

PIECES

January/February
2019

NAMI Knox/Licking County Ohio, 15 E. Vine St. Front, Mount Vernon, OH



Starry Night—Vincent Van Gogh



SAVE THE DATE!

YOU ARE INVITED

COME CELEBRATE VINCENT VAN GOGH'S BIRTHDAY WITH US!

MARCH 28, 2019

GALLERY SHOWING & OPEN HOUSE

EXPRESSIONS—by TMP Artists

and

MOVIE NIGHT AT THE LIBRARY OF MOUNT VERNON

With

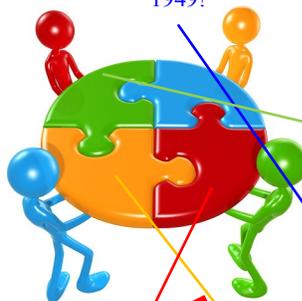
NAMI KNOX LICKING COUNTY

And

THE MAIN PLACE (TMP) ARTISTS

More details coming

PUTTING THE PIECES
TOGETHER SINCE
1949!



- Our mission is to make life better for families and individuals living with mental illness.
- Our vision is that there will be no stigma surrounding mental illness and that mental illness will be looked upon just as physical illnesses are.
- Our purpose is to educate, support, and advocate for families and individuals living with a mental illness.

Family Education & support groups
PEER SUPPORT GROUPS

Advocacy

Workshops, Forums, Hope, Help

SUICIDE PREVENTION AWARENESS

Knox County Suicide
Prevention Coalition
(KCSPC)

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KCSPC—is a nonprofit 501 (3) (c) established for the purpose of saving lives since 2005

MISSION

Our mission is to protect and promote the health of our community through education and awareness of the risk of suicide and available community resources.

VISION

Our vision is that we will be a caring community where all people can openly disclose, talk about and receive help and understanding for suicidal thinking and its impact on everyone.

GOALS

Goal 1: Reduce the risk of attempting or completing suicide through education and awareness of its signs and symptoms and where to find help.



Continue Page 2 Awareness

WHAT TO DO IN A CRISIS —

A mental health crisis can take many forms—self-harm, panic attacks, suicidal ideation, getting in trouble with the law, planning or considering hurting one’s self or others—but no matter what kind of crisis someone might be going through, you can help. Make sure to stay with your loved one while they’re at risk and do not hesitate to get them professional help.

Practice Clear Communication

When de-escalating someone from crisis, communication is key. It is *essential* they feel heard and understood, so make sure to give them your undivided attention. This is more than just listening, but also using body language, like eye contact, to *show* you’re listening. You can also use *active listening techniques*—such as reflecting feelings and summarizing thoughts—to help them feel validated.

“In sessions with suicidal clients, I often try to ‘hold their story,’ because I know that there are very few people in someone’s life who a person can talk to about suicide,” explains therapist Larry Shushansky. “Sometimes, just listening can be immensely helpful.”

Let your loved one talk about how they feel and ask them questions.

Awareness!

Continued from page 1

Goal 1. Let’s start with what is known as “Suicidal Ideation.”

Suicidal ideation, or suicidal thoughts are a lot more common than most people let on – in fact, most people have thought about suicide at one point or another. These thoughts are quite troubling, especially as they’re usually accompanied by a mental illness such as depression or bipolar disorder. Suicidal ideation is broken down into two forms: active and passive. *Active suicidal* ideation involves an existing wish to die accompanied by a plan for how to carry out the death. *Passive suicidal* ideation involves a desire to die, but without a specific plan for carrying out the death. Either should be taken seriously.

It’s believed that the causes and risk factors for suicidal ideation are a combination of genetic, physical, and environmental risk factors that work together. Genetic being perhaps a history of suicides in the family; physical being a result of a brain disorder or drug or alcohol addiction; and environmental condition perhaps caused by a traumatic loss or experience, broken relationship, or loss of job.

An article “Learning More About Suicidal Ideation” written by Jill Harkavy-Friedman, Ph.D. (Sep. 26, 2017) at NAMI.org, states: “Suicide is never the result of one cause, rather a combination of risk factors coming together often in the context of stress and with access to lethal means. And while most people who die by suicide have a potentially diagnosable and treatable mental health condition, most people with a mental health condition do not die by suicide.

“We have learned through research that people who have made suicide attempts think differently when in a suicidal state. Their pain and desperation affect their ability to make decisions. Their brain isn’t working flexibly, and they can’t generate alternate solutions. They are hurting—they truly believe they are a burden and their pain will never end.

“This doesn’t mean they aren’t motivated to live and be productive. In fact, among people who have made a suicide attempt, more than 90% go on living and engaging with life. That’s why it’s okay—even necessary—to reach out for support when suicidal thoughts occur. “

If you are one of these people—REACH OUT!

And if someone reaches out to you for help, it’s essential to give the support a person experiencing suicidal ideation *needs*. Know the signs—Knox what to do!

