



# NAMI ALERT

Official Newsletter of NAMI Franklin County  
National Alliance on Mental Illness

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Visit our new website at: [www.namifranklincounty.org](http://www.namifranklincounty.org)

**Feb./Mar. 2007**

## COME WALK WITH US ON MAY 5, 2007 FOR THE FOURTH ANNUAL NAMIWALK IN COLUMBUS!

The NAMI Walks for the Mind of America is a nationwide fundraising and mental health awareness program that is being held in over 60 communities around the country in 2007, including right here in Columbus! It



is expected that these walks will raise approximately 5 million dollars in 2007 for NAMI and the mental health services it provides to thousands of families across the country.

Last year, nearly 600 people participated in the Columbus Walk and we raised over \$55,000! Our goal this year is \$100,000 and we're already well on our way! We would like to thank those sponsors listed on page 6 that have already made a commitment to support the 2007 Walk!

Companies, organizations and families are

## COLUMBUS EMPLOYERS SUPPORT NAMI!

With nearly one in five American's being diagnosed with a mental disorder each year, imagine all the people who are impacted by this – not only family and friends of the person suffering with a mental illness – but also employers and colleagues. Depression alone can take a tremendous toll in the workplace. According to a recent report in the *Journal of the American Medical Association*, many employees who are depressed, show up for work but aren't necessarily working productively – this is known as "presenteeism."

Many central Ohio employers understand the importance of a healthy workforce in helping a company to grow and prosper and have already committed their support for the NAMI 2007 Walk (see page 2)! If your employer would be interested in sponsoring the NAMI 2007 Walk, please have them contact Julie Furj, Walk Coordinator at 262-0114 for more information!

encouraged to organize teams of walkers made up of employees, organization members, relatives and friends to take part in the Walk. All participating teams will be recognized with special awards based on the

amount that they raise for the Walk!

If you haven't already formed a Walk team, or signed up to participate on a Walk team, there's still plenty of time! Simply visit the NAMI Franklin County Walk page at:

<http://www.nami.org/namiwalks/OH/Franklin>

**All proceeds from the NAMI Franklin County Walk will be used to fund NAMI programs here in Franklin County. These programs include education, outreach, support, research and advocacy!**

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**Sat. May 5, 2007  
Genoa Park  
(next to COSI)**

Walker Check-in Time:  
9 a.m.  
Official Walk Start Time:  
10 a.m.  
Distance: 3 to 5 Kilometers

**RAIN OR SHINE EVENT!**



**NAMI  
FRANKLIN COUNTY**

*Anne Robinson, Exec. Director  
Julie Furj, Walk Coordinator  
Judy Cavender, Office Manager*

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## MEET JULIE FURJ, OUR NEW WALK COORDINATOR!



We are delighted to announce that Julie A. Furj (Fur-ee) accepted the part-time Walk Coordinator position in early February and hit the ground running! Julie graduated from The University of Pennsylvania with a Master's of Social Work in 2004. She has a wide range of experience in addressing the needs of diverse populations including: juvenile delinquency, adoption, HIV/AIDS, mental illness, homelessness and drug and alcohol addiction.

Julie's former career paths have involved working at Project HOME where she was a

case manager for 25 dually diagnosed, homeless women in Philadelphia, PA. She was also the Coordinator for the Penn Center for AIDS Research (CFAR) in Philadelphia, PA. It was here that she established the first ever CFAR Community Advisory Board and developed the Annual Red Ribbon Awards. Julie has recently returned from Hungary, where she taught Social Work for one year at Debrecen Reformed Theological University. ♥

## HEALTHWRAP: BLOOD TESTS FOR MENTAL ILLNESS? By LIDIA WASOWICZ, UPI Senior Science Writer

SAN FRANCISCO, March 6 (UPI) -- Simple blood tests may be able to detect panic and other mental disorders and predict susceptibility to nicotine addiction, according to new research. In a study published Tuesday in the online edition of the American Journal of Medical Genetics, researchers from the University of Iowa in Iowa City analyzed genetic information in immature white blood cells called lymphoblasts. The team observed differences in the genetic expression of participants with and without a panic disorder.

