Bridge. Since then Kevin has been on a mission to use his story to help others find recovery and stay alive, and has become the world’s most prominent suicide prevention speaker and advocate. The film also features some of the world’s leading suicide prevention experts and shines light on people who are using personal experiences with suicide to help others find the hope they need to stay alive. Watch Kevin Hines on BuzzFeed! www.SuicideTheRippleEffect.com

Important Contact Information

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<thead>
<tr>
<th>Service</th>
<th>Phone/Website</th>
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<tr>
<td>Local NAMI Information</td>
<td>309 693-0541 <a href="http://www.namitri-countyillinois.org">www.namitri-countyillinois.org</a></td>
</tr>
<tr>
<td>NAMI IL – State Headquarters</td>
<td>1-800 346-4572 <a href="http://namiillinois.org">http://namiillinois.org</a></td>
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<tr>
<td>National NAMI Helpline</td>
<td>1-800 950-6264 <a href="http://nami.org">http://nami.org</a></td>
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<tr>
<td>Hult Center for Healthy Living</td>
<td>309 692-6650 <a href="http://www.hulthealthy.org">www.hulthealthy.org</a></td>
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<tr>
<td>Heartland Community Health Clinic</td>
<td>309 680-7600</td>
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<tr>
<td>UnityPoint Health—Methodist Community Behavioral Health</td>
<td>309.672.4103</td>
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<tr>
<td>Children’s Home</td>
<td>309 685-1047</td>
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<tr>
<td>American Suicide Hotline 24-Hour Hotline</td>
<td>1-800 273-TALK</td>
</tr>
<tr>
<td>Survivors of Suicide</td>
<td>309 697-3342 309 208-3027</td>
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<td>Police – all counties</td>
<td>911</td>
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<td>Emergency Response Service:</td>
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<tr>
<td>Peoria County</td>
<td>309 671-8084</td>
</tr>
<tr>
<td>Woodford &amp; Tazewell County</td>
<td>309 347-1148</td>
</tr>
<tr>
<td>VA Suicide Hotline</td>
<td>1-800 273-8255</td>
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800-273-8255 Veterans Crisis Line

Text for help with Depression or Suicidal Thoughts

Text 741741 when feeling depressed, suicidal, or needing someone to talk to; a crisis counselor will respond. It’s a FREE service.

#TellSomeone #savingLivesMatters

Crisis Intervention Resources

Youth: CARES (Crisis and Referral Entry Services); 1-800 345-9049
CARES is Statewide and will assess eligibility for SASS (Screening and Assessment Referral Services)

24-hour crisis lines:
- Nat’l Suicide Lifeline: 1-800 273-8255
- Peoria County ERS: 309 671-8084
- Tazewell & Woodford Counties: 309 347-1148

If the individual is at risk:
- Contact the police department for an initial response. The police will contact ERS when the situation is secure.

If individual safety is not a concern:
- Contact ERS at 309 671-8084 ~ TTY Line: 309 671-3566. You will be asked for some brief information to assist our response.

Medical Detox: 309 689-3080
Book Reviews

Self-Acceptance: The Key To Recovery From Mental Illness
By Victor Ashear, PhD

Reviewed by Bob Carolla, 1/28/16, nami.org/blog

I’ve often heard it said that acceptance—recognizing that you have a mental health condition—is the first step toward overcoming it. But it’s not that simple.

This book provides a more complete view that recognizes loss of identity and self-esteem as one of the “most significant casualties people diagnosed with mental illness experience.” One reason is the stigma that surrounds mental illness which people often internalize and, therefore, think less of themselves. People also tend to define themselves by education, employment or social roles, which become more of a challenge to accomplish when living with a mental health condition. In order to start a journey to recovery, it is incredibly important to work “toward a more positive sense of self in the face of illness-related obstacles that threaten it.”

Originally developed for work with veterans, Self-Acceptance has been adapted for general use. In order to update the book, Dr. Ashear collaborated with Vanessa Hastings, a technical editor who has been a leader in the suicide prevention community.

Self-Acceptance is not a textbook. It’s an easy-to-read, self-help workbook intended for people living with depression, bipolar disorder and schizophrenia. It can be useful for individuals, groups or mental health providers. It may be especially valuable for people who because of their illness have experienced one or more hospitalizations, unemployment or disruption in education.

