

PIECES

August/September 2018
Editor: Dodie Melvin

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

YOU ARE INVITED TO A CELEBRATION!

Make your reservation now!!

WHAT: 69TH ANNIVERSARY CELEBRATION

WHEN: NOVEMBER 15, 2018

WHERE: THE GALLAGHER CENTRE

COST: \$40

CELEBRATING ** EDUCATION—SUPPORT — ADVOCACY

Gathering time is 5:30 p.m. with a lovely dinner to follow at 5:45 — enjoy a conversation and share stories with friends and family.

Keynote speaker: Jami Ingledue will speak to a journey with her daughter's teenage depression and share her personal story.

"In Our Own Voice" - Siera Hayes will share her personal story of being diagnosed with a mental illness and speaking out against the stigma that surrounds it.

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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



THANK YOU TO OUR SPONSORS OF THE 8TH ANNUAL KNOX COUNTY SUICIDE PREVENTION COALITION 5K WALK/RUN



Inspire hope!
Know the signs!

REACH OUT—SAVE A LIFE!

- ABSOLUTE LOVE LEARNING CENTER
- ARIEL FOUNDATION,
- MENTAL HEALTH RECOVERY LICKING/KNOX COUNTY
- CES CREDIT UNION
- DEAN'S JEWELERS
- HEARTLAND PRODUCTS
- FIRST KNOX NATIONAL BANK
- KNOX COMMUNITY HOSPITAL
- NAMI KNOX LICKING COUNTY OHIO



IF YOU ARE THINKING OF HARMING YOURSELF—REACH OUT! TELL SOMEONE—GET HELP— CALL 1-800-275- 8255!

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NAMI BASICS

NEWS YOU CAN USE

Borrowing the theme of Jami Ingledue's parenting series "Mothering Under Water," I have to say, when a parent is struggling to cope with a child's symptoms of behavioral disorders — *sometimes you have to learn to swim upstream!*

The NAMI Basics signature program offers just that – lessons in how to swim upstream! NAMI Basics is a program very similar to the NAMI evidenced-based Family to Family education program for families trying to cope with adult children diagnosed with a mental disease or disorder — NAMI Basics is specifically for parents and other caregivers of children and adolescents experiencing mental health challenges.

We will soon have additional instructors to teach the course and plan to offer it in 2019—so please be alert to details coming up. The course is traditionally taught by a parent or caretaker who has or has had the experience of parenting or caring for a child having a mental illness. It is FREE and in six weeks it covers a lot more than what is 'basic' — covering some of the social stigma and family complex dynamics, navigating the school systems and other overwhelming situations and challenges a parent might be enduring while "swimming up stream" in dark waters!

We invite you to stop in the office for a chat, or browse our literature and fact sheet files. NAMI KLCO hours are from 10:00 a.m. to 4:00 p.m., Tuesday, Wednesday, and Thursdays. [We offer a support group for family or caretakers of adult children.](#) This group meets at Faith Lutheran Church, 7:00 p.m.—8:30 p.m., the second Tuesday and a group meets in Newark at The Main Place the second Thursday from 6:00—7:30 p.m.

CELEBRATE WITH GRATITUDE!

IN ADDITION TO ENJOYING A WONDERFUL MEAL SERVED UP BY THE GALLAGHER CENTRE'S CHEF AND STAFF THE EVENING WILL INCLUDE A CELEBRATION OF GRATITUDE

We will again be making the presentation of Certificates of Gratitude to those organizations and volunteers who have contributed time, talent, and/or funds of support this past year.

A special highlight is naming the recipients of the Franklin Miller, Jr., Volunteer of the Year Award and the Jerry Townsend You Made a Difference Award—both to honor the many wonderful contributions to Knock Out the Stigma that surrounds mental illnesses that these most cherished gentlemen made. Franklin Miller, Jr., was one of the early founders of our start up agency way back in 1949—The Knox County Mental Health Association. Of course like many such organizations we have evolved over the years and becoming an affiliate of the National Alliance on Mental Illness in July 2012—we are proud to be a NAMI!

Jerry Townsend was a member of the Gambier community, and Ordained Priest, a mental health counselor, and former Board President and member of our NAMI Knox Licking County—Jerry stood firm against stigma and he "made a difference."

"KUDOS"

With gratitude

Heartland Products

Faith Lutheran Church

Faith Lutheran Church Women

Harcourt Parish Episcopal Church

Mental Health Recovery Licking & Knox County

Southside Diner/Watts Restaurant

Exchange Club of Mount Vernon Knox County

Gay Street United Methodist Church

The Main Place Recovery Centers

Maggard Carpets

Kroger Rewards & Amazon Smile

In Memory of Russ Atkinson

In Memory of Tom Neiswander

In Memory of Velma Beale

Individual contributions and donations

NAMI memberships and more!





Celebration—



NOVEMBER 15, 2018
MAKE YOUR RESERVATION TODAY!



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KEYNOTE SPEAKER



Jami Ingledue is a mother, an author and had worked as a librarian for over a decade before choosing to stay home when her son, now 6, was born. She also has a 20-year-old daughter.

Jami's "words" appear on a Blog site known as the [Wild Word \(thewildword.com\)](http://thewildword.com) where you can find her submitted Blog "Behind Domestic Lines," a two-part series on parenting a child who has behavioral needs. #1 "What I want Parents of Normal Kids to Know," and #2 "Mothering Under Water." Come and listen as Jami shares her journey of "Parenting Through the Darkness: A teenager's struggle with mental illness."