"Panic disorder will no longer be a purely descriptive diagnosis, but, as with cystic fibrosis, Down syndrome and other conditions, a diagnosis based on genetic information," said lead author Dr. Robert Philibert, professor of psychiatry in the UI Roy J. and Lucille A. Carver College of Medicine.

The team is developing a blood test for commercial use, hoping it might help identify systems that interact with the environment and "possibly lead the way to new, even non-drug, therapies to prevent illness," Philibert said. The study was funded by the National Institutes of Health. ♥

### April Monthly Education Meeting

NAMI Franklin County offers free meetings once a month on a variety of topics that are of interest and importance to families who have a loved one with a mental illness! Make plans now to attend the April 9, 2007 meeting!

Guest Speaker: **Jim Mauro, Executive Director, NAMI Ohio**  
Date/Time: April 9, 2007—7 to 9 p.m.  
Location: North Community Lutheran Church, 114 Morse Road

## FAMILY TO FAMILY EDUCATION— NEW CLASSES START IN APRIL

The bewildering and often bizarre behaviors that accompany the most severe and persistent mental illnesses, along with the resulting stigma, can be devastating to families. It is estimated that about half of the mentally ill will live with family members or be at least partly dependent on them all their lives.

**The NAMI Family-to-Family Education Program is designed to help family members cope with the problems that come with mental illness.**

It was conceived by a psychologist who is a family member himself.

The course focuses on five major psychiatric illnesses: Schizophrenia, Bipolar Disorder (manic depression), Major Depression, Panic Disorder and Obsessive Compulsive Disorder (OCD).

The curriculum discusses the treatment of these illnesses and teaches family members skills they need to support each other and to cope effectively with the mental health system by becoming knowledgeable and effective members of a team that includes the case manager, the doctor, the consumer, and the family.

The course was compiled and written by Joyce Burland, PhD, for NAMI. Specifically, the course curriculum is based on NAMI's 12 Education Modules:

1. Introduction to family education
2. Symptoms of schizophrenia, major depression, bipolar disorder and getting through critical periods of crisis.
3. Subtypes of depression and bipolar disorder, panic disorder and OCD, and Telling Our Stories.
4. Basics about brain biology and the causes of brain disorders.
5. Problem solving Workshop.
6. Medication review.
7. Empathy and Inside Mental Illness
8. Communications Skills Workshop
9. Self-Care
10. Rehabilitation, Making Choices for recovery.
11. Fighting Stigma and Advocacy
12. Evaluation, Certification and Celebration.

The Family-to-Family course is taught by dedicated volunteer family members who have completed intensive training. Periodically, Family-to-Family classes are offered for families of Veterans through the Veterans Administration.

Since NAMI Franklin County began offering this course in 1996, more than 800 family members have completed it.

**To learn more about the classes and to register, contact NAMI Franklin County at (614) 262-0114. ♥**

**All class times are 7 p.m. to 9:30 p.m.**

### North Location

NAMI Franklin County Office  
4100 N. High Street, Suite 103  
Columbus, OH 43214

Tuesdays, April 3—June 19  
Wednesdays—April 4—June 20

### East Location

NAMI Ohio  
747 E. Broad Street  
Columbus, OH 43205

Thursdays  
April 5—June 21

### Southeast Location

Crane Plastics  
2141 Fairwood Ave.  
Columbus, OH 43207

Tuesdays  
April 3—June 19



### *A Word from Community Health Charities of Ohio*

If you are employed by any of the following organizations:

- Federal Government
- State of Ohio
- Franklin County
- City of Columbus
- The Ohio State University
- COTA

You may designate a contribution directly to NAMI Franklin County in your employee giving campaign.

To find the appropriate code number to use, consult your campaign guide or look for us under the Community Health Charities of Ohio listing or find our name in the index.

By designating your gift through the workplace, you provide much needed financial support for the programs and services provided.

Contact Community Health Charities at 614-228-2566.