Years ago, I experienced my first episode of depression. These days I manage the condition relatively well, but I wish I could have had the workbook then or at any other time. It would have made my journey easier—and still may. Exercises can be done one at a time or by section at your own pace. The workbook’s structure and questions bring personal strengths into focus and substitute positive-thinking for negative feelings. It identifies needs and coping strategies. Once exercises are completed, they help provide a personalized roadmap.

The workbook covers five “skill areas;”
- Factors that promote self-acceptance
- Factors that undermine self-acceptance
- Building healthy relationships
- Self-acceptance and recovery
- Developing personal recovery goals

Dr. Ashear’s collaborator, Vanessa, has lived with anxiety and depression. Toward the end, the workbook provides her answers to exercise questions as examples. There are no right or wrong answers; they vary by individual.

The Enabler: When Helping Hurts the one you Love
By Angelyn Miller; review from amazon.com

Book recommended by Pat Edwards, LCSW, ACSW

Co-dependency—of which enabling is a major element—can and does exist in families where there is no chemical dependency. Angelyn Miller's own experience is a dramatic example: neither she nor her husband drank, yet her family was floundering in the co-dependency dynamic. In spite of her best efforts to fix everything (and everyone), the turmoil continued until she discovered that helping wasn't helping. Miller recounts how she learned to alter the way she responded to family crises and general neediness, forever breaking the cycle of co-dependency. Offering insights, practical techniques, and hope, she shows us how we can transform enabling relationships into healthy ones.

Any kind of regular physical activity can lengthen your life

A huge new international study has confirmed that physical activity may really be the best medicine.

Moving, lifting, walking, sweeping, scrubbing, or doing almost anything physical for the equivalent of at least 30 minutes five times a week can cut your risk of dying by at least 20 percent, compared with being less active.

N A M I Tri-County Illinois (309) 693-0541

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Vice President ............ Craig Stanford
Secretary .................. Debra Shaw
Treasurer .................. Roger Mohn
Editor ..................... Lila Gammon

Directors
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Karen Rose

Family Support Group Facilitators
Lila Gammon  Gay Knapp
Marjorie Schwebel  Suzanne Spears

Connections Support Group Facilitators
Larry Fordham  Dean Harris
John Mayfield

Family to Family Class Instructors
Dianne Geiss  Roger Geiss
Gay Knapp  Rachel Knapp
Bruce Leman  Roger Mohn

Peer to Peer Class Instructors
Larry Fordham  Dean Harris

Basics Education Program Instructors
Becky Dorman  Beth Lawrence

For any subject matter of interest or suggestions, please call Beth 309-251-5830 or Lila 309 648-5420

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NAMI TRI-COUNTY ILLINOIS
CALENDAR OF EVENTS
March, April & May 2018

Illinois Central College North, 5407 N. University, Peoria

Support Groups, Poplar Hall: Family—Room 130 & Connections—Room 131

March
Thursday, March 1, 7:00 p.m. Monthly Education Meeting, Room 127, Speaker: Dr. Kyla Nighohossian; Topic: Understanding Schizophrenia,
Tuesday, March 6, 7:00 p.m. Survivor’s of Suicide, The Chapel, Proctor Hospital. Hinrichs, 309 697-3342 or Sylvia Murphy 309 208-3027
Thursday, March 8, 6:30—8:30 p.m. Mood-Challenge meeting at Trinity Lutheran Church, 135 NE Randolph Ave., Peoria
Thursday, March 15, Monthly Support Groups, ICC North, Poplar Hall; sign checks on front door for Room numbers
    Family and friends of people with brain disorders. Room 130. For further information call Sue, 309 360-1143.
    Connections—individuals participating in recovery. Room 131. For further information call John, 309 472-5907.
Tuesday, March 20, 7:00 p.m. Survivor’s of Suicide, The Chapel, Proctor Hospital. Hinrichs, 309 697-3342 or Sylvia Murphy 309 208-3027
Thursday, March 22, 6:30—8:30 p.m. Mood-Challenge meeting at Trinity Lutheran Church, 135 NE Randolph Ave., Peoria