What Parents of Normal Kids Need to Know—

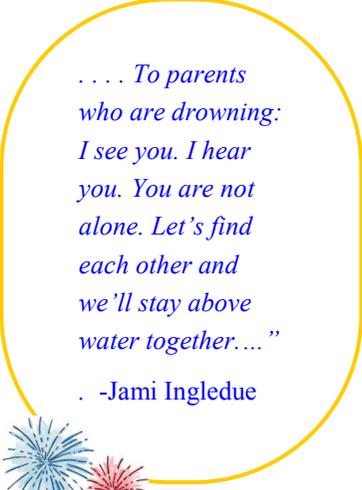
#1— ". . . If you saw my kid on the street, if you talked with her, you would think she is perfectly normal. Charming and witty in fact. What you don't know is that she has spent her young life struggling with disabilities and illnesses that you can't see. . . ."

Mothering Under Water—

#2 — ". . . Parenting a child with behavioral health needs has been the hardest thing I've ever done, but it's also made me a better person in every way. It has broken my heart open so that I feel only love and compassion for kids and parents I see struggling, never judgement. I have become more evolved, as a parent and a human, so I can take myself out of a situation and see it clearly: what emotional need does this child have in this moment that is not being met?
But being stronger swimmers won't keep us from being pulled under. If you see a parent struggling just let them know they're seen. Offer them some sorely-needed nurturing. Invite them for lunch or a drink. Let them feel safe enough so that they don't have to pretend everything's fine. Don't exclude them because they have the "weird" kid.
To parents who are drowning: I see you. I hear you. You are not alone. Let's find each other and we'll stay above water together. . . ."

In addition to being a strong parent and community advocate, Jami makes all-natural soap and body products and sells them through her company, Dancing Bee Farms (dancingbeefarms.net). She lives with her husband, and son on an acre of land in rural Knox County, Ohio, where they keep bees, garden, and brew beer.

The above are excerpts from Jami's blogs on WILD WORD—we invite you to come—listen, learn, and share!



. . . . *To parents who are drowning: I see you. I hear you. You are not alone. Let's find each other and we'll stay above water together. . . .*
-Jami Ingledue



Thank you to Siera Hayes

IN OUR OWN VOICE is a signature program of NAMI that is designed with the hope of changing attitudes, assumptions and stereotypes about people with mental health conditions. Thanks to Siera for contacting our office with the idea of speaking out about the impact of mental illness on her family and her own life. In Our Own Voice gives the audience an opportunity to ask questions, We look forward to hearing Siera's story.



A Parent's Point of "View"

— NAMI KLCO member and Family to Family instructor Jennifer Hughes, on Friday, Sept. 28, spoke from her heart while sharing her experience of raising a son as a single Mom who was diagnosed with a mental illness as an adolescent and into adulthood with counselors in the Licking County School systems. In such a journey a lot of support is needed and when Jennifer found NAMI her job as a parent advocate began —

Jennifer took advantage of all that NAMI had to offer and has shared it with others over more than 20 years. Hearing a parent's perspective on coping with the behaviors of an adolescent with a bipolar diagnosis—the heartache, fear, and frustrations, was an awakening to the counselors not to forget the impact of the illness on the child—their fears, the social stigma, the judgement. Jennifer also shared some of the tips available in the NAMI *Teachers and Parents as Allies* pro-

gram. This program puts teachers and parents on the same page in trying to maneuver a child through the school systems to achieve the best results for all concerned. Overall the counselors were well pleased with the information and resources we were able to provide. They were especially grateful to Jennifer for sharing her story and noted that NAMI was very lucky to have Jennifer as a parent advocate . Jennifer's next stop is the COTC Police Academy CIT class, November 9. Thank you Jennifer. We are blessed!! ❤️



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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 is to make life better for the families and individuals who live with mental illness.

Our purpose is 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.

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

“Our strength is in the people we serve”

With your help, 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)*

Kudos to . . .

Greg Thomas— our office administrator (volunteer) for all he does in keeping up with our financial accounting system and more. Greg volunteers about 20 hours a week in the office. He has taken up a project that we think very important to our NAMI KLCO Suicide Prevention and Awareness effort. For several years Director Dodie has been involved with the Knox County Suicide Prevention Coalition and as an agency focusing on mental disorders that may produce suicidal ideation, prevention is what we advocate for in connection with the Coalition. The Coalition meets once a month. Our law enforcement and first responder personnel are involved. Each month we receive sheriff and police reports on the number of attempt/threat (A/T) calls they receive. Greg tracks those stats. *We are* concerned about the tragic loss of lives by

suicide, but the number of A/T calls let us know the numbers of individuals “at risk” for suicide and help is needed.

There have been seven (7) completed suicides so far in 2018.

Our sheriff department has responded to 99 A/T calls this year to date; a 3% increase over 2017 (96).

The MV Police A/T calls responded to are even-up for 2017/18 being 126 to date for both years.

Our Fire/Emergency responders are present at most of these calls.

These are alarming statistics! Way to high numbers!

What can we do to let individuals at risk know there is Help and Hope available to them?

Some diseases such as depression, bipolar often induce suicidal ideation;

many prescribed meds have side-effects that may produce suicidal ideation whether a physical or mental illness. Folks taking these meds and their families should be alert to these facts—learn the signs—know what to do —what to say!

Recognizing triggers that may elevate risk factors and symptoms of these diseases and developing a crisis plan may help.

What ever the case, we need to find a way to encourage folks at risk to reach out—talk to someone—call the National talk line 1-800-275-(TALK) 8255. Get Help!

Loved ones should do the same—when patterns change and raise concern — ask questions—listen—give support!

We have an open peer support group that meets every Thursday at Gay St. United Methodist Church 7:00 p.m. — the [NAMI Connection](#). Here folks can bond with others in like circumstances and realize they are not alone. It is free, no registration needed, safe and confidential.

