

# NAMI of Butler County

National Alliance on Mental Illness

April 2009 Edition

## NAMI Butler County Board of Directors

James C. Jones, Chair  
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## NAMI Butler County Office

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Executive Director:  
Sally Fiehrer

## NAMI National Organization

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Executive Director  
Mike Fitzpatrick  
2107 Wilson Blvd. Ste. 300  
Arlington, VA 22201  
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[www.nami.org](http://www.nami.org)

## NAMI Ohio

President: Harvey Snide  
Executive Director: Jim Mauro  
747 E. Broad St.  
Columbus, OH 43215  
1-800-686-2646

## April Meeting Information

**Date:** Thursday, April 16th, 2009

**Time:** 7:00 PM

**Place:** Transitional Living Inc.

2052 Princeton Rd.

Hamilton, OH 45011

**Speaker:** Dr. Dallas Auvil, Psychiatrist

Lindner Center of Hope. Topic: innovative and research-based approaches to treatment of mental illnesses

**Directions:** Take the BC Regional Highway, turn north on Hampshire Dr., continue across Princeton Rd. right into the parking lot of TLC. We meet in the community room to the right of the entrance door.

## NAMI BUTLER COUNTY PROUDLY ANNOUNCES THE HIRING OF A NEW ASSOCIATE DIRECTOR

Rhonda Benson is the new Associate Director of NAMI Butler County. Rhonda's education and past mental health work experience perfectly suits her for this position. Rhonda graduated from Purdue University with a BA in Sociology, and earned an MSW from the University of Michigan. She has worked for the past 10 years as a case manager for Greater Cincinnati Behavioral Health Services with an intensive caseload, and prior to that worked in the field of substance abuse. Her past professional experience gives her a sensitive perspective on both families and consumers. Rhonda is also a certified Life Coach, a discipline that assists people in identifying and moving forward with their life goals. In addition to her professional experience, Rhonda has demonstrated excellent organizational skills and is already managing our financial database, doing community outreach, program development and teaching Family to Family classes at the Lindner Center of Hope. In the near future, Rhonda plans to start a support group for graduates of NAMI's Family to Family program and is putting together a curriculum for a Boundaries class for families. Rhonda's enthusiasm, expertise and personal commitment to NAMI are why we are so excited about having her on our staff!

## FAMILY TO FAMILY CLASSES

We are tentatively planning a F2F class that will start the end of April—if you are interested in registering, please call our NAMI office and we will put you on the list. We already have eight people and will set up the class after we reach registrations of 18 to 20. The class will be conducted on 12 consecutive weeknights from 6:30 to 9:00 and will cover such topics as medication, coping and communication skills, self care for the caretaker, and other topics important to parents or anyone with a relative experiencing a mental illness. The classes are free and provide a wealth of resource material:

WHAT: Family to Family Class

WHEN: Wednesday evenings starting April 22nd or 29th

WHERE: NAMI office, 5963 Boymel Dr., Fairfield, OH 45014

To register: contact NAMI office at 860-8387 or Rhonda's office at 860-8373, ext. 373

## PUTTING THE PIECES TOGETHER

Regional NAMI and MRDD organizations, PLAN, ARC, CCFMF, and Brain Injury Support Association collaboratively are again hosting a life planning program for families who have a loved one with a disability of any kind: mental illness, developmental disability, brain injury, etc. This program presents various options for providing for a loved one's future after the primary caregiver or guardian can no longer provide personal and financial care. Chuck Locy is the speaker and has over 10 years experience in working with families facing these situations. Some of you may remember Chuck from when he was the speaker at a NAMI meeting last year. His credentials are impressive and his presentations are clear and understandable. This workshop is free but offerings are accepted. The same program, all with Chuck Locy presenting, will be at four different locations and times—you can attend anyone that is convenient for you (see attached flyer for more details)

What: Putting the Pieces Together

WHEN: In Butler County, April 21st, 6:30 to 8:30 PM

Where: Butler County Mental Health Board Office

5963 Boymel Dr.

Fairfield, Ohio 45014

Registration: Call the NAMI office 860-8387 or Theresa Brand 867-5700

## NAMI Butler County—needs your help with cost-cutting!

Over the years, our local NAMI newsletter mailing list has swelled to over 400 recipients. We not only send our newsletters to NAMI paying members, we also send them to provider agencies, individual doctors, counselors, therapists, churches, elected politicians, and others whose interests intersect with ours. However, the costs of mailing, printing, paper and time spent folding newsletters is becoming very expensive. One effort to save money is going to bi-monthly newsletter publications starting in April. We are asking the following of you:

1. If you are receiving the newsletter and no longer wish to receive it, please email us with that information and we will take you off our mailing list. (email: [namibutlercounty@hotmail.com](mailto:namibutlercounty@hotmail.com))
2. If you would like to continue receiving the newsletter but can switch to electronic delivery, please email to that effect.
3. If your preference is to continue receiving a mailed copy, if you are not a member of NAMI and can afford to help defray our expenses, please consider sending a small donation. (ck. payable to NAMI Butler Co.)

