



PIECES

June 2018 Newsletter
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NAMI Knox/Licking County Ohio, 15 E. Vine St., Mount Vernon, OH

SAVE THE DATE: 69TH ANNIVERSARY CELEBRATION! November 15, 2018

Our history is rich!

Since 1949, when this agency was first born, the advancement surrounding the mental illness movement — understanding, treatment, and support, thereof, in the United States has been at a snail's pace as compared with other world countries.

This coming November 15, this agency will celebrate 69 years of advocating for individuals and families struggling to cope and live with a mental illness.

The forerunners of this agency started out on a very different mission than as we are presently organized today. The first mental health group in our county was formed in 1949 under the name of the Knox County Mental Hygiene Association. They were affiliated with the state organization and gained 50 members in their first local membership drive in 1950 under the leadership of Miss Audrey Wright, Dean of Girls at Mount

Vernon High School.

In February 1952, another group began to form when the PTA of Mount Vernon High School appointed a committee to develop a sex education curriculum. Franklin Miller, Jr., was appointed chairman of the steering committee which involved about 20 parents — they organized several Family Institutes held in the county, the first being in 1953. This group worked to form the Knox County Social Hygiene Society in January 1953 and affiliated with the national organization. The national organization's president turned out to be Philip Mather, a trustee of Kenyon College.

In 1954 the two groups worked together to set up another Family Life Institute with the theme being "Teen Age Problems,"; a third institute was held in 1959 on "Normal Typical Marriage --- Body, Mind, Spirit." These were forerunners of other institutes and conferences held in the county to build family relationships and parenting skills. During this time the Mental Hygiene Association dropped the name of *Hygiene* to "Mental" following a national trend.

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

ENTER NOW! 8TH ANNUAL KNOX COUNTY SUICIDE PREVENTION COALITION WALK RUN...

SUICIDES CAN BE PREVENTED! LEARN HOW!



(Entry

Form Enclosed)

HELP SAVE LIVES — SUICIDES CAN BE PREVENTED!

THERE ARE WARNING SIGNS —LEARN WHAT THEY ARE, HOW TO RECOGNIZE , AND WHAT TO SAY (OR NOT TO SAY)!

IF YOU ARE THINKING OF HARMING YOURSELF—REACH OUT! TELL SOMEONE—GET HELP—

OR CALL 1-800-273-TALK (8255)

SAVE THE DATE:

SEPT. 15, 2018—9:00 A.M. START TIME!

Early Bird 'til 8/31/18 \$15—Thereafter \$20 'til 8:45 a.m. date of event!



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SOCIAL SECURITY DISABILITY HELP



NEWS YOU CAN USE

What you should know:

The Blue Book is used by the Social Security Administration to establish guidelines for which conditions qualify a claimant for Social Security disability benefits. Section 12 of the Blue Book deals with mental disorders, detailing which types of mental disorders can qualify you for benefits, and under what circumstances. There are nine categories of mental disorders covered in the Blue Book. Among them are Affective disorders, anxiety disorders, personality disorders, schizophrenia, depression, bipolar, and many others.

Each type of disorder is evaluated according to its own set of criteria. To qualify for benefits with that condition, you must be able to show that you meet the criteria or that the sum total of all of your disabling conditions is equivalent to the listed criteria or otherwise completely hinders you from engaging in any gainful activity.

Regardless of which type of mental disorder you are dealing with, you will need to be able to show that you are receiving and complying with treatment. It is important that you continue to undergo treatment while you are in the process of claiming Social Security disability benefits. (<https://www.disability-benefits-help.org/>)

How to apply for SSI:

If you plan to apply for SSI, you can begin the application process and complete a large part of your application by visiting www.socialsecurity.gov/applyforbenefits.

You can also call toll-free at 1-800-772-1213 to ask for an appointment with a Social Security representative. If you're a disabled adult intending to file for both SSI and Social Security Disability Insurance, you can now apply online for both benefits at the same time if you meet the following requirements:

- Are between the ages of 18 and 65;
- Have never been married;
- Aren't blind;
- Are a U.S. citizen residing in one of the 50 states, District of Columbia, or the Northern Mariana Islands; and
- Haven't applied for or received SSI benefits in the past.

To apply for Social Security and SSI disability benefits online, visit www.socialsecurity.gov/disability. If you cannot apply for SSI online, you can call toll-free at 1-800-772-1213 to set up an in-office or telephone appointment with a Social Security representative. Parents or guardians usually can apply for blind or disabled children under age 18. In some cases, other third parties can apply for children.

For more information on SS Benefits visit: www.ssa.gov

MORE AWARENESS NEEDED. . .

TO PREVENT SUICIDE!

Suicides continue to be on the rise from 1999 to 2016 in Ohio, a report by the federal Centers of Disease Control and Prevention released June 7, 2018 shows that during that time span Ohio's suicide rate rose by 36%. The U.S. rate increased by 25.4% in that same time span. These numbers include people aged 10 and older.



Suicide Prevention is an outreach program of NAMI KLCO. Our director currently chairs the Knox County Suicide Prevention Coalition and coordinates its efforts to prevent suicides in Knox County, through this arrangement, the coalition is able to save administrative and operational costs which are absorbed by NAMI KLCO while still remaining as a separate entity. All funds raised by the annual walk stay within the coalition.