For more info about KCSPC phone 740-397-3088 or E-mail namikleohio@embarqmail.com

Don’t be afraid to ask directly if they are thinking about suicide. Talk openly and lovingly about their thoughts. If they need time to respond, allow them to process. You can always repeat the question after a moment of silence, if necessary.

It’s essential to use an empathetic, non-judgmental tone. Don’t debate whether suicide is right or wrong or whether their feelings are good or bad. Minimizing their problems or giving advice may create distance between you and upset them further. Let them know that whatever they’re experiencing is not their fault and offer your help.

There isn’t one specific response that will de-escalate *all* crises—based on what’s happening, you can assess the situation and provide a supportive reaction. “Try not to figure out what the ‘right’ thing to say is—just be caring and concerned and let that show through in your conversation,” says Shushansky. The most important thing you can communicate in a crisis is that you are concerned for your loved one’s well-being, and that they can lean on you for support.

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Help is always just a phone call away!

FACTS

- In 2018 the Knox County Sheriff Office responded to 120 suicidal ideation (attempts or threats) crisis calls.*
- In 2018 the Mount Vernon Police Department responded to 162 suicidal ideation crisis calls.*
- In Knox County 2018 there were 12 completed suicides.
- Nearly 40,000 people in the United States die by suicide each year; more than those who die by homicide.

Anyone who has or knows someone who has active suicidal ideation should call 911 or go to the nearest emergency room immediately. This is a medical emergency.

*Does not include Danville, Fredericktown Police, or calls to Pathways of Central Ohio crisis line (211)



<https://suicidepreventionlifeline.org>

Celebration—

WORLD BIPOLAR DAY

MARCH 30, 2019

You are invited—as we kickoff our activities leading up to National Mental Health Awareness Month in May with art displays, a touching movie, workshops and other events that may help us to understand and free the stigma that surrounds mental illness. Stay tuned!

World Bipolar Day (WBD) - an initiative of the Asian Network of Bipolar Disorder (ANBD), the International Bipolar Foundation (IBPF), and the International Society for Bipolar Disorders (ISBD) - is celebrated each year on March 30th, the birthday of Vincent Van Gogh, who was posthumously diagnosed as probably having bipolar disorder.

Vincent Van Gogh was born March 30, 1853 in Zundert a providence of Brabant, Netherlands. It is said that Gogh suffered from undiagnosed mental illness, probably bipolar. He died, July 29, 1890, from a self-inflicted gunshot wound to the chest in an attempt to end his life just two days earlier. Gogh painted over 2100 artworks, 861 of them oils rich in color and meaning, but was not recognized for those works until after his death. The words of a popular ballad of today, "Vincent (Starry, Starry Night)" by Don McLean compares to Gogh's life and his paintings.

Bipolar disorder affects over 60 million people worldwide.

NAMI Knox Licking County will join with The Main Place staff and those talented folks who participate in The Main Place art program . Like Van Gogh, they have used art forms to express and set free feelings held captive by the stigma that surrounds mental illness.

The vision of WBD is to bring world awareness to bipolar disorders and to eliminate social stigma. Through international collaboration, the goal of World Bipolar Day is to bring the world population information about bipolar disorders that will educate and improve sensitivity towards the illness.

Bipolar disorder is a brain disorder that causes unusual shifts in mood, energy, activity levels, and the ability to carry out day-to-day tasks. Symptoms of bipolar disorder are severe and different from the normal ups and downs that everyone goes through from time to time. It is estimated that the global prevalence of bipolar disorder is between 1 and 2% and has been said to be as high as 5% and, according to the World Health Organization, is the 6th leading case of disability in the world. In order to address this global problem, we need a global solution. With support from leading experts from around the world, groups like ANBD, IBPF, and ISBD are supporting efforts to investigate biological causes, targets for drug treatment, better treatments, better methods of diagnosis, the genetic components of the illness, and the strategies for living well with bipolar disorder and this is just the beginning. Collaborations between research and advocacy groups are continuing to grow, and WBD is a tribute to the success of this strategy.

<http://www.worldbipolarday.org/about-wbd.html>

AVOIDING A CRISIS

If you live with a mental health condition, it's important to plan ahead. A talk with your treatment team can think about where to go for intensive treatment and how to get there, how to take time off work or explain your absence to others, and what methods you can use to calm yourself in an emergency.



Above all, you and those closest to you should know how to reach your mental health professionals in case of an emergency. It's also valuable to know the phone number of a Crisis Intervention Team (CIT), if your area has one. CIT officers are police officers trained to handle crisis situations involving mental illness.

If your health condition has grown worse recently, but you are not having thoughts of suicide, it could mean that you need to seek help or make changes to your treatment plan if you are already receiving treatment. (NAMI.org)



Calling 911 and Talking with Police ~

If your situation escalates you or someone who cares about you may want to call the police. Thankfully, there are several things you may be able to do when calling 911.