April
Tuesday, April 3, 7:00 p.m. Survivor’s of Suicide, The Chapel, Proctor Hospital. Hinrichs, 309 697-3342 or Sylvia Murphy 309 208-3027
Thursday, April 5, 7:00 p.m. Monthly Education Meeting, Room 127, Speaker: TBA; Topic: Building Relationships with your Doctor and Therapist
Thursday, April 12, 6:30—8:30 p.m. Mood-Challenge meeting at Trinity Lutheran Church, 135 NE Randolph Ave., Peoria
Tuesday, April 17, 7:00 p.m. Survivor’s of Suicide, The Chapel, Proctor Hospital. Hinrichs, 309 697-3342 or Sylvia Murphy 309 208-3027
Thursday, April 19, 7:00—8:30 p.m. Monthly Support Groups, ICC North, Poplar Hall
    Family and friends of people with brain disorders. Room 130. For further information call Sue, 309 360-1143.
    Connections—individuals participating in recovery. Room 131. For further information call John, 309 472-5907.
Tuesday, April 24, 7:30 p.m., new inspirational documentary Suicide The Ripple Effect followed by an engaging discussion on the topic. Location: Goodrich Willow Knolls 14, 4100 W. Willow Knolls Dr., Peoria. Tickets can be reserved at https://gathr.us/screening/22409
Thursday, April 26, Mood-Challenge meeting at Trinity Lutheran Church, 135 NE Randolph Ave., Peoria

May
Tuesday, May 1, 7:00 p.m. Survivor’s of Suicide, The Chapel, Proctor Hospital. Hinrichs, 309 697-3342 or Sylvia Murphy 309 208-3027
Thursday, May 3, 6:30—9:00 p.m. Monthly Education Meeting, Movie night at Landmark Cinemas (see p. 1); Silver Linings Playbook; discussion following. Free Admission.
Thursday, May 10, 6:30—8:30 p.m. Mood-Challenge meeting at Trinity Lutheran Church, 135 NE Randolph Ave., Peoria
Tuesday, May 15 7:00 p.m. Survivor’s of Suicide, The Chapel, Proctor Hospital. Hinrichs, 309 697-3342 or Sylvia Murphy 309 208-3027
Thursday, May 17, 7:00—8:30 p.m. Monthly Support Groups, ICC North, Poplar Hall
    Family and friends of people with brain disorders. Room 130. For further information call Sue, 309 360-1143.
    Connections—individuals participating in recovery. Room 131. For further information call John 309 472-5907.
Thursday, May 24, Mood-Challenge meeting at Trinity Lutheran Church, 135 NE Randolph Ave., Peoria—No meeting: Thanksgiving

Looking Ahead:
Trivia Night has been postponed.
Pork Chop Fest—September 22, Detweiller Park. More details in next issue.

Survivors of Suicide - Peoria
Contact: Rev. Eimo Hinrichs or Mrs. Pat Hinrichs, 309 697-3342 or Sylvia Murphy, 309 208-3027
Meeting Place: Chapel at Proctor Hospital, 5409 North Knoxville Ave., Peoria, IL 61614
Meeting Day(s)/Meeting Time: 1st and 3rd Tuesday, 7:00 p.m. Facilitated by: Peer/Professional Charge: None

Brighter Days Ahead
513 NE Madison Peoria, Illinois 309 222-2012
“Brighter Days Ahead” offers a positive and uplifting environment for people 18 years of age or older who have experienced a mental illness. Its purpose is for members to have a safe place where they can socialize, receive support, and be part of fun, recovery-oriented activities while envisioning the brighter days ahead.

Hours of Operation
Monday - Saturday from 9 a.m.—5 p.m. Sunday from 12 noon—5 p.m.
If you have any additional questions, we would be happy to talk either by phone 309 222-2012 or at recoverycenter@fayettecompanies.org
Beyond the Diagnosis: Behavioral Therapy in Context

By Austin Braman and Ellie Stamper

Editor’s Note: This is an article from students in COM 327-01, Public Relations Writing, Bradley University. The instructor, Rachelle Pavelko, PhD, arranged for her students to work with our organization as a real-life client. One assignment was to write an article that is practical for our clients. Thanks to Austin and Ellie for this contribution. Some editing was done and the picture was added.