**SUPPORT GROUPS**  
(for patients)

**Schizophrenics Anonymous**

NORTH: Every Monday 5:30–7:00 PM  
Worthington United Methodist Church  
600 N. High St., Room 300

NORTHEAST: Every Wed., 5:00 PM  
Concord Counseling, for more info,  
call Hugh Michaels, 614-882-9338,  
Ext. 207

EAST: Weekdays 2:30–3:30 PM  
Pathway Clubhouse - 1203 E. Broad  
St. For more information call Mike  
Stalego 614-251-7820

CENTRAL: Every Friday 1:00–2:00 PM  
Southeast, Inc., 16 W Long St, 2<sup>ND</sup>  
Floor. For more information, call  
Bonnie Baker 614-225-0990, Ext 1158

**For other patient support groups,  
call NAMI FC office at 262-0114**

**Family Support Groups**  
(Family members ONLY)

**Families in Touch**

Worthington: 2<sup>nd</sup> & 4<sup>th</sup> Monday  
5:30 – 7:00 PM  
Worthington United Methodist  
Church 600 High St., Room 300

Westerville: 2<sup>nd</sup> & 4<sup>th</sup> Thursday  
10:00 AM – 12 Noon  
Concord, Inc., 774 Park Meadow  
Rd, Westerville (Off Schrock Rd,  
between Cooper Rd & Westerville  
Rd)

Westside Hilltop Library: 4<sup>th</sup> Friday  
of every month 1:20–3:00 PM  
511 South Hague Ave  
(corner Hague & Sullivant)

Twin Valley Behavioral Health  
Family Support Group  
2<sup>nd</sup> Tues. of every month 6:00–7:00  
PM. 2200 W. Broad St., Rm 124  
(Main Entrance)

**Survivors of Suicide Support  
Network of Central Ohio**

Call for locations/times of meetings  
Contact: Dean Turner  
614-402-0004; edean234@aol.com  
or  
Susan Farnham 614-882-6271  
rn32082@aol.com

**CRANE PLASTICS TO HOST FAMILY-TO-FAMILY  
CLASS IN SOUTH EAST COLUMBUS AREA**

In an effort to make classes more accessible to different parts of the city, Crane Plastics Company, for many years a leader in community involvement and support in the South part of Columbus, will be hosting one of NAMI FC's FREE 12-week Family-to-Family class, beginning, Thurs., April 5.

Last Fall, Valarie McDaniel, Crane's Director of Community Relations met with our own Mary Acierno and Bob Schmidt, an executive with Crane and a NAMI FC board member, to learn about our organization and its work with the mentally ill and their families.

We explained the difficulty we have had in taking our message to the African American community but believed we could be more effective in reaching all Columbus residents by adding classes in the city's southeast side. Valarie went to bat for NAMI FC and received approval from Crane's benevolence committee to open its doors for Family-to-Family this Spring. We thank Valarie and the whole Crane organization for their support of NAMI. Crane Plastics is located at 2141 Fairwood Ave., about three miles South of Livingston Ave., and just North of Refuge Rd. ♥

**ATTEMPTED SUICIDE: GUIDE FOR TAKING CARE  
OF YOU AND YOUR FAMILY MEMBER**

The Substance Abuse and Mental Health Services Administration is offering a publication originally developed by NAMI National and the Suicide Prevention Resource Center, entitled: "*National Suicide Prevention Lifeline: After an Attempt, a Guide for Taking Care of Your Family Member After Treatment in the Emergency Department.*"

Suicidal thoughts and actions generate conflicting feelings in family members who love the person who wishes to take his or her own life. That is why this guide was developed for you. It will give you some important points on how to take care of yourself and your family member following a suicide attempt and it will provide resources to help you move forward.

To print out a copy of the publication, go to the following website:

<http://mentalhealth.samhsa.gov/publications/allpubs/SVP-0159/>

**NEW SUPPORT GROUP FOR FAMILY MEMBERS**

A new support group for family members and friends of young adults with mental illness has been formed. The meetings will be held at Family Focus, 40 Spruce St. The group meets on the second and fourth Tuesdays of the month from 6-7:30 pm. The meetings are being co-sponsored by Mental Health America of Franklin County and North Central Mental Health Services. For more information, please call Don Schmidt, 299-6600, ext. 3614.♥

# MEET ONE OF OUR BOARD MEMBERS

David Robinson was recruited around 1988 to be on the Board by past president Leon Twarog. Leon, then chair of the Department of Slavic Languages of Ohio State, brought David to Columbus in 1964 to be among the first members of the Slavic Department. He retired from OSU in 1991.