On the Phone

Share all the information you can with your 911 operator. Tell the dispatcher that your loved one is having a mental health crisis and explain her mental health history and/or diagnosis. If the police who arrive aren't aware that a mental health crisis is occurring, they cannot handle the situation appropriately. Many communities have crisis intervention team (CIT) programs that train police officers to handle and respond safely to psychiatric crisis calls. Not every police officer is trained in a CIT program, but you should ask for a CIT officer if possible. (NAMI.org)

Both Knox and Licking County have CIT (Crisis Intervention Team) trained officers. CIT programs create connections between law enforcement, mental health providers, hospital emergency services and individuals with mental illness and their families.

In Knox County and Licking County one can also dial 211, a 24/7 Crisis Hotline that is an alternative to 911 call for help or needed resources.

Crisis Text Line 24/7: Text NAMI to 741741



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E-mail: namiklcohoio@embarqmail.com
www.namiknoxohio.com



Better Together



**WE'RE ON THE
WEB!**
namiknoxohio.com

We are a self-help 501 (3) (c) Charitable organization incorporated in the state of Ohio.

Our mission: *To make life better for the families and individuals who live with mental illness.*

Our purpose: *To conquer the stigma that surrounds mental illness by providing educational mental health forums, individual and family support groups, and advocacy for the mentally ill and their families.*

“Our strength is in the people we serve”

We are funded by NAMI memberships, donations, and grant sources.

Together, NAMI KLCO can continue its work as an affiliate of the National Alliance on Mental Illness (NAMI)

America's largest grassroots mental health organization dedicated to improving the lives of individuals and families affected by mental illness. JOIN NAMI TODAY!

*\$40 Individual; \$60 Family; Open door hardship \$5
Make checks payable to NAMI KLCO and mail to 15 E. Vine St., Front, Mount Vernon, OH 43050 note name, address, telephone, e-mail address/es (family).*



IN THE WORKS:

Kudos to . . .

NAMI KNOX LICKING COUNTY BOARD OF TRUSTEES—a volunteer Board working in Knox and Licking County communities to raise awareness and provide support and education to those in need of mental health resources. We meet the second Thursday of each month except November and December at our office located at 15 E. Vine Street Front. The meetings are open to members and the public. We believe our programs are vital in making a difference to those in need. Please contact our office at 740-397-3088 if you would be interested in joining our Board, serving on a committee to help raise awareness and help to make a difference.

TRUSTEES:

- Larry Bower.....President
- Christabeth Mehninger-Smith.....Vice Pres.
- Cyndi Atkinson..... Secretary
- Gregory Thomas Treasurer
- Beth Booth..... Trustee
- Patricia Mickley Trustee
- Vivian Neiswander Trustee
- Patrice Shackle Trustee
- Volunteer Staff: Dodie Melvin, Director;
- Gregory Thomas, Office Administrator

Kudos to our awesome —NAMI trained

Instructors and Support Group Facilitators & aids.

- Angie Compton..... Family to Family*
- Beth Booth Family to Family/Basics
- Jeannie deSaavedra Family to Family**
- Jennifer Hughes.. Family to Family/Basics**
- Shelia Lowe..... Family to Family/Basics
- Jesse Douglas..... Peer Support Group
- Sandy Miller.....Aid, Family Group Newark
- Barry & JoAnn Donald– Knitter group & *****

*Assists with Family Support, Mount Vernon
**Facilitate Family Group—Newark

KUDOS TO OUR FANTASTIC VOLUNTEERS:

- Joan Blanton
 - Cara Barger
 - Skylar Bower
 - Lela Ewart
 - Coby Fielding
 - Cathy Goeppinger
 - Jeannie McKenzie
- and to all our *loyal* members & contributors who support us!

**WE WELCOME YOU TO GET INVOLVED!
HELP US MAKE A DIFFERENCE!**

February 8 & 12—Mount Vernon FCCLA & Junior English Classes Mental Health and Suicide Prevention Awareness Project—Our praises to the students and faculty in facilitating this project and inviting NAMI to participate—NAMI KLCO will be present Feb. 8 at basketball and Feb. 12 lunches with resources and information.

March 28— In recognition of World Bipolar Day which traditionally is Mar. 30, Vincent Van Gogh’s birthday we will have Open House at NAMI KLCO and an ongoing Expression Art Exhibit by The Main Place artists and staff through May (Mental Health Awareness Month). And **Movie Night at Mount Vernon Library** with a focus on the art & life of Van Gogh and mental illness—public invited
PEER SUPPORT GROUP—meets every Thursday, Gay Street UMC, Mount Vernon 7:00—8:30 p.m.— (Open)
FAMILY SUPPORT—Mount Vernon, Second Tuesday, Faith Lutheran Church, 7:00—8:30 p.m.; and Newark, Second Thursday, The Main Place, 6:00—7:30 p.m. (open)
and more is coming—stay tuned—check us out on Facebook!