Forty-two and a half million American adults, roughly 18.2 percent of the total adult population in the United States, suffer from some mental illness such as depression, bipolar disorder or schizophrenia. However, according to the National Institute of Mental Health, 45 percent of adults struggling with mental illness go untreated.

The solution seems simple: If there is a problem, go fix it. However, with many different treatment options and a push away from therapy or therapeutic help, many Americans would rather struggle in silence.

Treatment options can get complicated when it comes to mental illness. It is not simply a broken arm—something that is treated the same way universally. Mental illness is a snowflake: no two diseases are the same. And psychotherapy reflects that.

There are many different types of psychotherapy or “talk” therapy, a list of which can be found on NAMI.org. Psychotherapy is defined as the treatment of mental disorder by psychological rather than medical means.

Popular types include cognitive behavioral therapy, Dialectical Behavioral Therapy “DBT”, exposure therapy, therapy pets, and many more. All of these are specialized to a certain mental illness and focus on how to reform thought processes and redirect negative behaviors. Going to specialized therapy is beneficial to combatting specific mental illnesses.

Beth Lawrence, president of the NAMI (National Alliance on Mental Illness) Tri-County Illinois chapter, has experienced mental illness close to home. Her daughter Stephanie was only 13 when she began to exhibit signs of mental illness. She suffered from anxiety, struggled with participation, lacked initiative, and lost facial expression. Throughout high school, Stephanie was only able to keep in touch with them keeps you on track. You have someone there that you have an established relationship with that knows your story.”

Mental Health America (MHA) states that “there is no one treatment that helps everyone.” Individuals must choose a combination of treatments to help them fully cope with their mental illness. However, they also claim that “medication paired with psychotherapy is the most effective way to promote recovery.”

For a list of therapy centers and resources in your area, as well as an abundance of resources for you or a family member struggling with mental illness, visit NAMI.org [or call the local NAMI Tri-County Illinois information line, 309 693-0541].
How To Encourage Someone To See A Therapist

By Mike Jones, Abstracted from nami.org, 11/20/17

It’s hard to watch someone you care about struggle with their mental health. It’s even worse when you know they could benefit from professional help. Approaching an individual and encouraging them to seek therapy can be a tricky situation. If done the wrong way, you could aggravate the person or turn them against the idea entirely. However, there is an effective way to have this conversation.

Here are some steps you can take to tell your loved one about the benefits of seeking therapy.

Show Support

Misconception about mental health and therapy has intensified stigma in society. Your loved one may be aware that they need help but may be afraid to seek it if they think you will judge or treat them differently. Therefore, it is essential to use non-stigmatizing language when talking with them about their mental health. Assure them that you will support them through the therapy process.

Demi Lovato is one of the most vocal celebrities about her mental health issues. She mentioned on multiple occasions how important it was for her to have people around that really care about her well-being. She credits her support group for being able to go through everyday life. Demi asks for advice from her loved ones and asks them to let her know when they feel something’s off: "So whether it’s with my management team or with my friends, every choice that I make, I run by people. And that’s what’s really helped me—vocalizing what you need.”

Be Sensitive To Timing And Place

Talking to someone about mental health requires emotional sensitivity as well as physical sensitivity. The “where” and “how” the topic is presented may determine how a person reacts to your suggestions. Don’t start this delicate conversation in front of other people or where others can hear as this may cause discomfort. And avoid grouping up in an intervention-style conversation as people do on TV shows. Allow the person struggling to decide whether they want others to know. This way, they feel respected and in control of their own treatment.

Also: Avoid talking to someone when they are in a bad mood, tired, have tight deadlines at work or if they’re doing something important. They may dismiss you or disregard the weight of the topic. Approach the person when they’re in a good mood, relaxed and undistracted. Try as much as possible to keep the conversation private, friendly and relaxed.

Prepare For Resistance

Not all people who hear about therapy will be willing to try it out. You need to be prepared to make your case if your loved one resists your suggestion. Here are some ideas that you can use to highlight the importance of therapy:

Try to use your relationship as leverage, in a loving way. Whether you’re their sibling, friend, spouse or relative, tell them how important your relationship with them is to you and how it could benefit from their seeking therapy. However, avoid giving an ultimatum as it can cause emotional distress.