David has been on the board off and on since 1988, and was treasurer from 1993 to 2006. He recruited his wife Anne, now Executive Director, to be on the Board around 1995. Together, David and Anne helped organize the first NAMIWalks in Columbus in 2004. ♥

# NETCARE'S CONSUMER AND FAMILY FORUM TO MEET ON MAY 23, 2007

Due to popular demand, Netcare Corp. is hosting quarterly Consumer and Family Forums. The next forum will be Wed., May 23 from 4:30 to 6:30 p.m. at 199 S. Central Ave., Rooms 117 and 118. The forum topics will include updates about Netcare's programs and services, educational information related to mental illness, substance abuse and/or issues facing those who are diagnosed will be discussed as well. Time will additionally be allotted for question and answer discussion. If you are interested in more information, please call (614) 274-9500.

## NAMI FC MEMBERSHIP BENEFITS:

The national NAMI quarterly magazine – *The Advocate* – which includes updates about national efforts.

NAMI Ohio's quarterly newsletter – *News Briefs* – which provides statewide information about advocacy and education.

NAMI Franklin County's bi-monthly newsletter – *NAMI Alert* – which provides local information about education, advocacy and news.

Free educational seminars on a broad range of topics relative to mental illness.

Fact sheets and special information about legislation, services, new research, and other information important to families, consumers, and service providers.

## MEMBERSHIP INFORMATION

Membership in NAMI Franklin County brings a number of benefits. NAMI Franklin County is the only organization in Franklin County whose mission is to support families encountering severe mental illness. We advocate for optimal treatment and services to improve the quality of life for our consumers and their family members. We seek to increase community awareness of brain disorders.

Your membership helps us provide support and referral for families in crisis, inform families and consumers about brain disorders and the mental health system, to dispel common misunderstandings about brain disorders and to monitor services to improve treatment outcomes.

When you join NAMI Franklin County, you are automatically a member of NAMI Ohio and NAMI National!

**Yes! I want to join/renew my membership!**

Enclosed is my check in the amount of:

- \$3 Non-working Consumer Membership
- \$25 Individual Membership
- \$35 Family Membership
- \$45 Professional Membership
- \$45 Agency/ Organization Membership

Name: \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone \_\_\_\_\_

E-mail \_\_\_\_\_

## MEMORIAL AND TRIBUTE GIFTS

Please circle one:

In Memory / In Honor

Commemorating (please circle one):

- Birthday
- Sympathy
- Holiday
- Recognition
- Graduation
- Anniversary
- Parenthood

Other \_\_\_\_\_

I have enclosed a check in the amount of \$ \_\_\_\_\_

Made payable to: NAMI FC

Please send acknowledgement to:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

NAMI FRANKLIN COUNTY  
WALKS FOR THE MIND OF AMERICA!  
ON SAT. MAY 5, 2007

**We would like to thank the following sponsors  
who have already pledged their support!**

***Gold Sponsor***

**Signature Control**

***Silver Sponsor***

**Robinson Family in  
memory of Leon Twarog**

***Bronze Sponsors***

**Maryhaven**

**Spork Design, Inc.**

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***Supporter***

Minuteman Press

Netcare Access

The Ohio State University, OSU Harding Hospital and Dept. of Psychiatry

Ohio Psychiatric Association and the Psychiatric Society of Central Ohio

Sam's Club

Southeast

***Kilometer Sponsor***

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Matrix Psychological Services

Mental Health America of Franklin County

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**To become a sponsor of  
the 2007 Walk, contact:**

**Julie Furj,  
Walk Coordinator  
NAMI Franklin County  
(614) 262-0114  
Julie.nami@yahoo.com**



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