## CONNECTIONS—A SPECIAL PEER SUPPORT GROUP FOR PEOPLE WITH MAJOR MENTAL DISORDERS

NAMI organizations receive numerous calls for names and locations of support groups. Those for people who have mental illnesses are few and far between. NAMI organizations are addressing this by starting “Connections”, a support group modeled after the accessibility of AA meetings—that is, mental health clients can find a support group anywhere in the country within a 50 mile radius of where they are located or traveling in the country. Here is information on the first Connections in our area:

**When:** 1st and 3rd Mondays of the month (beginning Feb. 2nd, 2009)  
7 PM to 8:30 PM

**Where:** Lindner Center of Hope, 4075 Old Western Row Rd., Mason 45040

**Facilitators:** Julie Bowen and Denise Nichols

**For more information:** Call NAMI Butler County Office at 513-860-8387 or the NAMI Warren County office at 513-695-3650

## NETWORK OF CARE.COM

Confused as to what agency offers what services, where to turn for help, how to find what you need?? Look no further than the “network of care”, a sophisticated website that host this information for Butler County and other counties across the country. The network is simple to use and has a wealth of information. Simply go to [www.networkofcare.com](http://www.networkofcare.com) and see what information is at your fingertips!

## NAMI OHIO TAKES THE LEAD IN FIGHTING BUDGET CUTS

NAMI OHIO’S EXECUTIVE DIRECTOR JIM MAURO HAS SENT A LETTER TO GOV. STRICKLAND OUTLINING STRONG SUGGESTIONS FOR WAYS THE MENTAL HEALTH BUDGET CAN BETTER SERVE PEOPLE WITH “SEVERE AND PERSISTENT MENTAL ILLNESS (SPMI). HIS LETTER IS ATTACHED FOR YOUR INFORMATION. PLEASE WRITE OR EMAIL SIMILAR ARGUMENTS AND PLEAS TO: THE HONORABLE GOVERNOR TED STRICKLAND, GOVERNOR OF THE STATE OF OHIO, STATEHOUSE, COLUMBUS, OH 43215. YOU CAN ALSO CONTACT HIM ONLINE AT: [WWW.GOVERNOR.OHIO.GOV/CONTACTTHEGOVERNOR/TABID/150/DEFAULT.ASPX](http://WWW.GOVERNOR.OHIO.GOV/CONTACTTHEGOVERNOR/TABID/150/DEFAULT.ASPX)

## Volunteer Information Meeting

NAMI organizations remain and will continue to be volunteer-based organizations. Volunteers are in fact the backbone and driving force in all we do and why we are identified as a “grassroots” organization. With this in mind, NAMI Butler County is having a Volunteer Information Meeting to present all the volunteer options that are available to anyone who wants to get more actively involved beyond being a NAMI member.

We are hosting this VIM on Monday, May 11th here at the NAMI office on 5963 Boymel Dr., Fairfield at 6:30 pm. We will present a variety of volunteer activities associated with our newsletter writing and mailings, volunteer jobs at our Walk Kick –Off Luncheon and the NAMI 2009 Walk itself. We will try to offer opportunities that match up with people’s skills—if you like public speaking, you can consider being a part of our speaker’s bureau or person who reaches out to community for Walk sponsors; if you like art, you can be a part of our marketing efforts. We need people to deliver brochures to hospitals, libraries, and schools and will cover mileage costs. If you just want to come to the meeting to see what NAMI is doing, that’s great too. We don’t want anyone to feel pressure to sign up for anything. This meeting is an effort to give information about some of our activities and also to get information from you as to other volunteer activities you believe would be useful in Butler County.

We will have light snacks/drinks and promise to be respectful of your time. **Please call office if you can attend.**

We also are introducing a log sheet where we will be keeping all future volunteer hours on record.

NAMI Butler County  
5963 Boymel Dr.  
Fairfield, Ohio 45014

#### Upcoming events

**April 20 & 21: Putting the Pieces Together—Future Financial Planning** with Chuck Locy at locations in Clermont, Butler, Warren and Hamilton Counties. See attached flyer.

**April 20th:** Connections Support Group for consumers at Lindner Center of Hope 7:00 to 8:30 pm

**April 22:** Butler County Mental Health Board Meets 6:00 PM, 5963 Boymel Dr., Fairfield, OH 45014

**May 8-9th NAMI Ohio Annual Conference “Under the Same Sky”** - Celebrating Differences; Recovering Together

**May 11th:** Volunteer Information Meeting 6:30 PM NAMI Office, 5963 Boymel Dr., Fairfield 45014

**July 6-9: NAMI National Convention, San Francisco—30 year celebration!**

**SAVE THE DATE: NAMI Walks for the Mind of America—Saturday October 10th, 2009**

#### Upcoming NAMI Meetings and Speakers—Third Thursdays of month, 7:00 PM

**TLC, 2052 Princeton Rd. Hamilton 45011**

**April 16: Dr. Dallas Auvil, Psychiatrist LCOH** on innovative research-based treatments for people with mental illness

**May 21:** Tentatively scheduled: speaker on coping with someone who is actively psychotic, hallucinating or acting out due to de-compensation For meeting details go to our website: [www.namibutler.net](http://www.namibutler.net)

**June 18:** Support meeting and focus group to gather information on how mental health system is working for families and their ill relatives

**June 25: NAMI Annual Picnic/Dance** for residents of TLC and those living in community housing. 5:00 PM