Name their admirable qualities. It’s easier to appeal to someone by pointing out what you like about them. When you point out someone’s positive qualities, they will be motivated to take the necessary steps to better themselves even further.

Explain specific areas of problematic behavior. Most people who refuse therapy may claim that they don’t have a problem. By pointing out specific problems without coming off as judgmental, you can help them see the need for seeking professional help.

Offer To Help

You can try to embolden someone to go to therapy, but unless you are willing to offer meaningful support, it’s not going to encourage them. Some people do not know where to start when seeking help. Guide them in finding a suitable therapist in the area, depending on their preferences. You can contact offices on their behalf or research various professionals, their credibility and reviews.

Some people fear seeing a therapist alone or signing up for group therapy. Offer to go with them until they’re comfortable. You can sit in the waiting room during their first few sessions. Make sure to assure them that you won’t ask prying questions about the counseling unless they want to share.

Seeking therapy is one of the best steps that a person with a mental health condition can take. However, it’s an effort that requires great strength and courage. Share your suggestions as openly as possible and leave them to make the decision that best suits their needs. Above all things, assure them of your continued love and support throughout the process.

Mike Jones, owner, and contributor at Schiz Life, is fighting against mental illness stereotypes. He has immersed himself into the schizophrenia community and is offering advice regularly on specific treatments, tips for diagnosis, and differences between this condition and other mental disorders. Mike is passionate about fitness, clean eating and sudoku. You can follow Mike on Twitter @mike_jone35

Illinois Mental Health Collaborative: Resourceful Website

Thanks to Karen Rose for this information.

Google Illinois Mental Health Collaborative and click the different categories to find a wealth of resources in the Illinois Department of Human Services. Some of the available categories:

- Consumer On-line Services
  - Child and Family Information
  - Consumer and Family Contacts
  - Consumer Operated Services and Programs
  - Find a Mental Health Provider
  - Recovery and Empowerment Resources
  - Recovery and Empowerment Statewide Call
  - Recovery and Resilience Posters and Resources
  - Wellness Recovery Action Plan (WRAP)
- For Providers
  - The Recovery and Empowerment Handbook is a great resource. It provides a wealth of information. The handbook can be downloaded directly from the website.
  - Click on Recovery & Empowerment Statewide Call for information on calls that are open to anyone and the topic of each call. Archived calls are also provided. A variety of topics are covered in these calls. Also available for download are recovery posters. In addition, the site lists specifics about WRAP and phone numbers for the Warm Line—a support line for persons with mental health and/or substance use challenges, their families, friends, and community members.

Take advantage of this easy-to-use and very helpful website.
How Dogs Can Help With Depression

By Greer Grenley, nami.org, Feb. 02, 2018

Depression is a widespread issue in the U.S. affecting about 40 million adults. Fortunately, there are many ways to feel better. Talking to a licensed psychiatrist can make a huge difference and there are so many effective medications out there. Exercise and healthy eating can help too, as can opening up to and spending more time with family members, close friends and pets. In fact: Did you know that dogs can play an integral part in your emotional well-being?

Dogs can contribute to your happiness. Studies show that dogs reduce stress, anxiety and depression, ease loneliness, encourage exercise and improve your all-around health. For example, people with dogs have lower blood pressure and are less likely to develop heart disease—just playing with dogs has been shown to elevate oxytocin and dopamine, creating positive feelings and bonding for both the person and their pet.

For someone living with depression, there is so much to gain from having a dog. Here are just a few of the many benefits.

Exercise
Pets help you lead a healthy lifestyle. Dogs need exercise, which means you’ll be exercising right along with them! Exercise increases endorphins which fight depression. Because dogs need consistency, you’ll learn how to make exercise a daily routine instead of a once-in-a-while activity. Research has shown that consistency in one’s schedule can help reduce stress levels and lead to better sleep patterns and overall health.