Our Knox communities need to under-

stand that preventing suicides is *everyone's business*. There would hardly be a person among us who does not know of someone who chose to die by suicide. The impact of these deaths are life-long on those who survive the loss and is felt by all those who have touched their lives in some way. — There were 13 deaths by suicide in Knox county in 2017. Our police/sheriff departments respond on the average of 22 crisis calls for attempt/threats each month — someone knows who these potential victims might be — do you know how to keep them safe from harm?

Go to the web site www.BETHE1TO.com to understand what you as an individual — you as an employer can do to prevent suicide!

Prevention of suicides is everyone's business.!

Celebration—



NOVEMBER 15, 2018

SAVE THE DATE!



History—From page 1

The Social Hygiene Society at the national level began to focus on social issues not present in Knox County. Thus the groups found new focus and merged and eventually became “The Knox County Mental Health Association” with Dr. Alexander Mack as president; Franklin Miller as vice president; Lenore Cochran as secretary; and Ann Epstein as treasurer. There were 24 dues-paying members (at \$2 each) at that time. They chose as their mission to focus on health care for the mentally ill with the idea of establishing a treatment center service for our county. Ann Epstein, Betty McLarnan and Franklin visited the group that was then forming a clinic in Newark, with the hope of building a clinic here. The original plan to set up a clinic of their own was discarded and eventually, the possibility of a Moundbuilders being established in Mount Vernon came about with the local association helping to raise the funds to get it done. And the rest is history as they say!

United Way had a long history in funding programs of the local association from 1956 through 2011. The association was incorporated in November 1972 under the name of Knox County Mental Health Association when affiliated with the National Mental Health Association (now Mental Health America). In July 2012 the affiliation with Mental Health America was dropped to become fully affiliated with the National Alliance on Mental Illness (NAMI) whose mission is to make life better for those having a mental illness.

“The mental health movement has come a long way since 1949 – but not far enough . . . “

The mental health movement has come a long way since 1949 – but not far enough in helping the public to understand mental illness and for those who live with it. In the early history of the mental health movement the goal was to remove the “shackles and chains” that once restrained people in psychiatric hospitals. Today, shackles and chains remain in the form of the “*stigma*” surrounding mental illness and often that which prevents those mentally ill from seeking treatment.

We work toward the day with hope when there is a time to claim victory over the stigma of mental illness.

Our celebration on November 15, 2018 will celebrate and recognize the efforts of all those gone before us.

SAVE THE DATE—watch for details!



NAMI ON CAMPUS!

Through a partnership between Kenyon’s chapter of NAMI and the Knox County Juvenile Mental Health Court, Kenyon students have had the opportunity of mentoring justice-involved youth living with mental illness.

Over the summer the student mentors and youth will meet once or twice a week for pro-social group activities, skills-building lessons, and events to raise awareness about mental health and illness. Past mentoring program events have included scavenger hunts, tubing in the Kokosing, game nights, athletic competitions, resume writing classes, and mock-interview sessions.

The NAMI on campus group was started by Kenyon students Sarah Jensen and Brea Freon.



For more information about the Kenyon on Campus group, contact Sarah at jensens@kenyon.edu

NAMI Ohio/OSPF

Ohio Suicide Prevention Foundation (OSPF), beginning July 1, 2018 will be under the fiscal and administrative management of NAMI Ohio. Sandy Williams, board chair at OSPF, stated, “NAMI Ohio is recognized around the state as one of the strongest and most stable nonprofit organizations and has a track record of strong management for the past 40 years.”

Terry Russell, executive director of NAMI Ohio, feels strongly that the mission of NAMI Ohio encompasses suicide prevention. This partnership will allow the board and staff of OSPF to focus their energy on developing programs and improving outcomes. They will be able to do this without the concern of day-to-day operations and the administrative activities that must take place to maintain a stable organization .

Jack Sherman, president of the NAMI Ohio Board of Directors, believes that this agreement will ultimately help in crease the number of suicide prevention programs available throughout

Ohio.

Williams lost her father to suicide seven years ago. Just two days before his 75th birthday. She realized then she didn’t know about depression and the frustration it can bring. Since then she has worked to create awareness in others. Both the OSPF Board and NAMI Ohio Board are inclusive of family members those living with mental illness and survivors of suicide. Both are supported by the Substance Abuse and Mental Health Services Administration (SAMHSA) and The Ohio Department of Mental Health and Addiction Services.

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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 . . .

FAITH LUTHERAN CHURCH -

Thank you for your recent Endowment Grant to NAMI Knox Licking County of \$750.

The grant process at Faith Lutheran is an outreach mission of the congregation. Each year congregants are given the opportunity to submit requests for funds to be used for worthwhile causes that meet the criteria for distribution of interest gained by the fund each year. Requests are voted upon by the congregation, tallied up, and distributed by the church Endowment Committee. Since 2012, Nami KLCO has received \$5,865 from the Faith

Lutheran congregation in support of our mental health educational classes for families and individuals and our support groups. We are humbly grateful.

HARCOURT PARISH

Folks of Harcourt Parish Episcopal



Church of Gambier work endless hours to facilitate the annual Kenyon Rummage Sale. Proceeds from

the sale are distributed to many worthwhile and charitable causes in response to the opportunity of submitting grant requests including our NAMI programs and Chat Line. **This support** enabled us to keep our warm chat line going and provided NAMI support for providing workshops and educational material to promote mental health education and support in the community. Thank you for your heartfelt gift of \$500 this year; to date we have received \$3,000 for which we are humbly grateful. ~~~~ 

These gifts are definitely “faith in action” — the services we provide to the community touch many lives for the better. Thank you to everyone for your compassion for others and understanding of the stigma that surrounds mental illness.