Socialization
Dogs give you a reason to talk to new people while on walks or at the dog park, which can alleviate the loneliness you might feel in a depressive episode. Socialization with others, especially face-to-face, has been shown to ease symptoms of depression. This is especially true for people aged 50 years or older.

Having a companion can also prevent depression from worsening, especially therapy and service dogs who are constantly in tune to your needs. Caring for an animal gives you purpose, makes you feel wanted and helps take focus away from your depression.

Self-Worth
Dogs can be a lot to handle, but research shows that responsibility helps your mental health. Some psychologists say that you build self-esteem by taking ownership and applying skills to a specific task. Taking care of a dog offers reassurance that you can care for another creature and for yourself.

If you love dogs but can’t commit to or afford one, try dog-sitting! Sites and apps like Rover.com allow you to do every-

thing from short walks and check-ins to daycare and dog boarding. It’s worth a try. Because not only can dogs make you feel better, but the responsibilities entailed in the human-canine relationship can provide important structural and social benefits that lessen the burden of depression.

Dogs bring happiness into your life, and depression is often no match for the unconditional love they provide.

Greer Grenley is a part-time dog writer and full-time dog lover. She lives in Seattle where she can be seen out-and-about with her Aussiedoodle, George.

Get Real: Practical Advice for Handling Anxiety

By Caleb Anderson, 1/22/18

Editor’s note: This article was written for this Family Forum issue by Mr. Anderson who is with recoveryhope.org and contacted us through our web site. Thanks for this submission. Slight edits were made.

Anxiety disorders don’t always have a clear solution. Anxiety is a part of life for everyone, and oftentimes people wonder why they are struggling so much and feeling completely overwhelmed. According to Drugrehab.org, “In trying to cope with this disorder and its symptoms, it is not unusual for people with this disorder to turn to alcohol; in numbers, about 20 percent of people who have anxiety disorder also are victims of alcohol abuse.” It’s important to cope with anxiety in a healthy way. Here are a few tips for overcoming anxiety to find inner peace:

Use the power of positive thinking
One of the best ways to combat anxiety is to learn to recognize negative thoughts and replace them with positive or “realistic” thoughts:

“One strategy to help [you] manage anxiety is learning to replace ‘anxious’ or ‘worried’ thinking with realistic thinking. This involves [learning] to see things in a clear and fair way without being overly negative.”

Think about it this way: thoughts and feelings are different. Certain thoughts lead to certain feelings, which can color the way you see any situation. For example:

You realize your friends didn’t invite you to a movie. Now, two possible thoughts about that are:

a) my friends didn’t invite me on purpose
b) my friends forgot

Option a) is a common knee-jerk reaction; it’s a product of anxiety. Option b), that your friends genuinely made an error, is much more realistic.

Learning to spot overly-negative thinking and replace it with realistic thinking can help keep everything in perspective. If you have no reason to believe your friends are upset with you, give them the benefit of the doubt. Not only will you feel better, but it can prevent an argument sparked by incorrect assumptions.

Practice relaxation
Relaxation techniques are a first line of defense in the battle against anxiety. These techniques can take you out of stressful thinking and place you firmly in the moment. Anxiety is often caused by feelings of stress about future situations. Relaxation techniques put you in the now.

Meditation is especially helpful, and physical practices like yoga are great for stripping away the cares of the past and future.

(Get Real cont. on page 11)
Living well with a Mental Health Condition

(Continued from page 10)

you're religious, repetitive prayer can have the same calming effects of meditation.

If you don't have the time or setting for formal meditation, you can still help yourself relax in the moment. Start by taking a step back from the situation that has you overwhelmed. Clear your head and close your eyes. Focus on taking deep breaths for a minute or two, allowing your body to relax and your heart rate to fall to a steady, resting rate. Give yourself a mental pep talk with the necessary dose of reality. Sometimes taking a moment to reassess the situation brings the necessary clarity to find your inner calm and move forward.

Get specific about your anxiety
Even if you think you just feel "generally anxious" all the time, chances are there are plenty of situations and triggers you can identify specifically. Instead of saying you're anxious about going out with friends, get specific. Are you afraid they won't like your personality? Are you afraid you will do something to embarrass yourself? Be specific.

Only when you begin to get specific about the root causes of your anxiety can you begin to find ways to mitigate that anxiety.

Take it one step at a time
Anxiety, like many disorders, is not a race but a marathon. You must work slowly to overcome fears, taking it step by step. If you're anxious about public speaking, begin by talking in front of family. If work is overwhelming you, talk to your boss. If you're worried about falling behind at school, talk to your teachers, spend extra time studying, or hire a tutor. Only when you're ready should you confront anxiety head on in its most potent form.

Life is stressful, and everyone has anxieties. But anxiety disorders arise when those regular stresses turn into problems that negatively affect your daily life and relationships with others. Taking steps to reduce your stress, getting specific, and practicing positive thinking can put you on the right path to overcoming anxiety and finding inner peace.

Mental Health Recovery
Source: choicesinrecovery.com

Editor's note: choicesinrecovery.com is an excellent resource for those who are on the road to recovery and desire a healthy lifestyle. Its numerous links can expand your knowledge and worksheets can keep you on track.

Mental health recovery is an ongoing process, not a single outcome. There are ups and downs along the way, but it's important to be hopeful.

Remember, your mental health condition is a part of your life—but it doesn't define who you are. Work with your doctor and treatment team to create a recovery plan based on what YOU want and need. This can help you stay on course with your treatment and manage symptoms so you can work toward achieving goals and living the life you want.

As you think about what is important in your life, remember that YOU are an important member of the treatment team and can participate and partner with your doctor and your support network on decisions related to treatment and recovery.

For many people living with schizophrenia, schizoaffective disorder, and bipolar disorder, medication is a foundation of the mental health recovery process, along with supportive treatments.

Building your Mental Health Recovery Foundation
If you are new to mental health recovery, you can begin the process of building your foundation by learning about your mental health condition and developing a recovery plan with your doctor or treatment team.

If you have been living with your condition for many years, it might be a good time to take a look at your recovery foundation and see if there are any improvements or changes you want to make.

Parts of Your Mental Health Recovery Foundation
A foundation is a base that can give you stability and keep you grounded and healthy. Some things that can contribute to a solid mental health recovery foundation include:

- A recovery plan
- A safe and comfortable home or housing situation
- Taking care of your overall health and wellness
- Seeing your treatment team regularly (doctor, therapist, case manager)
- Medication options that work for you
- Supportive treatments (like psychotherapy)
- A trusted support network (friends, family, peers, spouse)
- Routines that help keep you healthy
- Being prepared for relapse and crisis situations

Work with your doctor, treatment team, and members of your support network to make sure you have tools and resources in place to build a strong recovery foundation.

Your Mental Health Recovery Plan
When you are involved in making your recovery plan, you can make sure it reflects YOUR experiences by letting the treatment team know what matters to you. When they understand what YOU want and need, together you can figure out the best plan of action to move forward.

Elements of a mental health recovery plan include:

- Your goals (life, health, treatment, medication and overall recovery)
- Daily activities you need to do to stay well/healthy
- Words that describe you when you are feeling well/healthy
- Relapse triggers (events or experiences that contributed to a past setback)
- Early warning signs that things are not going well
- Crisis plan for difficult times

It may be helpful to work on your recovery plan with members of your treatment team or support network. That way, they will be familiar with your goals, triggers, and warning signs; can recognize if you start to have a setback; and can support you as needed.

Print out the Treatment and Recovery Log so you can write down your recovery plan and treatment preferences, and share it with members of your treatment team.
NAMI Tri-County Illinois
P.O. Box 10167
Peoria, IL 61612
309 693-0541
www.namitri-countyillinois.org

An affiliate of the National Alliance on Mental Illness

We provide education, support groups, and advocacy for families, friends, and individuals with mental illness in Peoria, Tazewell, and Woodford Counties.

NAMI Tri-County Illinois Membership Form
An affiliate of the National Alliance on Mental Illness

Membership dues also include membership in NAMI and NAMI Illinois

Choose one:

Household Membership
$60 (single vote)
List up to 10 names with separate phone & email but same address

Individual Membership
$40

Open Door Membership
$5

You may join on line rather than by sending in this form:
http://nami.org

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Monetary Donation
$10_______ $25_______ $50_______ $100_______ $250_______ Other $__________
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